

"A Principle with Promise"

Show Notes & Transcripts

Podcast General Description:

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

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

Podcast Episode Descriptions

Part 1:

Is the Word of Wisdom more than a health code? Karen Hepworth explores its history, purpose, and promised blessings in Doctrine and Covenants 89-92.

Part 2:

Karen Hepworth unpacks Doctrine and Covenants 89-92, showing how the Word of Wisdom, God's compassion, spiritual discernment and being a "lively member" all point to deeper gratitude, compassion, and active discipleship.

Timecodes:

Part 1 -

- 00:00 Part 1 - Sister Karen Hepworth
- 01:20 Episode teaser
- 2:01 Karen Hepworth's bio
- 04:24 *Come, Follow Me Manual*
- 05:37 Big picture before landing the plane
- 09:41 FOOLS!
- 12:29 NIH report on smoking
- 15:40 Wine to water
- 16:50 E-cigarettes, green/black tea, and tobacco prohibition
- 20:47 Conspiring men (and women)
- 24:22 What is a "hot drink?"
- 28:11 Hot drinks, caffeine, chocolate, and coffee questions
- 30:52 Holiness not health
- 34:01 Keeping an eye on our neighbors
- 36:44 The joy in Section 89
- 39:56 God provides to enliven our souls
- 43:20 Cherries, machetes, and tropical fruit
- 44:58 An unusual gift of the Spirit
- 47:23 Meat, waste, and frontier habits
- 52:35 No place for guilt about choices
- 54:49 Gospel Library App and Life Help Topics
- 56:43 Food vs ingredients by young Brother Smith
- 59:38 End of Part I - Sister Karen Hepworth

Part 2 -

- 00:00 Part 2 - Sister Karen Hepworth
- 03:56 Jumper cables on Hank's ears
- 06:42 Why physical bodies?
- 09:54 Can Saints be known for our physical health?
- 11:59 Practice what we preach before preaching
- 14:28 Baby steps to physical and spiritual health
- 16:03 Joseph may have been anxious about finances
- 19:09 Asking God about of life's mission
- 22:33 It all works out
- 24:27 Vienna Jacques, Eve and women of faith
- 29:57 Inspired Version questions
- 32:34 The Apochrypha
- 38:01 Frederick G. Williams and the United Order

- 40:16 Can't build Zion from the sofa
- 43:57 Joseph names his son after Frederick G. Williams
- 44:37 Sister Hepworth shares her testimony of Jesus and the Restoration
- 52:05 End of Part 2 - Sister Karen Hepworth

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Biographical Information:



Karen Hepworth has spent her professional career immersed in the inspired world of Seminaries and Institutes—she's a proud "S&I lifer!" She has taught at Pleasant Grove and Orem Seminaries, as well as at BYU and the Utah Valley Institute. She currently works as a project manager for Institute curriculum and serves as a member of the Correlation Materials Evaluation Committee for the Church.

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Hank Smith:	00:00	Coming up in this episode on followHIM.
Karen Hepworth:	00:04	The prohibitives are three. The what we should do are innumerable.
Hank Smith:	00:12	Hello everyone. Welcome to another episode of followHIM. My name is Hank Smith. I am your host. I'm here with my co-host John Bytheway, who runs and is not weary, who walks and does not faint. John. That's true
John Bytheway:	00:26	Yeah. You can't see it, but I'm actually on a treadmill underneath this desk at a full sprint. Yeah, I'm going.
Hank Smith:	00:35	Yeah. This is going to be a fun day, John. You know that saying it's from section 89 verse 20. You shall run and not be weary. You shall walk and not faint. John, we're joined today by Sister Karen Hepworth, a long time teacher in church education. Karen, welcome to followHIM.
Karen Hepworth:	00:54	Thanks for the invitation.
Hank Smith:	00:56	You got it. John, Karen comes highly recommended by multiple guests that we've had on this show. She was hard to pin down, but I finally found her and got her here. John, when you think word of wisdom, tell me what comes to mind automatically. You've taught this your whole career.
John Bytheway:	01:13	I used to think health code. Now I think more keep your agency. I'm just eager to learn from Karen today.
Hank Smith:	01:20	I am too John. Karen, as you've prepped for these few sections, what do you wanna do today? Where do you want to go?
Karen Hepworth:	01:27	Most excited about the Doctrine and Covenants section 89, talking about the word of wisdom. We'll touch on section 90 as well, the continuing establishment of the first presidency. We could spend a few hours in the apocrypha if you'd like to read

some verses there, and then we'll touch really lightly, Frederick G. Williams joins the United Order. Would love to spend the bulk of our time in section 89.

Hank Smith: 01:56 Awesome. Sometimes I think with sections like 89, we think we know what's in it. You would say, oh yeah, I know the word of wisdom. I've read that. All of a sudden you start to dig into the details. Maybe I didn't know exactly what was there. It's something we talk about so commonly, but I wonder if we actually get into the text very often. Now, John, I told you that Karen comes highly recommended, but there may be some people out there that think, why is she so highly recommended? Why don't you give us a little bit of a background? She avoids telling us details about her life. It's hard to know whether she's serious or not. From retired NFL cheerleader to related to bodybuilders, she's got a story for everything. John, what do we know for sure?

John Bytheway: 02:45 Okay, this is what we know for sure. Karen Hepworth has spent her professional career immersed in the inspired world of seminaries and institutes. She says she's a proud S&I lifer. She was chosen as a Dallas cowboy cheerleader. No. Says she loves the Chosen and Dallas Jenkins cheerleader.

Karen Hepworth: 03:04 Oh okay. Actually do love the chosen.

John Bytheway: 03:07 She's taught at Pleasant Grove and Orem Seminaries as well as BYU in the Utah Valley Institute. She currently works as a project manager for institute curriculum and serves as a member of the Correlation Materials Evaluation Committee for the church, which means she knows her stuff.

Hank Smith: 03:28 Wow. Yeah. She's going to be able to say, ooh, that's not true to you and I. Karen, what else do we need to know about Karen Hepworth?

Karen Hepworth: 03:41 That's perfect. That's pretty much it. I love the scriptures. I love the prophets. I love the word of God. That's me. Very simple. So I'm so grateful for the invitation.

Hank Smith: 03:56 One thing I wanted to ask you is how many children are in your family?

Karen Hepworth: 04:00 I have 10 siblings. I have nine brothers.

Hank Smith: 04:05 That's the part. Nine brothers.

Karen Hepworth:	04:09	Those that know me, you know my personality because I have nine brothers always having to defend myself. I'm a tease. I can take it, but I give it out more than I take.
Hank Smith:	04:24	You have to. That's a defensive mechanism in a house with nine brothers. Well, let's get going here. Section 89 through 92. A principle with a promise. Here's the opening of the Come, Follow Me manual. In the School of the Prophets, the prophet Joseph Smith taught the Elders of Israel about building God's kingdom on earth. They discussed spiritual truths, prayed together, fasted and prepared to preach the gospel. But there was something about the atmosphere that might seem odd to us today, and it didn't seem right to Emma Smith either. During the meetings, the men smoked and chewed tobacco, which wasn't unusual for the time, but it stained the wood floors black and left a strong odor in the air. Emma shared her concerns with Joseph, and Joseph asked the Lord. His response was a revelation that went far beyond smoke and tobacco stains. It gave the saints for generations to come a principle with a promise. Promises of physical health, wisdom, and great treasures of knowledge. Those all sound like things that I would like more of. Physical health, wisdom and great treasures of knowledge. Karen, how do you want to start this off?
Karen Hepworth:	05:37	How about we start really high level? Let's go big picture so we have a place to land before we even dive in. Joseph Smith in January of 1841 said, we came to this earth that we might have a body and present it pure before God in the celestial kingdom. President Russell M. Nelson said, your physical body is a magnificent creation of God. It's his temple as well as yours and must be treated with reverence. The scripture declares, What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. Your body, whatever its natural gifts is a magnificent creation of God. It's a tabernacle of flesh, a temple for your spirit.
	06:38	It's not an end in itself. It's an essential part of God's great plan of happiness for our eternal progression. I just love to come in that broad with why we have a body, what we're supposed to do with it, this magnificent creation that the Savior bought with a price so we can have and ultimately present it pure in the celestial kingdom before God. When this revelation happened, the larger context was the temperance movement had swept across the United States and throughout Kirtland. It was there in Kirtland. Everyone was drinking. There wasn't a lot of clean drinking water. Men, women and children were drinking

alcohol. So shocking to us today, but alcohol was just a part of the climate back then.

John Bytheway: 07:34 That is so interesting to me because clean water, is that a relatively new thing for back then, drinking alcohol was safer. Which is strange. When I was in the Philippines on my mission, we were instructed to go buy soda on Sundays because we had to stay hydrated in the tropical heat. Those kinds of exceptions were made because the water was unsafe. I'm not sure if that's true anymore, but the water is unsafe in parts of the world and in Joseph Smith's world for the most part.

Hank Smith: 08:07 Yeah, I think if we walk around, Karen in 1831, you would see alcohol. Everybody drinks alcohol. It's not seen as odd or weird. Are we talking all kinds of alcohol? Are we talking like whiskey, wine, beer,

Karen Hepworth: 08:25 Hard drinks, liquor, fermented, hard cider, all of it. Verse two, by greeting, not by commandment or constraint, but by revelation and the words of wisdom, showing forth the order and will of God in the temporal salvation of all the saints- in the last days given for a principle with a promise adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints. God is so kind, so compassionate, so loving. This is for all. Any level of conversion. Even the weakest can abide by this. In a periodical publication in Nauvoo, the Times and Seasons on June 1st, 1842, they published a discourse that President Hyrum Smith gave a brilliant one on the word of wisdom. President Smith, because at this time he was a member of the first presidency, patriarch of the church replaced his father in that position. He said, the Lord told us what is good to eat and to drink and what is pernicious, meaning gradually harmful, but some of our wise philosophers and some of our elders pay no regard to it.

09:41 They think it too little, too foolish for wise men to regard. Fools! He called them fools exclamation point. Where is their wisdom? Beautiful play on words. Where is their wisdom, philosophy, and intelligence? Yeah he's coming out of the gate hardcore. Hyrum Smith continues, if they have any wisdom, they obtained it from God. Have they grown so much wiser that they're going to instruct him in the path of duty and to tell him what is wise and what is foolish? Do they think it too small for him to condescend, to tell man what is nutritious or what is unhealthy? Who made the corn, the wheat, the rye, and all the vegetables? Who was it that organized man and constituted him as he is found, who made the stomach, his digestive organs and prepared proper nutrients for his system that the juices of his

body might be supplied and his form be invigorated by that kind of food, which the laws of nature and the laws of God said would be good for man, for the word of wisdom is adapted to the capacity of all that are or can be called saints.

10:59 Wow. That's Hyrum Smith. Incredible. Does God know what he's doing? He does. He created the body. He created every bit of it so he knows what's best for the body. Hyrum Smith says, these are the principles I act on and I've always practiced them and they're what my family practices. They're what Brother Hyrum has contended for and I contend for, and I know that nothing but an unwavering undeviating course can save a man in the kingdom of God. There you go. Verse four, behold verily thus saith the Lord unto you, in consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days. Can you think of many examples of this John and Hank? Think of the conspiring going on in the last days. The Lord says, I warn you and forewarn you by giving you the word of wisdom. I'm giving this to you because there are so many conspiring men and women. What comes to mind first for you? When we think of groups that are conspiring against our health.

John Bytheway: 12:14 The one I've heard the most was tobacco. People knew, but they conspired not to reveal what they knew. I've always thought that was interesting to have people know, but to put profit over people.

Karen Hepworth: 12:29 Yeah. That's the first thing I thought of. It's the most shocking. I had read this a few years back. I read it again in preparation for this, the National Institute of Health, when they published 50 Years of Progress, a report from the Surgeon General on the Health Consequences of Smoking. I had read this before, but again, I was shocked. In 1953, all the major tobacco companies executives met together with guidance from an advertising firm, Hill and Nolton. They devised a strategy where they founded an organization called the Tobacco Industry Research Committee, and then it became the Council for Tobacco Research, which publicly stated their commitment to public health for decades. What this industry actually did is denied the harms of their products, discrediting all the scientific evidence and funded research that diverted attention from cigarettes, and they marketed new products, implying that they had lower and health benefits even. Talk about conspiring men and women in the last days when the Lord said, I warn you, Hank, any examples come to your mind?

Hank Smith: 13:50 What comes to my mind is Paul, the love of money is the root of all evil. That if you love money more than you care about, say

your customer, you can end up harming millions. John, do you remember Revelation chapter 18? We found this list of what's for sale, what's for sale in the world? Gold, silver, stone, pearls, fine linen, purple silks, cloth, goes on, ivory, wood, bronze, iron, marble, spice, incense, myrrh and frankincense. John is seeing everything that's for sale in the world. Do you remember the last few? Cattle and sheep, horses and carriages and human beings sold as slaves. And I wonder if a little bit has to do with this. I warn you of conspiring men in the last days.

Karen Hepworth: 14:45 Money's more important than human life. When I read that report, it's super long it's a couple hour read. When I got to the secondhand smoke, I had to stop. It was so disturbing of how far they went to try to deny the dangers. The Lord, right? I warn you and forewarn you of what's coming. We'll come back to that. Just touch lightly when we get to tobacco in just a moment. Verse five, that inasmuch as any man drinketh wine or strong drinks among you, behold it's not good. Neither meet in the sight of your father, only in assembling yourselves together to offer up your sacraments before him. Now, we obviously use water. Verse six, and behold, this should be wine, yea pure wine of the grape of the vine of your own make. I think it's Doctrine and Covenants 27:2 it doesn't matter what you eat or drink, as long as your eye is single to the glory of God and then water is universally available and free.

15:45 Brigham Young change the sacrament wine to water, which we drink of now verse seven, strong drinks are not for the belly, but for the washing of your bodies. Again, to us, we know that go back in the 1830s, they used it for everything. Medicinal purposes. They drank it all three mills, but for medicinal purposes, that was the remedy for almost everything that ailed them. For them to completely change. This was a huge step for them. Verse eight, tobacco is not for the body, neither for the belly, and it's not good for men, but is an herb for bruises and all sick cattle to be used with judgment and skill. There was an official statement that came out from the church on August 15th, 2019 because you could see how some would read this and say it's just tobacco. Well, the church clarified.

16:50 Vaping, E-cigarettes, green tea and coffee based products are prohibited by the word of wisdom. The statement continued substances such as marijuana, and opioid should be used only for medicinal purposes as prescribed by a competent physician. On June 1st, 1842 Hyrum Smith, in that same discourse, he said tobacco is a nauseous, stinking, abominable thing, and I'm surprised that any human being should think of using it. Wow. Thank you Hyrum. Hank and John, did you catch Elder Klebingat

		in his most recent BYU devotional, The Atonement of Jesus Christ, Judgment Day, and You. He has that Hyrum Smith flair. I challenge any of us identifying as a cell phone, clutching couch potato to put our spirit in charge of our body to set some meaningful long-term exercise and dietary goals to get out of your current comfort zone and to enjoy increased physical, mental, and emotional blessings. Mind over mattress, spirit over body.
Hank Smith:	18:16	Wow.
Karen Hepworth:	18:19	Yay Elder Klebingat has that forthright punch when he speaks of health and wellness too.
Hank Smith:	18:25	Reminds me of 1604 King James. We're talking King James Bible King James. He wrote a pamphlet called a counterblast to tobacco. He called smoking loathsome to the eye, hateful to the nose, harmful to the brain, and dangerous to the lungs. From what I've read, and both of you can comment on this, it wasn't really about a medical thing, it was more about a moral issue.
Karen Hepworth:	18:55	Yeah, exactly. That's Hyrum, when Hyrum called it nauseous, stinking abominable. It's more social and cultural because they don't know the adverse health effects yet.
Hank Smith:	19:07	Yeah. It won't be until the 1930s that science is saying, wait, this is wrong. And of course, as you said, it was hidden for so long.
Karen Hepworth:	19:16	Mm-hmm. Yeah, Hugh Cummings, I think he was the surgeon general, and he noticed that it caused nervousness, sleeplessness, et cetera. It's just going to start early on, and then in the fifties we'll get some more meaningful research on the dangers of tobacco.
Hank Smith:	19:32	Hmm. And here what year is this? 18...
Karen Hepworth:	19:35	33.
Hank Smith:	19:38	Wow. 1833.
John Bytheway:	19:41	I remember when television commercials used to feature the Marlboro man. At one point they finally decided, let's take tobacco advertising off tv, but I've seen magazine ads that says, you know, it aids in digestion. Like you said, they were trying to say, oh, actually it's healthy. I'm old enough to remember the smoking and non-smoking sections on airplanes. It was the most ridiculous thing. You're in an airtight aluminum tube and people

		are smoking, but you're two rows behind the non-smoking section, so it won't hurt you. King James, the first, he imposed a 4000% tax on tobacco.
Karen Hepworth:	20:22	4,000?
John Bytheway:	20:23	Yeah. Now, speaking of profits being more important than people when this failed to decrease demand. Now he didn't know the health thing, but he took a more pragmatic approach, nationalizing the entire tobacco trade so that profits went directly to the Crown
Hank Smith:	20:39	He's like, oh, you can't beat 'em. Join 'em.
Karen Hepworth:	20:43	Wow. Yeah. That's not a conspiracy, John. Not at all.
John Bytheway:	20:47	Yeah. Yeah. I've got extended family who I want to extend some grace. They're trying to quit. People out there are trying to quit. What we're talking about is people trying to hide that it was so harmful and that's right there, conspiring men. They know it's harmful. They're hiding it by setting up a, what was it called? Tobacco Health Institute. Incredible.
Karen Hepworth:	21:15	Yeah. Yeah. They were paying people, researchers, scientists, to minimize the effects to do counter scientific studies. They did that for years. It's really sad. The tobacco executives gave ENTs, ear, nose, throat specialists free cigarettes for decades to give to their patients. Now, these are patients that are coming in already sick with asthma, all sorts of problems already sick, and they're handing them out to their patients to help relax the throat to breathe better. They're giving them cigarettes. This went on for decades.
John Bytheway:	21:57	I just don't know how the first person came up with the idea, you know, Hey, that's a pretty plant. Yeah, it's got some sizable leaves there. Um, let's put it in the house. No, let's light it on fire and breathe in the smoke. How did that happen even? I have never had that idea about any house plant I've ever owned. It's odd that that idea came up.
Hank Smith:	22:20	I remember I was just out of high school when the settlement between the tobacco industry and the United States occurred. You guys know that number? It was $200 billion that the major tobacco companies would pay to the United States and five territories in Washington DC for 25 years with payments continuing indefinitely into the future.

John Bytheway:	22:46	I love that the Lord sees that and sees, there's some conspiring men. As you said, Karen, I warn and forewarn you. I have in my notes an anticipatory revelation.
Karen Hepworth:	22:59	Perfect.
John Bytheway:	23:00	This sort of thing is going to continue. You need to be aware that this sort of thing is going to continue.
Karen Hepworth:	23:08	It's still going on. That's why I love the statement that came out. No vaping, no e-cigarettes. There's always going to be the next thing. Verse nine, and again, hot drinks are not for the body or belly. I think I had more than one teacher say no hot chocolate or interpret it in their own way. Many have, but as early as the revelation was given, Joseph Smith and Hyrum said, no we interpret this to be coffee and tea. In July, 1833, Joseph Smith said, it's coffee and tea. In 1842, Hyrum said, there are many who wonder what this means, whether it refers to coffee or tea or not. I say it does refer to tea and coffee, and then Brigham Young in 1870. How many witnesses do we need? There's three. Brigham Young said he interpreted it as tea and coffee. Those are the hot drinks that we avoid.
Hank Smith:	24:17	It's been clarified multiple times is what you're saying.
Karen Hepworth:	24:19	Multiple times that it's coffee and tea. Yeah.
Hank Smith:	24:22	Coffee and tea. This is where Karen, you can help us out here. One of the reasons I brought you on, most members of the church would in verse eight, say, absolutely verse seven, alcohol absolutely, and then we get into hot drinks and well, what about this, where those discussions begin. What about herbal tea? What about, you know what counts? I like what you're saying here is the Lord can't list every single thing that is bad for you on the earth, so there's principles here to watch out for, but hot drinks has been defined for us.
Karen Hepworth:	25:01	Hot drinks has been defined. In addition, in that statement that I read earlier, the official statement published by the church August 15th, 2019, they said green tea and coffee based products. There's your principle. See how you can apply that to your situation.
Hank Smith:	25:20	Interesting. Karen, I get questions like you from students saying, what's the church's official position on fill in the blank. What I hear you saying is here's a couple official positions. Everything else is not official.

Karen Hepworth:	25:38	Hank, President Hinckley, when people said, well, drugs isn't in the word of wisdom. Where's that? He said, what a miserable excuse. There's likewise no mention of the hazards of driving into an empty swimming pool or of jumping off an overpass of the freeway. Common sense would dictate against such behavior. It's common sense. Substances such as alcohol, tobacco, and harmful drugs are forbidden by the Lord. President Russell M. Nelson said that in the August, 2019 New Era. I recommend that to everyone I know. We want to be told everything, every ingredient, there's just too much. Satan never sleeps. There's just going to be too much out there. Too many products, too many ingredients we're going to have to get to. It's a principle with a promise.
Hank Smith:	26:33	Karen, that August, 2019 New Era, it does give you some interesting details that fit a more modern audience. It repeats again what you just told us. The Lord forbids using tobacco and hot drinks, which church leaders have explained means tea and coffee. Modern prophets and apostles have frequently taught that the word of wisdom warns against substances that can harm us or enslave us to addiction. There's a paragraph on vaping and e-cigarettes. There is a paragraph on mocha latte macchiato I wish I knew what that was. Sorry, everyone. Green tea and iced tea, marijuana, opioids. Like you said earlier, Karen, that New Era article came the same month as an official church statement. We can link this in our show notes. It's an official church statement on the word of wisdom. It's only two paragraphs, but it backs up what was in that New Era article. As a member of the correlation committee you're going to take that pretty seriously.
Karen Hepworth:	27:43	I am, yes. As a member of the Correlation Materials Evaluation Committee, the Correlation Committee is the First Presidency and Quorum of the 12, I'm on the evaluation committee, so we're going to take any official statement by the church pretty serious. We make sure when we look at materials that it's based in scripture or words of the prophet. You have a beautiful article by President Russell M. Nelson in the 2019 New Era.
Hank Smith:	28:11	Karen, let's keep asking you just a couple more questions. John. I have a bunch. I occasionally hear from frustrated Latter-day Saints who say, well, we don't drink coffee and tea, but you can have all the chocolate and caffeine that you want as long as it's not coffee and tea. But I'm not hearing you say that's the point. I don't see the church has ever clarified the reason why. Here's just how these terms are defined. Is that right?

Karen Hepworth:	28:39	That's right. That's how they're defined. But we don't say, we don't clarify all the reasons behind that. I don't think the Lord always does that. Once in a while he does, but it's my observation that usually he doesn't. That's beautiful. So we can use our agency. We can pray and find out for ourselves. Again, this is a principle with a promise. The Lord will let us know.
Hank Smith:	29:03	Who would've thought that? Just a few words in verse nine. Hot drinks are not for the body or belly would cause
Karen Hepworth:	29:11	Such a stir, right?
John Bytheway:	29:13	Becomes such a hot topic.
Hank Smith:	29:15	Yeah. So much heartburn.
Karen Hepworth:	29:18	In Teachings of President Gordon B. Hinckley. I read this delightful little quip that he heard from a bishop of a woman saying during her temple recommend interview, now Bishop you're not going to let one little cup of coffee keep me out of the temple? And he came right back and said, now, dear sister, you're not going to let one little cup of coffee keep you out of the temple. It's the way you frame it. I think if we get too myopic and get in specifics, caffeine, heat, tannic acid, I think we're missing the principle. We need to go back to the guiding principle. We were given this body and we're to present it pure in the celestial kingdom. Let's see what we can do to keep it healthy. Can I do this? Can I do this? How about our framework is what can I do to help this temple that God has given me this incredible gift to a house for His Spirit to dwell, for my spirit to be able to express itself. Maybe we ask the wrong question. Sometimes when you text me, can I have this type of tea? Versus is there something that I can do? We'll get there in just a minute. It's very clear on what the Lord would have us do to keep our body healthy. It's a great habitation for our spirit.
Hank Smith:	30:41	And if you keep listening, everyone, we're going to give out Karen's cell number at the very end. You can text her all your questions. You can text her all you want.
Karen Hepworth:	30:48	All day, all night, ingredient lists.
Hank Smith:	30:52	I think this would be a good place to bring up something that I brought today. This is from my friend Dr. Anthony Sweat. Both of you know Anthony. He would not say that this is the church's official position, but he put something on his Instagram account, I think about a year ago that I found so fascinating and I would

love to hear from both of you on this. Here's what he wrote. The issue on Joseph Smith's mind in the winter of 1833 was not, how can I make people more healthy? But instead was, how can I make people more holy? The word of wisdom came for the elders in the school of the prophets who were seeking to become sanctified to see the face of God. When we make the word of wisdom only about health benefits, we can get confused when hundreds of scientific studies show certain health benefits of tea or coffee or alcohol consumption.

31:45 If the word of wisdom were only about health, it would say something like, thou shalt refrain from refined sugars or thou shalt plank. Surely the Lord offers health blessings for living the word of wisdom, but its purposes are to prepare for endowment, to be in the presence of God, to reveal his hidden mysteries. Its purpose is to create conditions that help bring that about self-restraint, discipline, clarity of mind. Its purpose is to help mark you as modern Israel as Verse 21 suggests tea, coffee, tobacco, alcohol are ubiquitous in any society. When you refrain from those things, it sets you apart as a peculiar person. One more. So if someone says, why don't you drink tea or coffee? Don't say because it's a sin or it's unhealthy. Say something like, because we believe God has told us to refrain from some common consumptions. In doing so, it shows dedication to God and developed self-control for which we believe he will bless us. Comments from either of you. I liked what Anthony's saying here is it's not just about health. It's about being set apart, being different, being peculiar even.

Karen Hepworth: 33:04 It's beautiful, being healthy for me, striving to be healthy. That is a holy role in my life. That's a beautiful statement from Anthony Sweat. That's lovely.

John Bytheway: 33:16 It's interesting to reflect that for the first 100 years since this revelation, ask your average member of the church, they wouldn't bring up any science in this. For them it was a matter of, well, the Lord asked, we're probably getting in trouble if we want to have an exact reason for everything he's asked us to do right? Instead of more of I am striving to discover the Lord's will for me, even if I don't completely understand it sounds like a better way to go. That helps me to realize, ask a member in 1850, why you refrain from tobacco? What are they going to say? Well, the surgeon general has determined, I mean.

Hank Smith: 34:01 Yeah, it seems much more obvious today. Before we move on from verse nine, what if someone says, I can't handle the hypocrisy of someone who puts back three energy drinks in a day but doesn't drink coffee and tea. They can go to the temple

		where someone who drinks coffee with much less caffeine can go to the temple. I know that's not an easy answer, but how would you respond?
Karen Hepworth:	34:26	Let's make sure we ourselves are on the covenant path. Let's look out for ourselves. I think that's a helpful principle. We don't know what goes on in people's worlds, why they do the things they do, so I think it's safer to be concerned always with yourself. Whatever is going on, let's just make sure that we're good with Heavenly Father and love all others. I have a sibling who is in the hospital right now. He got caught up in drugs really early on in his life. After that lifetime battle, and I mean a long lifetime. He said he is done. He decided to call it quits. You never know. You don't know what they're dealing with and I think it might be a little myopic to say, well, they're drinking that. I would say, no, what am I drinking? That's the question I'd ask. Rather than are they drinking energy drinks and yet we can't drink coffee?
Hank Smith:	35:29	Karen, I really appreciate that answer. John, you've said this before. To me, when we start looking sideways, at the righteousness of others and what we think about it, we generally get in trouble and what Karen's saying is look up.
John Bytheway:	35:44	Yeah, if you want to look around and see hypocrisy, you will find it. I love Mormon's counsel to Moroni. Not withstanding their hardness, let us continue faithful. I know that they're all doing that, but let us continue faithful. Just what you said, Karen, I gotta look after me. I can't control all that. Looking sideways never goes well.
Karen Hepworth:	36:12	It's exhausting, right? It's exhausting to try to keep track of what everyone's doing and their standing before God. No one knows their standing before God. Let's keep an eye on ourselves. Again, love and help each other along the covenant path, but it's exhausting.
Hank Smith:	36:29	Yeah. Yeah.
John Bytheway:	36:30	It's better to look up.
Hank Smith:	36:31	There's probably a reason that temp recommend interviews are done behind closed doors. We don't stand everybody up in front of the ward and go through the interview.
Karen Hepworth:	36:42	Yeah, it's so personal.

Hank Smith:	36:44	Karen, do you want to keep going here? Verse nine. We could probably spend the next few years on on those few words.
Karen Hepworth:	36:50	We already have. Let's go to 10. I love verse 10. We get stuck in the prohibitive, the coffee, tea, the tobacco and strong drinks. We think that's the word of wisdom. Well, here comes the joy, the bulk of it. There's so much more. Begins in verse 10, and again, verily I say to you, all wholesome herbs God hath ordained for the constitution, nature and use of man. It's been that way from the beginning when he created this beautiful earth. Genesis 1:29, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature and use of man. Every tree in which is the fruit of a tree yielding seed to you, it shall be for meat, Hebrew for food, so it's been that way from the beginning. He has provided all of these beautiful, nutritious vegetables, fruits for us to partake of. It's just a beautiful thing.
	37:49	Verse 11, every herb in the season thereof and every fruit in the season thereof, all these to be used with prudence and thanksgiving. I asked the primary children when I was primary president years ago, I had a huge primary, what's your favorite food? We're talking about word of wisdom, mac and cheese, pizza, Oreos. I go, yum, and they listed dozens of things. Now think carefully. What's your favorite food that God has created and their little faces go, pizza, mac and cheese, Oreos. Exact same thing. They are so cute. I was talking to my friend Stephanie. She was teaching word of wisdom to her primary children and she said, okay, who can tell me what the word of wisdom is? She said, this cute little boy. He shot up his hand and he goes, that we don't eat a lot of sugar. She goes, your parents are wonderful.
	38:50	That was her response. Your parents are wonderful. Yeah, that's not the word of wisdom, but you have really good parents. We shouldn't eat a lot of sugar. God has given us all of these beautiful things to partake of. Fruits, vegetables, everything that grows. I get emotional, John Hank, when I eat, talk about gratitude and eating this with thanksgiving. In the revelation, look in verse 11 it says to do this with thanksgiving. Look in verse 12. We do this with thanksgiving. I don't know what that looks like to you or to our listeners, but I am an emotional eater. I cut open an orange and like I get weepy. I'm like, how could anything smell this good? I cut open a pomegranate that looks like rubies. It's the most lovely luscious tasting fruit. Every meal, whatever I'm eating, I just say, heavenly Father, how did you even think to create something that's this beautiful, this delicious and this nutritious? It really is something.

	39:57	We say the word of wisdom is section 89. I think it's so much broader than that. I read to you, Genesis, I want to read to you Section 59. Inasmuch as ye do this, the fullness of the earth is yours. The beast, the field, the fouls of the air, and that which climbeth upon the trees and walketh upon the earth. Yea and the herb and the good things. Do you love that? And the good things, which cometh of the earth, whether for food, for raiment, for houses, barns, orchards, gardens, or vineyards. Yea all things which come of the earth in the season thereof are made for the benefit and use of man both to please the eye and gladen the heart, yea for food and for raiment, for taste and for smell to strengthen the body and to enliven the soul. This is word of wisdom, section 59, even before Joseph Smith received section 89, we have hints of this throughout. All of these beautiful things the Lord has ordained for us to partake of, to enliven our soul and more importantly, to keep us connected to God. It pleases the eye and gladdens the heart. I tell him, I'm like, oh, heavenly Father, this is so beautiful and it tastes so good. I'm just so happy that you provided this for me. It's such a blessing.
John Bytheway:	41:27	That's beautiful. I was hoping you would go there 'cause I thought in section 59, I have in my margin, what a gracious God. I've given you such a variety of fruits and vegetables. I mean, I had a raspberry the other day and I thought I had been caught up into the third heaven. There's something about raspberries. It's not just fun for us. It pleaseth God that he had given all these things unto man. How gracious that He shares that with us. The variety. That's what gets me. I used to watch Star Trek when I got home from school. In elementary school. There was this human that they caught, I don't remember anything about the episode, sorry, trekkers out there, but the aliens gave him, they called it a nourishing protein complex, drink this every day. No variety. It was just that. I think about the variety of the fruits and vegetables that we have, and then the fact that it pleases God to share that with us. That's really gracious, isn't it?
Karen Hepworth:	42:28	It's remarkably gracious. John, I love that. Especially in the summer months. We're going to read, was it verse 11? Every herb in the season thereof.
John Bytheway:	42:38	Oh, it's making my mouth water.
Karen Hepworth:	42:40	I went out on my cherry tree and I know I should have washed them. I'm just eating cherries off the tree. I have fruit trees galore in my backyard. I love it. Again, if we talk too much, you're going to have me in tears. I can't get over that. He thought to make so many remarkable, beautiful, delicious

things for us to partake of. There's so much. He wants us to do it with thanksgiving. Whatever that looks like to you. To me, it's to eat them. That's why I eat so healthy because he says to eat them so I do. I eat the pineapple, the watermelon, all the berries, everything. Every fruit in the world that I love.

John Bytheway: 43:20 Oh, can I tell you something? This is for your, why did he say that? file. But I'm walking down a dirt road in the Philippines in the early eighties and this guy yells at us elders and he's got a big machete in his hand, which is kind of alarming, but he grabs the top of a pineapple and whacks it off, puts it on a stump and goes whack, whack, whack, whack, whack. Hands us a slab of fresh pineapple on the blade of that machete, that pineapple. You can't get fresher than 10 seconds.

Karen Hepworth: 43:54 Oh.

Hank Smith: 43:54 Yeah.

Karen Hepworth: 43:54 Yummy.

John Bytheway: 43:57 And it's making my mouth water, remembering that pineapple was so good, so fresh. Then somebody gave me a mango and I thought, oh my goodness, I'm getting hungry just thinking about it.

Karen Hepworth: 44:09 But yes, we need to have a fruit platter. When I served in Florida, you want to talk about mangoes? Oh,

John Bytheway: 44:16 They melt in your mouth.

Karen Hepworth: 44:17 They melt in your mouth. They are so delicious. This man that we tracted into, he took a screwdriver 'cause I'm like, I can never figure out how to open this coconut, but he knew. He took a screwdriver and he goes, watch this, and just hit it on the eye and broke it open and we had fresh coconut flesh. It was divine. Nobody but a God could think to create all of this. No one but a God could come up with, again I keep going pomegranate 'cause how can you make it look like jewels and taste like that? It's the most beautiful thing that we have. All of these herbs, vegetables, fruits, and plants to partake of.

John Bytheway: 44:58 I'm curious about where did your motivation to eat healthy come from? Has it been the scriptures? Has it been common sense as President Hinckley would say?

Karen Hepworth: 45:08 John, I'm going to have to put this one on God. I don't know if it's a gift of the Spirit. Having an appreciation for the human body. Even since I was little in my youngest recollections, knowing that the human body is so, so special and it's so fragile. I have another brother in the hospital right now up at the U of U. He's been paralyzed years ago from an accident. He has paraplegia. He had to have an operation and when he got home from that surgery, he texted me what a joy it was to be able to eat food. He couldn't eat for 12 days. The greatest joy was to come home and be able to eat. From my earliest recollection, I went, this is so remarkable, this amazing human body that houses our spirit and then to make it even more enjoyable, God gives us all of these remarkably beautiful smelling, tasting, looking nutritious foods to help our bodies to be as healthy as they're able, as they're able.

46:15 I have some brothers that are very ill. We weren't all blessed with healthy bodies. Many, many of us have sicknesses of every sort and variety. They have DNA, there's genetic factors. There's so many things that play in here, but we can strive to be as healthy as we can with what we're currently dealing with. God has given us all of these beautiful things to partake of. He includes in verse 12, beasts and fouls of the air, which he's also ordained for us to use, but notice we do it with thanksgiving and he asks us to do it sparingly. Let's go back for just a second to the revelation in 59, look at verse 20. It pleaseth God that he has given all these things unto man for unto this end were they made. That's so beautiful in and of itself. He did all this because it's pleasing, but he says they're to be used with judgment not to excess, neither by extortion.

47:20 He says something similar. Recall the revelation to the Shakers in Doctrine & Covenants section 49, whoso forbids to abstain from meat that man should not eat, the same is not ordained of God. That's for people saying meat's not ordained of God as the Shakers were saying. He continues in verse 19 of section 49, behold the beast of the field and the fouls of the air and that which cometh of the earth is ordained for the use of man, for food and for raiment and that he might have it in abundance, but it is not given that one man should possess that which is above another. Wherefore the world life and sin and woe be unto man that sheddeth blood or that wasteth flesh and hath no need. One thing I love about working with correlation materials evaluation is we look for scriptural precedents, not just one. The Doctrine & Covenants tells us sparingly. 59 says not to do it in excess and to use judgment. We have section 49 that tells us not to be wasteful with flesh so we have a broader picture of what that looks like.

Hank Smith: 48:34 I wanted to show you both an article by my friend Dr. Andrew Hedges, Andy. He wrote this article called American Wildlife and the Word of Wisdom. This is something I had never thought about before where the Lord talks about the beasts and the fouls of the air and meat. What Andy did is he went and looked at the nature of hunting animals in the 200, 300 years before the word of wisdom. This is what he wrote. For over 200 years, colonists, settlers, and citizens had shot, trapped and snared an incredible variety of wild animals and mammals. In their midst, they had used them as regular, easily obtained sources of food both for themselves and their animals as well as sources for clothing and trade items. Americans had also pursued them as pests and hunted them for recreation. Hunting had been largely unregulated with the result that incredible numbers of some species appear to have been regularly killed.

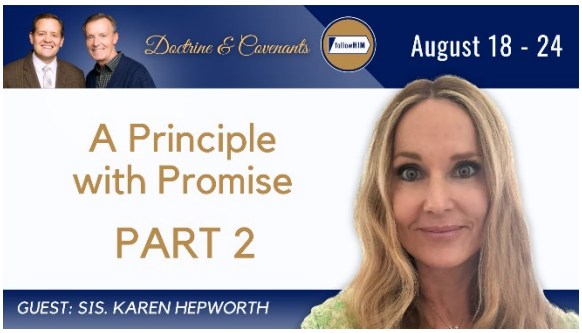
49:39 Frequently when more animals could be obtained and could be used, most or all of what had been killed was left to rot on the ground. The age and size of the quarry mattered little so long as sufficient numbers could be harvested to achieve any given end. Anything was considered fair game. So entrenched had these attitudes and practices become over the course of 200 years, that protective laws and calls for restraint went largely unheeded and unenforced and by the middle of the 18th century, enough animals of several species had been killed or harried away that the decline was noticeable in several parts of the country. The indiscriminate exploitation continued unabated into the 19th century, which time numerous authors in variety of publications were making note of the precipitous decline in the numbers of several species. Then he talks about the word of wisdom and this is what he says.

50:35 Some of Joseph Smith's February, 1833, revelation echoed the popular culture of the time. You said that earlier, Karen, the Temperance movement was alive and well. The revelations prescriptions against the use of alcohol, tobacco, hot drinks and meat during the summer as well as prescriptions for grain and fruit were demonstrably similar to ideas being promoted in the temperance movement and other movements during the first third of the 19th century. In stark contrast to the popular culture, however stands the revelations instructions regarding wild animals as this article has shown, the sentiments in these instructions was very different from that which prevailed at the time and had become entrenched over the previous 200 years. It says that what Smith taught had challenged centuries old assumptions, ideas, and practices in American culture. He says these teachings regarding wildlife have probably attracted less attention than other things, but his ideas on wild animals were

		just as foreign to current thinking as his teachings on a host of other topics. God, heaven, hell, pre-mortality, priesthood authority, Smith's revelation regarding wildlife constituted for the time, an entirely new way of thinking about humans relationships with other creatures. It's a beautiful article. We'll link it in our show notes. This is a lot about stewardship.
Karen Hepworth:	52:02	It's my favorite word stewardship that reminded me again of verse 21, of section 49 wo be unto man that sheddeth blood or that wasteth flesh and hath no need, all of that waste. Heartbreaking. We have careful stewardships. We talk about time, talents, our finances. Do we think of our body as a stewardship? One of our most important stewardships is how we treat our body.
Hank Smith:	52:35	Karen, can I ask you something else? You have such a kind heart. I know that there are listeners out there who have been tempted to turn this off through guilt. Maybe I haven't taken care of my body. Maybe I don't eat the right foods. Maybe as a mom or a dad, I have not offered the best diet to my kids. I know I have been guilty of that. I'm the dad. Let's go to the store. Pile in everything you want. What do we say to those of us who are feeling like, oh, I feel kind of like really sad about myself. That's not what our goal is here.
Karen Hepworth:	53:14	Not at all. No. We're just reiterating the principles that are in the word of wisdom. Those party foods are fun. That's why we party. We have those on occasion. This is our day to day striving to treat our body kindly. There shouldn't be guilt, loathing, nothing of the sort. It's my invitation. A very broad one that will help anyone with the word of wisdom. We'll get there and I think that will remove a lot of the guilt.
Hank Smith:	53:49	I hope everybody listening. If you're like me when I go to the grocery store, my wife calls it budget busting. She's like, what did you do? Why did you buy all this? It was on sale. Look at all this wonderful ice cream that was on sale and I'm the best dad ever 'cause I brought home a box of cookies. Anybody listening, just know I'm still listening. Stay with us.
John Bytheway:	54:12	And this is true of any topic we discuss. All of us are falling short in areas, but we keep coming back because we feel uplifted and we're thinking, I'm going to make a course correction here.
Hank Smith:	54:25	Yeah,

John Bytheway:	54:26	That's okay. That's why I love that I get to sit here 'cause I need to make lots of course corrections too.
Hank Smith:	54:33	Yeah. Alright, what's next, Karen? 14 grain. Is that where we are?
Karen Hepworth:	54:39	Grain, as I mentioned, the prohibitive are three. The what we should do are innumerable grains. Look at this. Verse 14, all grain. Look at verse 16, all grain. Look at verse 17. Wheat for the man, all grain is ordained for the use of man and beast. Verse 14, to be the staff of life for man and beasts. Verse 16, all grain is good for the food of man as also the fruit of the vine. I love grains. God ordained them for our use. Wheat for man corn for ox, oats for horse. I must be a horse 'cause I love oats and I do love corn. I like rye. All of this and barley, et cetera. I love that he's giving us things that we should partake of. This is what we can eat. There's great things on our life help topics page.
Hank Smith:	55:37	And that's right in the gospel library app.
John Bytheway:	55:39	I love that you're showing us that the balance of this section is what to enjoy, not what to avoid. That more of it is what to enjoy and it makes my mouth water. The more we talk about all these, you had me at the wheat bread too.
Karen Hepworth:	55:57	I think God is saying, look at all of these wonderful things. Yes, the three prohibitive are there, but think about it. If you don't smoke and you don't drink coffee or tea, you could still be a terribly unhealthy individual. Think about that. If you just go at the prohibitive, God is saying, listen, I've given you herbs, I've given you fruits. I've given you all this grain for your use. That's what they're for. I mean, that's pretty strong. Wheat for man and that all grain is good. It's for food. That's what he made it for. It's all there if you wanna partake, just like the fruits we're talking about, the variety. Look at the variety of grains. It's so fun. God is so kind to give us this many things to eat.
Hank Smith:	56:43	I have to tell you both a funny story. I have a, at the time he was 14, he was in junior high. He was frustrated that the school cafeteria would not let him go back for seconds. He is very assertive, so he went to talk to the principal about it and he went to the office and actually ended up talking to a counselor. He said, I want to have seconds, and the counselor said, you know you're welcome to bring food from home, in which my son replied, there's no food at home, and it wasn't within about an hour that my wife got a welfare call from the school that said, is there anything we can do to help.

John Bytheway:	57:24	There's no, quote no food. There is nothing to eat. I'm like,
Hank Smith:	57:30	There is no food at home. To which my wife said, no, no. There is food to eat at home, and I asked him later, I said, what were you talking about? He said, there's no food here. There's just ingredients.
Karen Hepworth:	57:45	Oh,
John Bytheway:	57:46	That's funny.
Karen Hepworth:	57:47	Parents are so powerful. I don't think they know because parents, that's the child's first connection with food. It is. You have the privilege and the pleasure of introducing them to all of these beautiful foods. You're the one that gets to teach them. If you have a garden about gardening, vegetables, fruits, you're the one that gets to lead out. You do the grocery shopping, at least for the first little bit of their life. You have a lot to say on that. You're very powerful that way. Make sure there's food in your house, Hank.
Hank Smith:	58:19	Yeah, I know. Coming up in part two of this episode.
Karen Hepworth:	58:25	How are we lively members? If God said, be a lively member of your ward or branch, what does that look like? How do you participate in your second hour meetings? How are you a lively member in your ministering assignments? How are you a lively member when you prepare for and attend the temple as often as you're able? Interesting that the Lord tells him to be a lively member, a fully participating member.



John Bytheway: 00:00 And now for part two with Karen Hepworth, Doctrine and Covenants Sections 89 to 92.

Karen Hepworth: 00:07 We've talked about physical nourishment. That's a part. The word of wisdom is about the spiritual nourishment. That's a means to the end. We not only receive physical nourishment, we also receive spiritual nourishment. In this revelation verse 19, and shall find wisdom and great treasures of knowledge, even hidden treasures. We finished, my writing team in curriculum, we finished the Old Testament manual recently. I remember a lesson we did in Daniel. Daniel told the prince of the eunuchs that were set over him that they could prove him. I love that word that's so rarely found in scripture. Prove him. I beseech thee and give us pulse. Pulse are foods that are made out of grains and nuts. Then he said, give us water to drink. Then look at our countenance. After 10 days of not eating the king's meat or the wine after 10 days, they looked at their countenance and they were fairer and fatter in flesh than all the children that ate the portion of the king's meat.

01:21 Then because they did that, they told Daniel and his friends, you don't need to eat the meat and the wine. You can have pulse. The very next verse, as for these children, God gave them knowledge and skill in all learning and wisdom. Daniel had understanding in visions and dreams. Now, at the end of the days, the king had said that he should bring them in. Then the princes of the eunuch brought them in before Nebuchadnezzar the king communed with them. Among them all was found none like Daniel, Hananiah, Mishael and Azariah. You know them as Shadrach, Meshach and Abed-nego. Therefore stood they before the king and in matters of wisdom and understanding that the king inquired of them, he found them 10 times better than all the magicians and astrologers that were in his realm. 10 times. Remarkable. I love that story.

John Bytheway: 02:29 And that's more than a health thing. That's a spiritual thing.

Karen Hepworth:	02:33	That's the connection I was trying to make earlier with what Hank said. When Hank read Anthony Sweat's quote, I love that we're trying to get to holiness. We're achieving holiness and knowledge of God, greater wisdom and understanding. We get there by treating our bodies with respect and kindness, by eating healthy, right? Choosing healthy foods so that we can have that blessing. Verse 20 and shall run and not be weary and shall walk and not faint. You might recognize that phrase. Speaking of the Old Testament, that's Isaiah 40:31. Isaiah was prophetically talking about when Judah would be conquered by Babylon. They weren't in exile yet, so Isaiah's prophesying of a future time when they would feel abandoned or forgotten by God. Here's the most beautiful verse I think in Isaiah, but they that wait upon the Lord shall renew their strength. They shall mount up with wings as eagles. They shall run and not be weary and they shall walk and not faint. Isn't that beautiful? Yes, it has both spiritual and physical implications there. Many blessings for adhering to the word of wisdom.
John Bytheway:	03:56	Who wouldn't want, just the older I get the more I think, I want energy. I watch Hank, if they were hookup jumper cables to Hank's ears he could light up Mapleton by himself. Where do you get that kind of energy to be able to run and not be weary, walk and not faint? What's a better promise than that? That's awesome.
Karen Hepworth:	04:18	With all they're discovering all the time with health and leading a healthy lifestyle, it's obvious that resilience, vitality, energy, it's part of that's a natural outcome of striving to live a healthy lifestyle. Getting enough sleep, which I think is part of the word of wisdom. The Lord telling Joseph to arise early and go to bed early. Verse 21 and I, the Lord, give unto them a promise that the destroying angel shall pass by them as the children of Israel and not slay them. Amen. Why did the destroying angel pass by them? I thought of Exodus chapter 12 where the Lord told the Israelites to kill a lamb for Passover for their family. Then they were to take hissop and dip that blood as you recall and strike. That's an interesting choice of words to strike the lintel and the doorposts with the blood of the lamb.
	05:18	Strike to me means intentional. They intentionally would do that. For those that did that on the lintel and the side posts, the Lord would pass over the door and would not suffer the destroyer to come into your house to smite. You think about that, the atoning blood of Jesus Christ, the symbol of the lamb's blood would protect and save those households. Now you see why I wanted to begin with 1 Corinthians 6:20 quoting President Russell M. Nelson quoting this verse, for ye are bought with a

price therefore glorify God in your body and in your spirit, which are Gods. What is that price? It's the blood of Jesus Christ. Acts 20 verse 28, take heed therefore unto yourselves, and to all the flock over which the Holy Ghost hath made you overseers to feed the church of God, which he hath purchased with his own blood and he says that again in Hebrews eight, Paul tells the Hebrew saints verse 12, neither by the blood of goats and calves but by his own blood, he entered in once into the holy place having obtained eternal redemption for us.

06:42 John, you've asked me why do I do this? I don't know when it first started, but the why is I came to realize that God gave his life so that I can have this experience. I make covenants through my body. I take the sacrament with my body. All of this to quote Elder David A. Bednar who said ordinances are amplified through our physical bodies. It's all because of the Savior Jesus Christ. He gave his life, his blood so that we could have our bodies. Elder D. Todd Christofferson, I believe it pleases our creator when we do our best to care for this wonderful gift of a physical body, it would be a mark of rebellion to deface or defile or abuse it or fail to do what one can to pursue a healthy lifestyle. We do what we can. Some of you may feel again like, I'm not doing all of this.

07:47 That's okay. You do what you can. You strive to do it. Temple recommend question number 11. Do you understand and obey the word of wisdom? I have an invitation and a question for our listeners. The question in the temple recommend interview is, do you understand? It's understand and obey the word of wisdom. I have an invitation for our listeners to ponder and ask heavenly Father what he wants you to understand about this revelation. I have a question for you and this question's for myself as well. How do your daily choices in how you treat your body reflect your love and gratitude for Heavenly Father and Jesus Christ? Wouldn't it be wonderful if we were known for our health? My brother-in-law, he lives in Texas. He's around people not of our faith all day every day. You're the ones that can't. It's always the can't. That's the first thing they say.

08:54 You can't drink coffee. Wouldn't it be beautiful if we were known for our health, our lively health? As much as we can strive to do that if we were known for what we do, oh, you're the one that eats fruits and vegetables instead of the first thing they know is you're the ones that can't. They always go to our three prohibitive. I'm actually thrilled they know that about us to tell you the truth, but wouldn't it be nice if they knew you're the ones that eat healthy because frankly, I'm jealous of our Christian friends, the Seventh Day Adventists, they are known

all over for their good health. They're one of the blue groups that National Geographic studied. I want to be a religion that we're known that we have a healthy lifestyle to the end that we glorify God in our bodies. Isn't that beautiful that Paul asked the Corinthians Saints to glorify God in your body and every day I'm striving to do that.

Hank Smith: 09:54 Karen, before we move on to the next few sections, I'm writing down everything I've learned here. We need to be known for our health, right? The Lord says, I want you to be a peculiar people. Well, that makes you peculiar. In this day and age, eating healthy, not drinking alcohol or coffee. Someone's going to go, wait, what? It's about stewardship. I've been given this body. The Lord's going to want to know how'd you treat it? I wanted to ask you about fasting. What does fasting have to do with this? I notice it's not in the word of wisdom, but it is in plenty of other places.

Karen Hepworth: 10:29 I love that. I love that you brought up fasting. I think fasting is a way to put the physical body in subjection to the spirit. That's so beautiful. When I've had students come to me with serious, they're not supposed to, but it just spills out, right? They need to tell their bishop, but you're talking to them and it just spills out a problem or a sadness they have. I've told my students for decades, fast it out of you. I've had students come back decades later and say, Sister Hepworth, I remember you said, fast it out of me. It really works. It really works for sins, sadnesses, weaknesses. You name it, you can fast and heavenly father will help you if you put forth that effort. The world puts forth fasting as a health principle, which it is. You are healthy when you fast. That is not even secondary. That's far down on the list. We fast to deal our bread to the hungry to make sure that others have. We fast to let heavy burdens go free, it lets go of chains and all those things that bind us. Any addictions, anything that we have, we can fast. We can pray. If we're able to fast. Not everyone can fast for health reasons, but those of us that can fast. We can fast to receive that strength and that extra help.

Hank Smith: 11:59 I love that. There was one day I was with a friend, we had a meal or something and I got him a dessert and he said, no thanks. I've already had a dessert. I said, well have another. He said, oh, I want to but I'm not going to. I said, well, you know, I was kind of pushing on it like, well, what's your problem? It was just a fascinating thing I had never thought of. He said, I'm a young men's leader and I frequently tell my young men to control their appetites when it comes to pornography. He said, yet, how can I tell them to control that appetite when I am not controlling this one? And I was extremely touched by that. I

thought, here we are teaching our youth avoid that strong appetite, control it. Yet sometimes we don't practice that same self-control. We're asking them to practice. I've remembered it forever.

Karen Hepworth: 12:59 That's so good, Hank. I love that.

John Bytheway: 13:02 That's parallel to a story Stephen Covey tells about Gandhi that someone came to him and said, will you please tell my son to give up sugar? And he said to have him come and see me in a month. A month later, he came to see him. The mother said, well, why did you wait for so long? He said, because a month ago I was eating sugar. And he didn't want to tell him to do that unless he was doing it. That's a good story.

Karen Hepworth: 13:31 I love that. I can't imagine how we can speak to each other, see each other, hear each other, all of the senses. It's the most beautiful, miraculous gift. Heavenly father has given us such a treasure, so I try every day to treasure my body. Every day I'm asking heavenly Father how to improve upon it. I've never arrived in my eating and my exercise regimen every day a part of at least one of my prayers is Heavenly Father, please help me to improve on my physical health and obviously my spiritual health. Sometimes we focus on that just our spiritual health, but we don't see the connection, the spirit and the body. It's the soul of man. That's why I choose to be healthy. I don't see a separation. I'm healthy because it's a religious responsibility for me to strive to be healthy and abide by the word of wisdom. I'm so grateful for it.

Hank Smith: 14:28 I'm inspired. I hope everyone listening at home takes Karen up on this challenge and that doesn't mean you've gotta change everything about your entire life today. It means take on this challenge. Let's get started. Even if it just means, Hey, I'm going to pick up some raspberries and some blueberries.

Karen Hepworth: 14:49 Any little thing you can to strive to increase health.

Hank Smith: 14:54 What does the Lord say, John? He says that never any time did I give you a temporal commandment. Everything I'm telling you is spiritual.

John Bytheway: 15:01 It's kind of the Stephen Covey sharpen the saw idea. This is the instrument that I have to do everything else. The story is this guy's trying to saw down a tree. It's getting harder and harder. He is not making any progress and they're like, well, why don't you sharpen that saw? And he says, I can't. I have to cut down

this tree. The whole idea is, well, that's the instrument you have to do that. We take care of our bodies so that we can live, care, invite, unite, do the work of the gospel because that's our instrument to do it with. I think you're right. We don't want anybody to feel, oh man. I mean I feel that too, but I also feel motivated.

Karen Hepworth: 15:37 I hope so. What's one thing that you can do to be kind to your body? What's something you can do?

Hank Smith: 15:44 Karen, I know that that was the meat of what we wanted to do with you.

Karen Hepworth: 15:51 Nice play on words.

John Bytheway: 15:52 Yeah, that was the meat and grains and veggies of what we wanted to do today.

Hank Smith: 15:57 But there are some other sections here that were given pretty close to around the time Section 89 comes.

Karen Hepworth: 16:04 A month later. Section 90 was given March 8th, 1833, but I think it still continues with our theme. God is kind and compassionate. He can help us with whatever we need help with because he created all those wonderful fruits and grains to please our eye and gladden our heart. We don't know the background of Section 90 either. Church historian Steve Harper says that Joseph may have been anxious. We don't know because Joseph didn't say you just have to try to delineate by reading the revelation itself to see what the questions were. Steve Harper points out that he may have been anxious about financial obligations like buying land in Missouri, establishing a storehouse printing revelations and gathering to Zion. When I read this even before I knew what Steve Harper had said about possible historical background because Joseph didn't leave any, God must be wanting to comfort Joseph Smith.

17:07 He is so compassionate, not even knowing a single circumstance in Joseph's life. I saw evidence upon evidence of God's compassion right out of the gate. The very first verse, thus saith the Lord verily, verily I say unto you, my son, thy sins are forgiven thee. If that doesn't bring you comfort from a compassionate God, what does? According to thy petition for thy prayers and the prayers of thy brethren have come up unto me, I have forgiven your sins and I've heard your prayers. Again, we don't know what those prayers are. We can guess. He's going to talk a few things about money here. God is so kind. The

first time that I know of that Joseph was told, that is in my favorite account. It's in the 1832 account of the first vision. That's the earliest account and it's the only one largely written in his own hand.

18:03 Joseph tells us in his 1832 account, he cried unto the Lord for mercy because he was convicted of his sins and the Lord heard my cry while I was in the attitude of calling upon him. A pillar of fire above the brightness of the sun at noonday came down from above, rested upon me and I was filled with the spirit of God. The heavens opened upon me and I saw the Lord and he spake unto me saying, Joseph, thy sins are forgiven thee. That is so beautiful. He tells him that here. What a comfort. Several verses later did you notice he says the same thing to Sidney Rigdon and Frederick G. Williams? Look down in verse six. I say unto thy brethren, Sidney and Frederick, their sins are forgiven them also. This is the next step in establishing the first presidency. Sidney Rigdon and Frederick G. Williams are called and then it'll continue line upon line, precept upon precept all the way through section 107 and continuing.

19:09 There'll be more revelation in the establishment of that. Joseph is told in here, again, we don't know what precipitated this revelation, but you can guess because it's one of the prayers I frequently have. I don't know if Joseph asked this, but I have to say I have asked heavenly father and I still do and my life's half over. What exactly is my life mission? What am I supposed to be doing here? I think it's incredible that the Lord tells him his duties, yes, in the first presidency to be sure, but this will be your mission in all your life. Verse 16, to preside in council and to set in order the affairs of the church. This is what you're going to be doing from here on out. This is your life's mission. Go back with me to verse 11. How comforting to know that it'll come to pass when there's still just a few handfuls of saints.

20:08 There's not a lot still on the earth in 33. Look at this. It shall come to pass in the day that every man shall hear the fullness of the gospel in his own tongue and in his own language. What must that have done for Joseph and his counselors to hear that? That it's coming, that everyone, everybody on the earth, they're going to hear the gospel. It'll come through those who are ordained unto this power. That's Joseph and his counselors, the first presidency by the administration of the comforter. The Lord could have said Holy Ghost, he said the comforter shed forth upon them for the revelation of Jesus Christ. Look in verse 14, and from time to time as shall be manifested by the comforter again, the Lord could have said, holy Ghost, it works perfectly in that context. He said, manifested by the comforter,

		you shall receive revelations to unfold the mysteries of the kingdom.
	21:10	God's going to answer his questions. Again, I don't know if that was one of his questions, exactly what he was asking. What precipitated this. Revelations will come to unfold the mysteries. Joseph set in order the churches, study and learn, become acquainted with all good books, languages, tongues, and people. This will be your mission. As I mentioned, this is your mission in your life. The most comforting verse in my opinion. Go down with me please to verse 24, search diligently, pray always and be believing and all things shall work together for your good. All things. If you walk uprightly and remember the covenant wherewith ye have covenanted one with another. The Lord's probably referring to 82, 11 through 12 where they made that covenant when they joined the United Order, the United Firm. Look at that again. Verse 24. All things shall work together for your good. Is that the most hopeful phrase? That's true. You don't need to tell yourself it. You could, but it's true. If you search diligently, pray always and you're believing, everything's going to work out, everything's going to work out. I bear testimony that that's true. Everything's going to be fine. For whatever reason, Joseph Smith needed to hear that at that time
Hank Smith:	22:33	You sounded like President Hinckley there, Karen, it isn't as bad as you think it is. It all works out. Don't worry, I say that to myself every morning. It will all work out. If you do your best, it will all work out. Put your trust in God and move forward with faith and confidence in the future. Do you remember when he used to say accentuate the positive?
Karen Hepworth:	22:58	Love that all things will work out for your good. I think it's a prophet of God who's telling himself that. He's pretty close to God. Everything's going to work out. So comforting. Before we began this broadcast, we're just doing small talk with the producer Dave Perry and he has 10 siblings. He's a good friend and even slightly related to me, I have 10 siblings. That's probably unusual. Those of you that read 25 and you went, let your family be small, what? Let your family... Sinners, Karen and David Perry.
Hank Smith:	23:31	Yeah.
Karen Hepworth:	23:31	It's not a commentary on family size. The term family was used by Sidney Rigdon's Cambellite congregation. It means a cooperative group. Several conventional families this practice had developed where the saints were extending hospitality to numerous people or newcomers that would come in. They'd

give them food, clothing, shelter, whatever they would need. Look what the Lord says about that Verse 26, that those things that are provided for you to bring to pass my work be not taken from you and given to those that are not worthy. Verse 27, thereby you be hindered in accomplishing those things which I've commanded you saying, don't dissipate your goods, all your goods on people that aren't worthy of them.

Hank Smith: 24:24 You gotta have some boundaries, some limits.

Karen Hepworth: 24:27 Absolutely. We have to point out Vienna Jaques, my French friends, Stephanie Scoresby or Vienna Jaques as Americans would say, but Jaques is her French pronunciation. Look at this remarkable woman. We need to point her out because who's mentioned in the Doctrine and Covenants? Emma and Eve and all her faithful daughters, glorious Mother Eve, remember in section 138. When Joseph F. Smith, the president of the church sees his vision of the spirit world, he sees Adam and he sees glorious Mother Eve. I love that, glorious Mother Eve and her faithful daughters. Aside from that we don't have a lot of women mentioned. Let's make a to-do about this remarkable woman Vienna. Verse 28, and again verily I say to you, it is my will that my handmaid Vienna Jaques or Jaques should receive money to bear her expenses to go up to Zion. Why? You might ask because she consecrated a large, a substantial sum of money to the church after joining the church.

25:39 If you want to look at Joseph Smith papers on your own, there is a lovely picture there. Well, if you're picturing who is this woman? She's from Boston, Massachusetts. She's a nurse. Maybe that's why she had a bit of money to consecrate, but she consecrated a substantial sum. The revelation says that she should receive money to bear her expenses now. She was a nurse and a laundress. She gave a lot of money to the church. The Lord says in this revelation verse 29, and the residue of the money may be consecrated unto me and she be rewarded in my own due time. Verily I say unto you that it is meet in my eyes that she should go up to the land of Zion, which she did, and receive an inheritance from the hand of the bishop that she may settle down in peace inasmuch as she is faithful and not be idle in her days from henceforth. She moves to Kirtland, Ohio. After joining the church, she consecrates money. Then she moves to Jackson County and continues on with the saints to Illinois and then she'll come to Utah. I think it was in 1847. There's a nice little article, those of you that want to read about Vienna, Church historian Brent Rogers wrote an article about Vienna that you might like to read. It's 2016 Ensign June.

John Bytheway:	27:07	Vienna Jaques, as I've heard it pronounced like Vienna Jaques and her cousin Vera Jaques who was right there at the dormez-vous. I think that she was also part of preserving the pages of the book of Commandments that were thrown out of WW Phelps printing place. I think Vienna Jaques was involved there, wasn't she?
Karen Hepworth:	27:27	Yeah. Joseph Smith Papers talks about that. Yes.
John Bytheway:	27:31	Often we hear about these people really consecrating everything.
Karen Hepworth:	27:36	She did that and could you just give up your
John Bytheway:	27:40	It all.
Karen Hepworth:	27:41	beautiful home, your cars. Could you, if the Lord says I need you to consecrate all to help build Zion. We need to buy properties. We need money to fund all sorts of things. We have land we need to acquire, we have publication needs. Could you do that? Could you go sell your home and your car and then wait on the Bishop to receive your allotted portion? Here's your two bedroom home and here's your horse. Here's your plot for your garden. It really is remarkable to think of the faithfulness of these women and men that were willing to consecrate all they had for the building of Zion. It's beautiful though we may not be asked to give all physically the way they did. We still are asked. Consecration is still alive and well. We are asked to consecrate time and so much more to build Zion.
Hank Smith:	28:34	She's going to end up crossing the plains.
Karen Hepworth:	28:37	She went with the saints, got here I believe in 1847. Remarkable woman.
Hank Smith:	28:44	She dies at age 96. Wow.
Karen Hepworth:	28:47	Woo. She must have been living the word of wisdom. That's incredible. That's incredible. And she's a nurse. She kind of got it.
John Bytheway:	28:57	She gets it.
Karen Hepworth:	28:58	Her mission was to continue here for quite a while. Some people not, they're called home early, but she had her work to do. What I can say about this revelation, again, we don't know all that precipitated this, what caused this revelation, why

		Joseph Smith received it, but what I can see so clearly is God showing his compassionate hand over and over again. Your sins are forgiven. I'm going to give you revelation, all things are going to work out for your good. It's so calming. If he was anxious at all.
John Bytheway:	29:34	I never would have made that connection, thank you, for... could have said Holy Ghost, but he called it the Comforter. I did the etymology once on comfort and it's pretty obvious, but it means together strong.
Karen Hepworth:	29:46	Oh, that's beautiful.
John Bytheway:	29:47	Comfort means together strong. We go partake of the sacrament so that we can always have his Spirit to be with us. We can be together. Together strong.
Karen Hepworth:	29:57	Oh, that's beautiful John. I love that. That's perfect for this. Okay, should we do 91?
Hank Smith:	30:03	Yeah. We have two small sections left.
Karen Hepworth:	30:07	In Section 91, Joseph Smith was working on his new translation of the Bible. He had a lot of questions. I just think it's so interesting that it's so good for all of our listeners, we should be asking questions. Because if you don't ask questions, we wouldn't have the Doctrine and Covenants. So much of it was in response to questions that he had. He's working on the revelation and he comes to a part of his King James Bible. Most Protestants don't have this in their Bible anymore. He comes across the apocrypha known as the Deutero canon. The hidden books as many titles. Which our wonderful Roman Catholics and Eastern Orthodox still have in their canon. They consider it scripture. Verily, thus saith the Lord unto you concerning the apocrypha, there are many things contained therein that are true and it's mostly translated correctly. There are many things contained that are not true, which are interpolations by the hands of men, meaning inserted into the text that was not originally put there by the author.
	31:17	Verily I say unto you, it is not needful that the apocrypha should be translated, therefore, whoso readeth it let him understand. For the spirit manifesteth truth. We need to talk about that and I hope I don't take this too far out of context. I think that little par is an important aside. Look at it says, for the Spirit manifests truth. The next verse, verse five, and whoso is enlightened by the Spirit. Look at verse six and whoso receiveth not by the

Spirit. This is what I thought of. My mind immediately went to President Nelson. It won't be possible to survive spiritually without the guiding, directing, comforting and constant influence of the Holy Ghost. I think we're there with AI on the verge, taking over. I think we're there. What a beautiful blessing and help it is to have the Spirit manifest truth for us, not just reading. If we read the apocrypha, I've read it a handful of times. Any scripture, we read things with the Spirit so he can manifest to us the truth of all things, right? Moroni. The Spirit manifests truth.

John Bytheway: 32:34 I just wrote in my margin, one of my favorite verses. Coming up we're going to do the definition of truth in 93 and knowledge of things as they are and as they were, as they are to come. But when Nephi's little brother Jacob says it, he adds one word, which I love. The Spirit speaketh the truth, wherefore it speaketh of things as they really are and the things as they really will be. Google, Siri, Alexa will tell you something, but do you want to know the way they really are? Because I like that you just said AI. AI is crazy and kind of frightening. Ask it anything, it'll tell you something. But ooh, how do we know the way things really are?

Karen Hepworth: 33:12 I don't remember the whole apocrypha, I've probably only read it three or four times, this story about Susanna being framed by two wicked men. They accused her of something she didn't do. Daniel, our Daniel, the one that we know in the Old Testament, he questions her accusers separately. This is incredible. I read this and I went, how did he know to do that? Oh yeah, he lives the word of wisdom. That's why he's so smart. Hidden treasures. He takes them separately and says, oh yeah, what tree was this happening under? The accuser says a tree. Then Daniel takes the other accuser and he says, what tree was this happening in? A totally different tree and instead of putting her to death, they were put to death for falsely accusing her of a very serious sin. I don't know if that's some beautiful truth.

John Bytheway: 34:02 What book is that in?

Karen Hepworth: 34:04 That's the book of Susanna. Here's the most common ones. Tobit, Judith, Wisdom of Solomon, Ecclesiastes. Some cannons call it Sirach. Baruch, letter of Jeremiah. Prayer of Azariah. Susanna, Bel. That's where Daniel, they claim that their dragon is a God. It's actually a live animal. What could be, we don't know, some kind of a reptile? Daniel says, it's not a God. He feeds it pitch and tar and hair and the animal dies. He says, see, not a God. That's a delightful one. That's Bel and the Dragon. There's lots of really great things you can learn from the

apocrypha because he did that. He is going to get thrown into the den of lions a second time. If you want to read it, you can. But I'm with Elder D. Todd Christofferson. Didn't he say years ago that we're kind of scriptural? We have a little bit of illiteracy when it comes to reading the Bible. I say, well read the Bible a few times and then if you're bored, read the apocrypha and see what good you can get out of that. But all that to say, Joseph Smith was told it was not needful for him to translate that so he could just move on.

John Bytheway: 35:18 I love it whenever I see the word light and there in verse five, whoso is enlightened by the Spirit shall obtain benefit therefrom. It's not always a burning in the bosom. Some people came equipped to earth without the heater. But it might be that thing inside that makes you go, ah-ha, some clarity inside. You're enlightened by the Spirit, gives you clarity. I appreciate those because I feel like that's more me than the burner thing.

Hank Smith: 35:46 Yeah. Enlightened by the Spirit. Do you remember Doctrine & Covenants 11:13? I will impart unto you of my Spirit, which shall enlighten your mind and fill your soul with joy. When I think of that, I think of an experience I had once. I was home teaching, if either of you remember that program where I went over to teach a family, to come in and get the five to 10 minute message. As I sat down, the husband, his name is Mike, he said, Hey, before you start, can we talk about something? I said, sure. He said, this week I got laid off from my job. And I said, oh, uh, wow. I didn't know that. He said, spiritually, this is the best I've ever done, going to church, reading scripture. I just don't see why when I'm being spiritually at my best, why this would happen.

36:41 I think he was looking at me for an answer. I was thinking, that is not in the Ensign this month. I don't know what you want me to say, but I had a distinct enlightenment or an impression to talk to him about fishing. And I remember that he loved fishing. In my mind came a picture of him hooking up his boat trailer to his truck. I talked about that for a minute. Talked to him about what he does to hook up his boat trailer to his truck. And I said, when you get it all done and it's set, what do you do? Looking at it there, it's all set up. It's ready to go. And he said, uh, you know, usually put your foot on it and give it a little push to make sure everything's set. You pull on the chain. I said, I think that's what the Lord is doing. You've hooked up. You're covenanted, you're in. I'm going to give you a little push to make sure you're really in. He said, you know what? That makes perfect sense. I was not prepared. I'd never given that example ever before in my life. Never used it since, but it was one of those, the Spirit

will manifest truth. Whoso is enlightened by the Spirit shall obtain a benefit. And that was definitely a benefit in that moment.

John Bytheway: 37:59 Wow. Will you be my home teacher, Hank?

Hank Smith: 38:01 Yes. Yes. Well, let's move on to section 92, Karen. This is the last one. In this week's lesson, Frederick G. Williams, first presidency.

Karen Hepworth: 38:14 Frederick G. Williams is called into the United Order. It's going to become United Firm. That's what replaces the term United Order. You would've heard this in earlier podcasts, but it's the administrative, major administrative body from about 1832 to 1834 in the church. Frederick G. Williams is called to join this firm. The Lord says, verily, thus saith the Lord. I give unto the United Order, organized agreeable to the commandment previously given, a revelation commandment concerning my servant Frederick G. Williams. That ye shall receive him into the order. Frederick G. Williams, you shall be a lively member. I love that lively member in this order. Don't sit there like a toad. Participate. Boy will he ever. He's going to consecrate his entire farm. We're talking about Vienna and all the many saints that consecrated pretty much all they had to move this work forward. And Frederick G. Williams is one in the line of many who did much to further the work of the Lord. You two are lively members on this podcast. You are lively members all the time. How are we lively members? If God said, be a lively member of your ward or branch, what does that look like? How do you participate in your second hour meetings? How are you a lively member in your ministering assignments? How are you a lively member when you prepare for and attend the temple as often as you're able? Interesting that the Lord tells him to be a lively member, a fully participating member.

John Bytheway: 40:10 Not a spectator.

Hank Smith: 40:11 Yeah.

John Bytheway: 40:12 Right? Yeah.

Hank Smith: 40:13 Get involved. Sit on the front row. Yeah.

Karen Hepworth: 40:16 Elder Dieter F. Uchtdorf said, we cannot expect to experience the blessings of faith by standing inactive on the sidelines any more than we can experience the benefits of health by sitting on a sofa, watching sporting events on television and giving

advice to the athletes. And yet for some, spectator discipleship is a preferred, if not a primary way of worshiping.

Hank Smith: 40:37 Yeah. Think about Ward Council. Are you a lively member of Ward Council? I remember Elder Uchtdorf talking about those who covet a crown, those who want to be in charge, and I thought, ha ha, I'm not one of those. And then he said, and there are those who covet a cave where we'll slip right into the background and not take part in anything. And I thought, augh, because I am a cave coveter at times.

Karen Hepworth: 41:04 Are you a cave dweller?

Hank Smith: 41:05 Yeah.

John Bytheway: 41:06 Cave with a cup holder.

Hank Smith: 41:07 Yes. Put me in the back. Back here. Where, no, participate. I like that Karen. Participate. Raise your hand. Offer a comment. Bear your testimony. Yeah.

Karen Hepworth: 41:19 Fully participating member.

John Bytheway: 41:22 Well, I like that Elder Bednar gave a tribute to his wife once who comes into the chapel with her radar on who can I go talk to and lift and say something nice to, it's not, let's see, where's my pew? I'm going to sit down. It's look around and how are you? And I haven't seen you and that sounds like a lively member.

Hank Smith: 41:44 A lively member.

Karen Hepworth: 41:46 We have a lively member in our ward, John, that does that. He's in his nineties. In his nineties. I wrote in my journal a few nights ago, he had a little accident, so my husband and I went to visit him in the care center, but I wrote a journal entry about this man, how I want to be like him. He's in his nineties. If anyone had a reason to come in late to church or not come at all, he is a lively member. He has come and said hi to me, shaken my hand for years, welcomes me. I should be welcoming him. He welcomes me and many others, but he makes a beeline for me. Such a special man. He is a lively member of our ward. Maybe it's not going around and greeting people, maybe like Sister Bednar you just look on your radar. Who needs it? When I see that, then I go sit in my chair, my pew, and I pray for that individual. I'm kind of a quiet, lively member. I start prayers for individuals. When I see people that show up to church that haven't been for several years in my ward, I immediately start

		praying for them that they'll feel the love of Heavenly Father and have an experience in sacrament meeting that will help bring them back home to him. You can be a lively member, but be participatory even in quiet, sacred ways as well.
Hank Smith:	43:12	I love that. A couple of years ago we had a family move into our ward, Jake and Tyra Hawkins. Man, it felt like we got a burst of energy, love, and kindness. It's really fun to see a lively member at work. I'm here to give, I'm here to help. What do you need from me? I'm just glad I'm not a dead member yet. Frederick G. Williams must have had significant impact on Joseph Smith and Emma, their sixth child. If you're counting all of the tragedies before this, Frederick Granger Williams Smith, something significant happened as Brother Williams is a member of the first presidency.
Karen Hepworth:	43:57	That was really cool though. I forgot that Frederick was named after this, Frederick, until you brought it up Hank. What an honor.
Hank Smith:	44:06	Yeah. If I named my child John Glenn Bytheway Smith, I mean that's. I'm going to get your whole name in there.
Karen Hepworth:	44:13	They really loved that man. It's beautiful.
Hank Smith:	44:18	Karen, this has been fantastic. I feel very motivated to see what's something I can do today to live the word of wisdom. I'm going to walk down to get my mail today.
Karen Hepworth:	44:32	Nibble on a kale chip as you walk to your mailbox.
Hank Smith:	44:37	Look at me. I'm living the word of wisdom. Karen, let me ask you a question. You have studied the gospel, taught it full-time. You now work on church materials, making sure that they are fit within the church's boundaries. You've spent time in the gospel, in the scriptures, in the manuals, in with church employees. I think our listeners would be interested in how all of that has shaped your feelings about the Restoration. When I became a church employee, I had many people say, well, just remember the church is true. Like, okay, but I found that in my church employment, the ins and outs and the things you see, the things you learn have contributed to my feelings about the Restoration. What have you found?
Karen Hepworth:	45:27	That's a beautiful question. That's super broad. How do I feel about the Restoration? I am stunned, awestruck, speechless to see the Lord hastening his work in his time in the ongoing

		restoration. I love church history. Alex Baugh and others just caught me on fire decades ago. I shouldn't even mention names. There are so many. Steve Harper. Others inspired me so much. I started studying church history full-time. I just love the Doctrine and Covenants. I love church history. It's so motivating to see inspiring examples. We've named a few, but so many people gave everything to move this work forward and I say, what am I doing in the restoration to participate? Am I a bystander? Am I a lively member? I mentioned a few minutes ago, what was Joseph Smith asking? When the Lord said, this is your mission in life. You're to reside in council and you and your counselors would build up the churches.
	46:30	As I ask Heavenly Father, I attend the temple a lot. I'm a savior on Mount Zion. What else would thou have me do to participate in this ongoing restoration? I'm so thankful for the prophet Joseph Smith, all that the Savior did through him to restore this church and I stand in awe of what the prophet does. What little I know is I get the official church news email every Sunday as you probably do, and I see where he's been and what the 12 have been doing, and I follow them on social media. It astounds me what these men do, these holy men and women of Jesus Christ do with this ongoing restoration. What am I doing in this little lot that the Lord has given me? What's been allotted to me? What can I do to help? Scripture has been preserved. Words of holy prophets, ongoing holy words in general conferences and other talks that help me and inspire me to want to stay on the covenant path.
Hank Smith:	47:36	Yeah, search diligently, pray, always be believing. All things shall work together for your good. I think you embody that, Karen.
Karen Hepworth:	47:46	Thanks Hank.
Hank Smith:	47:47	Thanks for being here.
Karen Hepworth:	47:48	You're so kind.
John Bytheway:	47:50	I love when I can learn something and make some course corrections. I'm looking through the Come, Follow Me manual and some of you can't see this, but look what I saw. Raspberries in the lesson on the word of wisdom.
Karen Hepworth:	48:04	I love berries.
John Bytheway:	48:05	These manuals are inspired. I'm telling you.

Hank Smith:	48:08	That went through correlation.
Karen Hepworth:	48:11	Hey now.
John Bytheway:	48:12	That went through Karen's desk. She was, we need more raspberries on page 85,
Karen Hepworth:	48:16	We need more pictures of fruits and vegetables in our church materials. Oh, I love that. That's great. That's so awesome. That is so good.
John Bytheway:	48:25	We've talked about Vienna Jaques who gave everything. Oh man, we have such abundance. That's what has touched me today. I've just gotta be thankful we have the abundant life.
Karen Hepworth:	48:37	John, you brought up my favorite part of that, that we talked about is the thanksgiving. We are so blessed. We have such a variety of food. I'm humbled and privileged by it that I get to open up a pantry and a fridge every day and pick what I eat because he does give me choice. I choose those things that he gives us in the word of wisdom. Thank you, John. That's beautiful. You two are just saying all things shall work together for your good. I hope anyone that's listening that's sad or has a trial or struggle, everything's going to work out one way or the other. I have two brothers currently hospitalized as we speak at the U of U Hospital and very serious issues with all of that. All things will work out for our good in ways that we may not see, or even ways that we may not like. We don't always see the end from the beginning. We just have a limited perspective sometimes. Heavenly Father, he's a God of good things to come.
Hank Smith:	49:46	Yeah. Beautiful. John, I'm going to tell my entire ward that all youth activities will have word of wisdom approved refreshments. Can you imagine?
John Bytheway:	49:59	All in favor.
Hank Smith:	50:01	Well, Karen, we have loved you being with us today. It's been fun.
Karen Hepworth:	50:06	Wow. Such an honor and privilege. Thank you so, so much for the invitation. It came out of nowhere. I'm so grateful to share testimony of how much I love the Lord. I'm so grateful for him and that these revelations have been preserved for us. What a gift and blessing. He must really love us. Thank you so much.

Hank Smith:	50:25	Wonderful. We want to thank Sister Karen Hepworth for being with us today. Wherever you are, wherever you're listening from, come on to YouTube and we'll make sure she gets those messages. It's fun for our guests to find out where they taught from Zimbabwe to Finland. We want to thank our executive producer Shannon Sorensen, our sponsors David and Verla Sorensen. Every episode we remember our founder Steve Sorensen. We hope you'll join us next week. We have another very important section, section 93 of the Doctrine and Covenants coming up on followHIM. Thank you for joining us on today's episode. Do you or someone you know speak Spanish, Portuguese, or French? You can now watch and listen to our podcast in those languages. Links are in the description below. Today's show notes and transcript are on our website. Follow him.co. That's follow him dot co. Of course, none of this could happen without our incredible production crew. David Perry, Lisa Spice, Will Stoughton, Krystal Roberts, Ariel Cuadra, Heather Barlow, Amelia Kabwika, Iride Gonzalez, and Annabelle Sorensen.



Hank Smith:	00:00	Welcome to followHIM Favorites. This is where John and I are sharing a single story to go with each week's lesson. John, we are in section 89 through 92 this week. The word of wisdom. I know you know it well, and I have a story to tell you. It doesn't go with any particular verse, but it does go with the idea of the word of wisdom. John Taylor, the third president of the church, long before he hears of the church, he's living in England. He's not going to join the church until he moves to Canada. He's a young man. He's living in England, and he chews tobacco. He uses tobacco like everybody else. One day, apparently, he goes to reach for his tobacco in what's called a snuff box. It looks kind of like a scripture case. He actually stops and he realizes that he's craving this tobacco. He doesn't like that feeling. He talks to his snuff box. He actually says to it, listen to me. Right? Can you imagine the box?
John Bytheway:	01:03	The box is like, who me? Are you talking to me?
Hank Smith:	01:06	He says, listen to me. I will be a slave to nothing. There's no word of wisdom, John. There's nobody saying this is bad for your health. Nothing. None of that. He just notices in himself that he's a slave to something. He never uses tobacco again. He never uses it again. From that day, I will not be a slave.
John Bytheway:	01:31	That reminds me. I had a professor named Joseph Fielding McConkie, who said one day, if you're high on drugs, you're low on agency. And I thought, what an interesting idea. If you're craving, if you have to satisfy that. Your agency is less. What did the snuff box say? I'm, I'm waiting to hear.
Hank Smith:	01:48	Yeah. I wonder if the snuff box is like, wow. Let me show you. Anybody listening out there, including John and I, we need to take account of, am I a slave to something? Could even be a drink or a phone.
John Bytheway:	02:02	I've heard some people say life is like getting your spirit to take charge of your body because your body has cravings. When

		you're fasting, you're saying, is my spirit strong enough to be in charge of my body.
Hank Smith:	02:14	To be in control. Yeah. I've heard it said this a cell phone is a wonderful tool, but a terrible master. You want to be careful. I am a slave to nothing.
John Bytheway:	02:25	I heard you give a talk once where you ask people if they had ever had a cell phone do what on their head?
Hank Smith:	02:30	Yeah. If it's ever fallen on your face because you're so tired.
John Bytheway:	02:35	You're in bed, you're doing this and you're,
Hank Smith:	02:37	I gotta crush the candy.
John Bytheway:	02:39	and it bonks you on your forehead. Yep. This candy ain't gonna crush itself.
Hank Smith:	02:43	One girl said to me, she said, Brother Smith, it was an iPad. Right?
John Bytheway:	02:48	See the scar right here? Yeah.
Hank Smith:	02:51	We hope you'll join us on our full podcast. It's called followHIM. You can get it wherever you get your podcast. We are in sections 89 through 92, mostly spending time in the word of wisdom with Sister Karen Hepworth, who loves the word of wisdom. You're gonna love what she does with these sections. Then come back next week, we'll do another followHIM Favorites.