

# EPISODE 20 • PART I

Dr. Lili De Hoyos Anderson



*D&C 49-50*

*“That Which is of God is Light”*

## Show Notes

### 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 Sunday.

### Podcast Episode 20 Description:

#### Part 1:

What happens when new members come from different faith backgrounds? Dr. Lilli de Hoyos Anderson joins us to discuss how the Lord, through Joseph Smith revealed the truth about eternal marriage, the Second Coming, and other doctrines as the Saints question their previous belief systems. You'll love Dr. Anderson's practical marriage advice, learning about Parley P. Pratt's fiery personality, and gain a little more understanding about the Shakers and their influence on missionary work.

#### Part 2:

Will Jesus come back as a woman? Is rolling and shaking a manifestation of the Spirit? We return with Dr. Anderson to discuss whether spiritual manifestations are real, a product of emotion, or even hypocritical. We learn how the Lord is teaching the Saints line by line, as they encounter challenges and growing pains.

## Timecode Coming Soon:

### Part 1

- 00:00 Introduction to the Podcast
- 01:00 Introduction of Dr. de Hoyos Anderson
- 04:08 Background to Sections 49-50
- 07:04 Leman Copley Brings Some Shaker Beliefs That Affect New Converts
- 09:07 Section 49 Received to Address Shaker Beliefs
- 12:04 Parley P. Pratt Teaches the Shakers but the Shakers Don't Convert *en masse*
- 14:04 Parley Shakes the Dust from Himself and Offends the Shaker Leader
- 16:23 Why Reading Section Headings Matters
- 17:44 Additional Background on Leman Copley
- 17:55 Leman Copley Stays in Ohio When Saints Leave
- 20:02 The Doctrine and Covenants Features the Most of the Lord Speaking in First Person
- 21:58 Hymn #196 is a First and Second Coming Hymn
- 26:48 We Can Hear the Voice of the Lord in the Doctrine and Covenants and Teach Our Children from the Scriptures
- 30:36 The Lord's Theme is First Principles, especially Repentance
- 32:26 Marriage is a Refiner's Fire: Dr. Anderson Shares Story of Couple's Mean Communication Style
- 36:26 Hank Wonders What a *Shimeno* Is
- 39:36 The Family Proclamation Proved to Be Bold and Prophetic
- 40:24 Definition of Resurrection
- 42:26 Zion is Now a Place and a People
- 43:21 Dr. Anderson Shares Insight and Experience About Healthy and Abusive Marriage
- 45:25 Dr. Gottman's Research on Respect Within Marriage
- 40:11 End of Part I

### Part 2

- 00:00 Welcome to Part II
- 00:21 Background to Section 50: Spiritual Gift or Emotion?
- 02:27 The Past is a Different Country
- 05:01 President Hinckley: Learn to Avoid Personal Recognition:
- 08:41 The Delta Between Our Faith and Our Actions
- 10:27 The Difference Between Hypocrisy and Real Repentance
- 13:34 The Lord Allows the Wheat and the Tares to Grow Up Together
- 15:46 The Lord Will Take Care of Hypocrites, Not Man
- 18:02 The Lord Teaches With Reason and the Spirit

- 19:58 The Twelve and Members Should Search Revelations Before Asking for Additional--Don't Need to Be Commanded in Everything
- 22:20 The Lord Doesn't Want Us to Make Stupid Decisions but He Will Make Them Work for Our Benefit
- 23:12 Dr. Anderson Shares Story About Young Woman and New Roommate Decision
- 24:02 You Probably Aren't the Exception
- 26:00 Nephi as an Example of Using Reason and Obedience
- 31:00 We have one Savior and It Isn't Us
- 33:05 The Best Teaching is From the Spirit
- 34:02 The Early Saints Were Taught Discernment
- 36:15 We Learn "Line by Line" and by the Spirit or We Lose It
- 38:42 President Monson Missed His Dying Brother and Learns to Be Quick to Obey Promptings
- 41:04 We Grow in Intelligence and Ability with the Spirit (President Hinckley Examples)
- 43:15 Elder Hales Story About Peddling His Bike and Joseph Smith Was a Genius Due to the Spirit Enlarging Him
- 45:16 The Spirit is Like a Wedding Reception
- 49:00 Comparison of Section 50 to Moses 1
- 51:18 The False Doctrine of Judging
- 54:27 The Gospel Makes Us Better in Every Way
- 56:07 The Restoration Brings Light to the Entire Earth
- 59:00 The Lord is With Us as We Grow
- 1:01:24 The Spirit Will Tell Us All the Things That We Should Do
- 1:05:36 John Urges Us To Remember Three Words: Continue in God
- 1:06:45 Dr. Anderson's Testimony
- 1:21:07 End of Part II

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## Biographical Information:



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

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

The Andersons have eight children. They are affectionately referred to as the "Alphabet Kids" because their names are Adam, Bethany, Caitlin, Dominic, Eden,

Efaith, Graydon, and Harper. The Andersons are now collecting grandchildren with #36 coming this year.

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

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

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

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

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## EPISODE 20 • PART I

Dr. Lilli De Hoyos Anderson



*D&C 49-50*

Hank Smith:	<u>00:01</u>	Welcome to followHIM, a weekly podcast dedicated to helping individuals and families with their <i>Come Follow, Me</i> study. I'm Hank Smith.
John Bytheway:	<u>00:09</u>	And I'm John Bytheway.
Hank Smith:	<u>00:10</u>	We love to learn.
John Bytheway:	<u>00:11</u>	We love to laugh.
Hank Smith:	<u>00:13</u>	We want to learn and laugh with you.
John Bytheway:	<u>00:15</u>	As together, we followHIM.
Hank Smith:	<u>00:17</u>	My friends, welcome to another episode of followHIM. My name is Hank Smith. I am here with my spectacular co-host John Bytheway. Welcome John.
John Bytheway:	<u>00:29</u>	Thanks. I'll try to be a spectacle today.
Hank Smith:	<u>00:33</u>	You are spectacular.
John Bytheway:	<u>00:35</u>	Where's my glasses?
Hank Smith:	<u>00:37</u>	Yeah. Hey, we want to remind everybody that you can rate and review our podcast. You can find us on Instagram, on Facebook. I think everybody knows the routine by now, but I have to say it every week. We are blessed to each week have one of the great minds of the Church with us. And we have another one today. Tell us who we have.
John Bytheway:	<u>01:00</u>	Yes, we do. We have today Lilli De Hoyos Anderson, who is a first-generation American. Her mother is French and her father

is Mexican. And when she started high school, both her parents began teaching at BYU, so the family moved to Provo, and she graduated from Provo High School. Sister Anderson attended BYU and graduated in Sociology. And social science runs in the family. Both her parents are retired professors of Sociology. And her husband, Chris Anderson, is also a Social Worker with Church Family Services. And after almost 20 years of being a full-time homemaker, Sister Anderson completed her own Master's in Social Work degree. And she's a Licensed Clinical Social Worker, has a full-time private practice in individual marriage and family counseling. And later she completed a PhD in Marriage, Family, and Human Development at BYU, and for several years taught part-time for the School of Family Life.

- John Bytheway: 01:58 Now here's my favorite part. The Andersons have eight children and they are affectionately referred to as the "Alphabet Kids," because their names are Adam, Bethany, Caitlin, Dominick, Eden, Faith, Graydon, and Harper. Can call everybody to dinner in alphabetical order. That's awesome.
- Dr. Lilli De Ho...: 02:17 Mostly sounding off in the van to make sure we have everybody [crosstalk 00:02:20].
- John Bytheway: 02:21 Yeah. A, B, C, D. Let's [crosstalk 00:02:22].
- Dr. Lilli De Ho...: 02:22 By letter. That's right. We did that a lot. I will say, we did not know if we were having boys or girls back then. So if Adam had been a girl, he would have been Bethany. If Bethany had been a boy, she would have been Jacob. Caitlin would have been [inaudible 00:02:34]. We weren't thinking alphabetically. And then a friend called me when our third was born and said, "Do you realize you have an ABC?" And I was kind of shocked because I'm not cute like that. So I was really surprised. It was hard not to think of D names. If we had had a girl we may not have continued because we couldn't really come up with a D name that worked for us, but we wanted to use the name Dominic. So when we had a fourth that was a boy-
- John Bytheway: 02:57 Oh perfect.
- Dr. Lilli De Ho...: 02:57 ... we named him Dominic, and we were stuck. We had to keep the rest in line.
- Hank Smith: 03:01 Yeah, you have to do it at that point.
- Dr. Lilli De Ho...: 03:02 Yes, I didn't want them to feel disenfranchised. Now the truth is, these eight kids were born in 12 years. And when we were

expecting our eighth child, I told my husband, seriously, I said, "I think we should name this child Hallelujah." And it would work. I said we could call him Hal if he's the boy, which is a guy's name. Or Hally if it's a girl. This could really work. And my husband was wiser than I, and he said, "Let's not give them a good reason to resent us right off the bat." So we called him Harper instead, which is a name that's really important to our family. But anyway, the long story short is that I still look at him sometimes and think, "Hallelujah." So we're grateful.

Hank Smith:	<u>03:42</u>	I bet.
Dr. Lilli De Ho...:	<u>03:44</u>	We're grateful. Gosh, so now we're into collecting grandchildren. And our 36th is due on May 2nd. Our cup runneth over. Still have two single kids. So who knows?
Hank Smith:	<u>03:56</u>	I think John and I were talking the other day about naming the last one. Like Noahmore. Right?
Dr. Lilli De Ho...:	<u>04:00</u>	Noahmore.
Hank Smith:	<u>04:03</u>	Noahmore Smith. Noahmore Bytheway.
Dr. Lilli De Ho...:	<u>04:03</u>	In case anybody's wondering. Noahmore.
Hank Smith:	<u>04:08</u>	All right. Well let's get started in this week's <i>Come, Follow Me</i> lesson, Lilli. We're studying sections 49 and 50. Let's start in Section 49. The heading says that this revelation is given to Sydney Rigdon, Parley Pratt, and Leman Copley. We are also introduced to a religious group called The Shakers. We've talked about Sydney and Parley in a couple of other episodes, but this is the first time we've ever heard of Leman Copley or the Shakers. And we can review, of course, Sydney and Parley as much as you'd want. The repetition is good for us. What can you tell us about these men, this religious group, and what leads up to this section?
Dr. Lilli De Ho...:	<u>04:50</u>	Well, I would like to say that Parley Pratt is a favorite of mine. I mean, these men are all so wonderful, and it's just a delight to have this window into their incredible parts of the restoration. So I'm grateful for all of them. I do have a soft spot in my heart for Parley. He had a fiery temperament, as we know. And this Section 49 actually gives us a glimpse into that fiery temperament. I taught early morning seminary in Vegas for five years. And when I taught seminary one year there, it was the Sesquicentennial of the pioneer advent into the Salt Lake Valleys. And they asked us to incorporate pioneer stories along

with our curriculum, because we were trying to sort of celebrate that wonderful time. And that was a really great challenge for me because I don't have any personal pioneer ancestors. I mean, I've got French, I've got Mexican, but I don't have anybody across the Plains.

Dr. Lilli De Ho...: 05:45

And I always have felt a great love and respect and appreciation for them. But that year I actually got closer to them, and for the first time I felt like they were my spiritual ancestors too, as I saw the hardships that they had gone through. And I thought of the hardships in my own life. And I saw that in their writings they had learned the same lessons I learned, which is how it always is. Right? The Lord is so kind and truth is all circumscribed in one great whole. So I felt such a kinship with them. And Parley was one that I really became close to. I read in some of his materials in his journals. Of course, he was very prolific in his writing. And he only lived until 50, but he was really a scholar of his own kind, and a great writer. He wrote poetry, he wrote many hymns. He wrote prose, all kinds of things. And some of his language is just so incredible.

Dr. Lilli De Ho...: 06:43

One of the things that he wrote when he got to the Salt Lake Valley that I thought was pretty interesting was, "This is the first time that I've actually reaped what I've sown since I even joined this church." So Parley is a terrific character here. And look at what he does. Here he goes [inaudible 00:07:05] Leman Copley to the Shakers. Now, the Shakers are a fascinating group, right? They were kind of our breaking off of The Quakers. And they were called the Shaking Quakers for a while because they liked that sort of ecstatic form of worship where they shook and danced in this kind of frenzied way. Yes. So they really were shakers. And they weren't welcomed in England because that was not buttoned down enough, I guess, because they didn't like that kind of ecstatic form of worship. So they kind of threw them out and they came to the US for religious freedom. And of course the original, or the full name, is the United Society of Believers in Christ's Second Appearance.

Dr. Lilli De Ho...: 07:40

And although we don't worship the way The Shakers did, there were some interesting similarities between the beliefs of The Shakers and the Latter-day Saint Restored gospel. I mean, the gospel of Jesus Christ is restored in the latter days. So they believed in communal living, which was similar. They certainly believed that Christ was going to make a Second Coming, although they thought he had already come in the form of women. So that was a pretty big difference. But they did believe in a general apostasy after the time of Christ, which was consistent with our beliefs. They believed in modern prophecy,

they believed in the agency of man. And as I said, in the idea of a communal life. So then the ways they differed were that they thought Christ had come already in the form of a woman named Mother Ann Lee. And they also were pretty strict about vegetarianism.

Dr. Lilli De Ho...: 08:28

And then here was a huge difference. They also diverged in the views of marriage and sexual relationships, because they felt that that was evil. That the sin in the Garden of Eden was sexual, and that nobody should ever have sexual relations, and not get married at all. And this is where Leman Copley comes in. He had been associated with the Shakers and he believed a lot of what the Shakers believed, and was kind of a part of their group. Although he didn't live in their community. They were about 15 miles Southwest of Kirtland, Ohio. And Leman Copley lived about 35 miles away. So he hadn't sold his property and moved to be with them in that communal place, but he still associated with them a lot and kind of considered himself to be a part of them. But he was married.

Dr. Lilli De Ho...: 09:17

And the leader of the Shakers, whose name was an interesting name, Ashbel Kitchell, called Leman Copley out on this, and really gave him a hard time because he felt that he wasn't willing to pick up his cross and carry it, which would have been celibacy. "Give up your marriage, and be completely celibate, and that that is the cross that we carry. And so you're not willing to do that, so you're failing." And it seems like Copley was probably pretty offended by that. And I'm interpreting a little bit, but from what is written here by [inaudible 00:09:54] Joseph Smith's comments, it sounds like he kind of wanted someone to tell the Shakers that he was right and they were wrong. That yes, some of these things that they believed in common with our religion were great, but you're wrong about marriage, and Copley's right. So he goes, and he puts out kind of a lot of energy into saying, "We need a revelation to go to this group, because they're good people."

Dr. Lilli De Ho...: 10:21

And the Church members actually had some kind of friendly interaction with them, exchange, a little commerce and so on, and some other acts of fellowship apparently. And so he goes to the prophet and he says, "Do something about this. They need to know the full truth, and maybe they'll all join the Church." So Joseph Smith went to the Lord, and received Section 49, which is very clear about how the Savior cometh not in the form of a woman, [inaudible 00:10:51] a man wandering upon the Earth." Like, "Let's not make this mistake. That's not right." And also of course that marriage is ordained of God, which is a huge statement that the Shakers didn't like. Now, what was

interesting is ... Oh, and he also said that to forbid eating meat is not ordained of God. Says that he was actually very anxious to go and deliver this to the Shakers. And so he went with Sidney Rigdon.

Dr. Lilli De Ho...: 11:20

And Parley came a little later. Sidney and Leman came evening before the service on Sunday. And they visited with Ashbel Kitchell a little bit, and had a little discussion. Neither of the groups felt necessarily like they had yielded any points apparently, but they had sort of a friendly discussion about the differences. And then the next morning Kitchell proposed to Rigdon and Copley that neither side should force their doctrine on the other at this time. Rigdon had planned to read the revelation of the Shakers at their Sabbath service that day, but decided to keep his peace for the moment and subject himself to the order of the place. So he wanted to be respectful and not impose. Just before the meeting began, Parley P. Pratt arrived at North Union on horseback. [crosstalk 00:12:04].

John Bytheway: 12:03

You're like, "Oh no. Oh no."

Dr. Lilli De Ho...: 12:04

Oh no. Here it is. Here it is. "Upon hearing submissive response to Kitchell's proposal the fiery Pratt insisted they pay no attention to him, for they had come with the authority of the Lord Jesus Christ, and the people must hear it. So the missionary sat in silence until the meeting was complete. And then the people stood up to leave, but Rigdon arose at that point and stated that he had a message from the Lord Jesus Christ to these people. Could he have the privilege of delivering it? With Kitchell's permission he read the revelation in its entirety and asked if they might be allowed to continue preaching on the revelation dictated. Kitchell, keeping his indignation in check, responded that he did not accept the message and, quote, 'Would release them and their Christ from any further burden about us, and take all the responsibility on myself.'" So I always, [inaudible 00:12:57] want to hear that, I'm like, "Gosh, why does anybody want to say, 'I'll take all of that blame for what I'm about to do.' That's just-

Dr. Lilli De Ho...: 13:03

Just, I'll take all of that blame for what I'm about to do that's just really stupid. But whatever. Rigdon countered, "This you cannot do. I wish to hear the people speak." He wanted to give the people a chance to see if any of them would accept the message, not just having their leader speak for them. So Kitchell allowed the others to speak their minds, but basically they all ended up saying they were fully satisfied with what they had. So

none of the Shaker community was interested in hearing more about the gospel, and they all basically rejected Section 49. So Rigdon, it says, stoically set the revelation aside, resigned that their mission had been unfruitful. Pratt, on the other hand, was not finished so easily.

- John Bytheway: 13:45 I really like this. There's these type of personalities today in the Church, right? Missionaries like this who are a little more, "Let's not do this." "Oh, we're going in, Elder." Right? We are going to go. There's an interesting dynamic here that I can ... I'm thinking of people in my life going, "Oh, I know that guy."
- Dr. Lilli De Ho...: 14:02 That guy would have done that.
- John Bytheway: 14:02 Oh, and I know that guy. Yeah.
- Dr. Lilli De Ho...: 14:04 That's right. That's right. That sounds like 'ol what's his name. Yeah. So he was not finished so easily. He rose. Kitchell recounted and shook the dust from his ... So, this is Parley who does this. Kitchell is telling the story, but Parley shook the dust from his coat tail as a testimony against us, that we had rejected the word of the Lord Jesus. In so doing, Pratt was following Jesus's injunction to the disciples, remember, about shaking the dust off their feet if a place did not receive them. But Kitchell would not tolerate it. His forbearance at its limit, the Shaker leader denounced Pratt in full side of his congregation. And this is the quote, "You filthy beast, dare you presume to come in here and try to imitate a man of God by shaking your filthy tail? Confess your sins, and purchase your soul from your lessons and your utter abominations before you ever presume to do the like again."
- Dr. Lilli De Ho...: 14:58 Kitchell then turned his wrath to Copley. So Copley is the one who was hoping to have this reconciliation and to have the Shakers all recognize that he was right and joined the Church or whatever, who had begun weeping. I mean, this is a pretty dramatic event.
- John Bytheway: 15:13 This is a dramatic-
- Dr. Lilli De Ho...: 15:14 Yes. And gave this stinging rebuke. So this is Kitchell to Copley: "You hypocrite. You knew better. You knew where the living work of God was, but for the sake of indulgence," referring to his marriage, "for the sake of indulgence, you could consent to deceive yourself." So Kitchell really went after Copley and Copley was devastated. And then they dismissed the congregation and Pratt mounted his horse and returned to

Kirtland immediately and later summed up the visit: "We fulfilled this mission as we were commanded in the settlement of this strange people near Cleveland, Ohio, but they utterly refused to hear or obey the Gospel." So after that, communication between the church and the Shakers was fairly tense and limited.

- |                     |              |   |
|---------------------|--------------|---|
| John Bytheway:      | <u>15:56</u> | You think?  |
| Dr. Lilli De Ho...: | <u>15:57</u> | As you might suspect. So anyway, that's kind of an amazing story here about Section 49, where Parley Pratt just shines in all of his fiery temperament. But what a defender of the faith he was, and he did not have any shame about the gospel of Jesus Christ, which is really a lovely example. Not that we necessarily need to go and provoke people, but ...   |
| John Bytheway:      | <u>16:23</u> | I think that when I was a teenager in Seminary reading these sections, I probably skipped the introduction. And this is one of those where you really have to read that, otherwise you're hearing things like, "That the Son of an cometh not in the form of a woman," you don't really realize that it's answering some specific things unless you have this kind of background. So thank you for giving us that because then when you know that, and then you read it, and I think it'll be fun for our listeners to imagine Sidney Rigdon getting up and reading ... Did you say it was Sidney that got up and said, "No, I'm going to read it?" |
| Dr. Lilli De Ho...: | <u>17:02</u> | Yes.  |
| Speaker 1:          | <u>17:03</u> | Got up and read it.   |
| Dr. Lilli De Ho...: | <u>17:04</u> | He read it.   |
| John Bytheway:      | <u>17:04</u> | Yeah.   |
| Dr. Lilli De Ho...: | <u>17:04</u> | But then when they rejected it, and then even the whole group-  |
| John Bytheway:      | <u>17:07</u> | And Parley's like, "We're not done here."   |
| Dr. Lilli De Ho...: | <u>17:09</u> | That's right. I'm shaking my coat tail off at you guys. So he had the last word there. And it was yes, pretty interesting fireworks really, but you're right. The context is a lot to this. It really brings it to life. I'm going to say that I looked up the Shakers because I thought that was interesting. And of course, a group that doesn't believe in marriage ...  |
| John Bytheway:      | <u>17:29</u> | How long are they going to last?  |



Dr. Lilli De Ho...:	<u>17:31</u>	Exactly my question.
John Bytheway:	<u>17:32</u>	I hope my children are raised in the ... Oh, wait a minute. Yeah.
Dr. Lilli De Ho...:	<u>17:35</u>	That's right. That's right. Different kind of mentality there. They actually are down to two living individuals in Maine.
John Bytheway:	<u>17:44</u>	Let me ask you, Lilli, just really quick, about Leman Copley. He joined the Church like two months before this, right? From what I remember, he's a lot older than Joseph Smith and he's got quite a bit of property.
Dr. Lilli De Ho...:	<u>17:55</u>	He had at least a thousand acres. At least he had ... of his property, he gave, was it a thousand? Yeah, I think it was a thousand acres that he gave for the settlement of the saints coming from New York. So when he did join the Church, he was moved to be really generous and say, "I can allow them to settle here." Now, after this didn't go down so well with the shakers, he pulled back on that promise. So he said, "No, I don't want you settling on my property." He was ex-communicated shortly after in that same year, 1831. Then he kind of reconciled and joined the Church again the following year. But when the Saints moved on, he didn't move with them. He stayed attached there to his property.
John Bytheway:	<u>18:38</u>	So he stays in Ohio.
Dr. Lilli De Ho...:	<u>18:38</u>	He stays in Ohio. And this was his moment. He really could have come through and said, "All right, the Shakers aren't going to join, but I'm just going to bury my pride or whatever." I mean, there's probably a little pride there. I don't know. The Lord judge between me and thee, but he clearly was disappointed that the didn't come around to his way of thinking and he had hoped that they would, and that they would embrace what he had embraced, the good things that they had, but changing some pretty specific and important doctrinal points that they were off on.
Dr. Lilli De Ho...:	<u>19:11</u>	One thing that I did want to mention is that the Shakers have that beautiful hymn that many of us have sung in choirs or heard called "Simple Gifts."
John Bytheway:	<u>19:19</u>	Oh, really?
Dr. Lilli De Ho...:	<u>19:19</u>	That's a Shaker hymn. <i>"Tis a gift to be simple, tis a gift to be free, tis a gift to come round where you ought to be."</i> There's just always such wonderful stuff here, but let's look at verse six

for a moment. And I guess the end of verse five, even. "For thus sayeth the Lord, I am God." This is all of verse five. "And have sent mine Only Begotten sent into the world for the redemption of the world and have decreed that he that received him shall be saved. And he that received him not shall be damned. And they have done unto the Son of Man even as they listed. And he has taken his power on the right hand of his glory and now reigneth in the heavens, and will reign till he descends on the earth to put all enemies under his feet, which time is nigh hand. I the Lord has spoken it."

Dr. Lilli De Ho...: 20:02

I just want to say that as I read through the D&C, I am so moved by the voice of the Lord. And I first read the D&C when I was ... This was the first book of scripture that I read on my own, and I had always attended Seminary, but I kind of read what was required for class or whatever. I never really read cover to cover. I think this was my junior year, and we were studying the D&C, and I just decided I'm going to read this on my own. And I fell in love with the Doctrine and Covenants. And it was because I heard this voice. And I remember when I, on my first time through the D&C reading early here in Section 18, verse 36, "Wherefore, you can testify that you have heard my voice and know my words," and the verse before that, of course, "for it is my voice which speaketh them unto you. These words are not of men or of man." I'm going backwards to verse 34.

Dr. Lilli De Ho...: 20:58

When I read those words, "You can testify that you've heard my voice and know my words," it really felt that. I felt that these were the words of the Lord. And the voice of the D&C is particularly powerful because it's the only book of Scripture given to us after the Lord's first coming is complete. Like, think about it. All the other books of scripture, the Old Testament, the Book of Mormon. I mean, they're talking about both the First Coming in the Second Coming. Isaiah is confusing sometimes to people because he goes back and forth a lot. He's talking about the First Coming and then all of a sudden, he's talking about the Second Coming, and then he's back to the First Coming, and you have to kind of keep track of it. But all these other books had to preach both, right? Because the Lord was going to come twice in the plan of his Heavenly Father, first to come and perform his amazing and magnificent and infinite Atonement, and then again at the end to wrap up the plan and start the Millennium.

Dr. Lilli De Ho...: 21:58

And look at the difference of the voices. Okay? And so here's Parley Pratt. One of his hymns that we sing often. And I used to tell my children when we sang this in church, I noticed it when we were singing it for a sacrament hymn one time. And I said,

"Look, kids, this is a first coming versus second coming hymn." Jesus, once of humble birth. It's Hymn # 196. Listen to the words. *"Jesus, once of humble birth, now in glory comes to earth. Once he suffered grief and pain, now he comes on earth to reign."* The whole song is like that. *"Once a meek and lowly lamb. Now the Lord, the great I am. Once upon the cross he bowed. Now his chariot is a cloud."* I mean, *"but he now will bear no more"* at the end. Every verse, it's First coming, Second Coming, First Coming, Second Coming.

- Dr. Lilli De Ho...: 22:44 And this beautiful hymn by Parley Pratt shows the contrast. *"The meek and lowly lamb, once all things he meekly bore, but he now will bear no more."* This voice of the Doctrine and Covenants is the second part of each of those phrases. It's, *"Now I'm coming. Now, I'm on the right hand of God. Now I've done it. There's no more, 'I'm coming in obscurity with no apparent beauty that man should desire me. I'm giving my back to the smiters and to my cheeks.'" That's over. It's over. And now it's power. I think that is so amazing about the D&C, that it's this voice of the Second Coming throughout the book.*
- John Bytheway: 23:30 You know what else? I loved what you were saying there, because when I was in seminary is when the new edition of the Bible with footnotes to the Book of Mormon, the Church's own publication of the King James Bible and the triple combination came out. So after I was baptized, which was long before, of course, my parents gave me a new Bible and it was really cool because it had the words of Jesus in red ink. And I've heard this comment made about the Doctrine and Covenants before, if it was the words of Jesus in red ink and the Doctrine and Covenants, almost the whole thing would be red ink.
- Dr. Lilli De Ho...: 24:09 Almost the whole thing.
- John Bytheway: 24:10 Yeah.
- Dr. Lilli De Ho...: 24:10 That's so true.
- John Bytheway: 24:11 And I remember having that same impression as a teenager reading and going, "This is really cool to hear the Savior say words like Ohio, and to think this is Him talking right now."
- Dr. Lilli De Ho...: 24:25 That's a good point.
- John Bytheway: 24:25 So I'm really glad you brought that up. This is a post-First Coming type of voice that's speaking to us.

- Dr. Lilli De Ho...: 24:34 This is the Second Coming voice of the Savior. "And it is quick and powerful, sharper than a two-edged sword." And in fact, I looked up, just for the heck of it, because we have word search now, and it's so much fun to do it sometimes. I looked up quick and powerful as a phrase. It doesn't appear in the Old Testament, four times in the New Testament, once in the Book of Mormon, 13 times in the D&C, no times in the Pearl of Great Price. The sword, or either phrase, sword or cup of mine indignation. So again, it's kind of an attitude he's expressing about like ... but he now [inaudible 00:25:10], right? Four times in the Old Testament, never in the New Testament, once in the Book of Mormon, once in the Pearl of Great Price, six times in the D&C.
- Dr. Lilli De Ho...: 25:19 And the D&C, you'll remember, is not even 300 pages, where the Old Testament is 1100 plus, and the New Testament is 400 plus, and the Book of Mormon is 500 plus. So even in this short book, those are mentioned so much more. And this was my favorite: Alpha and Omega. Zero in the Old Testament, four times in the New Testament, once in the Book of Mormon, not at all in the Pearl of Great Price, and 13 times in the D&C. Even that fewer than 300 page book, the Lord is telling us who he is in no uncertain terms. And that voice spoke to me as a 16-year-old. I've been in love with the D&C ever since. I do have to say this. It's been wonderful to listen to these Church History people that you've had on and-
- Dr. Lilli De Ho...: 26:03 Wonderful to listen to these Church History people that you've had on. And I have learned a ton and I really appreciate what they bring. And I've always been jealous of people who have a job that they get to study the gospel for their whole profession. That's not really been my path in life, but I admire it. And I am so grateful. And we all benefit from the work that you and those people do. So, it's been really fun, but I guess I want to say too, that don't worry too much if your kids don't get into the history too much, or if they don't know the history. Like you said, John, you didn't even read the little headings there and yet you felt the power of the book. I felt the power of the book. I didn't know anything about Church History really.
- Dr. Lilli De Ho...: 26:48 I mean, okay. I knew a little, but nothing like what we're learning from these wonderful people that come in. But this book is powerful and the scriptures are powerful and we need not to sell ourselves short. Our kids can hear the voice of the Lord. He is speaking to them and they just have to bring an honest heart. It doesn't even have to be a perfect heart, which

is a good thing because none of us would qualify, but just an honest heart and they can hear the voice of the Lord. I remember when I was teaching seminary, one year there was a girl from California that moved into Vegas and she was in my class. And I was checking with her to see how she was doing and making friends and things like that. And I asked her if she was in Seminary and she said, "Well, yeah, it's okay, but are we going to play more games?"

Dr. Lilli De Ho...: 27:37

I said, "Not really." And she said, "Well, we played a lot of games in my class in California." And I said, "Well that's cool. And I do have one Scripture Mastery basketball game, which is pretty fun. And it actually helps you learn them. So we do that once in a while, but not very often." I said, "Mostly we're just going to be in the scriptures." And she said, "Oh, okay." And I was like, "Well, and you know there's another Junior Class and you're welcome to try it. And I won't be offended if you want to try out the other class or whatever." Anyway, she stayed. And we were in the scriptures every day. And at the end of the year, she came to see me and she said, "Could I take your class next year? I couldn't believe how much I learned about the gospel."

Dr. Lilli De Ho...: 28:12

And I think sometimes we take the wrong approach with our youth. We try to find some way to hook them. And sometimes in our youth programs, we maybe go a little bit too far to try to entertain or excite them. And I worry about that sometimes. Of course, now everything's been shut down. But I mean, back in the day, Girls Camp became this pageant in the mountains and all these different activities that we would do with the kids. And I remember thinking like, we can never win that contest with the world. The world wants to excite and seduce and titillate our children and they have no standards. So there's no way we can ever win that contest if that's what that is.

Hank Smith: 28:55

And quite a budget.

Dr. Lilli De Ho...: 28:56

Exactly. Quite a budget. And we're supposed to be responsible. So, I said, but we have the word of God. We have the gospel of Jesus Christ. There's nothing like that anywhere else on the planet, let's not sell it short. Let's not think our kids can't hear this voice. They can hear His voice. If they have any kind of honest desire, the Lord is so kind with our youth. He wants them to hear His voice. And I know I heard it without any extra information or bells or whistles. Not that I am not grateful for everything I've learned since then, because it does deepen and strengthen and enlarge my understanding. So, both sides of that are important, I would say, but don't worry.

Hank Smith:	<u>29:43</u>	I was going to mention something that John frequently mentions is when the Lord gets a chance to talk to brand new people, what's he going to say, what's he going to say? And it's, I noticed repent, be baptized, repent, the gift of the Holy Ghost. It's the same message over and over and over again. If the Lord's going to get a chance to talk, you're going to see repentance, baptism, the gift of the Holy Ghost, have faith. And you can pick up on that message over and over.
John Bytheway:	<u>30:11</u>	I bracketed that Hank. 12, 13 and 14. And here is this chance for, Parley and Leman and Sidney to go talk to this other group. Well, what are the First Principles? Here they are again, "Believe in the Lord Jesus, repent, be baptized in the name of Christ, receive the gift of the Holy Ghost." So the question is, "Well, what are the First Principles?" Well, there they are.
Hank Smith:	<u>30:36</u>	Now as a teacher of the gospel, anyone who's a teacher of the Gospel should probably never tire of teaching repentance, because the Lord never seems to get tired of teaching. In fact, you ask the Lord a question, it seems, where you say, I want to know about the Pearl Gates, do they swing? Do they roll? What's going on? And He says, "That's a great question. Let's talk about repentance." That seems to be his answer every single time. So I think you're right, Lilli, you don't really have to know all of the background of these things to hear repent, repent, repent over and over. In fact, as I've gotten more experienced as a parent, I just keep coming back to that in family lessons, in discussions. Let's have a little devotional time as a family. And I've said, "Well, if the Lord never tires of talking about repentance, maybe that could be our theme." Let's keep talking about it, because that seems to be his art form. He is golden.
Dr. Lilli De Ho...:	<u>31:39</u>	My husband, early in our marriage, said that we talked about the Rs of repentance, recognition, remorse and all that kind of stuff. And he says, "Those can be useful, of course." But he said, "Really the best synonym for repentance is change." And I've valued that my whole life, because it is a gospel of change. And when I work as a clinician with people, sometimes people will say things like, "Well, that's just the way I am." And I always add, "So far." Or they say, "I can't do that." And I'm like, "Well yet." I mean, we're still breathing, right? And it's a life that allows us to change. The whole Atonement of Jesus Christ is to facilitate change. That's what the Atonement does is it allows us to let that old man of sin be cast behind us and become the new child of Christ.

Dr. Lilli De Ho...:	<u>32:26</u>	So, it is, it's about change. I can't help myself. I'm a Counselor. I have to say something about marriage as an ordained of God, but I'll be brief. And that is that don't, it's not just marriage, it's good marriage. It's a good marriage. Now that's hard, right? I mean, it's a challenge. We all know it. It's one of God's perfect refiners fires. I have talked to a lot of married groups and firesides and so on. And I'll say, often we were nice people when we were single, but let's get that back. Let's keep working on that and become good at marriage. It's God's plan for us. And even single, we can prepare to be good husbands and good wives and good mothers and good fathers. It is part of the interaction with people that we have in every scenario that we can learn how to be good at this.
Dr. Lilli De Ho...:	<u>33:21</u>	So I would really encourage ... One thing that I just see so many times is that we're not as nice as we should be. We're nice in public. And then we go home and all the cares of the day sort of unravel and sometimes we're short at home. And it's just too important to let those things continue. I mean, there are so many things we could say, but that's one that comes to mind a lot. I remember having a couple that came in to see me. This was one of the first couples I worked with and they were ready to file for divorce, but their Bishop made them promise to come in four times, just one of those cases as Counselor, you're like, oh great. And they've already made their decision, but I asked them, I said, "Well, if something could have saved your marriage, what would it have been?"
Dr. Lilli De Ho...:	<u>34:04</u>	And they said, "Communication, communication. We just don't ever communicate well with each other. We never have." So I listened to them talk about that and ask some questions and got some background. And then the next week I met with one of them separately and the following week, the other one separately. And then the last time, our fourth meeting, we got together again. And I said, "Your problem is not really communication." And they were pretty affronted. They were indignant. They were like, "Well, yes, it is. It's communication." Like not really. And they said, "Well, what is it?" I said, "Well, you're mean to each other. You're actually communicating quite effectively."
Hank Smith:	<u>34:42</u>	You're getting the message loud and clear across.
Dr. Lilli De Ho...:	<u>34:45</u>	But, it's really mean. And to give this couple credit, they acknowledged it and they continued to come and the work they did, I was happy to be a part of helping that, saved their marriage. And I saw them years later, before we left Vegas and they came and they had another child by then and said they

were on a good path and still working at becoming more effective at marriage. And I guess that's my point. We have to keep changing. We have to get better at what we're doing. And we have to, there's a beautiful statement by Marvin Ashton from 1992, April, "The tongue can be a sharp sword, the best and clearest indicator that we are progressing spiritually and coming to Christ is the way we treat other people." And I am pretty sure he didn't mean in public.

John Bytheway: 35:31

Oh, can I just take off on that point? Because Sister Sheri Dew, in one of her books, talked about a visiting Member of the Seventy coming and asking, how do you know when someone's truly converted? And she said, "Everybody wanted to impress the General Authorities." So there were all sorts of comments and he put them all on the dry erase board and then he erased everything except for, by how they treat others. And Sheri, to her credit said, "I thought, really?" And then I started to research it in the scripture. The one that always comes to me is the John 13, "By this shall all men know that you're my disciples." It's not your calling. It's not how many books you've read, how many scriptures you've memorized. It's "If you have loved one to another." And she became ... I mean, that was a great chapter. And I thought, look at that it's right. Jesus says it. This is how you'll know. It's how we treat people. I thought that's a very good point.

Hank Smith: 36:26

John, growing up, I asked my mom what a shell minnow was. I said, "What's a shell minnow? She said, "What are you talking about? And we would sing, *"By this shell minnow, ye are my disciples."* And I did not know what a shell minnow was. Really, that's a true story.

John Bytheway: 36:42

I need a definition please.

Hank Smith: 36:43

I wanted to tie these together. And I think you were about to do this Lilli, or you started to, when we talk about repent, repent, repent, and then it's for marriages ordained of God. It's almost as if for me personally, because I know I don't want to exclude anyone who's unmarried. So for me personally, marriage has caused me to repent more than any other relationship in my life. And it's a good thing. It's caused me to change and improve, because I'm not just accountable to me, but I have this other person in my life that almost every action affects her. Almost every action of my life affects her in some way. And that's helped me repent. It's helped me to say, oh, well not only am I hurting me with this action, I'm hurting her. So this has got to stop.



John Bytheway:	<u>37:35</u>	Let's read those. I mean, let's read the 15, 16 and 17.
Hank Smith:	<u>37:42</u>	Yeah, go ahead, John.
John Bytheway:	<u>37:43</u>	And again, okay. So remember, as Lilli has helped us understand, the backdrop of this and to whom they're speaking. And so, talk about the Lord giving a concise kind of purpose of marriage here. "And again, verily I say unto you, that whoso forbiddeth to marry is not ordained of God, for marriage is ordained of God unto man. Wherefore, it is lawful that he should have one wife, and they twain shall be bone and flesh," and all this, I love this, "that the earth might answer the end of its creation." I mean, this is the desired outcome of making the planet. "And that it might be filled with the measure of man, according to his creation before the world was made." That's very concise, but it's huge.
Dr. Lilli De Ho...:	<u>38:33</u>	It's huge. And he is talking about good marriage, meaningful marriage, figuring it out, not just saying, okay, well ...
John Bytheway:	<u>38:42</u>	With a lot of repentance.
Dr. Lilli De Ho...:	<u>38:44</u>	That's right. With a lot of ongoing change and repentance and preparation for that. If we are in a single state, that doesn't mean we can't treat people right and that we can't examine, how am I treating my roommates? How am I treating my colleagues? How am I treating the people that I interact with? The people that frustrate me, it's all the same stuff. We live on this planet.
Dr. Lilli De Ho...:	<u>39:03</u>	Wracked with the people that frustrate me, it's all the same stuff. We live on this planet with other people we're not on a desert island alone. So it is about working on those interactions and it prepares us in such a better way for this magnificent plan of our Heavenly Father's, where He intends us to figure out how to be successful at it. Not just to do it. Yeah. Those words are simple and powerful.
Hank Smith:	<u>39:21</u>	I have to say, I wonder, Lilli, if the Lord has 1997 in mind when he says, "Marriage is ordained of God," because that's got to be where the... What is that? One of the opening statements of The Proclamation of the Family.
Dr. Lilli De Ho...:	<u>39:34</u>	Proclamation.

Hank Smith:	<u>39:36</u>	"The family is ordained of God. Marriage is ordained of God." I just graduated from high school and I thought, "There's nothing new in here." I remember reading the Proclamation of the Family going, "Wow, thanks for the proclamation. I've known this my whole life."
Dr. Lilli De Ho...:	<u>39:51</u>	I had exactly the same experience, Hank, when I heard President Hinckley deliver that. And I did feel like, "Check, check, check. Yeah. These are things we've heard from our youth." And it didn't seem bold at all.
Dr. Lilli De Ho...:	<u>40:02</u>	And then, not that many years later I was teaching at BYU, the class on The Family Proclamation. And as we do it, and in those years, I was like, "This is a bold document. Oh my goodness." Now, there is so much in Section 50, I'm a little concerned because Section 49 was so much fun. But Section 50 is a powerhouse too.
John Bytheway:	<u>40:24</u>	I'd like to look at verse 22 because I think maybe a definition of resurrection can help us here because this sounds... The idea that the shakers had that Christ would come again, but in a different body. Anyway, verse 22 says, "Again, verily, I say unto you that the son of man cometh not in the form of a woman, neither of a man traveling on the earth."
John Bytheway:	<u>40:47</u>	And I've always been taught that once a being is resurrected, they are never separated again, which helps us understand, never again to be divided. So, that, a better understanding of resurrection would make this idea impossible that Christ would come again in a different body. Am I getting that right?
Hank Smith:	<u>41:09</u>	I also Liked in verse 22 that the Lord, I don't know if he meant to do this, but there's a little play on words where he says, "Be not deceived, but continue in steadfastness, looking forth for the heavens to be shaken." Here we're talking to the Shakers.
John Bytheway:	<u>41:21</u>	I saw that too.
Hank Smith:	<u>41:24</u>	I wonder if he's like, you got the right idea with shaking.
John Bytheway:	<u>41:28</u>	But you're not going to be shaking.
Hank Smith:	<u>41:29</u>	[crosstalk 00:41:29] people that are shaking.
Dr. Lilli De Ho...:	<u>41:29</u>	I'll do the shaking.
John Bytheway:	<u>41:30</u>	We're going to be shaking.

Hank Smith:	<u>41:31</u>	Yeah. It's the heavens are going to be shaking.
Dr. Lilli De Ho...:	<u>41:35</u>	That's pretty good.
Hank Smith:	<u>41:35</u>	And then, he throws in a verse from Isaiah. After I taught for so many years, I just picked up on these little Isaiah phrases, where he says, "The Lamanites shall blossom as the rose." Right. That's an Isaiah phrase, a symbolic meaning.
John Bytheway:	<u>41:53</u>	And not the desert this time, but the Lamanites specifically.
Hank Smith:	<u>41:57</u>	Right.
Dr. Lilli De Ho...:	<u>41:57</u>	It's true.
Hank Smith:	<u>41:58</u>	I find that fascinating, Joseph had just sent, right, his missionaries those four... I shouldn't say he had sent them. The Lord had just sent his four missionaries out to teach the Lamanites. So, this was on his mind. And then the idea of Zion. This is something they've been thinking about. Just the Lord has been planting little seeds.
Dr. Lilli De Ho...:	<u>42:18</u>	Planting seeds. That's right.
Hank Smith:	<u>42:19</u>	Saying, "Oh, Zion." Remember John, it started as a cause, the cause of Zion. And then it became a people.
John Bytheway:	<u>42:26</u>	A place.
Hank Smith:	<u>42:26</u>	And now the Lord is saying, "It's actually going to be a place. Zion will flourish upon the hills and rejoice upon the mountains." So, I think the Lord... I love this. I love that the Lord, yes, has given a message to this religious group, the shakers, but it's also a message to... It's a dual audience. It's all of us. And the saints of that day. This is something that they could have all used. In fact, doesn't he say it in verse eight? "All men shall repent," not just the Shakers. I want everybody repenting.
Dr. Lilli De Ho...:	<u>42:56</u>	We can always look at the end of verse 26. "Ask and ye shall receive. Knock and it shall be opened unto you." President Packer, well, before he was even a Member of the Twelve, I think wrote that this is probably the most frequently repeated admonition in all of scripture.
Hank Smith:	<u>43:14</u>	Yeah.

John Bytheway:	<u>43:15</u>	Yeah. And I love that he's telling the Shakers. You too. You too keep asking.
Hank Smith:	<u>43:21</u>	Lilli, let's wrap up this discussion on Section 49. Since we have a marriage counselor here, let's use this expertise that we have. Let's say someone's listening today and they want to have a good marriage. They really do.
Hank Smith:	<u>43:37</u>	I really love what you said here, "For marriage is ordained of God and to man." Healthy marriage, right? That's what's ordained of God. I don't think the Lord wants his children to be miserable in marriage. So, I know that this is your whole career, so you could go on for a long time. But if there was someone listening who says, "Dr. Anderson, how do I get a better marriage?" What would you say?
Dr. Lilli De Ho...:	<u>44:01</u>	Well, that is a wonderful question. I'm going to bring it to this. I'm going to say that God doesn't want us to be victims. So if we feel that we are being mistreated and chronically hurt, I'm not talking about the kinds of injuries that we inflict casually and carelessly on the people closest to us. I'm talking about a chronic situation of injury or disrespect, certainly any kind of abuse, get help. Don't try to do that alone. And don't think that God's desire for us to be charitable means that we should tolerate sin. He's really clear about that in Section 1. That he can look upon sin without even the least degree of allowance because sin destroys and it doesn't just destroy. The one who is being victimized. It destroys the victimizer.
Dr. Lilli De Ho...:	<u>44:49</u>	It's not charitable to allow someone to continue to mistreat anybody, our children or ourselves. I'm going to make a big pitch for the advocacy for our children. We may think that if we're being hurt, we are just sucking it up and our children will be okay. But our children are experiencing that too, in some ways. Get help.
Dr. Lilli De Ho...:	<u>45:07</u>	I'm not suggesting that the immediate response should be divorced. It's not. President Oaks beautifully said in a conference talk, named "Divorce", that people don't always like to hear it, but the remedy for a bad marriage isn't divorced, it's repentance. And that's what we've been talking about. Change.
Dr. Lilli De Ho...:	<u>45:25</u>	Now, short of something as stringent as abuse, let me say that it really is about looking to our Heavenly Father and saying, "What can I bring that will be better for this marriage?" And this is something John Gottman from the University of Washington has studied that is fascinating. And really, of course, fits so beautifully with what we've been saying.

Dr. Lilli De Ho...:	<u>45:44</u>	He did some research, and many people are familiar with this. It's been publicized quite widely that showed that he could predict, with 96% accuracy, whether a couple would stay married or get divorced after listening to them talk to each other for one hour. That is extraordinary. Research just doesn't produce those kinds of numbers, but it did in this case.
Dr. Lilli De Ho...:	<u>46:04</u>	And just for the heck of it, he whittled that down to 15 minutes and his accuracy only dropped to 90%. So what was he doing? Well, he took a piece of paper or he and his assistants, just drew two columns. And positive on one side, negative on the other. And every time the couple interacted, they just marked a hash mark on the positive or the negative column.
Dr. Lilli De Ho...:	<u>46:24</u>	And that included, of course, the content of what was said, but also the look on their face, the body language, the tone of voice. Was it sarcastic, or bitter, or nasty, or demeaning? That's all negative. Was it kind?
Hank Smith:	<u>46:35</u>	The roll of the eyes, right?
Dr. Lilli De Ho...:	<u>46:36</u>	The roll of the eyes. Exactly. So it was the whole package of what's being communicated here? And is it positive or negative? And then at the end of the period of time that he chose, he just did a tabulation and a ratio. And his prediction was that if it were less than five positive to every one negative, the couple would end in divorce. Five to one.
Dr. Lilli De Ho...:	<u>47:00</u>	And that's just to survive. That had nothing to do with happiness. Happiness, closer to 20 to one. So, what are we doing in our families? Are we positive? Are we negative? And a lot of times, we don't mean to be negative, but there's just a lot of business to be transacted. And even with our children, we say stuff like, "Is your homework done? Did you get your laundry? Did you mow the lawn?"
Dr. Lilli De Ho...:	<u>47:23</u>	With our spouse, "Is there gas in the car? Is this bill paid? Do we have this prepared? Is so-and-so going to go pick up somebody tomorrow?" And it's not negative, necessarily. And that's a good thing, but it's not positive either. So, what are we doing that actually generates love, that shows appreciation, that is kind, that's loving, that's appreciative? And we can't just manipulate this and say, "Okay, well, nice weather we're having. You look good in that color. Did you like this at all? Now let me tell you what I really think."

Dr. Lilli De Ho...:	<u>47:52</u>	That's not going to work. It's got to be this genuine flow, this genuine flow of positivity and appreciation. And again, if there's not enough to appreciate, we might need help. I'm going to say this. If you're choosing a counselor, let the buyer beware. As I mentioned before, counseling is a strange profession and has become in some places, pretty off in terms of consistency with the gospel of Jesus Christ. So, be very careful when selecting help. But there is good help if you need it, and you can start with a Bishop or a priesthood leader.
Dr. Lilli De Ho...:	<u>48:27</u>	But if you need help, get help. There are things that work better and other people that can sometimes help to coax a spouse. We could talk forever about Section 121, which is probably the best treatise on relationships in scripture. It's marvelous.
Dr. Lilli De Ho...:	<u>48:43</u>	And I have a lot to say about that, but for another time. but God talks about persuasion. He doesn't talk about conflict. He talks about helping people to...
John Bytheway:	<u>48:54</u>	Gentleness.
Dr. Lilli De Ho...:	<u>48:55</u>	Yes. Come to a new way of thinking. And that comes through love and kindness, but not victimhood. So again, if we're not sure where that line begins or ends, get help.
Hank Smith:	<u>49:08</u>	Please join us for Part II of this podcast.

## EPISODE 20 • PART II

Dr. Lili De Hoyos Anderson



*D&C 49-50*

John Bytheway:	<u>00:00:00</u>	Welcome to a continuing discussion of Section 49 and section 50 with Dr. Lili Anderson. Let's now move to Section 50, and this is a revelation about manifestations of different spirits. And what is happening here that leads Joseph Smith to receiving this one?
Dr. Lili De Hoy...:	<u>00:00:21</u>	Basically, it's what it says right here in the heading, that there were quite a few manifestations that were happening to members of the Church. And as it says, so-called spiritual phenomena were not uncommon among the members, some of whom claim to be receiving visions and revelations. We've talked about how the Church began at a time of spiritual excitement. As we've talked about so many of these individuals who become significant players in the Restoration, they were seekers, they knew the Bible well, they understood about the Spirit, they sought those gifts. So it seems like there was a pretty high level of understanding of how the spirit can operate and manifest in different gifts and so on. And so there was a real sensitivity to it, maybe even a... Well, in fact, undoubtedly, a desire for those things. A desire to see those manifestations in their individual lives.
Dr. Lili De Hoy...:	<u>00:01:14</u>	Now emotion and the spirit can be confused. So I remember Elder Scott [inaudible 00:01:23] said something once in [General] Conference. I don't remember the speech, but he said, "Sometimes strong emotion can be mistaken for the spirit." And I was like, "Thank you for saying that." Because I've seen that a lot in my own life and in my practice. So we have to be cautious about emotion. And I think that this Section, "Oh my goodness, it's a true favorite of mine." I hate to say that because all scriptures have amazing meaning and I have so many favorites, but this is a true favorite of mine, because there was so much clarification given about how the spirit works and how we can distinguish between emotion and the spirit. And I refer to this often. I actually refer to this Section many times in the course of the work I do, and just with my own family and friends.

Hank Smith:	<u>00:02:15</u>	Lili, can I jump in here real quick?
Dr. Lili De Hoy...:	<u>00:02:17</u>	Please.
Hank Smith:	<u>00:02:18</u>	All these members of the Church are coming in, John's pointed out a number of times that no one's been a member of the Church longer than 13 months at this point. Right?
John Bytheway:	<u>00:02:26</u>	That's right.
Hank Smith:	<u>00:02:27</u>	You're bringing in all sorts of different spiritual cultures. And so I love this quote, "The past is a foreign country." This is LP Hartley, "The past is a foreign country. They do things differently there." So when we read about some of these different spiritual phenomena, we shouldn't go, "Well, were all the early members of the Church weird, because that doesn't happen today." But it was a pretty common thing for religiosity then to be kind of shown in very physical ways, getting up and moving and shouting and being taken over by the spirit.
Dr. Lili De Hoy...:	<u>00:03:02</u>	And we just talked about the Shakers who used to kind of ecstatic dance, and that was something that people saw and knew about. So yes, it was not as uncommon like you say, in this period of time. That said," God gets very direct and interesting here in the first verses, which I think are so important." Look at what He says here in verse six, "Woe unto them that are deceivers and hypocrites for thus saith, the Lord, I will bring them to judgment." Now, look at this, "Hypocrites and deceivers behold, I say unto you", verse seven, "there are hypocrites among you who have deceived some which has given the adversary power, but behold it shall be complained, reclaimed sorry, but the hypocrites shall be detected and shall be cut off either in life or in death, even as I will and woe unto them who are cut off from my church with the same row overcoming the world."
Dr. Lili De Hoy...:	<u>00:03:58</u>	Now, this is a pretty deep, deep correction. He is saying, let's just be clear. Some of this stuff is made up. Like there are some of you who you are open to it. You want it, you recognize the gifts of the Spirit and the manifestations thereof, and that's a wonderful thing. And as you said, Hank, it's good to have a people who are... They have a fire lit in them, they're seekers. And they do understand that there, there are miracles that can happen if we are in tune and open to them. And that is wonderful. But guess what enters in, you know, the Adversary is real and he uses anything and here he uses this kind of excitement. And why would people be hypocrites and deceivers for recognition? That's always what it is, right? It's for



recognition and recognition is a dangerous, dangerous situation where people can start to measure themselves by how many likes they get or shares. Right. But anyway, back in this day.

- Dr. Lili De Hoy...: 00:05:01 How people think, how this person is so spiritual, Oh, this person has all these gifts manifesting and we've had... I taught a class one year in adult religion in Las Vegas. It was really a great class on that Latter-day Prophets. And what a gift it was to me to study the lives of those men a little bit more in depth. And I was so interested in how many of them wrote clearly about their awareness of the need to avoid recognition. They talked about it and talked about what a trap it was. And I think that's exactly what's happening here. Is that this desire for fame or recognition or status, spiritual status to be so seen as so spiritual is a real trap. And it can turn you into a hypocrite and a deceiver. And that is so, anathema to the Lord.
- John Bytheway: 00:05:56 I remember hearing the most interesting story when sister Sherry Dew was writing President Gordon B Hinckley's biography, and that she took him a draft. And that president Hinckley was like, "Gordon Hinckley, Gordon Hinckley. I'm sick to death of reading about Gordon Hinckley. Adulation is poison. Adulation is poison." And it's like, well, who am I supposed to write about? It's your biography? And I just loved that attitude that he didn't... I guess he kind of felt, okay, people want to know who their Church leader is, but it was really uncomfortable for him.
- Dr. Lili De Hoy...: 00:06:33 But he was the one President Hinckley who said that someone had come to him when he was first called and said the people of this church loved their leaders. And from now on, you're going to hear all these really nice things about yourself. Don't believe them. Remember?
- John Bytheway: 00:06:47 Yeah.
- Dr. Lili De Hoy...: 00:06:48 Don't believe them. So they are aware and they, I think they fight against it.
- Hank Smith: 00:06:52 That's interesting having taught the New Testament for a decade now, I would think... You know, maybe before that, I would think the Lord didn't like sin.
- John Bytheway: 00:07:03 [crosstalk 00:07:03] hypocrisy.
- Hank Smith: 00:07:05 It's hypocrisy over and over. It's a religious hypocrisy. Especially-

John Bytheway:	<u>00:07:10</u>	He is much harder on them than on sinners.
Hank Smith:	<u>00:07:13</u>	This reminds me, this whole first section reminds me of Matthew 23-
John Bytheway:	<u>00:07:16</u>	Scribes, Pharisees.
Hank Smith:	<u>00:07:17</u>	Hypocrites. You hypocrites. Man, it's something we have to be... We all have to be careful of. Hypocrisy. I don't think the Lord wants us reading this and going, "Oh, I know a few of those." I think he wants us looking at ourselves saying, are we doing this in our own lives right. And I think that you're right, Lili, you profess my name, but you want... You're shining your light so that they may see your good works and glorify you.
Dr. Lili De Hoy...:	<u>00:07:46</u>	That's right. And the gap between the real and the ideal is what we would say produces cognitive dissonance or noise in the system. In other words, the discomfort we feel when our real behavior doesn't match up with our ideal behavior and that's human, that is the journey of mortality. But there are two ways that Sociologists would say we could deal with that cognitive dissonance. One is the good way. And that's to try to raise our real behavior to get closer up and down, our human journey steps forward, steps back. But eventually upward so that we can close the gap through improving ourselves, repenting, changing, becoming. But sometimes we also can dumb down the ideals and some people just say, "Well, you know what? I don't think it's that big a deal if I shop on Sunday." So I'm not going to fail.
Dr. Lili De Hoy...:	<u>00:08:41</u>	I'm just going to lower my ideal, or I don't think it's that bad if I watched that movie or that bad if I use that language or whatever it is, dress that way. And you know, and so we lower... And that happens. You can see all around that people are kind of constantly in this situation of trying to reconcile their ideas with their real behavior. And of course, one way is so much better than the other it's to improve ourselves and become. Now, what's interesting is that I sound later on in my life, I saw a third way that I never heard in sociology discussions, but it was when I saw people, usually in the Church who would ramp up being a witness of their ideals. Like they would talk incessantly about how fervent their conversions were, how much they believe in the gospel, how everything was so important to them.
Dr. Lili De Hoy...:	<u>00:09:30</u>	And then if you got to know them better, sadly or heard the backstory sometimes maybe as a counselor or a neighbor or something, you would find that their real behavior was actually sinking. And maybe they had an addiction that they were dealing with or not dealing with. Or they had a terrible marriage

that they were not acknowledging at all. But they wanted to maintain this fervor. And that really is the Pharisee. That's the Pharisee. Where we take our ideals and we try to like polish them off and make them brighter than the neighbors and make it so evident to everybody that. Really, I'm so into this. I'm really not looking in the mirror and saying, "What lack I yet, and how can I be a humble follower of Jesus Christ and not compare myself with a neighbor and try to say, 'Well, I'm better than that.'" But to realize that well, was it president [inaudible 00:10:23] bumper sticker there about.'" [crosstalk 00:10:25].

John Bytheway: 00:10:27 Sin differently than you do. I'm glad you're talking about this slowly, because I'm afraid as a, as a former Bishop, I had people that would come in routinely and were deeply repentant, sorry for their sins and knew what the idea was and were struggling to live it. And I didn't think of them as hypocrites. I've thought of them as sinners who are honestly striving. And so I think what we're talking about as hypocrites were like the Scribes and Pharisees were outwardly like, I am keeping everything, but people that are acknowledging, Hey, I'm a sinner. I need the savior just as much as anybody. I think that takes them out of that category of a hypocrite and somebody who's striving. Even if they are making the same mistakes repeatedly. Because I saw that as a Bishop and I was... I mean, they were trying so hard that I... They weren't in that category. And I think it's important that we say that.

Dr. Lili De Hoy...: 00:11:27 I think that's a wonderful distinction because it's a desire to just acknowledge that we're all in this together. I have to remind many of my clients who sometimes feel really terrible about the things they've done. And sometimes they've done some pretty serious things that are separating them from God. But if they feel too distressed, I'm like, can we just review for a second without Jesus Christ? We're all going to hell. Let's just remember.

John Bytheway: 00:11:51 Let's just make sure.

Dr. Lili De Hoy...: 00:11:53 Let's just make sure please to make sure we're all in this together. All of us fall short of the glory of God. Anyone who says he's not a sinner, as a liar and the truth isn't in him. We know those things. So we are on this together. We don't need to posture or parade around our successes. Anyway it's real life. And there's a balance in there somewhere about not trying to discourage or just throw up all my sins in public. But at the same time, not trying to pretend that I'm without problems or that life is perfect in my house. That's important. I think that another thing is just this idea of what we're... You know, where are we

going for recognition and it really needs to be to God alone. When we do... I mean, all of us have had opportunities to speak and in places where, where people come up and appreciate what we say, and that is a real gift and an opportunity. It's a privilege.

Dr. Lili De Hoy...: 00:12:43 And I am so grateful for every opportunity to testify or a teacher share what I have learned. But you know what, I don't forget where it comes from. And that has been a real help to me all along is to just want to pass that off and say, "You know what the scriptures are where this stuff comes from." It's the Spirit that taught you today. And I'm grateful I could be a part of that, but it wasn't me. It wasn't Lili Anderson who had the answers. It's the gospel of Jesus Christ. Even with my clients. Sometimes they want to give me credit and I'm like, "You know what, it's what you did when you left the office that changed your life. Don't forget that. It's not me. I know who the healer is. It's not me. It's the Savior." So I think it's just, he's reminding us all through the scriptures. And as you mentioned, of course, in the New Testament, He really gives some scathing denunciations about hypocrites because that is not His way.

Dr. Lili De Hoy...: 00:13:34 It is about the honest, humble follower of Christ who recognizes that we are all falling short and glory of God, but we can approach Him through the savior who is mighty to save and all of us can be sufficient with Christ. I think it's important also to recognize that the Lord is saying here that, He says, "There'll be cut off whether in life or in death." In other words, don't worry about the timing. You know how many people have left the Church because of hypocrites. I mean, how many people get offended or dismayed because they see people who profess to do one thing and yet they do another and they have feet of clay and they're just, "Oh my gosh, I can't believe that. I can't believe that person would serve in that calling. I can't believe that person is... And I'm like, the Lord is really clear here. This is not your problem. This is my problem. And I've got it handled. And as I've told so many people, how often did the savior warn that the wheat would grow with the tears? Constantly.

Dr. Lili De Hoy...: 00:14:35 So what do we think we live in a tear-free zone? Like our word is tear free, or our state is tear free or the Church's tear free. What are we thinking? That's not the way it is. The Lord has told us from the beginning, the wheat and the tears together. And then at the end, when Christ comes, that's when he's gonna bundle them up in the different prices and burn the tears. But not until then. And in the meantime, stop worrying about it. I mean, just like you said, hey, this isn't for us to judge our neighbor. It's for us to look in the mirror and say, "Lord, is it I,

you know, do I need to be careful about what I'm doing? And if I'm too concerned about recognition or status or how I compare with the neighbors, or am I trying to put on a pose or pretend to be something that isn't who I really am. So that's the message.

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| Hank Smith:         | <u>00:15:23</u> | It seems that the Lord is saying that Lili in verse nine, wherefore let every man I'm sure we'd add a woman here. Beware, lest he do that, which is not in truth and righteousness before me. He's saying not every man beware, lest others are doing this. You look at yourself to see if you're doing things in truth and righteousness before me.  |
| Dr. Lili De Hoy...: | <u>00:15:45</u> | That's the takeaway.  |
| Hank Smith:         | <u>00:15:46</u> | I've never really looked at the opening of this section, but he's setting a very firm boundary. And then he's saying, "Now you look at yourself to see if you are keeping the boundaries, not your neighbor."   |
| John Bytheway:      | <u>00:15:57</u> | You just improved my scriptures dramatically Lili. I put that next to verse eight. The hypocrites are not your problem. They're my problem. I will deal with them either in this life or the next.  |
| Dr. Lili De Hoy...: | <u>00:16:07</u> | You could throw in a cross-reference to Section 112, which you'll talk about in the future. So I'm not going to go there yet, but that's a great cross-reference for anybody who wants to look that up,   |
| John Bytheway:      | <u>00:16:17</u> | You take care of your own... Weeds in your own garden and stop pointing out the weeds in other people's gardens,  |
| Dr. Lili De Hoy...: | <u>00:16:23</u> | Exactly. There's plenty in ours. And then it gets really good. Because this section just gets better. So what does he say as an answer now that he's said, okay, some of these manifestations are just, they're just people looking for attention, they're even hypocrites and deceivers amongst them, but then he says, "Come, sayeth The Lord." This is verse 10. "By the spirit, unto the Elders of His Church. And let us reason together. That ye may understand." Okay, this is gold." Let us reason together that ye may understand." And then the Lord goes off on this understanding topic for a free versus. "Let us reason, even as a man reasoneth one with another face to face. |
| Dr. Lili De Hoy...: | <u>00:17:04</u> | Now, when a man reasoneth he is understood of man, because he reasons as a man, even so will I the Lord reason with you that you may understand." He's taking a minute here and he's saying reasoning is about understanding. And I want you to   |

understand I'm going to reason with you. Face-to-face just like a man would do it. Face-to-face and what's the purpose of that reasoning. So we can get to a place of understanding. That's the goal. In other words, it needs to make sense. This is so powerful. I'm just so excited. Every time I read it. Now, the verse 13, the Lord gets a little bit Socratic. You know, the Socratic method where he asks questions. "Wherefore I've Lord ask you this question unto, what were ye ordained?" Like? Let's review. Why did I call you in the first place?

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| John Bytheway:      | <u>00:17:54</u> | Seems like it seems like a really good teacher here. He says, "Okay, everybody stop. Let's let's start over."   |
| Dr. Lili De Hoy...: | <u>00:18:01</u> | Let's review.   |
| John Bytheway:      | <u>00:18:01</u> | Why are we here?  |
| Dr. Lili De Hoy...: | <u>00:18:02</u> | Back to basics. Here we go. And then he answers the question to preach my gospel by the Spirit. Now that's what we're talking about. The Spirit here. "Even the Comforter, which was sent forth to teach the truth." The truth. Now He just spent three verses telling us that we need to reason so we can understand. It needs to make sense. The truth needs to make sense. That's why I called you in the first place. So that you could teach by the Spirit--truth. And the truth better make sense. It has to be understood of man in order for it to be real truth. And then he says, then received these spirits, which he could not understand and receive them to be of God. And in this you're justified.       |
| John Bytheway:      | <u>00:18:51</u> | Does this make sense to you?  |
| Dr. Lili De Hoy...: | <u>00:18:52</u> | Don't go there. Are you kidding me? I ordained you to teach the truth and the truth needs to make sense. That's why I reason with you, even as a man face-to -ace. So you can understand, and then you get all these manifestations and they don't make any sense. And you think they're coming from me. Don't even go there. God is not a God of confusion. He's a God of truth. And it makes sense. The gospel of Jesus Christ makes sense. That doesn't mean we get every answer. As soon as we want it. It means that everything starts to fit into this grand design and adds to the design and it embellishes and it edifies. He uses that word later on. This is so exciting to me. Can you tell I'm very excited. |
| John Bytheway:      | <u>00:19:41</u> | No, this is, this is wonderful stuff. I think the Lord is saying, "Look, I gave you a way to know if it was for me. You need to follow through with that. You should know."   |

Dr. Lili De Hoy...:	<u>00:19:53</u>	First think about it.
John Bytheway:	<u>00:19:53</u>	Yeah, you should've put these two things together and seen that this was not me.
Dr. Lili De Hoy...:	<u>00:19:58</u>	This couldn't have been me because it didn't make any sense. Now this is so important when it comes to receiving revelation. And that's where I use this section a lot to try to make this point. That back in Section 9, where he was talking to [inaudible 00:20:11] about translating, remember, and he said, "You thought you could just ask." No, you had to do what? Study it out in your mind and then pray for confirmation. Now I think that order is essential. Think about it first, reason. Can you come to a place of understanding with what has already been revealed? Do you remember? And I don't have a reference on this, but Bruce R. McConkie once said that the Twelve are very careful about petitioning the Lord for new revelation and before they do so they go and do an exhaustive search and I'm sure their associates and admins do it too.
Dr. Lili De Hoy...:	<u>00:20:45</u>	But they look to see what the Lord already revealed before they come and say, "Oh, we need more information." And that's fascinating to me again. I think the Lord is saying, "Look, I've given you so much. Can you, can you think about it? Can you study it out in your mind? Can you do the math? Make the pro and con list before you come to me because I don't need to instruct you in all things. And he said that it's not me. That you should be commanded in all things. I gave you all this facility. I gave you the faculties of your mind and I've given you so much information. Use it, think about it, learn it, study it. See if you can come to a place of sense with it. Does it fit into what the Lord has already taught? And then if you need something more, of course ask and even our study of course can be prayerful and should be so that we can ask to be directed. To study and think about the right things when we're making a decision.
Dr. Lili De Hoy...:	<u>00:21:37</u>	That's what the Lord wants of us. He wants us to use this amazing brain that he has given us the good mind, the good information. Think about it and realize that real truth is reason. Truth is reason. If it doesn't make sense, it's probably not of me. Think about how often we'll hear these stories. Not too often. I'm happy to say, but occasionally we'll hear these stories about somebody who says, "You know, I was praying about whether or not I should buy and best make this big purchase. And I had a really good feeling about it. So I, I went ahead and I bought it, even though I really couldn't afford it. And then I had to declare bankruptcy and it was repossessed, whatever. But I think the Lord wanted me to have you know, learn that lesson."

Dr. Lili De Hoy...:	<u>00:22:14</u>	And I'm like, "No, He didn't." That's why the prophet says "Live on less than you earn." That's why we have all this material about preparation and includes a good budget and thinking about it and doing the math. The Lord doesn't want you to put your hand on hot stoves. So don't blame Him for that and say that, "Well, I learned my lesson." Okay, maybe you learn your lesson and God can make lemonade out of lemons, which is what He does, but he doesn't want us to make stupid decisions. That's why he says, "Study it out in your mind. Come let us reason together. Does it make sense? Does it fit into the revealed work that I'm giving you? That is truth. That is for your good, that it's to avoid the pitfalls, the cliff edges, the hot stoves. If it doesn't, don't blame me for that and act like you're being inspired.
Dr. Lili De Hoy...:	<u>00:23:00</u>	That's not me. That's your emotion getting in the way. And you think that every emotion you have is the Spirit, but it's not. If it doesn't fit your thinking, you should be really careful and suspect about it." So here's the story. I was working with a young woman once a long time ago. And she had had kind of a misspent youth and came from a pretty tough family. And hadn't been... I mean, they were members, but not so you could tell. So, she learned the gospel very well and went through some tough times, but she wanted to get her life in order. So she was working with her Bishop and she actually was living with some really wonderful roommates and they were all good girls. And they all went to church together. They even had apartment prayer when they could. And the script reading, even sometimes. They were really supportive, good things.
Dr. Lili De Hoy...:	<u>00:23:46</u>	And she was having a great experience there moving forward. Then she came in to see me one day and she said, "I have this big decision to make and I can't get an answer. I keep praying and praying. I just can't get an answer." I said, "Well, what's going on?" And she said, well, a friend from my hometown is moving close by and she's renting a place, but she absolutely has to have a roommate to split the rent with. She can't afford it on her own. And my lease is actually coming up. So I wouldn't be leaving my roommates in a tough spot. And there are lots of people that they would be happy to have come and replace me if that works out. So they're open to my moving if I need to. And I would love to be with this friend. We're like sisters, we're so close and we have such great history together.
Dr. Lili De Hoy...:	<u>00:24:29</u>	But these roommates are so wonderful. I don't know what to do. And I keep praying and praying and I can't get an answer. And I said, "Well let me ask you a couple of questions." I said is this friend of yours, a member of the Church? And she said,



"Well you know, not really. And honestly that was enough right there, but I went on. I said", so does she smoke? Drink, do pot? Yeah. Yeah. She does all those things sometimes. Does she have guys over? Yeah. Sometimes they stay over. I'm like,"Well, here's another perspective. Why don't you stop praying about it? Why don't we just do the math because I'm pretty sure God has revealed his opinion on these subjects before. I'm pretty sure you don't need a new revelation."

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| Dr. Lili De Hoy...: | <u>00:25:20</u> | But that's where we come to a lot of times. And this is not an uncommon situation amongst our membership where we struggle to get new revelation about stuff. That's kind of as plain as the nose on your face. If you actually sit down and make the [inaudible 00:25:34].   |
| Hank Smith:         | <u>00:25:36</u> | And talk to somebody else and go, "What do you think about this?" And they think, okay, I can, I can see why... Is it because people think they must be the exception or something because yeah. Things seem so obvious that why would you even need to pray about that? I've heard President Steven Lund, the General Young Men's President say, "You're wondering young men, whether you should go on a mission. Don't even pray about it. Just go." Kind of the same. The Lord has, has answered this before numerous times.   |
| Dr. Lili De Hoy...: | <u>00:26:13</u> | And I do think that people do sometimes want to be the exception or they... We hear maybe some dramatic story about how they called somebody out of inactivity to be in this calling. And it worked out really well. And so they sort of liked the glamor of something that's less logical or typical or less predictable. And while I certainly don't limit the Lord and I know that sometimes those things absolutely can happen. I would really emphasize that they are by far, the exception rather than the rule. The Lord knows what he's doing and he's very consistent and logical about it. And sometimes we're just looking for that kind of moment of glamor where it seems like, "Oh, this where it [inaudible 00:26:53]." In fact, I often refer to Nephi when I'm talking about this. Because the reason that God could ask Nephi to execute Laban and it wasn't execution was not murder, but the reason he could even ask him was because Nephi was logical and he was consistently obedient. |
| Dr. Lili De Hoy...: | <u>00:27:14</u> | He didn't go all over the place with his emotions. He was very rational about doing the things that he needed to do. "I know that the Lord giveth no commandment under the children of man save, he shall prepare a way." So I'm going to do what the Lord says. That's what I'm going to do. And he's boringly consistent about it, which is a high bar. We should all be  |

boringly consistent in our obedience to the Lord and what has already been revealed. And then God can say, "Okay, there's something new here. There's a higher law and this needs to happen." And what does Nephi say? This is such a great example, because his first response is, "That doesn't make any sense."

- Hank Smith: 00:27:51 "I've never done that before."
- Dr. Lili De Hoy...: 00:27:54 That doesn't fit. Because he's thinking he's not just going to go off the feeling he's like, but that doesn't make sense. It's not.
- Hank Smith: 00:28:02 Then he goes through that reasoning process. Yeah.
- Dr. Lili De Hoy...: 00:28:05 Exactly. There's another principle here. "Better that one man, should perish then. . . ."
- Hank Smith: 00:28:11 How can they have the commandments? Yeah. How can these people have the commandments if I don't-
- Dr. Lili De Hoy...: 00:28:16 Look at what would happen?
- Hank Smith: 00:28:17 And he tried to kill us twice and yeah.
- Dr. Lili De Hoy...: 00:28:19 Right. But it's reason. It's reason he's working with Nephi because Nephi is logical about consistently obeying. And he's not quick to say like, "Oh yeah, sure." In fact, if he had asked [inaudible 00:28:33] to do that, they probably would've said, "Oh yeah, where's the sword. I should've thought about it myself." Because they were all over the board. You know, sometimes they're obedient. And then the next minute they're just totally... They're just going after emotions. They're swinging wide every time,
- Hank Smith: 00:28:48 Lili I love this principle of... The idea is yes, you can be the exception because you never think of the exception.
- Dr. Lili De Hoy...: 00:28:57 That's right. You are so boringly consistent. And you know, I think that just to go back to my own experience there, I think I thought I was the exception when it came to motherhood, because I was really good in academics. What was my skill set? And I thought, well, so maybe being a mother at full-time is for other women who don't have this particular gift. And I'm so ashamed that I ever felt that way. Because I really learned, and the Lord taught me. And I'm so grateful for that. That no, you're not the exception. These things I say to one, I say to all, because they are the blessing. It's the blessing of consistency. Be

reasonable. Think it through. Why do we think we're an exception? And I've been enormously blessed because I realized I wasn't an exception. The default is the default. And yes, it doesn't mean that the Lord can't work with us once we are boringly consistent, but until we're boringly consistent, why would he mess with somebody who's already going off the rails anytime they have an urge. If you like throwing gasoline on the fire.

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| Hank Smith:         | <u>00:30:08</u> | This is a very important principle, I think. Because the Lord does have exceptions. We would never say, "Oh yeah, there's never exceptions." I remember President Oaks saying at BYU, he said, "Yes, there's exceptions. And if you think you're an exception, please don't write me a letter." Then, "Hey, you that's between you and the Lord." But I love this principle of you can be the exception because you never are. That's why it's an exception. That's because you're always consistent.   |
| John Bytheway:      | <u>00:30:35</u> | I think Lili could probably tell us a hundred stories about, "Well logically, this guy is not good for me. He treats me like this, but maybe I can save him or rescue him. And so maybe I should go ahead with something." That's so illogical. Do you have some of those Lilly or vice versa. A guy saying, "I'm going to rescue this girl?"   |
| Dr. Lili De Hoy...: | <u>00:31:00</u> | Oh my goodness. And I had to tell them, "You know what, that person already has a Savior, and it's not you. They already have a Savior. Why don't you get out of the way and let the Savior do His business. But you make a logical decision." I used to have students that would come up to me at the Y... Anyway, that was such a delight to speak with those young people. But they'd come and say, "I'm dating this person." And they check all these boxes and they'd go down a really good list, a thoughtful list about compatibilities. And of course, devotion to the gospel was first. And then even family. Whatever, all these wonderful things that they had discovered about each other through good reasoning, good talking, good reasoning, good exploration, studying it out in their minds. |
| Dr. Lili De Hoy...: | <u>00:31:41</u> | And then they'd say, but I just can't get a confirmation. And I'd say, "You mean another confirmation? Didn't you just give me one? But you have studied it out in your mind. And this is exactly what the Lord says to do. And you've been thoughtful and prayerful about your study and exploration, and you both feel this way." Another. Anyway, it's interesting how sometimes we get this romanticized version that it has to be... It has to be the swirling of winds or it has to be a voice, or it has to be an angel or have to have this burning. And as we know, president  |

Oak said, if you have to have a burning [inaudible 00:32:17] feel the spirit then I've never had it, because-

Hank Smith: 00:32:17

I never had it.

Dr. Lili De Hoy...: 00:32:19

And I never have either. So I think that it's kind of this romanticized idea versus like, come on, let's think let's be consistent and reasonable. Let's use the brain God gave us and use the information. He has revealed His opinion on these topics again and again. We probably don't need a new revelation on this. Let's just be consistent. Then it goes on of course, into marvelous stuff. But that gem makes 50 a real favorite. But then he goes on and says, beautiful things. Verse 17, [inaudible 00:32:51] "I say unto you, he, that is ordained of me and sent forth to preach the word of truth by the comforter in the spirit of truth. . . preach it by the spirit of truth or some other way. And if it be by some other way, it is not of God."

Dr. Lili De Hoy...: 00:33:05

So, you know, he's basically saying again, that, that the best teaching is always through the Spirit. You know, the Spirit is, is to confirm truth. And that's what he asked Joseph Smith, right? And to what were you ordained? To preach my gospel by the spirit, even the comforter, which was sent forth to teach the truth. So it's all connected here and he's repeating this idea again and again. Let's just remember that the Spirit is to confirm truth. And we know that that's one of the Holy Ghost's huge responsibilities, which is to manifest the truthfulness of all things. So we need to teach by the Spirit. And if you teach by the Spirit and someone receives by the Spirit, that's ideal. Now we know that people can learn even from a bad lesson. Elder Scott gave a beautiful speech on that years ago, about how, if you're tapped into the Spirit, you can learn in any situation. So the Spirit of truth can teach us, even if we're not being taught necessarily by the Spirit of truth.

Hank Smith: 00:34:05

And the backstory here is these false Spirits. I don't know what they were doing or saying, but here the Lord's saying, did that Edify you?

Dr. Lili De Hoy...: 00:34:14

That's exactly right.

Hank Smith: 00:34:16

Yeah. There was some tendency among some of the members to say, I'm feeling the Spirit and kind of throw themselves on the floor, a shake about to stand up and scream or-

Dr. Lili De Hoy...: 00:34:25

Speak in tongues.

Hank Smith:	<u>00:34:26</u>	To stand up and start yelling,
Dr. Lili De Hoy...:	<u>00:34:27</u>	Speak in tongues but nobody could translate it because if you're going to speak in tongues, there has to be somebody-
John Bytheway:	<u>00:34:32</u>	There has to be someone to hear it.
Dr. Lili De Hoy...:	<u>00:34:33</u>	Exactly, hear and translate so that it can edify and uplift, not just manifest some kind of woo.
Hank Smith:	<u>00:34:42</u>	Right. And it seems that maybe they thought, well, if that's not happening, then that's not... Nobody's been taught. And he's saying, no, no, no, it's totally fine. I love this to be boringly consistent. It's in fact, that's probably the best one. We edify each other.
John Bytheway:	<u>00:34:57</u>	I bring up something that Hugh Nibley said once that I thought was so funny, he says you could pray to see an angel. All he's going to do is quote scripture. So you might as well just read what you've already got. And that sounds like the boringly consistent part. We've got the message already. If we need some sort of strange manifestation. Well, in this case, strange cause they were doing, I mean, as we've read the backstory kind of strange things, and I love the clarity that the Lord brings here.
Dr. Lili De Hoy...:	<u>00:35:25</u>	It's total clarity. And then this powerful verse, which has meant a ton to me in my life as well. And to many of us verse 24, "That which is of God is light. And he that received and continue within God receiveth more light and that light groweth, brighter and brighter until the perfect day." And that's kind of the whole enchilada right there. Receive light. Now of course, he says, you have to also continue in God. And what does that mean? That's that boring consistency. You are consistent with that light. You bring your life into greater harmony with that ideal, with that new light that you've received. And then I can give you more and you'll continue on this upward trajectory and have more and more light until the perfect day.
Dr. Lili De Hoy...:	<u>00:36:15</u>	And there's so many good things that need to be kind of added to this. One of them is Luke 8. Because here's the other side of the coin, right? The warning part, Luke 8:18, "Take heed therefore how ye here for whosoever, hath to him shall be given and whosoever half, not from him shall be taken even that which he seemeth to have." Or another place that's maybe even a little more clear. 2 Nephi 28:30.
Hank Smith:	<u>00:36:50</u>	It's in the footnotes. Yeah.

Dr. Lili De Hoy...:	<u>00:36:52</u>	It's in the footnotes. Thank you. That's right. "I will give it to the children of men line upon line, precept upon precept here little, there a little; and blessed are those who harken unto my precepts, and lend an ear to my counsel, for they shall learn wisdom, for unto him that receiveth, I will give more; and from them that shall say, We have enough, from them shall be taken away even that which they have." It's not static. The world is not static. Life is not static. We're growing in light or we're losing light. That's what's happening. And how do we receive and grow? We have to be boringly consistent about bringing our lives into consistency with the light. If that's something that I... I heard in [General] Conference and it touched me and I felt like I should do more of that. Or I should do less of that.
Dr. Lili De Hoy...:	<u>00:37:40</u>	That was light. That was light. That the Spirit was confirming to us. This is another step for us individually to take. So how do I get more light? I have to listen to that prompting. I have to follow it. I have to change. And change doesn't happen. As a counselor, people ask me all the time, "Do you really think people can change? Can a leopard change its spots, a tiger change its stripes?" And my answer is like, "Of course that's what the Atonement is all about is the potential for change." But that said, not that many people want to change because it's really hard. We have to give up something to change. We get so comfortable with the way we are that by definition improvement means we're going to be uncomfortable for awhile. We're going to put ourselves into an unknown place where we haven't really been before or colonized that territory before.
Dr. Lili De Hoy...:	<u>00:38:32</u>	And it's uncomfortable. It feels weird. And it's easy to rush back into the comfort zone. But if we want to receive more light, if we want to be in this opening up spiral of growing and light until that perfect date, we need to bring our lives into harmony with the light that we receive. Those promptings. Remember that story about President Monson when he was a young Bishop and he's in this Stake meeting and he gets this prompting that he should go visit his brother in the hospital.
Hank Smith:	<u>00:38:59</u>	And he says, "No."
Dr. Lili De Hoy...:	<u>00:39:00</u>	"Yeah, I better stay till the Stake President is done speaking or whatever." And then I think he does get up during the song or before the prayer or something. But he does wait a while before he leaves. And when he gets there, the brother just died asking for him. And it changed his whole life. He said, "Because now it's like, if the Lord speaks, I need to be quick to obey." And there's something so important about that because God gives

us this light, but it's not going to... What does he say, the spirit shall not always strive with man. I'm giving you my best stuff. It's light. And I am the light and the life of the world. This is me. And I'm giving this precious thing to you. And if you don't pick it up and move forward with it, it's going to be gone. And not that we should be terrified or fearful about some clock ticking somewhere, but there needs to be this alacrity.

Dr. Lili De Hoy...:

00:39:52

I like that word. This desire to move forward and say, "Boy, I've had that thought a few times. I really need to act on it. I need to move forward. I need to give that old behavior up. I need to stop. I need to move forward. I need to give that old behavior up. I need to stop that bad habit. I need to develop this good habit." And then the light continues to grow, or he takes away even what we have. And we've all heard this before, but I noticed that even before Sherry Dew said it, just as in my life before even being a counselor, "That sin makes you stupid. "People that we know that are bright people, and then they do things and you're just like, "That person knows better. I know they know better, but why are they doing this?" And it's because the light has shut down. And they lose intelligence. Can I just share something else that I absolutely love. Abraham 3:19. Remember where God is teaching Abraham about intelligence.

Dr. Lili De Hoy...:

00:40:47

And he says, the Lord said to me, these two facts do exist. That there are two spirits, one being more intelligent than the other. There shall be another more intelligent than that. Let me pause there for a second. What does that mean? That a Spirit is more intelligent than another Spirit. They have a brighter IQ. Is that what that means? I don't think so. I think that intelligence, because what do we read? And isn't it Section 93, that's talks about light and truth and intelligence are all the same thing. Light, truth and intelligence. It's all the same. So I think what God is saying here to Abraham is that the difference between the intelligence of spirits is that one will receive the light more quickly than the other. Maybe the other isn't receiving it at all, but if they are receiving it more slowly, this one is quick to receive light and continue in God.

Dr. Lili De Hoy...:

00:41:46

So they receive more light and that light is intelligence. And like we said the withdrawal of the light makes us stupid or less intelligent, but doing the right thing makes us brighter. I mean, in every way. But it's truly a brain function. You remember that President Nelson gave a speech when President Hinckley was the Prophet about how President Hinckley was a multifaceted genius. And there are lots of stories about that. Like some Asian scholar came to BYU and the professor arranged an interview with Hinckley and this guy walked away saying, "Why do I not

know about this man? He understands more about Asia than anybody I've ever talked to who was a professional." And it wasn't his expertise. Although he had spent a lot of time there for the Church, but it was his willingness to follow the light that made his mind quick.

Dr. Lili De Hoy...:

00:42:37

And then it was everything else too. Like there were so many stories like that. And I would say that I read the biography of President Hinckley and he didn't start out in school as some kind of genius kid that all the teachers were just blown away by, or that just rocked all the standardized tests. No, it was because he continued in light. So God could work with his brain and give him that facility that quickness, that light and end it. It's not about IQ. It's about goodness. It's about adaptability. The ability to speak to people, to connect with them, to know what is needed. To receive the Spirit. I can understand the spirit of truth that makes sense. It all goes together. To me, this is just... This is rock star stuff that the word is telling us. Receive the light.

Hank Smith:

00:43:26

Do you remember Elder Hales? He talked about a bicycle. He had as a kid and he said, "The light on my bicycle was attached to my pedals. So the faster I peddled the brighter the light." And so he said, "I got really good at paddling. And he said, "And then when I stopped pedaling, the light went dark." And this is the idea of you receive truth. If you'll live that truth, I'll give you more light. With that light, you're going to see more truth than if you're going to live that truth. I'll give you even more light. Listen to this. This is one of those moments. Do you remember Dr. Millet, John said, this is one of those moments where you look at Joseph Smith and go, "What manner of man is this?" Who says stuff like this? Listen to this statement. Yeah.

Hank Smith:

00:44:14

He says this. "We consider that God... This is Joseph Smith. We consider that God has created man with a mind capable of instruction and a faculty which may be enlarged in proportion to the heat and diligence given to the light, communicated from heaven to the intellect and that the nearer man, and we'd say mankind, men and women, the nearer men and women approach perfection, the clearer are their views and the greater their enjoyments till they have overcome all the evils of this life and lost every desire for sin. And like the ancients arrives at that point of faith where he is wrapped in the power and glory of his maker and is caught up to dwell with Him." I mean, that is exactly what we're talking about here. Live the truth you've been given and you will get more light, but don't live the truth you've been given and you'll lose the light. And with less light, you'll see less truth.



Dr. Lili De Hoy...:	<u>00:45:12</u>	That's right. It'll be darkness and confusion.
Hank Smith:	<u>00:45:14</u>	It'll digress.
John Bytheway:	<u>00:45:16</u>	And sometimes those verses that we've talked about sound kind of unfair. I'm going to give to those who have and take from those who don't have, but you have to notice the meaning of the word receive. I'm going to let it in. It's like when we confer the Holy Ghost, it's not now the Holy Ghost will come upon you, whether you want it or not, it's receive it. And that is something you must do. So you use that phrase, heed and diligence. I've got to let it in. And that's why I love, I mean, I said in an earlier podcast, Section 19 was one of my favorites. But boy 50, and that verse 24, "Because I received the light." It's like a... I tell my students, like a wedding reception, you receive guests, you let it in. And if you receive it and give heed and diligence to it, you get more.
Dr. Lili De Hoy...:	<u>00:46:07</u>	Can I throw something else in here because the rest of the verse or section, I mean, God talks a little bit about how you can understand what's from the Spirit and what's from Him and what's not. And He says in verse 31, "It shall come to pass that if you behold a spirit manifested that you cannot understand."
John Bytheway:	<u>00:46:27</u>	There it is again.
Dr. Lili De Hoy...:	<u>00:46:29</u>	There it is again. "And you receive not that spirit, ye shall ask the Father in the name of Jesus; and if he give not unto you that spirit," or understanding if he doesn't explain it, or if it doesn't start to make sense or fit with what has already been received, then you may know it is not of God. Because God doesn't work against himself. So if it comes in, it's confusing. Well, it's probably not of God, but you can ask just to make sure there's something more that you need to understand, but if you don't get understanding, dismiss it. Confusion is not of God. He doesn't work against himself. Remember when Christ comes to the Nephites and at the end of the first day of where he has just blown them away with all this wonderful teaching, with the true gospel taught from the Savior himself, what does he say at the end? He says, "I see that some of you have not understood."
Hank Smith:	<u>00:47:19</u>	Go home and ponder, yeah.
Dr. Lili De Hoy...:	<u>00:47:21</u>	Go home and think about it and pray that you can understand. That's exactly what he's saying here. Pray that you can understand. Because it's important to God that we understand that we get to the sense of it. To see how it affects my life for

the better, how it makes me a better person, more like Jesus Christ. Not some windows shop Pharisee where I look good to the crowd, but where actually rubber hits the road and I become a better man, a better woman, a better husband, a better father, a better mother, a better wife, a better sister, brother, aunt, uncle, roommate, member of my community, colleague, boss, employee. If it doesn't hit the ground running and change us for the better, it's not of God, because those are the things that bring us to Christ. Something that is workable. It's tangible. It makes sense. I can take it home and do something with it. I don't have just this, "Ooh, that was a really cool spiritual moment, but I really actually have no idea how that's going to change my life tomorrow or today."

Dr. Lili De Hoy...:

00:48:24

It has to be tangible. It has to be concrete. It has to be pragmatic. And then look at that. He says that you'll have power over that spirit, verse 32. "And you shall proclaim against the spirit with a loud voice that is not of God." Then interestingly, "Not with railing accusation, that you be not overcome." In other words, "Don't go contentious on me," and don't get all, like into some kind of fit or frenzy about like, "Oh, you get out of... Just be calm. You know what this is. You can tell truth from error, light, from dark. Just dismiss it. "Not with railing accusation, neither with boasting nor rejoicing." We just talked about recognition and the problem of trying to appear, this is making me something really hot and special here, "Lest you be seized therewith." This is a humble process. Just make sense of it. And if it makes sense, it's of God. And if it doesn't make sense, it's not dismiss it. And don't go all crazy about how you dismiss it. Just get rid of it.

Dr. Lili De Hoy...:

00:49:22

Now I just can't help myself. I have to talk about Moses 1. Because this is another example of the comparison between light and dark. And good and evil and how Moses makes this distinction. And I just anyway, such a tremendous story here of Moses who has been in the presence of God. And then basically passes out for several hours because that transfiguration was exhausting. And then he comes to himself. I don't know [inaudible 00:49:53] takes many hours, Moses did again, receive his natural strength, like in demand. And he said it himself. And this is the understatement of the century right. "Now, for this cause I know that man is nothing, which thing I had never before supposed." I kind of had no clue about the real light and me and how much he wants to give me. How much he has to give me. And here I am, but he's receiving it. So that's pretty cool.

Dr. Lili De Hoy...:	<u>00:50:21</u>	And then he says, "But now mine own eyes have beheld God; but not my natural, [but] my spiritual eyes." And then verse 12, "When Moses had said these words, behold, Satan," came tempting him. Because every time, and we've seen this in the Restoration, when new light is coming, Satan is right there trying to sniff it out. That's what he does. He wants to... Of course, he's never succeeded. He says man, you're not even a man. He's this evil dark story. He has never succeeded, but he doesn't stop trying until he's vanquished at the end. So here he comes, "Moses, son of man, worship me." Now look at how Moses responds. This is so classic. "And it came to pass that Moses looked upon Satan and said: Who art thou?" And I think if we translate this correctly it would say like, "What'd you say it was? For behold. I am a son of God. And where is the glory that I should worship thee?" Light, no light.
John Bytheway:	<u>00:51:17</u>	"I've seen the light."
Dr. Lili De Hoy...:	<u>00:51:18</u>	"I've seen the light. No contest. What'd you say your name was? Why would I do that?" And then interestingly, and he talks about how he couldn't look upon God without being transfigured, but he can look upon Satan in the natural man. And then where is thy glory for it is darkness unto me and I can judge, there it is. I can judge between the and God. And this is all about judgment. You know, sometimes we get this false idea in the church. It's one of our favorite false doctrines that we shouldn't judge. And that's really false doctrine. We can't condemn. We'd have to be omniscient like God to condemn people. That's not our business. We don't know enough, but to judge, we have to judge. How do you use your agency without making a judgment? And what do we judge light and dark? Is this leading me to Christ? Or a way, is this making sense or is it confusion and darkness? We're judging all the time. And as I said, when I was going through my graduate program, I made judgments every day, I heard all kinds of expert stuff. Whatever.
Dr. Lili De Hoy...:	<u>00:52:24</u>	And some of it fit beautifully with the gospel in Jesus Christ. And I could judge, "Oh, that is correct." Those ideas are helpful and correct. It's a good take on this because it fits with the gospel of Jesus Christ and this stuff. "No, that absolutely conflicts with the gospel of Jesus Christ. It doesn't make sense in light of the gospel. It is not true. End of story." End of story. Light or dark, truth or air, does it fit? Does it not fit? Does it add an edification to my understanding of God and his truth and his gospel and faith repentance, baptism, and the gift of the Holy Ghost or not. So Moses makes this judgment and says it. "I can judge between thee and God, for God's. And to me, worship God for him only shalt thou serve. Get thee, hence Satan, deceive me not." And

then interestingly, a few verses later, it says that Satan, "Cried with a loud voice and ranted upon the earth."

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| Dr. Lili De Hoy...: | <u>00:53:24</u> | I think he probably had a tantrum. I think he's like, "Are you kidding me? I was hoping to get some traction here and snuff this light out. And you're just so out of hand, able to dismiss me. I am the only begotten worship me." And then Moses began to fear exceedingly. And as he began to fear, he saw the bitterness of how fear is what made him a little bit too susceptible for a moment to the powers of Satan. We don't have to be afraid. If we know the light from the dark, we don't have to be. And that's exactly where Moses goes. He goes back to what he knows. Nevertheless, calling upon God he received strength and commandment saying, "Depart from me, Satan, for this one God only will I worship, which is the God of glory." The light, not the darkness. This is what the gospel's about. It's light versus dark truth versus error. And it enlighteneth in every area of our lives.                            |
| Dr. Lili De Hoy...: | <u>00:54:27</u> | It makes us better at everything we do. It makes us better in our interpersonal relationships. It makes us at peace with ourselves. Because we improve and fulfill our potential. And we cast our sins away through the power of the atonement of Jesus Christ. We're able to become new and better and progressed and we receive that light. And it becomes a part of us and more light is coming right behind it.  |
| Hank Smith:         | <u>00:54:58</u> | I didn't mean for this to happen, but I have learned a lot about parenting in this section. It seems the Lord's gets a little frustrated with the hypocrisy, just the bad decisions that have been made. And then He says, "Okay, let's talk it through. Let's talk this through together." And he's very kind to them right. Now look, this is what I taught you. This is what you did. Those two don't line up. Let's give me some examples here. And then he says, "Everyone stay calm." Let's do the... I mean, I just love the spirit of teaching in this section. Because it even says, at the end, "You are little children." He says that in verse 40. "You are little children, fear not right. "He kind of increases his love for them after he's set a boundary and told them, "Listen, you've gone beyond the boundary. This is how you stay in the boundary. And then he follows up with all this love and personal interaction." |
| Hank Smith:         | <u>00:56:00</u> | I love what you've done here. The section itself makes you feel something.   |
| Dr. Lili De Hoy...: | <u>00:56:04</u> | It's a powerful section.   |

Hank Smith:	<u>00:56:06</u>	You feel like you would just want to be better, right? I want to be better.
Dr. Lili De Hoy...:	<u>00:56:09</u>	It's a theme that's repeated again and again, that Christ is the light and the life and this idea of knowledge. And as we've said, the Doctrine and Covenants is an example of how Joseph Smith grew from "line upon line, precept upon precept, from light to light from grace to grace." So this whole thing is about the growth of light. Light coming back to the earth. The light of the Restoration that has blessed the entire planet. I can't find it if any of you know where it is, let me know. But there's a chart that I saw when I was an undergrad about how inventions have been tracked in the history of the world. And when they invented the wheel or when they invented this or whatever, and it was pretty slow for most of the history of mankind.
Dr. Lili De Hoy...:	<u>00:56:55</u>	And then it hits 1820. It goes like sky high. The light and truth came to the earth and it didn't just come to the saints. Although of course, Joseph Smith was the prophet of the Restoration and this was the instrument through which the light came. And all of these early Saints that believed and sacrificed to receive the light and continue in God, but light poured out on the planet. You know, it is a battle between light and dark and light always wins, light always banishes darkness. I love what you said about children. And you know that in D&C 93, again, speaking of light, God tells us, "I've commanded you to bring up your children in light and truth." And you're right. This is a great pattern for us as parents did that reason with our children. And that is the process of transferring values by the way. Which the family is the only organization on the planet that is designed to transfer values.
Dr. Lili De Hoy...:	<u>00:57:56</u>	And we are seeing so many failures of that around, even with people of King Benjamin, remember who were so basically sanctified in that moment where, "They had no more desire to sin but to do good continually," but their children we've learned many chapters later, their children didn't believe. Even there, there was a gap. Now, I let's not be unkind here. The product of parenting is the parent. It's not the child. You know, God himself offers light and truth to everybody, but not all his children receive it. So it's not about condemning ourselves. If our children make mistakes or choose a different path. [crosstalk 00:58:34]. Yeah. But it is about making sure that we become more God-like in our parenting and that we access the truth.
Dr. Lili De Hoy...:	<u>00:58:43</u>	And we do try to help them understand the values of these things and what is right and what is wrong and, and to speak without shame about the gospel and to be bold. I know that bit

about where Christ told the people that, "I can see that you did not have not understood it."

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| Hank Smith:         | <u>00:59:00</u> | That's one. I love the Lord saying, "Let's, talk this through." He's not coming in and grounding everybody. He's like, "Let's talk this through together." Okay, and it's almost like here at the end. He's like, "Okay, everybody ready? All right. I love you. Fear not. g Go try again. Go give it another shot. I am in your midst. I am the Good Shepherd." He says in verse 44, "You build upon this rock. You won't fall. You're okay. You're okay. Let's move. Let's move forward." Yeah. I really like the spirit of this section of humility and truth rather than trying to come in and say, "I'm going to fix everybody." He's like, "Let's talk together. I want you to understand."   |
| Dr. Lili De Hoy...: | <u>00:59:46</u> | "Don't worry about those hypocrites, the wheat and the tares grow together. I'll take care of it when it's time. You don't worry about it, but just you learn truth. You learn truth and don't be hypocritical, but you learn truth." Okay, so then He says, "Feast on the words of Christ, 'this is familiar stuff, right? And then look at the consistency. "The words of Christ will tell you all things, what you should do." So that's the reason we have the words of Christ. Now, that's the scriptures and the words of the prophet and why, so that we can know what to do. Like we were saying, "It's got to have the rubber hitting the road. "How do I live? How do I become a better person, a better son of God, a better daughter of God, a better, individual, better in all my roles. Feast on the words, because they're going to tell you all things, what you should do.  |
| Dr. Lili De Hoy...: | <u>01:00:30</u> | And then He says, "If you don't know any more than that, it's because you don't ask her knock and you're going to end up perishing in the dark, not [inaudible 01:00:35] light, but if you'll enter in, by the way." Okay, that's beautiful. And receive the Holy Ghost. We talked about how active that has to be it. And then what? "It will show you all things, what you should do." So look, first, it's the scriptures and the words of the prophet, which are let's face it fairly generic. "What I say to one, I say to all." Because everybody needs this, and these are principles of eternity. They are truths that everybody can use and improve their lives by living consistently with those words. But then if you persist and you receive the Holy Ghost in a sanctifying experience. So now he is your constant companion. It's not that he comes once in a while, when you're in a good place, he is with you all the time, because you are living so consistently that you don't offend him. |

Dr. Lili De Hoy...:	<u>01:01:24</u>	Because otherwise, when I start to do jerky stuff or I'm not kind, or I'm not living the way I should, that I'm offending the Spirit and it's going to flee from me. But sanctified individuals are so consistent that the spirit can be their constant companion. And they've had this physical change in everything that Joseph Smith said, "The senses are enlivened." I don't know if that means colors are bright or whatever, but I'm anxious to learn that. And then it says, "Once you're sanctified and have a constant companionship of the Holy Ghost, it will show you all things you should do." Now, the Holy Ghost, isn't going to contradict the scriptures. Of course, like you were saying, if an angel comes, he's going to quote scripture because God is consistent. There's an inherent and internal consistency. It's logical. It's understandable. It edifies, it makes sense.
Dr. Lili De Hoy...:	<u>01:02:11</u>	But it's going to be more personal. Hank, it's going to help me understand how to magnify my four ordinations. The things in my patriarchal blessing that are gifts that God wants me to magnify or explore, or that he has in store for me, the Holy Ghost is going to help me understand exactly how I can do that and what he tells me then I better do that. And then just to wrap it up, my husband has a great thought here. He's worked with missionaries forever. And of course they can get really anxious. And somebody comes in and gives a speech about being the best missionary they can be. And they all get anxious because they're not sure they're the best. And my husband looked at the scriptures and said, God never says to be the best that you can be. He says, "Be diligent."
Dr. Lili De Hoy...:	<u>01:02:55</u>	Are you being diligent? And if they're being diligent, if we're being diligent, that's on the path. It is consistent to be diligent. We fall down and scrape our knees when we get back up. Now I do think that we have to be careful that we're not repenting of the same sins all the time. I used to try to help my Seminary students.
Dr. Lili De Hoy...:	<u>01:03:13</u>	It's not like there's a revolving door in the Bishop's office. Like you're not supposed to be in there every week, confessing the same sin. You do have to change. But that doesn't mean it isn't a process. And some things are harder to shake than others. God is patient, but he knows the difference between diligence and laxity. And we just need to make sure that we want what he has to give and that we want it enough to do the uncomfortable work of change. By definition, it's uncomfortable. It's new, it's different. It takes a while for it to become familiar and ours and for us to own it. But that's the journey and it's a marvelous journey and there's a happy ending for everybody,

Hank Smith:	<u>01:03:57</u>	<p>Right? As you receive light, your desires change, you might be sitting here going, "I don't want all that." Well, I promise you as you are living this light, it will change your desires. In fact, I wanted to mention one verse that I just loved because there might be someone listening, going, "I want all this, but I can't overcome my addictions. I can't overcome my sins." Look at verse 35, "By giving heed and doing these things which you have received, and which you shall hereafter receive--and the kingdom is given you of the Father, and power to overcome all things which are not ordained of him." As you continue to just be obedient. Obedient to what you can, you will get the power to overcome those things that you feel like you cannot. And I've experienced that and I've seen many other people experience that idea of I'll never overcome this. It's just who I am. No, the Lord will give you power to overcome that light and truth will give you power to overcome things that you thought I'll never be able to overcome.</p>
Hank Smith:	<u>01:04:56</u>	<p>I've noticed in this section for me personally, it's a very... It gives you a lot of purpose, right? Why, why am I getting up today? Why am I doing what I'm doing? Because I want to live the truth I've been given so I can get more light so I can see more truth. Tomorrow is exciting because if I live the light and truth, I've been given, I'm going to get more. And then you both, you and John talk about "the perfect day." Section 24 or Section 50, verse 24. There is a day coming that you can have that perfect day. And it's perfect because of him, because he's perfect. Is there anything else about Section 50 before we ask our last question, John, you feel like you've-</p>
John Bytheway:	<u>01:05:36</u>	<p>I just want to throw in that I have used the section 50:24 at the end of a fireside quite a bit. And I love to say if you don't remember anything else I remember today, would you please remember three words, "Continue in God." And some people, they run into a challenge or a doctrine or a policy or something, and they discontinue God and you won't find light in the dark. I love to tell them about a song when I was a teenager, "Looking for love in all the wrong places." In the idea of you, don't the same way you don't find light in the dark. I think President Nelson said in [General] Conference, "Rehearsing doubts in the company of other doubters," or something like that. And no, please. I plead with anybody. If you're having an issue, continue in God, stay in the light and seek more light. And don't discontinue God, cause you won't find light there, but continue in God. And that is where you can receive more light and grow. And so I love that verse and that three word sermon.</p>



Hank Smith:	<u>01:06:45</u>	<i>Continue in God.</i> Oh, John, that is awesome. John, Lili, both of you, these have just been awesome insights. Dr. Anderson, Lili, you are a scholar and a counselor. Your parents were scholars. You come from a family of scholars. You're also a mother and a grandmother. We would love for our listeners to hear your personal thoughts on Joseph Smith, the Restoration and what it has done for you personally, both in both your professional life and your personal life.
Dr. Lili De Hoy...:	<u>01:07:17</u>	I do come from thinkers. My parents actually came to this country with nothing after they served missions elsewhere. And they didn't even have high school diplomas. They took the GED so that they could get to BYU and they worked as janitors and did everything they could and lived on pennies so that they could participate in this process of education. My father did his three college degrees in his second language. My mother did her three college degrees in her third language and her mastery was complete. They were brilliant people, but they were self-educated until they got to college by reading and studying. Now they both had the gospel in their youth, but they didn't have much access to the church organization. My dad and his family were basically the only family in [inaudible 01:08:10]. Well with his uncle's family for a while, but then they went to [inaudible 01:08:14] and there were some cousins there, but they really were on their own without organized church until he went on a mission basically. Or shortly before his mission, actually he moved to Monterrey, Mexico, and there was a ward there, but he was already a teenager.
Dr. Lili De Hoy...:	<u>01:08:27</u>	My mother, the branch in France, when they joined the Bhurch, they had like six people, including the missionaries. Well, maybe it was seven, but the missionaries, but you know, it was Heber J. Grant who came to Paris and they traveled to Paris from Orleans in order to hear him speak. And he, at that time, was still issuing the prophetic invitation to gather to Zion, meaning Utah. So that was the journey they began, even though it took them over eight years to get from France through Argentina. And she was the first lady missionary in [inaudible 01:09:01] actually, but then finally to get to the United States and come to BYU where they studied. But my parents knew the gospel was true, even though they had limited access to the... When we think of the information age we're in now and the touch of a finger on any device, we can get just more information than we can shake a stick at. But my parents were seekers and they wanted to understand.
Dr. Lili De Hoy...:	<u>01:09:28</u>	And they taught me that. They taught me that you can understand and keep looking until you understand. God wants

you to understand and to know, but they always approached it as that God is right. So let's find out why he's right. Let's not ask whether or not he's right. Let's find out why he's right or how it looks that he is right. And in fact, I could have read the one little verse after in Abraham 3, after God says, there are two intelligences. There's one more intelligent than the other. And a third will be more intelligent than... And then what does he say? He says, I am the Lord. That God am more intelligent than they all. In other words, isn't that sad. He has to put it in print just in case you forget, I'm smarter than you. I'm smarter than everybody.

Dr. Lili De Hoy...:

01:10:16

I have all the light. So that was a great privilege to grow up with people who knew God spoke the truth. I've always been a little irritated by the fact that we've sort of had this term in the church called the Mormon intellectuals, meaning people who talk themselves out of their testimonies because they study so much. Right. And I thought what does that make the rest of us? Chopped liver? Because I, because I don't disbelieve or I haven't lost my faith. I don't have a thought in my head. I don't have an intellect. I don't think about things or become analytical or seek and try to understand anyway. And of course, one of my heroes was one of my many heroes in the gospel is Hugh Nibley who you want to talk about as an intellectual. I mean, the man spoke more than 16 languages and could read another eight or two. I don't remember. It was amazing.

Dr. Lili De Hoy...:

01:11:03

And that man was a staunch defender of the Book of Mormon and a Defender of the Faith. And I have always wanted also to be a Defender of their Faith. Because I love it. It makes sense to me, it answers all my questions now. Not all at once. I remember in college, there were a couple of things I didn't understand about the Church or the gospel. And I, well, it was the Church and I went to every Religion professor I could get to on BYU campus. And I asked them my questions and none of them had a good answer for me. Good men that they were, they were good and they shared what they could share, but they didn't really answer my question. And you know what? I asked myself some questions at that point.

Dr. Lili De Hoy...:

01:11:46

And I said, "Do I believe God loves me?" Yes, I do. Do I believe He loves all his children? I absolutely do. I know He is no respecter of persons. He loves each of us in our own station, in our own lives. The way we are, he loves us. We are His. Do I believe he wants me to be happy and all those other children that He loves? Yes. I absolutely believe that in his perfect goodness in his perfect mercy, in his perfect grace and love. He wants us to be happy. And then here was the pivotal question.

Do I believe he knows better than I do? How that happiness is to come, how I'm going to get there, how that's going to come into my life. And that was the Abraham 3 answer. Yeah, I do believe he is more intelligent than I am.

- Dr. Lili De Hoy...: 01:12:41 ... not in today and own understanding. And I thought, again if I don't understand something, that's my problem, it's not God's. And I believe that he will reveal that to me. I listened to Susan Black just earlier this week and her podcast with you. And I felt the resonance of what she said when she said that she had dozens of questions, or I don't remember how many questions that she wrote down when she was young. And that at this point in her life, about 86% of them have been answered. That's exactly how I feel. There were really just a couple, but I feel like I have at least an 86% understanding of Him. And it came line upon line. It distilled like the dews of heaven because I wasn't ready to throw out the baby with the bath water. Because I saw how good God is because like Elma says, doesn't it all? Doesn't it all just testify of God.
- Dr. Lili De Hoy...: 01:13:35 You know, everything demonstrates his love. If we have the ability to see it. And I know that some people haven't felt that love. I've worked with people who haven't felt the love of the Lord and it breaks my heart. But I know that it's not because He doesn't love them. It's because they've been wounded and they've been hurt in ways that make it hard for them to receive that love. And the answer is for them to heal their receptors. And I've helped a lot of people who've decided to do that. And they do it. They do the work, but we can help each other heal our receptors so we can feel the love of God. And that's the answer. Because if God is good and He loves me, then all the rest of this is going to work out just fine. And He is so much smarter than I am. I'm not going to beat my head against foolishness and say, "Well, I don't get it right now."
- Dr. Lili De Hoy...: 01:14:28 I mean, okay, well maybe there are some things that I'm still looking to understand better, but that list has gotten smaller and smaller over the years. Of course I'm getting old, but it's gotten smaller and smaller because the Lord is kind and He does reveal things to those who have faith in Him. So it really does come down to a choice. We say, I know that Church is true. I know Joseph Smith was a prophet of God. And I love it when people say that, I don't have a problem with that. But in actual fact, we choose to believe it. Instead of believing something else. And we could believe that he's not a prophet. We could believe he was just a fraud. It doesn't make any sense. You can't have these kinds of fruits without good roots. It's impossible.

Dr. Lili De Hoy...:	<u>01:15:14</u>	Remember what they said in Acts about Jesus Christ when they were trying to decide whether to go and get the Apostles and round them up or whatever, and I'm forgetting my details here, you'll have to help me. But it was when somebody says, "No, leave it alone."
Hank Smith:	<u>01:15:27</u>	It's Gamaliel. Gamaliel says, [crosstalk 01:15:30] nothing will happen.
Dr. Lili De Hoy...:	<u>01:15:33</u>	It'll work its way through. But watch out, if it's of God, you'll find yourself fighting God himself. And that's exactly what the story is here. That you can't fight against the record of the Church. This is the growth, the magnitude, the goodness that comes from this. All the excellence, all the light, all the ways to live. How many people say things like, "Well, I don't really believe, but I want my children to be raised that way." You're like, well, okay you're seeing part of it, but you're missing the big connection there, which is that you can't get those kinds of fruits without roots. You just can't. And the roots are real. I choose to believe those things every day. And I am so grateful for Joseph Smith. Once my husband and I were attending a professional conference in Rochester, New York.
Dr. Lili De Hoy...:	<u>01:16:31</u>	And we would take in the afternoon, we would have some time and we would go off and see Church History sites. And we got to the Sacred Grove later in the afternoon. And the tours were over in the missionaries, all had a meeting. So they just sort of pointed and said, it's that way. So we have the wonderful opportunity to be there alone, and just to kind of wander there. And we found some benches and we sat there and it was still light enough. It wasn't dark. It was just later afternoon and beautiful. And we decided to say a prayer. And then my husband asked me to say the prayer, and I couldn't even mouth the words. I felt so overcome with gratitude for Joseph Smith and for the goodness of God and his Beloved Son, Jesus Christ. To work through that from a boy with his good heart and his seeking mind to bring this into my life and to my children and to my grandchildren.
Dr. Lili De Hoy...:	<u>01:17:32</u>	I am so grateful for all the good, I cannot deny the goodness of it. It makes too much sense. As a counselor, I have found that all the answers really are in the gospel of Jesus Christ. If I didn't know it before, I knew it after, because every problem has its solution in the doctrines of the gospel of Jesus Christ. He has all the balm for all our wounds. He has all the solutions for all our problems. I do work with non-members sometimes. Of course, in Utah, most of my clientele are Latter-day Saints. I work occasionally with people who are raised in the Church, but are

no longer believers, or they're less active at this point in their lives. I just changed the vocabulary because the principles are the same. They're the same. And why would I give them anything but the best. All the answers are to seek the light and conform our lives to it. To continue in God's great phrase there, John, I love that you use that in that kind of way.

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| Dr. Lili De Hoy...: | <u>01:18:34</u> | That's a marvelous three word sermon, as you say. <i>Continue in God</i> , give Him a chance to manifest his love because the goodness is there. The love for us as an individual. I mean, we've all said this, right, but how tender. That the first word that broke the silence of millennia between heavens and earth was Joseph's name, silence for centuries. But He says Joseph, before he says anything else, and he could have said Lili. And He does. He says that if I have the ears to hear he's speaking to me too, I heard his words in the Doctrine and Covenants when I was 16 and I've loved them ever since. And it gave me a great love of all scripture. And of course, then I went onto the Book of Mormon, which has gold nuggets on every page. |
| Dr. Lili De Hoy...: | <u>01:19:21</u> | And you know, the Old Testament and New Testament, which are other testaments that are so beautiful, the Pearl of Great Price with all its gems. It's there, it's there for the taking. We need to feast. I don't know if that answers the question. I can't imagine a life without the gospel of Jesus Christ.   |
| Hank Smith:         | <u>01:19:38</u> | Thank you.  |
| Dr. Lili De Hoy...: | <u>01:19:39</u> | And I have to say, this is all about the Savior. It's all about the Savior. What he did for us is matchless. And I love Him for loving me in that way. And I know this is His Church. I said it, I know I feel it in my bones, in my soul that this is his Church, and I love Him for giving it to us.  |
| Hank Smith:         | <u>01:20:03</u> | Oh my goodness. John we've once again, now Section 49 and 50 are my new favorites. They're my new favorites. It's just incredible. I'm just not only continuing to be impressed by the minds we have, who visited us, John, but I'm continual impressed by these revelations, I'm seeing them in a new light going, wow.  |
| John Bytheway:      | <u>01:20:24</u> | I'll never see them the same. And every week I'm making new notes. And I mean, I've seen the word and the spirit of truth. It's about six times in there. Truth has a spirit. Oh my goodness. I've seen the word understanding Lili, the way I hadn't seen it in this section before. So thank you for being with us today.   |

Dr. Lili De Hoy...:	<u>01:20:48</u>	Thank you. What a wonderful opportunity. I've had a wonderful time.
Hank Smith:	<u>01:20:54</u>	All of this coming from a 26-year-old, I think at this point, a 25-year-old farm boy and his contemporaries, right?
John Bytheway:	<u>01:21:02</u>	Three years they're formed. You can't have the fruits without the roots. I heard that too.
Hank Smith:	<u>01:21:07</u>	That's beautiful. Well, thank you, Dr. Anderson, for being with us. Thank you to all of you for listening. We're grateful for your continued support. We want to thank our executive producers, Steve and Shannon Sorenson. We want to thank our production crew. David Perry, Lisa Spice, Jamie Nielsen, Kyle Nelson, Will Stotten and Andrew Morton. And we hope you will join us on our next episode of followHIM.

## Episode 20

### D&C 49-50

#### followHIM FAVORITES

Hank Smith:	00:00	Hello, welcome to followHIM Favorites. My name is Hank Smith. I'm here with the incredible John, by the way. We have a podcast called followHIM. And every week we have decided to do a small little clip called followHIM Favorites, where we pick out our favorite part of this week's lesson. And John, we're looking at a Doctrine and Covenants sections 49 and 50. What is your followHIM favorite for this lesson?
John Bytheway:	00:26	Oh, it's very hard to pick Hank. There's some great stuff in both of these. I'm looking at section 50, verse 21 and 22. Therefore, why is it that you cannot understand? It sounds like we're being a little bit dense. If the Lord has to start out a verse like that. Why is it that you cannot understand and know that he, that receiveth the word by the Spirit of truth, receiveth it as it is preached by the Spirit of truth. Wherefore, he that preacheth and he that receiveth, understand one another, and both are edified and rejoice together. And what I like about this is we just learned that the listeners have a responsibility, not just the speaker. We can't say, this speaker's boring. I will be on the couch in the foyer, which in our building is turned upside down for Covid. But you have a responsibility too.
	01:12	And I'll never forget something that Elder Bruce R. McConkie said once. He said, we come into these congregations and sometimes the speaker brings a jug of living water that has in it many gallons, and he pours it out on the congregation and all that the members of the church brought was a single cup and that's all they took away. Or maybe they had their hands over the cups and they didn't get anything to speak of. And I thought, whoa. So that's--those verses tell me, I gotta show up with a jug and catch everything I can and ask the Spirit to tell me everything the Spirit wants because there's what the speaker says. And there's what the spirit can teach you while you are honestly trying to listen. So, I love this section that talks about, hey, the listener and the teacher both have a responsibility.
Hank Smith:	02:00	Ooh, I'm gonna share that with my teenagers. Family night: You have a responsibility.

John Bytheway:	02:05	Go up with a jug to home evening.
Hank Smith:	02:07	Right? Yes, please. And I like the end of that verse that you can tell you've been in a class with the spirit if everyone feels edified, built up and rejoiced together.
John Bytheway:	02:17	And you rejoice together. That was a great class.
Hank Smith:	02:19	Yeah, there's a good feeling there. My followHIM Favorite for this week is gonna be back in section 49, which is given about a group called The Shakers. And John, these are a little literal group of people who live close to the Saints in Ohio. Who were- to show how religious they were they would often shake their bodies would shake. They would dance and move and some of these Saints are gonna go over and talk to these people. And so the Lord has a message for them. And I've noticed that no matter who it is that the Lord is talking to, he seems to pretty much say the same thing, which is verse eight, repent. Verse 13, repent. It's all about repent. He says it again in verse 26, repent, be baptized, get the gift of the Holy Ghost.
	03:11	And you've said this before, that throughout the Book of Mormon is the first principles of the gospel over and over. So I think if there's anything that we could focus on as teachers or if you're sitting there, if as a seminary teacher going, I don't know what to teach. I know what to teach, teach 'em to repent because that seems to be the Lord's favorite subject is repentance. And repentance is a good thing. It's a positive thing. That's something that I've learned over the course of our podcast this year, John, is that repentance is in a positive group with faith, the Holy Ghost, with baptism. These are all positive things. So repentance is a positive thing.
John Bytheway:	03:52	Yeah. Elder Jeffrey R. Holland: repentance, perhaps the most hopeful and encouraging word in the whole Christian vocabulary.
Hank Smith:	03:59	Yeah. Let's repent. Let's take it. Yeah. It's all about, you know, it's a commandment to improve That's a great idea.
John Bytheway:	04:06	Changing and improving and the fact that it's even possible and that the Lord invite us to tells us, Hey, you can do this. I'm gonna help you.
Hank Smith:	04:13	Yeah. Oh, I love that. I love that. It's a hopeful word. Well, we hope you'll join us on our podcast. followHIM. You can find us



wherever you get your podcasts. Hopefully you will find you on the next episode.