"Receive of His Fulness"

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:

What if gaining a testimony isn't about one blinding moment, but an accumulation of small flashes of light? President Steven J. Lund explores Doctrine and Covenants 93, sharing personal experiences, international faith stories, and a powerful witness of covenant commitment through trials.

Part 2:

President Lund continues to unpack Section 93's call to fill life with "light and truth," warning against "poison by degrees," sharing personal experiences of obedience and balance, and inviting today's youth to see themselves as a preparatory generation for the Savior's return.

Timecodes:

Part 1 -

- 00:00 Part 1 - Brother Steven Lund
- 01:59 Episode Teaser
- 04:40 Steven Lund's bio
- 07:31 *Come, Follow Me Manual*
- 10:40 A waterway, a boat, and flashes of light
- 15:01 Light and revelation and a "Me, Too Talk"
- 17:45 Elder Ballard and the Gold Rush
- 20:30 Central Africa and the headwaters of the Nile
- 24:34 Mongolian Pioneer Trek
- 27:41 President Nelson and the youth of the Church
- 32:31 President Nelson's seership and Pakistan
- 34:01 Bullet wounds and FSY
- 38:02 Light and Truth in D&C 93
- 39:51 John 1 parallels
- 42:17 Joseph didn't write this
- 45:19 Greek gods and Jesus
- 48:17 Arius and St. Nicholas
- 49:19 President Corden and Apostolic power
- 52:11 YM and YW Theme and relationship to Heavenly Parents
- 53:19 Praying in our coat closet
- 56:21 Increasing in light and truth
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- 1:03:49 Alma: feed light and truth to gain more
- 1:06:12 End of Part I - Brother Steven Lund

Part 2 -

- 00:00 Part 2 - Brother Steven Lund
- 00:07 Elder Echo Hawk and increasing capacity
- 02:09 The 10-page marinade
- 03:04 The Spirit transforms a young man
- 07:22 Iocaine powder
- 09:49 Prescription for Elder Holland
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- 17:57 A missionary airport connection
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- 26:12 Our first duty is in our homes

- 32:43 The Lord calls them, “friends”
- 34:30 The Spirit can tell us to go home
- 36:21 President Oaks’s “Good, Better, Best”
- 37:59 A call to serve in the military for President Lund
- 44:18 Answering a prompting and a powerful people
- 47:47 Elder Anderson and reminder about the Priesthood Restoration
- 50:29 Gratitude for President Lund
- 52:11 Changes in terms and processes
- 54:11 Joy and light
- 57:47 End of Part 2 - Brother Steven Lund

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Biographical Information:

Steven J. Lund was sustained as Young Men General President on April 4, 2020.

Church Service

President Steven J. Lund was sustained as Young Men General President of The Church of Jesus Christ of Latter-day Saints on April 4, 2020.

His past Church assignments have included service as a member of the Young Men general board, Area Seventy, mission president in the Georgia Atlanta Mission (2003–2006), coordinator of the Provo City Center Temple Dedication Committee, and full-time missionary in the Netherlands Amsterdam Mission.

Professional Life

President Lund received an undergraduate degree in communications and a law degree, both from Brigham Young University.

He worked as an attorney before becoming president and CEO of a large Utah-based cosmetics company. He is currently its executive chairman of the board of directors. He is also a former regent of the Utah System of Higher Education.

Personal Life

Steven J. Lund was born October 30, 1953, in Mesa, Arizona, and grew up in California. He and his wife, Kalleen, have four children.

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Hank Smith:	00:00:00	Coming up in this episode on followHIM.
Pres. Steven Lund:	00:00:02	And then I had this thought and the thought was, so Steve, is that your deal with Heavenly Father? You're going to be faithful, you're going to be good, and you're going to be obedient as long as he'll keep the light turned on. So as long as he's willing to respond to your every prayer, as long as you can feel the nurture of the Spirit, as long as you can feel that wind in your sail, then you'll be good. But if not, then are all bets off. Is that the deal you have with the heavens?
Hank Smith:	00:00:40	Hello everyone. Welcome to another episode of followHIM. My name is Hank Smith. I'm your host. I'm here with my co-host John Bytheway. John, you have a knowledge of history, countries, kingdoms, laws of God, and man. John, as I read that verse, that's section 93 verse 53, I thought that's you. When we travel together, you tell me about pretty much anything. We see something and you know something about it. Especially airplanes. John, when we go to the airport, you tell me every airplane. I know that's a big one and that's a small one. You tell me all the numbers and the seats and probably who flies it.
John Bytheway:	00:01:15	I read Aviation for Dummies like three times, so yeah, I've got it down.
Hank Smith:	00:01:19	Well, I've learned a lot from you over the years. John, what a treat we have today. A privilege to have President Steve Lund with us. President, welcome to followHIM.
Pres. Steven Lund:	00:01:30	Thank you so much for having me. I'm a little gobsmacked here in front of two of my doctrinal heroes that I've learned so much from through the years.
Hank Smith:	00:01:38	We are honored, really honored to have you. You and John have worked together in the Young Men's organization for the last five years, just coming to the close of that. In fact, when this

episode airs, you both will be in Bermuda shorts, saying, hey, we just got released.

Pres. Steven Lund: 00:01:56 John is actually in Bermuda shorts right now.

John Bytheway: 00:01:58 Right now. So that's it.

Hank Smith: 00:02:01 We'll want to hear some of those stories that both of you have had in serving in the Young Men's organization. John, today we're going to spend our time in one section of the Doctrine & Covenants section 93. It's another one of those that you think, wow, this came from a 27-year-old, 26-year-old farm boy. What do you think of when you think of section 93?

John Bytheway: 00:02:23 There are some of those sections that, it's like in the Come, Follow Me Manual. Why is there only one section? Because it's 93 or because it's 76?

Hank Smith: 00:02:32 Mm-hmm.

John Bytheway: 00:02:32 This is one of those sections that when I thought of it and when I thought of President Lund, I thought of light. I thought of light and truth, the accumulated flashes of light that he has referred to before. This one is so theologically beyond anything that Joseph Smith by himself could have come up with that its text is a testimony of itself.

Hank Smith: 00:02:54 I say it over and over the pen of heaven. That is what section 93 is.

Pres. Steven Lund: 00:02:59 Sometimes we think of that school of the prophets as being a bunch of country bumpkins who just walked in off the farm, leaving the mule tied up outside. I help with the Constitutional Study center at UVU, went to law school. I love the context that the restoration occurred in. The School of the Prophets is not unlike what was going on in other places in the country just a few years before. These great minds like Jefferson and Washington and John Jay and Hamilton, who we sing songs about now. In their spare time, they were doing stuff like this. They were reading deeply about important stuff. They were writing letters to each other. They were trying to try to make sense of the history of governance so that they could build a country that was sustainable and based upon true principles. Some of the greatest minds of the 18th and 19th century were counseling together to lay that philosophical and doctrinal foundation for the country where the restoration could occur. The founding fathers laid the bulwarks of a society where the

		restoration could thrive, and then the school of the prophets to establish the beginnings of a Zion society within that community. It's not that strange of a thing. Some of the greatest minds of our time were involved in that revolutionary creative process and some of the greatest minds of our time were sitting around in little schoolhouses in Kirtland, pulling together the philosophical and doctrinal bulwark around which the kingdom would be born.
Hank Smith:	00:04:32	Section 93. It's one of those where I would say if Joseph Smith only gives us this, this is the only thing we have from him. He is an outstanding, an outstanding author and prophet. Yet this is one of how many? John, you have worked with President Lund for five years. You and I have talked for a couple of months about him coming on and how excited you are. So I'm going to let you do the introduction. You can gush.
John Bytheway:	00:04:59	I will because I love this man. I just love sitting at the end of the table and listening to how witty he is.
Pres. Steven Lund:	00:05:10	You're half right, half witty.
John Bytheway:	00:05:11	See what I mean? His travels around the world are just amazing. I will read the official bio that's online and then maybe I'll say some stuff. President Steven J. Lund was sustained as the young men general president of the Church of Jesus Christ of Latter Day Saints on April 4th, 2020. Not much was going on in April of 2020. The pandemic was what a month before?
Pres. Steven Lund:	00:05:39	We actually were sustained in our living rooms.
John Bytheway:	00:05:44	Living rooms all over the world, with people raising their sustaining vote. How interesting.
Hank Smith:	00:05:52	I remember that. Unlike anything else we'd experienced.
John Bytheway:	00:05:55	Yeah, that was April of 2020. President Lund's past assignments have included serving on the Young Men General Board, which is now called the Advisory Council, as an Area 70, mission president in the great Georgia Atlanta Mission. A coordinator of the Provo City Center temple Dedication Committee, full-time missionary in Netherlands, Amsterdam Mission. We've seen movies about that.
Hank Smith:	00:06:21	Best two years. Our friend Kirby.

John Bytheway: 00:06:24 President Lund, has an undergraduate degree in communications and a law degree from Brigham Young University. He has such an interesting life. In preparation for this I listened again to his Flashes of Light talk that he gave at BYU in September of 2022, available speeches.byu.edu. He talks about going into the Army. It's not in your bio here. You'll tell us about that. He worked as an attorney before becoming president and CEO of a large Utah based cosmetics company, currently serving as its executive chairman of the board of directors. Born in Mesa, Arizona, grew up in California. He and his wife Kalleen, have four children. You even in that talk, talked about how you met your wife. The sequence and order of events, which had a divine hand in it was really interesting and beautiful to hear. Hopefully you'll tell us some more about that. President Lund, with all the love and respect in the world, welcome to followHIM.

Pres. Steven Lund: 00:07:22 Well, thank you. What a delight to be here and be with you who I respect so much. It'll be fun. I always love having conversations with either of you.

Hank Smith: 00:07:31 This is going to be a great day with great material. Let me read from the Come, Follow Me manual, then President, John and I are ready to learn. Here's how it starts. The title of this week's lesson is Receive of His Fullness, section 93. When you climb up a ladder, Joseph Smith taught you must begin at the bottom and ascend step by step until you arrive at the top. So it is with the principles of the gospel. You must begin with the first and go on until you learn all the principles of exaltation. Sometimes the ladder of exaltation seems impossibly high, but we were born to climb to the top with the Savior's constant help. Whatever limitations we may see in ourselves, Heavenly Father and His Son see something glorious in us, something godlike. Just as Jesus Christ was in the beginning with the Father, so ye were also. Just as he continued from grace to grace until he received a fullness, so also, you shall receive grace for grace. The restored gospel teaches about the true nature of God. It also teaches about your true nature and destiny. You are a literal child of God with the potential to in due time receive of his fullness. That is a wonderful way to start. President, how should we go about this?

Pres. Steven Lund: 00:08:51 We're going to talk about the nature of God. As we keep saying, you know, Joseph's 27 years old, he is receiving revelation, is the only answer to how it is that he can document and explain and paint this portrait of the nature of God, the purposes of this lifetime, and then how we should treat our families all in the same context. This will be fun. Let's start out in verse one. The

revelation opens with verily thus saith the Lord, it shall come to pass that every soul who forsaketh his sins and cometh unto me, calleth on my name and obeyeth my voice and keepeth my commandments shall see my face and know that I am. Now that promise at the end of that, if you'll do these things, then that promise is spine chilling. You'll see my face, you will know who I am. That would be kind of a good refrigerator checklist right there.

00:09:46 Wouldn't it be? Do these few things with that end result. The language there that is most interesting to me is he starts the revelation with a reality check. He seems to be saying here, now don't be confused. This is not just poetry that I'm revealing to you here. I'm talking to you about the world as it really is the near future as it really can come to pass. There's a reason for your existence and you're here for these good reasons. The thing that strikes me is when he says, you'll see my face. Now, what does that mean? Does that mean that we should be striving to one day turn around and have the Savior in front of us and look in his face, or does that mean other things? In that talk that John mentioned, I talk about having been called to be an area 70, I frankly was not struggling, but I was wrestling with this notion that I had just been called and had holy hands laid on my head and established as a special witness of Jesus Christ.

00:10:50 As you can imagine, I'm wondering both what does that mean? Am I up to the task? and what does it take to be in a special witness? I think I naively worried that maybe what that meant was that I was supposed to have seen the face of the Savior as a special witness. One day at a stake conference that I was presiding over, this fellow got up and said, so have you seen God? My mind quickly went to, I had a sarcastic thing I was going to say in response and then move on. That's not a conversation you have in front of a big crowd of people, but I had an impression in that moment to tell him this event came to mind that I hadn't really thought about for a long time. But a couple years before that, I had been on a business trip to Asia and had flown through the night, got off the plane in the middle of the night, early in the morning, pre-dawn hours in the morning, found a car waiting for me and got in the backseat and it was going to be a couple hour drive into town.

00:11:48 So I took my overcoat off and positioned myself in the corner of the car and was driving through the night. I thought I'd sleep a little bit, but I didn't. I was fascinated by I'm in this exotic country, in this exotic place and just seeing the dark contours of what was going around. I was really curious about what the landscape was. And then as the sun started to brighten the

horizon, I could start to make out that we were passing along a waterway of some kind and that there were some forest over here and waterway there, and I saw a bridge coming up by now. It was brightly lit, and so I thought, well, this will be good. As we turn over onto that bridge, I'll be able to, you know, see the landscape and see where we really are. And I was disappointed as we turned onto the bridge that that they had a, they had erected a concrete barrier all the way along the wall of the bridge, I think, to control sound.

00:12:34 As we were about to move into an urban area. There was this 12 foot, 15 foot series of concrete blocks forming a barrier all along the bridge. Sat there staring at this blank wall thinking about, huh, I wonder what beautiful thing there is on the other side of that wall. I was a little bit in a stupor because I hadn't slept in a long time in this netherland of consciousness. As we came off the bridge around the abutment there and hit a turn to go around the mountain at the edge of the lake, I found myself turning around looking and seeing a boat that was traveling under the bridge, and I kind of went, oh, that's what I thought. I realized I knew the boat was there and I was looking back to confirm what I'd seen or to get a better look at it.

00:13:21 Then all of a sudden I snapped to full conscious, thought, Now how did I know that boat was there? And in fact, I wasn't surprised that the whole vista that was in front of me was already known to me. There was a waterway, there were a couple other boats. There was a hill with a large building up on the top of it. All of that was familiar to me, and as I thought about it, I realized that those concrete barriers, those abutments had been positioned together, but there was just a little slit of maybe a fraction of an inch in between them and every 10 feet or so, there was a little slit there, and I'd taken enough physics to know those little slits were shooting little flashes of light at me that contained information that wasn't enough for me to put together and see anything, but my brain somehow had collated all of those little flashes of light until by the time I got off the bridge, I pretty much knew what was on the other side of it.

00:14:14 Wasn't at all surprised to see a boat and the water and the other boats and the building and a train as I recall, that was passing. I tell that story as it was becoming clear to me that when we talk about seeing the face of the Savior, what it means to know what it means to be an especial witness. That that doesn't necessarily mean having a conversation with, but throughout my life I had seen little flashes of divine providence of miracles, incidences of my life that had happened. I couldn't

explain in any other way other than that Heavenly Father was reaching to the veil and touching me. Cumulatively I could say to this man who was asking this kind of accusatory question, I know what I know, I know because of what I've seen, but more than that, because of what I've experienced.

00:15:04 I loved Alexander Dushku in general conference and on April 6th, 2024, he spoke about the same theme. He's the general counsel of the church and he's become my good friend. We've served on committees together. We talked about this afterwards. He had never read my talk, when he wrote his talk, they reinforce each other. He talked about Joseph Smith having received a vision and a pillar of light, and he knew what he knew because he saw what he saw in a pillar of light. Rather than sending us a pillar of light, the Lord sends us a ray of light and then another and then another. Everyone experiences God's light and truth in different ways. A burst of testimony may come as a spiritual impression, a joyful assurance of God's love. The gift to recognize the tender mercies of the Lord or more and that or more that he puts in there opens up the door. All of the varied religious experiences that can come to us that over the course of our lives accumulate, to allow us to authentically say, I know what I know.

John Bytheway: 00:16:16 I loved that metaphor because you described it so perfectly, like yeah, the car's going by in those slits of light, you are able to see what's beyond it. If I remember correctly, the phrase you closed with was the weight of accumulated flashes of light, which I thought, wow, that's beautiful. What a good answer to that question. I thought, Hank good choice because President Lund talks about light and so does this section and the source of that light. I think all of us could use a journal, talk about our rays that we've received and that weight of accumulated flashes of light, it starts to, like you said, have weight to it.

Pres. Steven Lund: 00:16:59 And people raise that talk with me a lot, and it's because my wife refers to it as the Me Too talk is because anybody who listens to that notion, Elder Dushku's notion or mine can say, oh wait, I've had that experience too. If you don't look back, you miss it. You don't realize, you know more than you know, you know. Like happened to me on the bridge, but that happens to me all the time. That Heavenly Father's been educating us and training us and teaching us in these subtle ways. Elder Dushku went on to say, in the midst of that pillar of light, we too will find a loving heavenly Father calling us by name, pointing us to the Savior, Jesus Christ, inviting us to hear him. That happens to us all. We could all make a journal and we could all write that talk.

Hank Smith:	00:17:45	Yeah, you both, I'm sure you remember 2011 Elder Ballard. Different analogy, but same idea. He said, oftentimes we're like the young merchant from Boston who in 1849 as the story goes, was caught up in the fervor of the California gold rush. He sells everything, heads out to California. Day after day, he dipped his pan into the river and came up empty. His only reward was a growing pile of rocks. Discouraged and broke, he was ready to quit, but then an experienced prospector said, that's quite a pile of rocks there you're getting my boy. The young man replied, there's no gold here. I'm going back home. The prospector said, oh, there's gold there all right, you just have to know where to find it. He picked up two rocks in his hands and crashed them together. One of the rocks split open revealing flecks of gold sparkling in the sunlight.
	00:18:33	Noticing a bulging leather pouch fastened in the prospector's waist, the young man said, I'm looking for nuggets like the ones in your pouch, not just tiny flecks. The old prospector extended his pouch towards the young man who looked inside expecting to see several large nuggets. He was stunned to see that the pouch was filled with thousands of flecks of gold. The old prospector said, son, it seems to me you are so busy looking for large nuggets that you're missing filling your pouch with these precious flecks of gold. The patient accumulation of these little flecks has brought me great wealth. And then Elder Ballard says, the story illustrates the spiritual truth taught by Alma to his son Helaman. I think the same principle, saw it in section 93, grace for grace by small and simple things are great things brought to pass. Similar idea.
Pres. Steven Lund:	00:19:24	Yeah, beautiful idea.
Hank Smith:	00:19:26	President. It seems to me that the Lord, and I don't know how to explain how he does it with these little flashes of light or little flecks of gold, we end up with more than we would if we did have this sudden moment of what that man was looking for. So have you seen God? Where's this one experience that you've had versus these flashes of light, you actually end up with more.
Pres. Steven Lund:	00:19:51	Great plan of happiness is a line upon line pedagogy, isn't it? Of course, he could reintroduce us into his kingdom and have us be there. This is where we came from. The very point of us being here is that we're going to act by faith and that we're going to move forward, not just prove ourselves, but learn what it is to be agents worthy of living with the greatest beings in the universe. You do that by learning as we go

Hank Smith:	00:20:18	And as we act. Forsake your sins, come to me, call on my name. These are all little actions every day. You've got to forsake your sins, right? Every day you have to call on his name.
Pres. Steven Lund:	00:20:30	I had an experience that speaks to me a little bit about this. We were in Africa on an assignment to, started in Kenya, went to Uganda. The area president there, Elder Ardern. We're driving to our first places now President Lund, while we're here in Central Africa, we're going to teach many people and we're going to talk about many things. One of those things will not be the children and youth program, which is what I was there to talk about, and I laughed and said, okay, explain that to me. And he said something very much like this. He said, here in these countries in Uganda, in the Congo, we're in somewhere between Palmyra and Kirtland. We are laying a foundation here. These folks that we're teaching are new to the gospel and they have real testimonies, but they don't have much of a foundation in the basics of the church about faith and baptism and paying tithing, living the word of wisdom, attending church and going to the temple and spirituality and prayer.
	00:21:36	He says, we've tried really hard to go to children and youth principles about what you do on Wednesday nights. It's just lost on them. It's a little bit of a misdirection because what they really need is to be continuing to build that faith in Christ. And that was amazing. But we find ourselves in Uganda now. When I was curious like John, as a child, I was fascinated by the explorers, you know, that were going out to the ends of the earth to find stuff. And one of the great exploration stories was the search for the headwaters of the Nile River. It spills into the Mediterranean Sea and it's this big river that runs off across the desert as they're looking for where it begins. Finally, it disappears up into the jungles and the mountains. The explorers would go up there looking for where the Nile River started and never come back.
	00:22:27	It winds around up through Central Africa over like 3000 kilometers or something like that. They would get lost. They would get bitten by snakes, disease would kill them, mosquitoes would kill them. The native populations weren't all that excited to see them coming around, sometimes they would kill them. The National Geographic Society in London I guess, kept sending people down there and they're looking. Finally, they found the headwaters of the Nile coming out of Lake Victoria in Uganda. Now, I hadn't put this together, but we do a training one night in the capital city in Kampala, and then we drive for a couple of hours on a dirt road. We end up in this other place and when we get there, the president said, you know, we've got a couple

		of hours before the meeting starts here. Do you want to go see the headwaters of the Nile?
	00:23:16	I said, well, yeah, yeah. We went over to the lake and there was the little excursion boats you can get on, and we went out there and sure enough, right at the mouth of the Nile River, there are these big springs that are welling up out of Lake Victoria. There are no real rivers that flow into Lake Victoria. They're all, it's all spring fed coming out these mountains. The water's just boiling up all around you and it's the most amazing thing, the most remote place in the world that discoverers looked for forever. We are in the middle of it. It was just such a thrill to me. And then we got out and we drove a few hundred yards and went to the church, like a stake center of the Church of Jesus Christ of Latter-day Saints positioned, you know, at a place where you could almost throw a rock and hit the headwaters of the Nile River. The gathering of Israel is happening in amazing places at an amazing pace.
Hank Smith:	00:24:05	I love that story before those of us listening who think, well, we're so enlightened. We're so much further along. We are living on top of generations and decades of foundation. There they are in 1830, 1831. It's almost like stepping back into the, those beginnings of the church.
Pres. Steven Lund:	00:24:28	Between Palmyra and Kirtland.
Hank Smith:	00:24:30	They're pioneers.
Pres. Steven Lund:	00:24:32	Absolutely.
Hank Smith:	00:24:32	First generation.
Pres. Steven Lund:	00:24:34	I was just at the MTC last week. I ran into Elder McCune there, who's the area president over in Japan and over Mongolia. He had some photos. He says, these Mongolian saints that we were talking about live way up north of the Capitol building like a hundred miles from the Russian border. Out on the steps, the Mongolian steps there, he said, their day-to-day life is very much like the life of our pioneers. They're cooking on open fires or their life looks a lot like that, but they felt a need or a hope to connect themselves to the other pioneers that are in now in their heritage. The church's pioneers. They did a handcart trek just like we might do out on the West Desert or up there. They're doing it in Mongolia and there's these amazing pictures that turns out they know how to make a handcart. And they built handcarts that looked like our handcarts except better.

We've got photos of them walking through rice patties and out across the steps and cooking over an open fire. They took off one of the iron wheels they made for the handcarts, laid it down as a grill, and they're cooking out on the open range like that. These are true pioneer saints who are trying to connect themselves in a visceral way with the original pioneer Saints who had very much the same experience. It's the most moving thing to me.

Hank Smith: 00:26:00 I often tell my students, the Lord didn't say to Joseph, Joseph, your sins are forgiven you. I don't want you to join any of those churches. Let's get started. We're going to need barcodes on the temple recommends, we're going to need the young women's, young men's program. We're going to go slow. We're going to go slow. We're going to build a piece at a time.

John Bytheway: 00:26:22 You guys remember Elder Bednar's talk about the Nephites and the Lamanites and how the Lamanites at one point of time in the Book of Mormon's story were more righteous than the Nephites. And then he quoted because of their easiness and their willingness to believe they were in such a different place. I think it was of a sobering thing to say, okay, it's not 1830 where I am, but I love knowing that for many of these saints, they are having those kind of experiences around the world being inspired by their devotion. I mean, when I was in the Philippines on my mission, there weren't that many places that had buildings that we had built. We were meeting in homes. One of the most impressive things some people saw about the church was my flip chart that was printed in full color. That was it. I could show them pictures of all 16 temples that we had in 1982, but for them it was in a different place. It was humbling and sobering for me. I think of Elder Bednar quoting that line, their easiness and their willingness to believe. President Nelson may be saying the same thing. These are people who are willing, this is Israel, meaning willing to let God prevail with what little they have.

Pres. Steven Lund: 00:27:44 When President Nelson called me to be the young men president, he immediately brought me back to consciousness. He said, you know, this is a very important time for the youth of the church because he said, this is an important time for the church. This is that time that every prophet from Adam through the ages until today has looked forward to with great enthusiasm. A day when generations would be born, who would come with special gifts that would qualify them and enable them to be about the gathering of Israel. Ancient prophets talked about that as some future event somewhere down the tunnel of time. We don't talk that way today because the

gathering is going on right now. It's going on in stages, but around the world to really great effect. It's stunning how, it's 1830 somewhere, everywhere because the missionaries are just showing up someplace.

00:28:41 I was talking to Sharon Eubank one day and she said, we get two kinds of calls at the church from media. We get the call from some media that's saying, why are you guys losing so many people? How have you become so irrelevant that so many of your kids are falling away? She says, but the other call we get from more informed correspondents is, okay, we've been looking at the data of church participation across the board. We want to know how it is that you are so much more effective at holding onto your youth than others, than everybody else is. We are wringing our hands and for good purpose, we don't want to lose one of these amazing kids. I can tell you that there are twice as many young men and young women today holding temple recommends, as it were 10 years ago. There are more ordinances being performed in temples in the world today than at any time in the history of the church. Two years ago, President Oaks stood in the Mission Leader seminar and he said, good news, we are back in terms of missionary headcount. Number of missionaries serving in the field we're back to pre COVID numbers.

00:29:48 We were building and building and building. And then COVID came along and the numbers fell off because we didn't have any place we could send them. Then they've come back again. He says, now we are back to pre COVID numbers. But here's the interesting thing. So this was in June of that year. He said, as we look at the pipeline ahead, we can see that between now and December we will have net net 10,000 more missionaries surfing than we have today. And we're at a virtual head high water mark now and he says, we're not quite sure where those 10,000 are coming from, but there are 10,000 that we didn't expect to see. I don't know anything that President Oaks doesn't know three times, but I think I know why. It's two things. President Nelson in general conference talked to the youth and he said, it's time, time to put our boots on.

00:30:33 And these great kids are listening. But the other thing, it's those FSY conferences where young people are coming, showing up on Monday, mad at their moms for making them come and they come under the influence of the Spirit by Monday night, they discover to their great surprise that they actually like people. By Tuesday they discover that people like them too. And that's such a revelation to them. That takes them a minute to get used to. And by Wednesday and Thursday now they've been under

the influence of the Spirit long enough that their compass starts to be recalibrated under the reality that there is a God in heaven and he loves me and he cares about me. And by Thursday and Friday they love him too. You've both had this experience as I have again and again and again. Somebody stopping me in the hallway and saying on Monday I came here as a last concession to my mom.

00:31:29 I was going to quit the church right after this week. I'm not going to quit the church. I'm going on a mission. I'm not just a tourist passing through my parents' church like I was. This is my church. He's my Savior. The good things that go on at Young Women's Camp and Aaronic priesthood encampments, all that combines to giving these young people an opportunity to get out of the world long enough for them to be built line upon line until true conviction and true conversion is taking place and these amazing things are happening. This year, Elder Cook gave a little presentation and he showed a a little map of the areas of the world globally. The church is divided into geographic areas, ecclesiastical areas around the world. Some areas are doing better than others in terms of baptismal rates. The lowest performing areas only saw a 20% increase in baptisms this year over year from last year.

00:32:31 Everything else is north of that. The numbers are thrilling. What we're seeing is President Nelson's seership finding a place in the real world that Heavenly Father is gathering his people together in preparation for the Savior's return. Elder Uchtdorf grabbed Bonnie Cordon and I suggested that we really ought to go visit some international FSYs so that we could make sure that, verify that the protocols that are working here are being employed and working there and maybe learn what we could from what are they doing there that works as we try to crowdsource the best practices of EFY. So I went into the FSY office and said, well apparently I can go anywhere in the world. I'd like to go someplace where it would make a difference to have a general officer show up maybe someplace out of the way that general authorities don't often get. Where would you send me?

00:33:24 And they all immediately said, Pakistan. I said, oh, shouldn't we go someplace where we have members of the church? And they said, oh no, we have members of the church there. They're having their first FSY conference. We fill out an application for a visa and got one to go and my wife and I land in Islamabad. Now this is a 95% Muslim country. It's such a beautiful country. We land at the airport and it's a Muslim airport is filled with Muslim people and there's two pale guys at the end of the concourse there. The mission president and Elder Kelly Johnson of the area

presidency, they took us to the mission home and I got to train their missionaries.

00:34:08 We drove up into the mountains outside of Islamabad. A couple of hours arrived at this little hotel resort situation in this quite a steep canyon there and were met by 386, as I recall, baptized 14 to 18 year olds who were there for an FSY conference. They told us 94% of all the baptized 14-year-old to 18 year olds in the country were there at that FSY conference. This was a feat. When we arrived there, they were doing their little poster parade thing where they divided into groups. The groups had names. They made these posters out of poster paint. They're singing the FSY songs. They sing them in English and then they sing it in Urdu. Then they'll sing it in English again. They're singing the songs and they've got these Pakistani drums going in the background.

00:34:55 They're laughing and singing. They're every color of the rainbow from the poster paint fight that went on in the other room while they're making these posters. Just what you would hope for. All of the counselors were return missionary FSY counselors who had come back and were there and I'd tell you these counselors were bigger than life. I was talking to one of these and they asked me, so have you met Jabber John? I said, no, who's that? And he said, well, you need to meet him. So they, we went and found this boy, this little 14-year-old and he said, you need to hear his story. So he's telling me the story in Urdu and they're translating and I was really impressed this little boy was just full of light. He says, well, the story they want me to tell is that a week ago I was walking home from school.

00:35:36 I saw a fight breaking out across the street. I know what can happen in fights like that. So I started running towards home. But as I ran down the street, a bullet flies out of this crowd hits me in the leg. I collapse on the ground. An ambulance has to come take me to the hospital. I've lost blood. He's telling me this in Urdu and the the Relief Society President and the branch president are translating and then at this point in time, they just take the story over because this is where they come in. We heard he was at the hospital and we rushed down there and we walk in and oh my goodness, there's blood being drained into him in one arm and fluids in another. And they got him on monitors. He's got an oxygen mask on his face and they're clearly worried about him.

00:36:15 He's pale as a sheet. The branch president said it was so tense. I walked over to lighten the moment and I said, well, Jabber John and he's awake, but you know, so he is looking at him past the

oxygen mask. He says, well, jabber John. I guess that whole idea of getting on a bus Monday morning driving six hours to an FSY conference is out. Jabber John rips his oxygen mask off, sits straight up in bed and says, oh no, I am determined to go and then faints back into bed. Everybody in the room looks over there and says, brother, you're not going anywhere. Well that was then, but Monday morning Jabber John got on the bus. With him was the branch president who had spent the weekend taking classes on how to administer IV antibiotics so they could get him through his antibiotics course before he went.

00:37:07 But he got on the bus and went. In the moment the thoughts that went through my mind were these that when Lehi's family's conversion spiritual story was told, they wrote a book in the book of first Nephi. There are those words by a young person that said, I will go and I will do. It's inspired us forever since. Well, I think when they write the history of the church in Pakistan, if there's a book of Jabber John, there'll be those words. Oh no, I'm determined to go because it's emblematic of the whole spirit of this place. These people who are cultural minorities by a long shot to hear the gospel and they're willing to go, they're going full speed in Pakistan, in the Congo, in Mongolia, Uganda, all these places. It's an amazing world.

John Bytheway: 00:37:54 It's so fun to hear, and I'm thinking of these FSY counselors that are young adults that are returned missionaries and the impact they're going to have on that growing place.

Hank Smith: 00:38:06 President, these experiences that you've described for us, these incredible experiences reminds me of a lot of the lesson 93. It's all about light and truth. Really that's what you've been seeing all over the planet are people getting the truth and being filled with light, seeing more truth, being filled with light.

Pres. Steven Lund: 00:38:26 It really is something. Verse two here of our section makes the statement, I am the light that enlighteneth every man that cometh into the world. I'm struck by that. I minored in philosophy while I was at BYU. I was just a communications major. I thought I'd grow up doing this. I became a philosophy minor by taking classes from Truman G. Madsen. Anything he offered, I took and then I got a minor out of that. In the world of philosophy, there's this conversation. Some philosophers think that men are basically evil animals that have to be treated as such, and then there are those who think that people are basically good. We'd read the philosophers back and forth. I was always asking myself, so where are we on that spectrum? We know these are fallen men and that there's a law of the jungle that pertains if we don't civilize each other.

	00:39:15	On the other hand, we believe that we're basically good. I love it that this speaks to that. This answers that question, whether we're good or we're not. Every man cometh into this world enlightened by the light of Christ. Wherever we are on the good-bad spectrum, we're all pretty good. We all made a decision in the premortal world that we would follow the Savior and come here and subject ourselves to this plan. So we know that there's a fundamental goodness about us, but in addition to that, we all have wind in our sails that moves us towards better things. The decisions we make to the contrary are against that wind.
John Bytheway:	00:39:41	Hank, when you started, you read from the manual, one of the things I love about this section is you can put it side by side with John chapter one where, in the beginning was the word and the word was with God and the word was God. The same was in the beginning with God. Then you get this out, it is the most affirming, what? verse 23. You were also in the beginning with the Father. Wait, what? Who me? It's like the Moses, Thou art my son, in the Pearl of Great Price. It's about God, but it's about us and our place that as President just said, we have that light and that light is the light of Christ. It's one of the reasons I love this section. Didn't you say that Truman Madsen, didn't he comment a lot more on this particular section?
Pres. Steven Lund:	00:40:30	Yeah, he did. His wife Ann, I heard her say once that Truman would come home from his philosophy studies at Harvard after having wrestled with the thinkers of the day. He'd come home and say about whatever the topic was. Well, I wonder what brother Joseph has to say about that, and he would go open his library and try to get that sort of light. Often it was section 93 he was going through where so many of the great philosophical topics, not just is man basically good or evil, but a whole bunch of stuff gets covered in here, doesn't it?
Hank Smith:	00:41:15	Yeah.
John Bytheway:	00:41:16	We did this four years ago, Truman Madsen, it was in a footnote, chapter two, footnote number 27 to Joseph Smith the Prophet by Truman Madsen. He talks about these questions. How can there come something from nothing? Answer: The universe was not created from something. The elements are eternal. Section 93, verse 33, how can Christ be both absolutely human and absolutely divine? He was not both at the same time. He received not the fullness at first, he quotes Section 93, verse 13. It's like Section 93 ticks off these huge philosophical questions, one after another, about six of them. Truman Madsen points this out. Hank, we can point people to Casey

Griffiths episode four years ago if they want to see that because we don't want to do the same thing again here, but if you love that sort of thing, the theological burst of light in section 93 is magnificent.

Hank Smith: 00:41:58 I think it's Richard Bushman who said that Joseph Smith would untie gordian knots in an afternoon.

John Bytheway: 00:42:06 That's right.

Hank Smith: 00:42:07 Problems that people had wrestled with for thousands of years. Joseph Smith says, oh, this afternoon I received the following section 93.

John Bytheway: 00:42:16 Yeah.

Hank Smith: 00:42:16 Who better to explain it than the Lord himself?

John Bytheway: 00:42:19 You remember section 88 when he writes to WW Phelps and he writes a letter and says, Hey, I love that he doesn't say I wrote this, because he didn't. He said, we got this from the Lord. We got this olive leaf. Let's study this thing I got. Wow, what's in here? To me, that's another testimony. I didn't write this. I got this.

Pres. Steven Lund: 00:42:40 I find that, the intellectual debate, to be so interesting. This is an interesting little footnote to me that there are historical questions we don't know the answers to, in the gospel. And people lose their testimonies sometimes over, did this happen, this happen? I think that happened, that doesn't make sense to me. Yet arguably the greatest historian of our time, Richard Bushman, is also a sealer in the temple and a patriarch. The guy who knows more about church history maybe than anybody on earth is a faithful member of the church. The problem that most of us have with church history, we have problems, is that we don't know enough. Not that we know too much. One of the greatest philosophers of the restoration was Truman Madsen, who was just a wonderful teacher, but in his own right, won awards as a student and was a Harvard PhD. As he sorts out and people leave the church over the philosophical gaps that they see and the and the unknown, and yet the greatest philosopher of the restoration, he died an active member of the church and defended the faith and Joseph Smith had no greater defender. It's a testimony of major proportion.

Hank Smith: 00:43:49 We've spoken at this already at length here, but over and over in this section, this idea comes up. Grace for grace. Says when

Jesus came to the earth, even he received grace for grace or line upon line, then the Lord says, you shall receive grace for grace. You've spoken about this already President with flashes of light. Seems like the same idea, doesn't it?

Pres. Steven Lund: 00:44:16 Yeah, it does. It's sort of an interesting thing. Who was Jesus? I mean, this is the creator of the, he put the galaxies in spin and then he is born in a stable. We know that He knows a lot, but who was he as a young person? If he was truly going to make true on his promise, that if we would agree to come here and be part of this grand enterprise of earth life, that he would enable our return by coming himself. His promise was, I will come. I will experience earth life with you and make it possible for you to return again. So how do you have it both ways? How does he learn and grow and still be him? Obviously, there was a time when the veil kept him from his full knowledge of what was going on in the premortal world.

00:45:16 I was in the Perganon once in Berlin. There are all these sculptures of the Greek gods, the tour guide pointed out to us, look at the expressions on their faces, whether they're sitting in quiet repose or whether they're fighting with a csar, swinging a sword or something. Their faces are always placid, always nonplussed, no pain being shown, no exertion, no anger. These are human emotions. These are gods and gods don't feel those human emotions. Well, the God that we know and worship was beyond mortal strength and mortal experiences, but he felt things, things that you would see in his face. He knew pain. In Peter, 1 Peter 2:22 where it says that Jesus was he who committed no sin. It was Brother Madsen who brought this to my attention. He committed no sin, but he experienced them all.

John Bytheway: 00:46:16 Wow. I think Elder Maxwell too said he suffered our afflictions before we did. Speaking to a a modern audience. What you just said reminds me of Hebrews 4:15 for we have not an high priest, Paul's speaking of Christ, which cannot be touched with the feeling of our infirmities, but was in all points tempted like as we are, yet without sin. Felt what we felt feels what we feel. It sounds like.

Hank Smith: 00:46:44 Yeah. I teach a class at BYU where every semester we study for a week or two, the Nicene Creed. In essence, it's an argument that starts between Arius and Alexander. Is Christ the creator or is Christ a creation? and I'll ask my students, is he the creator or a creation? They'll say, well, he's both. I'll say, how come they didn't think of that? How come you did? Very rarely can they answer. They'll say, well, I don't know. I'll say it's section 93 of

		the Doctrine and Covenants. It's Joseph Smith who received this section. Who better than to explain how he can be both the creator and a creation than himself.
Pres. Steven Lund:	00:47:26	That brings then to bold relief the problem that the creeds have. The creeds were written in an exercise of trying to reconcile Greek philosophy, Greek logic, Greeks philosophy with Christian doctrine and in places where they don't line up, then they have to fill in the gaps with some rationale. That gets you to things like the three in one God notion. So if your foundation is going to be Greek philosophy, you're going to end up with gaps in your theology. If your foundation is theology, then you can pick and choose from Greek philosophy that which makes sense and that which doesn't.
Hank Smith:	00:48:07	They always laugh when I tell them the story of how Arius says that Christ was actually tempted, in reality that he was tempted. He gets attacked by a bishop there on the floor and I'll say, do you know who it is? No, I don't know who it is. It's Saint Nicholas. It's the man who becomes Santa Claus. He attacks Arius for saying that Jesus was tempted. Here we have in section 93, no, he received grace for grace. He went through the same process that you and I do. I can link the article that I give to my students on our show notes. It's by Dr. Lincoln Blumell, John, who we've had on the show before. He explains it so wonderfully.
John Bytheway:	00:48:46	He was right in the middle of decking the halls with boughs of holly when that happened, no, I'm just kidding, but well,
Pres. Steven Lund:	00:48:54	He did deck someone, so I guess that's right.
John Bytheway:	00:48:56	It's a different kind of decking that suddenly...
Hank Smith:	00:49:00	But look at verse 19. Jesus says, I want you to know how to worship and what you're worshiping. I want you to know me.
Pres. Steven Lund:	00:48:59	President Bonnie Cordon and I were summoned to the first presidency's office a few years ago, so this was maybe 2022 they asked us to come and tell them how the FSY conferences were going. We'd done a full year now. They wanted an update on how's it going, and to resource properly. Do we have things we should do differently? We went in. It was just the first presidency, Bonnie and I and Elder Uchtdorf was our apostolic leader. We had a little PowerPoint presentation that we took them through and explained things. That's kind of a thrill to be

in the first Presidency's conference room there, the six of us. We walked them through our presentation.

00:49:47 As we finished, President Eyring had a couple of questions and then President Oaks had a couple of questions, but the whole while President Nelson sat, as he often does, toward the front of his chair, leaning in, piercing gaze, absolute attention to what we're talking about, but didn't have any questions, didn't have any comments. He just kind of sat quietly through nodding appreciatively. I don't remember him making notes. I don't think he has to make notes. He just knows stuff, remembers stuff, and then Elder Oaks finished his last question and there was a a moment's pause and Elder Uchtdorf perceived that the meeting was probably over. He said, well, thank you brother, started to stand. Bonnie and I stood. Then President Nelson, you know, he hadn't moved. He said, you must teach them to pray, which was a pretty good signal to us that the meeting wasn't over, so we quickly sat down in our chairs again. This was fascinating to me because he sat there the whole time thinking about what do these young people need? How can I be helpful? We were talking about the FSY thing.

00:50:49 We were thinking about the FSY program. He was thinking about the youth. His comment was, you must teach them to pray, to whom it is they pray and the language of prayer. Then he said something very much like, I feel that we've become far too casual in the way that we approach the throne of God. If we could see through the veil to who it is that we're talking to, our father in heaven, if we could see who we were talking to, we would bring the most elevated speech and the most humble attitudes that we could muster. You must teach them to pray, to whom it is they pray and the language of prayer and then the meeting really was over and we got up and left. I've thought a lot about that. If you could see who it is, if they could actually see who it is that they're talking to, we would all pray differently. I think about Father Lehi had his experience, the Book of Mormon, where he actually describes it. When he did see who he was praying to, he had to go home and collapse on his bed.

Hank Smith: 00:51:57 It seems like the Lord brings that up. Verse 22, all those who are begotten through me are partakers of the glory of the same. We live beneath our privileges. Come partake of this glory.

John Bytheway: 00:52:11 How affirming is that next verse, Hank and President, you were also in the beginning with the Father. What? Who me? I mean, don't you have a who me moment when you read that? President, the first line of the Aaronic Priesthood Quorum

theme to me is just that affirming, I'm a beloved son of God and he has a work for me to do. Whoa. It feels like that to me.

Hank Smith: 00:52:40 John it made me think of the young women's theme. I am a beloved daughter of heavenly parents with a divine nature and eternal destiny. Maybe that in some ways what President Nelson was after. They need to see who they are that they can approach the throne of God. The relationship that's there can embolden someone through prayer, through your prayers you can feel edified and uplifted by the sense of who you are and who loves you.

Pres. Steven Lund: 00:52:59 President Nelson spoke at a mission leader seminar, I think it was later that same year, but talking to mission presidents, this was the theme of his talk. I remember him saying, it says in scriptures, we should pray in our coat closets. And we always say, well, you know, that's metaphorical, but he says there's something real about that. You need to go to someplace like a coat closet someplace where you can close the door and be alone. Be able to focus your every attention on who it is that you're talking to. And then President Nelson urged the mission presidents to think about the temple. When you pray that in the temple we pass through a veil and that veil is representative of the Savior. But when we pray in the name of Jesus Christ, we are literally speaking to the Father through the Savior. But having that imagery in mind of speaking to the Father through the Son in a sacred place, a place made sacred by your prayers, but that isn't going to have somebody wandering through and divide your attention is a powerful thing.

Hank Smith: 00:54:15 This is a very elevating section where the Lord is almost inviting us. Come up, come up, come see me. Come talk to me.

Pres. Steven Lund: 00:54:24 I was reading through this, it took me back to section 78:17. I have written in my notes that Truman Madsen seems to be on our minds today because this I think was one of his favorite sections. But in the margin of my scriptures, I said, Truman Madsen commented that this is his favorite scripture that says verily, verily, I say unto you, ye are little children and you have not as yet understood how great blessings the Father hath in his own hands and prepared for you. And you cannot bear these things now nevertheless, nevertheless, be of good cheer for I will lead you along. The kingdom is yours and the blessings thereof are yours. And the riches of the eternity are yours. That's that line upon line concept, isn't it? You're children now, but I know who you are and I know what you can do. And this battle is already won. All you have to do is not give up.

Hank Smith:	00:55:26	Both of you know of Henry Eyring Sr. maybe the greatest chemist of his lifetime. How would you like to be the greatest of something in the world? There he is going to his lab at the University of Utah, Nobel Prize winning type research. This is what he said. Our understanding, great as it sometimes seems, can be nothing but the wide-eyed wonder of a child when measured against omniscience. I love that humility
John Bytheway:	00:55:59	Like that section 78, you're little children. There was a video made years ago called Hugh Nibley, Faith of an Observer. At the end he says, none of us is very smart. None of us knows very much, but the thing the angel's envy us for is we can forgive and we can repent. So three, cheers. Let's forgive and repent. That's the end of the video.
Hank Smith:	00:56:21	Let's look at verse 28. I'd love to hear your comment on this idea, president, and maybe I'll attach it to verse 39. He says, he that keepeth my commandments receives truth and light. And it seems that he's saying, the more you live the truth, the more light you're going to get. With that light, you can see more truth. And if you live that truth, you're going to get more light and it can keep going and going. The glory of God is light and truth. That's verse 36. But then he adds, the wicked one, this is verse 39, comes and takes away light and truth through disobedience. How have you seen that play out in your life or in your service in the church? We've been talking about these people who receive light and truth and light and truth. You can see it in them in these countries where the church is beginning to flourish. Yet the opposite can happen where people don't live the truth that they have and they lose that light. I've seen that happen to loved ones. It's heartbreaking.
Pres. Steven Lund:	00:57:25	It truly is. It turns out that testimony and conviction is somewhat perishable. We have to continue to renew. This is one of the reasons that we need to be in the Book of Mormon every day, the Book of Mormon particularly because it reminds us both of the truths of the gospel and the reality of the restoration. I like to think of the Book of Mormon as a window into the sacred grove. When you read the Book of Mormon and feel the Spirit affirm a truth that's there, you're learning that truth, but you're also seeing through that text into the sacred grove. If this is an inspired book, then what Joseph said happened there is true. But if we don't keep going back to the font, then things can fade. And even when we're doing our best, there are times of great conviction and times of less.
	00:58:15	I have a brother who's a PhD physicist and he got the brains in our family. I heard him say once that he studied in his PhD

program this theory of relativity as businesses have to do. And he says, I have a testimony of this, of relativity to the length that it goes, the extent that it explains the universe. I have a testimony. But there was a time when I could walk you through the math. I could walk you through the theoretics. I could unravel the law of relativity pretty extensively. I understood it. I knew it to be true. He says, now I spent a lot of years since then and I can't do that anymore, but I still know it's true. I remember that it's true. This is true of the gospel too. I have known that it's true. I have seen those flashes of light.

00:58:56 I have seen those rays of insight penetrating the veil and in my life. Sometimes I have to think back and remember that, those things in order to move on, this is the importance of covenant though. We make promises in the full light of day when we find ourselves wandering through maybe a dark patch or a place where the way is not well known or understood, we have our covenants to fall back to. I have a tender experience in my life that I don't often talk about. When our son Tanner was sick in the hospital, contracted pneumonia, RSV pneumonia, while he was in the bone marrow unit. So he had no immune system and he had pneumonia, ends up on a ventilator and it was really grim. But he was really strong. He spent 11 weeks unconscious and a chemical induced coma in the ER on a ventilator.

00:59:53 During that time, my wife and I were committed to be in with him. If I was there, she would replace me and I'd go home with our other two, three kids and then we'd go back and forth again. And we didn't know from minute to minute whether he was going to be with us or not. And it was a pretty, pretty challenging time. I don't tell you this, to have people feel sorry for us. Tanner is fine. He's the happiest guy in this universe. We're going to be okay too. We, we're carrying, as you can still tell, we're carrying a little scar tissue, but that's going to heal too. We're one hug away from being whole again. And that day is coming. But on this particular time, one night it was in the middle of the night and I was exhausted. We were all exhausted and a nurse said, there's a little room around the corner where you can go and close the door.

01:00:41 They had some little sleeping rooms there, just large enough for a little bunk. Go get a couple hours of sleep and you'll feel better. So I went in and knelt down by that little cot and I was praying. I don't know if it was the exhaustion or if it was by design, but I couldn't feel the Spirit. And it seemed to me in that moment like I should have been able to. As I grappled with that, there was no relief. No matter how I approached the heavens, I was just alone in the room. Finally, after a while, I rolled up onto

the cot and kind of laid there staring at the dark ceiling with my fuzzy brain and said, well, maybe that's it. Maybe there isn't. I mean, it's possible I guess, that I'm talking to myself here. So what does that mean? And then I had this thought and the thought was, so Steve, is that your deal with heavenly Father, you're going to be faithful, you're going to be good and you're going to be obedient as long as he'll keep the light turned on.

01:01:52 So as long as he's willing to respond to every prayer, as long as you can feel the nurture of the Spirit, as long as you can feel that wind in your sail, then you'll be good? But if not, then are all bets off? Is that the deal you have with the heavens? And as I talked to myself, the words that went through my head was, no, I have placed my bet, I've made promises. And if I never feel the Spirit again, I'm going to stay the course. I'm going to do my best. From then until now, I've had many, many rich, the most powerful experiences of my life, you know, have happened. But very periodically. It's not all the time those little flashes come, well, I don't know. I can't even say that right now. They're coming with huge regularity these days in my life. But there was that time when it was a remembrance that you know what? You've made covenants and we're promise keepers in our family. We keep promises.

John Bytheway: 01:02:49 Wow. Thank you for sharing that. It's not transactional. It's like you said. No, I've placed my bet. I know in whom I trust.

Pres. Steven Lund: 01:02:59 Yeah. That trust isn't dependent on new input. I don't have to keep getting new input. I've received plenty. It would be a betrayal for me to be something less than I try to be today. Those realizations and that experience helped me understand the Atonement just a little bit better. We often think about the Savior on the cross in that moment when he said, wait a minute, I'm alone here. Why hast thou forsaken me? because I wonder why heavenly father, I mean, he could have very easily given me a little nurture there. Touched me with a little spark of it's going to be okay but he didn't and it turns out that's been one of the more important revelations of my life not to receive one.

John Bytheway: 01:03:41 Wow. What a powerful testimony. We're a hug away. I've never heard you say that. That's beautiful.

Hank Smith: 01:03:49 Staying in the Book of Mormon. Alma actually talks about this very thing. Listen to this. He's talking to Zeezrom. This is Alma 12:9. It is given unto many to know the mysteries of God. He says, but if you harden your heart, you receive a lesser portion of the word. But if you don't harden your heart, you'll get a greater portion of the word. They that will harden their hearts

to them is given a lesser portion of the word. And then this phrase, until they know nothing concerning his mysteries, this is 93:39. The wicked one cometh and taketh away light and truth. Well, I've heard that from so many and I've seen it in my life that well, how can they see it this way? I know they once saw this. I was with them in the mission field. I heard them bear testimony. How can they see this now? And I think the Lord is telling us how this works, that you can actually lose the light and truth that you have currently. It's almost like a bonfire. You have to keep feeding it.

John Bytheway: 01:04:46 I've got in my notes, Hank, and maybe this was from four years ago, verse 37, light and truth forsake the evil one. What if we think about some time in the scriptures and time learning to hear him every day, what we like to call holy habits and righteous routines. What if that's really true? It's not the check the box, it's the outcome of time in the Book of Mormon every day that will keep the evil one away or time in prayer every day that keeps the evil one away so that the light grows, as you mentioned back to verse 28. What if that's really true? Then that's really motivating to keep doing that.

John Bytheway: 00:01 And now on to part two with Brother Steven Lund Doctrine and Covenants 93.

Pres. Steven Lund: 00:07 One of my heroes is Elder Larry Echo Hawk, who is a General Authority 70. He grew up on a reservation and somehow out of pure talent work ends up at BYU as a football player and as a student and ends up going to law school. Ends up being the Attorney General of the state of Idaho. Ends up being an, I think the under Secretary of the Interior for Indian Affairs. 60,000 employees working for him. I was chatting with him one day and I asked him, how do you do that? How do you manage an organization like that and find time for your family and for scholarship and all the other things you do? And he says, oh, that's comes down to one thing I do. When I got to BYU, saw the workload and saw the football with everything I was doing there, I knew I didn't have the capacity to do it.

00:55 I made a promise that I was going to avail myself of the help of heaven. And I'm not saying this in his words, this is my recollection of his impression. He said, I decided that I was gonna read 10 pages of the Book of Mormon every day to get centered and to get strengthened. Read 10 pages or until I felt the Spirit, whichever came last. And having done that, he said, it empowered me to do all the other things that I needed to do. Then he said something very much like this. I don't have it written down, but he said, I found that on any given day, the most important thing that I did in that day was that the reading of the scriptures, having done that, everything else was secondary. But having done that important thing, then I had the help of having to do the stuff that was beyond me that I needed to do during the day.

John Bytheway: 01:47 That's your verse 39 prevention antidote right there. If you don't want verse 39. Wow, that's a great story.

Pres. Steven Lund: 01:57 He's a great man. I don't read 10 pages in the Book of Mormon every day, but that's on my mind. Every time I pick up the

		scriptures. I need to read at least until I feel the Spirit. That'd be better if I read 10 pages.
Hank Smith:	02:09	I know it sounds simple, but if I have a friend or a student who says, you know, I just don't feel what I used to feel. It seems the answer in this section is fill your life with light and truth. John, you've talked about the principle of the marinade. Marinate in light and truth. The Lord has given us so much that we could go and listen to, read, attend, then listen to and read and attend. Fill your life with light and truth. It seems that light chases the darkness away.
John Bytheway:	02:44	If only we had a way to have access to
Hank Smith:	02:48	To, yeah, to light and truth.
John Bytheway:	02:51	I mean, maybe somebody to read it to us even whenever we wanted. If only we had something like that.
Pres. Steven Lund:	02:57	If only we weren't being confronted by darkness. There's that too. Isn't there true?
Hank Smith:	03:02	Yeah. That same device.
Pres. Steven Lund:	03:04	We had a kid in our ward who got up to give his farewell talk a few years ago. I didn't know this kid knew how to talk. We'd grown up together. We, his kids and ours and there you couldn't quite see his eyes. He got up to give his farewell talk. I didn't recognize him. He had a haircut. And I realized who he was. And his farewell talk was, I'm happy to be going on a mission. I'm going to do my best in the name of Jesus Christ. Amen. Virtually. That was virtually what he said. But that many words, some different combination. So about two years later, I'm sitting in sacrament meeting and this Sunbeam shows up on the stage, this kid in a white shirt and a tie and square shoulders and resolute gaze. I said to my wife, who's that with the high counselor?
	03:51	And she says, oh, it's that kid. The uh, I, I'm, I'm gonna do my best. And he gets up to give his talk and he's got the whole journal of discourses stacked on the pulpit and the scriptures and he's reading stuff and he gives the most amazing discourse. I am just slackjawed. That boy was something else. And afterwards we went to, we don't do homecoming receptions in our church, but they had a little barbecue in their backyard that Sunday night. And we went by the house. My wife was in the youth programs and knew this boy well and loved him even

		before his mission. She knew who he was. But I was amazed. And I said, so what happened? I remember who you were as a teenager and I see the astonishingly impressive guy you are today. And he's aw shucks. What changed?
	04:41	And he says, well, I'll tell you what changed. Music. He says, I had a hobby in my youth. I listened to a certain kind of music that was very dark and very nihilistic and I loved it. And I had something plugged in my ear constantly feeding that into my brain. And the biggest shock of my life, the struggle of my life was when I went to the MTC. I couldn't take that with me. I'm sitting in the MTC without it. And I started feeling things I hadn't felt since I was 13 years old because that music, he says, I spent every dollar that I earned in all of my part-time jobs growing up on that kind of music. When I got home from my mission, once I discovered the Spirit, then I couldn't get enough of it. I've really worked hard to try to make up lost time.
	05:27	But I got home and the first thing I did is, I came home, I loaded all of that music. You know, this time the music was on cassettes and on DVDs and stuff. And he said, I put them in a black trash bag. I tied a knot in it, them, because there was a lot of it, and hauled them down to Day's Market and threw them into the trash bin behind Day's Market. Every productive dollar I made in my life was in those bags. And I just threw them away. And I said, well gee, it seems like he could have sold it and at least recovered something. Then he got very, he barked back at me and said, no, that music stole my childhood. I would not subject anybody to what was in those bags. We need to do Spirit attracting things. We need to avoid Spirit repelling things and the world. We need to be selective about what we put in our heads.
Hank Smith:	06:15	Yeah. It happens so gradually, I wish I wasn't this way. I wish I was more like you both, but occasionally we'll pick up a show on Netflix or something and we'll watch it and after a season or two we're all of a sudden watching things that we never would've started with. But it just happened so gradually that it's almost like the dimming of a light so slowly that you, you don't even notice that it's gone dim.
Pres. Steven Lund:	06:44	Have you noticed that the real moral decay doesn't occur until about the third episode of the series?
Hank Smith:	06:50	Yeah. Yeah.
Pres. Steven Lund:	06:50	So you're kind of hooked. You kind of fall in love with these characters and you kind of are interested in where they're going

		and then they start doing stuff you're willing to tolerate because you love them now and there's nothing diabolical about that is there?
Hank Smith:	07:02	Yeah, I probably shouldn't laugh at this, but I had a student once way back in my seminary days, and we were talking about music. She said, you know, when I first started listening to this really, really hard dark music, she said, I felt really, really bad about it, but I just kept listening. And eventually that feeling went away.
Pres. Steven Lund:	07:22	I had a thought this morning about this, you remember in the Princess Bride and they're having a little contest of minds and they're switching the glasses back and forth and there's the poison going on. And it turns out the Princess Bride guy had been taking iocaine in small doses until he'd built it all says, the Princess Bride iocaine powder story is a false analogy. Can we just get that out there? Taking poison or evil in small doses does not make you stronger. It makes you dead. It makes you, it poisons you, it kills you. Building tolerance for unclean things just makes you unclean.
Hank Smith:	07:58	Yeah, it's poisoned by degrees John. I know you love that story.
John Bytheway:	08:02	I was thinking this is Amalickiah, this is come down from your mountain just a little bit. If you won't come down, I'll come up and I'll say, come down just a little bit. What I love to say about that story, Mormon, the awesome abridger of the record could have said, the servant of Amalickiah killed Lahonti. Factually accurate. But instead he said he poisoned him by degrees. If I come at you with a knife or a javelin or a spear or a cimeter, you know my intention. But if I come at you with a refreshing beverage, I can poison you by degrees and you don't even know what's happening. And that is what's so crazy about that story is thank you for that extra detail, Mormon, that he poisoned him. He didn't know it was happening because it was by degrees.
Hank Smith:	08:51	Yeah. It wasn't even him. It was his servants. He calls in his servants.
John Bytheway:	08:54	Yeah. Because you think you're still in command. You think you're in charge. I mean, that's all part of the story. You stay here in your commander in chief tent Lahonti, and here we'll bring you another refreshing beverage.
Hank Smith:	09:06	John. Both you and I think often of the people listening who are in sorrow, despair, they feel hurting. If we have a listener out

		there who's sitting at their kitchen table, just how am I gonna make it? I think this section says, as hard as it is, you've gotta fill your life with light and truth wherever you can find it. Really, like President Lund said, you have got to avoid even the smallest doses of darkness.
John Bytheway:	09:39	That strive to be app, that has the youth music that the church makes every year.
Pres. Steven Lund:	09:46	Yeah, the whole library full of good stuff. It's right on the machine.
Hank Smith:	09:49	Yeah. I think it was one of my students who was struggling. He said, what do you think I should do? I said, here's what I want you to do. I want you to go find every talk Elder Holland has ever given and listen to one a day. There's probably 50, there's probably 60 of them out there. Just go listen to a talk from general conference, or who's one of your favorite speakers? President Eyring. Can listen to a President Eyring talk every single day. You see it, gradually over time, they come out of that darkness.
Pres. Steven Lund:	10:15	Yeah, a few years ago, somebody in the church in our department contacted President Nelson and said, we see that your next conference talk is gonna be your hundredth talk. So that's a benchmark not many people get. Maybe we should make something of that. He says, no, no, this is only 98 because two of the talks that you're counting there, I gave in forums other than general conference. So they don't count, but But he knew.
John Bytheway:	10:35	He knew. Wow.
Pres. Steven Lund:	10:37	You know, he's given a hundred. I imagine Elder Holland's probably given something close to that, huh?
Hank Smith:	10:41	Yeah. Counting BYU devotionals and go listen to a Steve Lund general conference talk. There's a few of them. Go listen to those BYU speeches. Put on the good music, turn off, it seems like every night sometimes we watch murder, right? Like, let's, the kids are in bed, let's sit down, let's watch murder. And I bet they figure it out like they did last night. Right? Like we get used to that. We get used to watching a violent show and all of a sudden wonder why we're not feeling the light.

John Bytheway:	11:11	Well, you know, some's got it. Some ain't. I was born with it. Had to get used to it. Yeah. So sometimes you gotta go to Mayberry.
Hank Smith:	11:21	Yeah.
John Bytheway:	11:22	But Hank, I think some people immediately the idea, I think that the idea of balance, I think there's a right way to think about balance. There's a really odd and wrong way to think about balance. You know, I need to have just enough evil so that just, you know, I don't think that's what that balance means. One of the interesting things that we can be defensive with and say, well, that really doesn't offend me or that really doesn't bother me, but I was kind of cut to the quick, when I'm reading for the Strength of Youth and it's saying, don't participate in entertainment that offends the Holy Ghost. I'm like, oh, it's not about what offends me. It's about what offends the Holy Ghost. Because I made a covenant at the sacrament table that I would keep his commandment so that I could always have his Spirit to be with me. That's a different way to think about what offends the Holy Ghost.
Pres. Steven Lund:	12:18	You guys are so insightful. We were talking earlier about intelligence. I mentioned that I have a brother who's a PhD physicist. I have an uncle, my dad's brother, who quit going to church when he was a teenager back in the Depression, but grew up to be a medical doctor. They lived on the East Coast and we lived on the West coast. So we really didn't see very much of Uncle Jack through the years. But late in life along the way, he became a Protestant and a good man and he was learning about his church, about the Mormon church, as he called it. One day he wrote my brother a letter and he said, Mark, we didn't know each other well, he had really lived his life apart out there. But he says, congratulations on your degree and all the things you're doing, your education.
	13:06	He said, it occurs to me that you and I are the most educated people in our genealogy. Therefore, it's incumbent upon us to help the other members of our family not to fall victim to the anti-intellectual and incomprehensible ridiculousness of the Book of Mormon. But I bet if we work on this together, we can bring everybody around. My brother, of course, he's a returned missionary and active in the church wrote a letter back to him and he says, Uncle Jack, what you should know about me is that I have spent more hours of my life on my knees praying to understand the Book of Mormon than ever I have spent studying physics, and it is God's honest truth.

	13:52	But to me, a powerful and inspiring testament.
Hank Smith:	13:56	Your story there, president, fits right in with 1 Corinthians 2. Here's verse 14, Paul, the natural man does not receive the things of the Spirit of God for they are foolishness to him, nor can he even know them for they are spiritually discerned. I've noticed that those of us who love the Book of Mormon and love the church and have spent our time in it, the idea that someone can look at it and not see it seems outrageous to us yet flip it around and the idea that someone from the outside looks in and goes, the fact that you spend your time there and you see wisdom in the Book of Mormon and then, then the church, that's crazy to them. It's a fascinating spectrum.
Pres. Steven Lund:	14:47	I think it was written on the wall of the school room I was in in my youth somewhere, said, a statement that said, read the best books first, or you won't have time to read them at all.
Hank Smith:	14:56	The opportunity cost.
John Bytheway:	14:58	Hank, you were talking about the spiritual man and the natural, they can't seem to talk to each other. I was at the BYU Print services place that this is decades ago, Hank. There was a poster on the wall and it had some guy dancing around a train track looking strange. And the poster said, those who danced were thought to be quite insane by those who could not hear the music. Just reminds me of a conference talk about the music of the gospel. It seems strange, but if you hear it, it's awesome. And how do we help people hear it? Right?
Hank Smith:	15:31	How do you help people hear it? That might bring us to our next topic when we talk about children. The Lord says in verse 40, I want you to bring your children up in light and truth. To me, maybe I'm being too simple here, but moms and dads create an environment where there's plenty of light and truth. You don't have to force light and truth on someone if you just fill the house with light and truth. It marinates.
John Bytheway:	16:02	Hank, it's always a good idea to go on a road trip, lock the doors and put on a Hank Smith CD and then nobody can leave.
Hank Smith:	16:12	Yep.
John Bytheway:	16:12	Because you know you're doing 65 down the freeway and they have to listen.

Hank Smith:	16:18	John, we laugh, but how many times have you and I heard my 8-year-old falls asleep to your voice. At first I thought, well that's not so good. But then I think to myself, when someone feels that light and truth, it's a safe place. You know? You can play the scriptures or the primary songs off the app in the morning when you're getting ready for school. You could play Strive To Be. Play the music. Fill your house with light and truth. This is members of the first presidency he's saying this to. This is Frederick G. Williams, Sidney Rigdon, Joseph Smith, Newel K. Whitney, Bishop of the Church. Raise up your children in light and truth.
John Bytheway:	16:59	President. I can't remember if I've ever told you this story, but both of you know Dallyn Bayles, who's played Hyrum a lot and lots of different parts. He gets up and sings, Bring Him Home and brings the house down. It was amazing. I have to get up and speak after that. We get on the plane and I ask him, what are you doing? Are you touring? Because he was the Phantom of Phantom of the Opera or something. He says, no, I'm teaching seminary. And I said, how did this happen? He said, my mentor told me, regardless of your original intention, you'll eventually become what you surround yourself with. I had to stop him. Whoa, whoa, whoa. Say that again. You mentioned Hank, that parable of the marinade. That's the story. You can fight hard, but eventually that the principle, the idea was you become what you surround yourself with. So be careful what you surround yourself with.
Pres. Steven Lund:	17:55	So we're getting that in verse 40. Missionaries go out and spend all day, every day studying in turn in the morning and serving throughout the day and applying the things they've learned and they're repenting every day. They pray like Noah and they get close to the heavens. I had a missionary say to a journalist once he was interviewing him, when you're on a mission, it seems like you can see forever. And that's how they are. I ran into a missionary at an airport in Amsterdam. I was going someplace and he was coming home from his mission in England and came through. He said basically, president, can I ask you a question? I've learned so much. I've gained so much on my mission. How do I not lose it as I go home? How do I keep my forward momentum here? My first thought was to say, you're great. Just keep doing what you're doing.
	18:45	But then the impression I had was to just look at it and say, look at you. You almost glow in the dark. You're so filled with the Spirit. How did you get that way? It was from this pattern of study and love and Christ-like behavior and prayer and then more prayer. Go do that. Don't listen to those who, when you

		get home will tell you, okay, welcome home. Now you need to take some time and decompress. You got a little too much missionary in you, go decompress. Don't ever decompress and you'll be fine. We went our ways and I didn't think about him again until I was writing a conference talk and then wrote that up. I didn't even have his name and I wasn't even sure where he was from. The conversation was that fleeting. But what I remembered about him was these eyes, just this Christlike demeanor and the question was so sincere.
	19:35	So I thought, you know what? Someday I'm gonna give this talk in general conference someplace in the world, this boy's gonna hear himself talked about. I bet someday I'll run into him. Sure enough, it was a couple years later, I was walking across the campus going to an FSY conference and I was talking on the phone and there was his hand on my shoulder and he said, uh, President Lund. I said, you're, you're him, aren't you? He says, yeah, this, it was me. I got off the phone and we chatted for a minute. He said, yeah, I was actually, I'd been watching conference at my mom's house and I was driving home and I'd gone someplace and I was driving home and I didn't get back in time for the next session to start. And then I heard your talk on my car radio and knew that that was me. I said, well, that's pretty fun. So how's it going? And he got quiet for a moment and he said, well, if I'm gonna be honest with you, I'll tell you that I made a decision when I heard that talk. And every Saturday morning I listen to your talk and ask myself that question. How am I doing? He's doing fine.
Hank Smith:	20:38	Keep going. Keep going.
John Bytheway:	20:39	Boy. Like you were saying, Hank, get some talks out and listen to them.
Hank Smith:	20:44	Yeah. Whatever it is, fill your house with light. Listen to this from Joseph Smith. We consider that God has created man, and we would add women, with a mind capable of instruction and a faculty which may be enlarged in proportion to the heed and diligence given to the light communicated from heaven to the intellect and that the nearer man approaches perfection the clearer are his views and the greater his enjoyments till he has overcome the evils of his life and lost every desire for sin. And like the ancients arrives at a point of faith where he is wrapped in the power and glory of his maker and is caught up to dwell with him.
Pres. Steven Lund:	21:27	Can I tell you what that looks like? We don't accrue all this light so that we can be bright. We accrue all this light because it

helps us to live better lives and to be better people. I've had this little insight that one of the best ways to know who somebody really is by seeing how they behave in an unexpected moment. We're all pretty good when we're sitting in church, but when you're out there and hard things happen to you, somebody turns around and hits you with a two by four in the head or something and then our true character, somebody cuts you off in traffic, you know your true character reveals itself. Well, I've told this story a few times when we were mission leaders in Georgia, President Nelson was then Elder Nelson, a member of the Quorum of the 12, came and visited our mission on a mission tour and stayed in our mission home.

22:14 And we were a little nervous about that because well it was Russell M. Nelson staying in our home. We didn't want him to discover that he had children running this mission that he sent out there. We're trying to put our best foot forward. He got in late one night and the next morning Kalleen got up really early and she made this amazing breakfast. This big carafe of orange juice filled with crushed ice. We all come down to eat. He comes and sits down and we're waiting. Our little 14-year-old Kelsey is upstairs and she's late. She can't find something. Finally, so we're a little impatient. We got an apostle at the table and finally we hear her clumping down the stairs and she runs around the corner and the carpet slides under her feet and she comes around the corner, sits down. And so I'm so sorry I couldn't find my something scrunchie or whatever. And then she reaches for the pancakes when this happens and her elbow hits that two liters of orange juice filled with crushed ice and then time slowed down as we watched this pitcher slowly turn over and empty itself, two liters right into the icy lap of Russell Marion Nelson.

Hank Smith: 23:24 Everyone.

Pres. Steven Lund: 23:25 Yeah. Yeah. I mean just, yeah, time stood still in that unexpected moment. Who was President Nelson, Elder Nelson at the time, he jumps up and he says, well that was refreshing. I'll be right back. And he goes in the other room to change clothes. We all sat there and staring at each other wondering, now what church are we gonna go to? Because obviously we can't show our face with this one ever again.

23:55 A few minutes later he's changed and he comes back into the room and we're trying to figure out a little transition speech. Kelsey in the meantime is sitting in there demolished. He walks right past us and he sits down in the chair next to Kelsey and says, as he comes in, he says, Kelsey, I am so sorry. I forgot,

while I'm in there, I'm remembering tomorrow is your birthday and I knew this and I brought you a birthday present and I was gonna give it to you this morning at breakfast because I'm not gonna be here tomorrow morning for your birthday. So here it is. And he reached in his pocket and he pulled out a crisp $2 bill and he hands her this $2 bill. He said, this isn't anything of any moment, but it's, hey, I just a token just tell you that I thinking about you and I love you and I hope you have a happy birthday.

24:39 And he gave her a squeeze and kissed her on the forehead and said, I love you and I'll see you later. And he left. Now. Now in that unexpected moment, what was that? That was President Nelson filled with light. First of all, he didn't lose his temper. This was just a momentary ice water in your lap. That's bad. Ice water. Orange juice is worse. But he goes into the room and then it's just clear to me that he's in there changing clothes and he's thinking, oh, that little girl is dying a thousand deaths out there. I bet I can help. Before he was even dry, he's in there ministering to our sweet daughter and making her feel, okay, how do you think we feel about Russell Marion Nelson? That's what light does. It scatters light everywhere you go.

John Bytheway: 25:24 I think it was CS Lewis who President Lunt has talked about before who said that if you turn on the lights suddenly in a dark room, you might discover rats in your cellar. I'm paraphrasing. He says the light doesn't produce the rats but the suddenness of it coming on shows what's really there type of a thing. Does that ring a bell? I mean, I've said to Robert Millet once before, I think I've got rats in my cellar at an event that's sudden like that shows what you really are. What a great story. That was refreshing. But even better to think, I don't want her to remember this only as I spilled and to come out and redirect that with happy birthday. Oh my goodness. That's beautiful. Sweet, sweet memory.

Pres. Steven Lund: 26:12 A good, good man.

Hank Smith: 26:13 Yeah. Hmm. I have a question for you both. The rest of this section seems to be that these men, Frederick G. Williams. Sidney, Joseph, Newel K. Whitney. They're out doing their callings. They are doing work and the Lord reminds them that their first duty is their home. He says that to Frederick G. Williams. There are things that are not right in your house. He says it to Sidney. You set it in order, thy house. Joseph. The same thing. The Newel K. Whitney be more diligent and concerned at home. President, you've had quite a few priesthood callings in the church and you've trained. How does one, I don't know if the right word is balance, but how does one

not allow a church calling to take over their life and their family is neglected? Is that something that you've seen?

Pres. Steven Lund: 27:11 Yeah, it's something I've lived too. I find this so fascinating that the end of this magisterial discourse on the nature of God and time and the plan of happiness, that then it turns to this from verse 41 almost to 52. He's talking about families and first it feels a little hodgepodge, but as you think about it, it all connects up because what is the most important imperative as we're looking at Christ-like behavior and accruing goodness and so forth. We're gonna come as families if or we're not coming at all is this the doctrine. So I found it interesting and one of the copies that our extent of section 93 was the Newel K. Whitney version that he took the transcribed copy that he took home with him. Apparently on the back of it he had written revelation to Joseph, Sidney, Frederick and Newel himself by chastisement and also relative to the Father and the Son.

28:17 To us it feels like this little chastisement was an appendage. He was stung by it. It was front of mind to him. Yeah, we just got laid into, as I've read through that I would assume that there must have been something going on in their lives. At least Joseph talked about, I didn't ever do anything really seriously wrong, but I was like-minded and I did some stuff that he must have been referring to some of that behavior. As you look at it carefully, it seems like what heavenly father is criticizing is your question. That lack of balance. Yeah, you're doing the work but you're ignoring your family. You gotta go home and teach your family these things. It was about life balance. They were doing lots of good, lots of good things but not family. When I was a new bishop of a singles ward of a student ward, I was having this amazing experience where you go into that office and there's a list of names on the a list on the door and people sign up and they come in and these young people who are, they desperately want to live better lives and they come in and lay out the most important issues of their lives, the most painful, the most important things of their lives.

29:26 And Bishop sits and listens. I would sit and listen and be a little apprehensive because I don't know what to tell them. By the time they got through explaining what their concern is, I would discover that I didn't know what to tell them, that I was having impressions and I would tell them things. It would feel to me like I was an innocent third party in this conversation between these good members of the church and the Lord. And that would go on all day and I would get home, church would get out and I would rush to the bishop's office from the sacrament meeting room that would go on until 10 o'clock at night

because it was a student ward and we had stuff going on. I would go home again alive with this spiritual experience I'd had all day. And that went on for a while. And one day my wife caught me at 10 o'clock. I'm coming home, this amazing feeling. She said, I wish you could be here and hear the conversations going on in our house while you're down doing that. What do you mean? Well, what our kids say. Our children would be asking, where's dad? When's he coming home? Well who is he talking to?

30:41 Is he coming home today? And she said, I don't think that's what you want your kids to remember you for. So we changed things and I started coming home after sacrament meeting and we would have dinner together. I would take a break and we would eat later on. And then I started doing stuff on Wednesday nights in order to make that work. And it made a huge difference. I mean the stuff I was doing was so valuable and so important. Not that I was doing it, but I was there for these things that I was neglect, I was all this, everything that they're being criticized for, I was that. And I can understand how can you imagine what the thrill of the restoration going on around them, how they would be called to that. I'm really glad that I had a wife to tell me about it. Rather than having it called out in a section of the Doctrine & Covenants, canonized and published to the world. That we're talking about 200 years later. This was better.

Hank Smith: 31:36 In any calling in the church there are very good things. You could allow it, you could keep going. There's always more to that you could do. Is it appropriate for me to say there's gonna be a boundary where I have this time set for this, then I'm going to go be with my family. When we say go be with your family, it doesn't mean go home and watch football while your family is at home. If you're really gonna go home and be with family then go home and be with your family. I think this is a good, better, best issue. Maybe it's different every situation.

John Bytheway: 32:14 I appreciate President Lund's story because my wife helped me see things I couldn't see and helped me see that balance. Just like you President, we had that conversation a lot and I was called to be bishop. I had six children from 11 down to two.

Hank Smith: 32:32 There's wives that listen that are thinking, you know, he's saving the world and I love it. Love that he's saving the world. We're losing here.

Pres. Steven Lund: 32:43 I think that the Lord knows this is hard stuff. I love the way he presents this. He uses the word friends. I've learned like seven

		times in the Doctrine & Covenants and two of those times we're right here. I called you servants for the world's sake and you're their servants for my sake, therefore I say unto you my friends. Let my servant Sidney go on his journey. These are my friends. I had this impression in thinking about this when Jesus was on the earth in his mortal ministry, who were his friends, those apostles were his friends and he found himself from time to time and regularly having to say hard stuff to them. I think it was like, you know how sometimes you say, now you know I love you. I'm about to tell you something hard. Are you ready to hear something hard? And it seems to be what he is doing here. Now you know you're my friends, you know that I love you. You gotta take care of your family better. There's just a sweetness to that that if we could feel what they might have felt, what would it be to have the Savior of mankind say, you're my friends. That's something.
John Bytheway:	33:46	I heard somebody say once, when somebody really knows you love them, it's almost impossible to offend them. You can say things boldly, directly, because they know you love them. Like you said, maybe that's where he's starting. You know, we're friends because if you're not friends, you just say, oh you're fine. But if you really love them, you might be willing to have a harder conversation. Is that fair?
Pres. Steven Lund:	34:12	Elder Packer used to say to general authorities, if you see something going wrong and you don't do something about it, you're just being selfish. It's more important to you to protect your little relationship with these folks than it is to help them to correct their lives.
Hank Smith:	34:30	I like that you brought that up President, my friends. He says it in 45. He says it again in 51. When I'm serving in my calling men or women, mom or dad, I think I have to be this close to the Lord where he can, in my calling, I can hear him say, enough's enough, you know, go home. And sometimes when I'm at home he might say, this person over here needs you. It's time to go that way. Because it's really hard for the three of us to say, here's when you should put this one first. Here's when you should put this one first. You have to be close enough to where he can direct you and tell you where you need to be. It's probably good to keep in mind that quote, John, you'll know who it's from. No one on their deathbed ever says, you know, I just wish I would've spent more time at work.
John Bytheway:	35:26	Ah, it's a related statement to that idea. What a tragedy to spend your whole life climbing the ladder of success only to

		discover it's leaning against the wrong wall. So you're like, what wall am I leaning against?
Pres. Steven Lund:	35:43	Alright, but in fairness, sometimes we do regret not having spent more time in the office on tax day.
Hank Smith:	35:50	Yeah.
Pres. Steven Lund:	35:51	That's that one day than the bills are coming due. There's huge pressures that drive us to those places.
John Bytheway:	35:59	Because you're a provider that says right there in the proclamation, I'm supposed to provide, preside, and protect. It's an interesting discussion to have. I think you're right about having the Holy Ghost tell you it's a, no, actually you should go over there and not trying to make a blanket statement for everybody. Keep the Spirit with you when you're needed, where you're needed.
Hank Smith:	36:21	I think it would be probably a good addition to your study this week in section 93 to read Good, Better, Best from President Oaks. Listen to this paragraph. In choosing how we spend time as a family, we should be careful not to exhaust our available time on things that are merely good and leave little time for that which is better or best. A friend took his young family on a series of summer vacation trips, including visits to memorable historic sites. At the end of the summer, he asked his teenage son, which of these good summer activities he enjoyed most. The father learned from the reply and so did those he told of it. The thing I liked best this summer, the boy replied, was the night you and I laid on the lawn and looked at the stars and talked. Super family activities may be good for children, but they are not always better than one-on-one time with a loving parent.
John Bytheway:	37:15	One of my favorite memories of my dad was building speaker boxes for the car I bought after my mission just in the workshop. Sawing and measuring and cutting.
Pres. Steven Lund:	37:27	Isn't that strange that that's the thing, you know, our lost son, there's, he was such an active kid, he always wanted to be doing stuff. I was that dad who had a really busy business life. And often you don't know how quickly that window closes and it always closes faster than you think. A two year old's only a 2-year-old for a minute and then their hands are slipping out of your hands sooner and sooner when you go to grab them.

Hank Smith:	37:51	It's a sensitive subject to all of our listeners out there who are saying, I'm trying, so are we. So are we. Keep at it. Keep trying.
Pres. Steven Lund:	37:59	After my mission, I had just a very strong powerful impression one of the few times in my life where I discussed some real direct instruction, I should go join the military. I did. So I ended up joining the army against my will. It was the last thing in the world I wanted to do. But I went and did it and I found myself, you know, I went through basic combat training and did all the training and ended up at my first permanent station out in Fort Stewart, Georgia, which is a huge army base out there. 26 miles I think every direction of swamp. It is the hottest steamiest swampiest place. We had a little orientation when we came in and they said, okay, first thing you gotta be careful of is you need to know that every puddle of water on this army base has a resident.
	38:43	Water moccasin and alligator. Don't be hanging out there. There were mosquitoes, there were bugs, there were sounds in the night. It was quite a place. I was the company clerk of a combat engineer battalion to be a combat engineer. The army handbooks that you, you just have to have one attribute. Strong back. That was the only, the only criteria. I'd lived in an open bay billets, 20 bunks and 20 wall lockers in a row and one big open room without air conditioning, concrete slab floor with some of the wildest people that I have ever known. And I grew up in northern California and I grew up with hippies and I'd been on a mission, I'd seen a lot, but these guys were something else. They're just the most profane, hilarious, hard living guys that you'll ever meet. And this was my life. But on Sunday mornings I would get up, my buddy across post would come and pick me up and we'd drive seems like 20 or 30 miles to Ludowici, Georgia.
	39:49	I mean, think now because I was a returned missionary and because I think I was part of the design, I got to serve in the elder quorum presidency and I got to be an assistant ward clerk. I was also a stake missionary and a ward mission leader. And I was in the Sunday school presidency, like all at the same time. So I got like six years of church experience in one year. I'd go to church early in the morning, probably teach a couple of lessons, and then afterwards, I'm a stake missionary. So we would do a little training for our ward missionaries and then we would go out and do some missionary work. And I would get home, you know, at eight or nine or 10 o'clock at night, I would show up. We lived in this little building that was out in a wooded area off on one corner of the post.

40:28 And it was dark. There was no lighting around it. There was just a little six by six foot cement slab and a door. And then you'd go in and I remember several times showing up at that door awash with the Spirit, having been serving and doing and being rewarded the way that we are when we're trying to look out for each other and putting my hand on the doorknob to go in and think, okay, I'm going back into the world now. I would swing that door open and walk inside. It was like from the door to my bunk. I could just feel Spirit wash away because the Spirit couldn't live in that environment. The vocabulary and the music and whatever was going on, that difference between light and darkness. Light attracts light and darkness attracts darkness was, these were good people living really bad lives.

41:22 I loved one day they were going out on a Saturday night and I was laying on my bunk. I remember I was reading a biography of Brigham Young of all things in the middle of chaos, a couple of these guys come over and say, Lund we're going out drinking, you should come with us. You know, how come you just stay here all the time? You know? And I wouldn't stay a long time, once they were gone, I'd go find stuff to do, but you should come with us. What makes you think you're better than us? Yeah, how come you think you're better than us? They're getting a little bit aggressive. And finally all I could do is take a deep breath and say, well, here's the thing. I've made promises, like to God and I'm just doing my best to keep them. And with that they got kind of quiet and wandered off.

42:05 It wasn't right in that moment, but later I ran into one of these guys. He was this big African American kid from Louisiana and with a bunch of gold teeth. He was just this huge personality. But frankly, it mattered to me what he thought of me. There's a charisma about him. He was a wild thing though. I was walking out of the one of the buildings there and ran into him and he says, so, you know, I used to go to church too. I said, really? He says, yeah, yeah. Oh yeah. You know, I was in the choir and everything. I've made those promises too. The only difference between you and me is I haven't kept mine and he walked off solemnly. And I thought, well, people can feel light too.

42:53 I was home from my mission and the way I end up in the army is I went to the temple to see if I could get some direction on what I should study. I'd been at BYU for a year. I hadn't been a good student, so I was hoping I could get a little direction. So I'm praying should I be a geologist? And I wanted to listen to my mind and I had this impression I should go join the military instead. It made no sense. Then I find myself a few months later, I'm in Georgia in the middle of this swamp. This made no

sense. I had a little index card in the drawer of my desk in the little room I worked in that said that which does not kill us, makes us stronger. Now. I would look at that every day and say, okay, I'm not dead yet. So this is working.

Hank Smith: 43:31 This is working.

Pres. Steven Lund: 43:32 And then I get transferred to Germany and looking back on it, I can see a whole bunch of stuff. Six years of church service experience compressed into a year. And then over there I was the leader of the youth program. They stake young single adult leader and got a whole bunch of experience doing that, meeting these amazing people and doing more things. I met my wife there, my wife's dad was a civilian employee of the Department of Army. And I met in church there. I didn't know she would be my wife, but later on when I got back to BYU, we became friends and got married. I can make a long list of things, important things in my life. Things that my life would be so much less rich and so much, you know, if I hadn't listened to that prompting, I'm sure I would've been okay.

44:18 You know, my life would've been okay, but it would not have been this. When Heavenly Father prompts you to do something, especially if it's something you don't wanna do, the only appropriate response is yippee. Heavenly Father does not take stuff away from us unless he's willing to replace it with something better. So much good grew out of that. Could only have happened by my doing this thing that made no sense whatsoever that I did at the time that I did it. But except that I'd had an impression. Heavenly Father's good to us. If we'll let him, he'll be amazingly generous with us.

Hank Smith: 44:58 He says, my friends.

Pres. Steven Lund: 45:00 Yeah, he's been my friend.

John Bytheway: 45:02 I love what you said, president, how this starts with his amazing theological ideas and ends with family when Newel K. Whitney saw it, he said, first I got chastised and then we got these other great ideas. But the section reminds me of a couple of paragraphs in one of Sheri Dew's books. This is from God Wants a Powerful People. She said, it is the power of the word that converted a professor in a European university. When missionaries knocked on her door, she invited them in, pointed to her various PhD diplomas hanging on the wall, one of which was in theology, and began to talk to the two young men who had a fraction of the knowledge she had. But she accepted the invitation to read The Book of Mormon, couple months later

		was baptized. She told those attending her baptism, the missionaries who had taught her were wonderful, but they hadn't converted her.
	45:51	Since she had met them she had read The Book of Mormon, the Doctrine and Covenants, the Pearl of Great Price, all of James E. Talmadge's writings and several other volumes of church doctrine. Then she said in words to this effect, after years of studying philosophy, I picked up the Doctrine and Covenants, read a few verses that answered some of the greatest questions of Aristotle and Socrates. When I read those verses, I wept. Now it doesn't say, but I bet those were in 93, what do you think? She concluded I don't think you know what you have. The world is starving for what you have. I am like a starving person being led to a feast. And over these eight and a half weeks I have been able to feast in a way I have never known possible.
Pres. Steven Lund:	46:37	Quite a church you belong to. I'm intrigued that John the Baptist comes up from time to time throughout this whole text. As the young men president it's on my mind. John, if we could talk about John the Baptist, since you're a John, would you read some verses here about what we know about John the Baptist?
John Bytheway:	46:55	Okay, starting in verse 12 and I, John saw that he received not of the fullness at the first, but received grace for grace. And this is talking about Jesus received not the fullness at first verse 13. He received not of the fullness at first, but continued from grace to grace until he received the fullness. And thus he was called the Son of God because he received not of the fullness at the first and I John bear record and lo the heavens were opened and the Holy Ghost descended upon him in the form of a dove and sat upon him. And there came a voice out of heaven saying, this is my beloved son. And I John bear record that he received a fullness of the glory of the Father and he received all power, both in heaven and on earth. And the glory of the Father was with him for he dwelt in him.
Hank Smith:	47:45	Wow.
Pres. Steven Lund:	47:47	I was recently in Harmony, Pennsylvania with Elder Neil L. Andersen to record a young men organization anniversary celebration broadcast. We had some interesting ideas about how to do that. But when we got to Elder Andersen, who had been assigned to help us, you know, to support this thing, he said there would be no young men organization at all if it weren't for the restoration of the Aaronic priesthood. The only reason we have a young men program is to make better deacons, teachers and priests was, it was sort of his attitude. So

		he says, let's not do those other things. Let's you and I get on a plane, we'll go to Harmony. Let's talk to the young men of the church about what happened there. I will tell you that standing in that sacred place among the sugar maples next to an apostle, as he bore his testimony that this account of John the Baptist describes him as arrived in a cloud of light.
	48:51	This being of light arriving in a cloud of light, something like that. That happened right here, right near us here someplace. This is not a fable, this is not a story we tell. John the Baptist, who baptized the Savior came and taught Joseph and Oliver about this and can you hear him say that? I can just share my testimony that I felt it in my bones there, in that place that he was part of this restoration story. President Steve Owen, who I replaced as the, you know, he was the former young men president. His counselors talked about being with Elder Eyring once and Elder Eyring walked in to the office and he says, oh, I've just been reading about John the Baptist this morning. And then he said something really interesting he said, you know, we refer to the youth of the church as being the rising generation.
	49:43	I've never really loved that term because I don't understand what it means. What's that mean? Rising generation? He says, I've been reading about John the Baptist. It feels to me like we really ought to refer to them as the preparatory generation in the sense that John the Baptist was a preparer of the way. This is in fact what they're called to do. I am a beloved son of God and he has a work for me to do. I will help prepare the world for the Savior's return says our young men theme and the young women theme very much like it. I will help prepare the world for the Savior's return. John the Baptist, he was the restorer and he was also a role model in so many ways. Who we should be. We are preparers of the way.
Hank Smith:	50:29	President Lund, thank you so much for being here. And on a personal note over the last five years, I've had four of your young men in the young men's program in my house. You have blessed them immensely and they don't even know it. That's one of those things they would see you maybe at the airport and not know that man has prayed for them, thought about them and served them. I think that's a beautiful thing. Thank you both for coming on the show today and for giving these last five years. You and your family.
Pres. Steven Lund:	51:06	Hank, John, thank you so much. It's been just a joy.
Hank Smith:	51:10	We have loved having you. Whatever church assignment you hold next. Maybe they'll let you have your favorite one.

Pres. Steven Lund:	51:17	In our church. You're the bishop today and you're the nursery leader tomorrow. Yeah, we're excited to continue to serve. It's a great kingdom. We wanna be part of it.
Hank Smith:	51:26	Yeah. There is no retirement, I don't think in the, in all of it's plan.
John Bytheway:	51:31	Yeah. Thank you President. What a joy it has been. I had the amazing opportunity to serve with President Lund and some other amazing men on the Young Men's Advisory Council and I just used to sit there thinking, what am I doing here? I have a testimony that our young men general president was called of God. Some of the things you've said, I was taking notes so fast and was blessed by the beautiful spirit in that room so often, and you're right, Hank. Prayers for the young men and their leaders and their bishops all around the world. Was the thrill to be there. So thank you personally, president.
Pres. Steven Lund:	52:11	That Young Men General Advisory Board was something historic in nature. You were actually called to be a member of the general board of the young men. President Nelson uses words with great precision and just after we were called, he's made the comment that, you know, a board is a decision making body and this isn't the decision making body. These are advisory physicians who come in and counsel and it's a think tank. It's a brain trust and it's a teaching apparatus, but it's not a board.
	52:48	So he changed the name, what he'd do. But you served on both. The general advisory committee has done some historic things. The church in general won't appreciate this necessarily, but the technologies that came out of COVID. Zoom virtual meeting technologies allowed us to start doing some trainings that we couldn't do before and we have permissions and have John and his colleagues figured out how to train newly called stake young men presidents around the world so that when somebody was called, they weren't just learning from the guy before him who didn't know what he was doing either because he didn't get trained, who got trained by somebody who didn't get trained, rather when they would get called, we would get a print out of who got called into a stake young men position this year in many areas throughout the world.
	53:41	And then we would arrange training with them and John and his colleagues would actually provide them real time training with real feedback where they could talk and exchange and get questions answered. That all culminated the last set we went through, the last area that we were able to go through was to go back to John's mission. He was training folks in areas where

		he served as a missionary. There were some miracles involved in that. You had some conversations that were pretty touching, weren't they?
John Bytheway:	54:11	Oh, I saw a last name of Cassanello and he put in the chat, you and my dad were companions, that full circle feeling of, oh my goodness, you know? Yeah. It was amazing.
Pres. Steven Lund:	54:24	What a thrill, a sweet thing. Just one of the ways in which the Lord is using modern technologies to advance the cause all around the world from Salt Lake City, when we have these amazing teachers who can get in and teach so much so quickly.
Hank Smith:	54:39	Yeah.
Pres. Steven Lund:	54:40	Even if it was always in the middle of the night.
Hank Smith:	54:43	He would tell me sometimes, I gotta get up a little earlier today.
Pres. Steven Lund:	54:47	Yeah, yeah.
Hank Smith:	54:47	Yeah.
John Bytheway:	54:48	That was awesome. I'd do it again.
Hank Smith:	54:51	Well, president, it's been a joy to have you here, John, as I was looking at this section, that's part of our hope with our show, isn't it? To add a little bit grace for grace to people's lives, line upon line.
John Bytheway:	55:07	Just a little bit, and I, I love that we brought that up line upon line. It's not a light all at once. As Elder Bednar said, it's a little bit like a sunrise that's slow, but a little bit of light every day.
Hank Smith:	55:20	And the fact that we get to be part of that, we hope our show brings some of that light and truth.
Pres. Steven Lund:	55:26	It's working. I feel a little lighter and a little brighter every time I'm around you, every time I tune in. Thank you for all that you do. Truly.
Hank Smith:	55:35	Well, we love it. With that, we want to thank President Steve Lund for being with us today. We want to thank our executive producer Shannon Sorensen, our sponsors David and Verla Sorensen, and every episode we remember our founder. He was full of light. I remember big beaming, bright smile Steve Sorensen. We hope you'll join us next week. We've got more of

the Doctrine and Covenants 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	Hello everyone. Welcome to followHIM Favorites. This is where John and I are sharing a single story to go with each week's lesson. John, the lesson this week is on Doctrine and covenants Section 93, only one section this week. It is incredible, a great one. I have a story for you, verse 50. In Section 93, the Lord is talking to Newel K. Whitney. He says he is going to be chastened or corrected or slapped on the wrist a little bit. This is the problem. He says, uh, Newel, you need to set in order your family. You need to be more diligent and concerned at home. As I read that little chastening, please be a little bit more focused on what's happening at home. I thought of a story when I started at BYU about 15 years ago. I had a few colleagues there who were very kind to mentor me a little bit.
	00:53	One who was on his way to retirement pulled me aside. We were just chatting and he gave me a little bit of a chastening, which I still remember. He said, you are doing a lot. You're a very busy guy speaking around for church units, wards and stakes. I was doing some corporate work. I was writing, wanted to be doing a lot. He said, can I tell you a story? When a little bit of an old timer says, can I tell you a story? You're like, all right, this is probably going to be good.
John Bytheway:	01:23	This is meant for me.
Hank Smith:	01:25	Yep. He said, I was a lot like you once.
John Bytheway:	01:26	You're like uhoh.
Hank Smith:	01:28	He said, I was right in the middle of my career and I was doing everything. I was speaking, writing books. I'm writing articles. I'm bishop of my ward. I am coach. I am involved in city government if it's available for him to do John, I think he was doing it. Well, he said, one late night I was at the office. It was interesting what he said. He said, when you first start this job, you go home at five, then you're going home at six. Pretty soon you go home at seven and it just gets later and later. And he

said, I was there typing away on a paper. All of a sudden he couldn't breathe. He said, oh man, I'm hurting. I can't breathe. He kinda sat in his chair for a minute and said, whew, man. And he said, I didn't feel well. He's getting dizzy, starting to ache, and felt like I was going to throw up. And he said, I decided I need to go home. He grabs his coat and gets up out of his chair, and John collapses out the door. Luckily, there was another bad father there, who was in his office. He heard what happened and he came running out and called the ambulance and they come get him. They're taking him to the hospital and he said, I remember waking up at one point. I am in the hospital hallway. I'm laying on a bed and they are rushing me to somewhere. Lights are going by. The lights in the ceiling.

John Bytheway: 02:52 Yeah.

Hank Smith: 02:52 He said as he came to, he could hear some doctors talking. It was a terrible, terrible moment. When one said to the other, not knowing that my friend was awake, conscious, yeah, this guy's not going to make it. Oh. He thought, oh no, like the gravity of this moment that I'm going to die hit him. He said, John, the first thing he thought about was, oh, my poor ward. My poor ward. What are they going to do? He said, John, the reality hit him that they were going to be fine. That would be hard, and it would be shocking, but that calling would be filled in a matter of weeks and they would have a new bishop and a new bishopric, and things would move on, and then that kept his thought going of, oh my poor colleagues, no, they were going to be fine. It would be sad and everyone would mourn, but they would move on with work. That position would be filled. Eventually, they would put his position up, receive applications, and, and it was, oh, what about the players on the soccer team? Oh, they're going to be fine too. Oh, what about the, the people in the government committees he was working on, oh, they were going to be fine too. John, he realized everybody was going to be fine. In fact, the world was going to keep going except for all of a sudden I realized there were six people whose lives were never going to be the same.

John Bytheway: 04:29 Yeah.

Hank Smith: 04:30 Their lives would be impacted forever. It would change everything for them. From that day on, it was his wife and his five children. Obviously he doesn't die, John because he's telling me this story and he wasn't Jacob Marley, you too will, you know. He said, I learned a good lesson there to spend my time on things that matter most. He said, I learned to say no to things that I needed to say no to. He said, I still say yes. It's not like I

		say no to every calling, but hey, can you come on over and help this family move? I can't do that. You want to be on this committee? No. Hey, there's going to be this great project done at work. You're probably going to be in on this. You know? Good luck. I wish you the very best. I hope it goes well. I'm not going to be involved. I think he was quoting someone else, John, when he said, Hank, it's easier to say no when you have a burning yes for something else. It really impacted me, John.
John Bytheway:	05:37	Yeah, me too. Right now, when you've articulated who are the most important people in my life, you remind me, Hank of a story that Stephen Covey told about listening to his wife on the phone one day and someone asked her to participate in some wonderful community project or something. I think it's Sandra Covey said something like, oh, that sounds like a wonderful worthy project. I am so pleased that you would think of me. I won't be participating, but thank you so much for thinking of me... because yeah, we can't do everything that's asked of us, but boy, who are the people we've made covenants with? Who are the people that we're, that are relying on us? That helps you make decisions when you think of it.
Hank Smith:	06:20	Again, it's not about saying no to everything. He didn't say that. He said, use the yeses as a little more quality.
John Bytheway:	06:27	Your friend saw you running yourself ragged. It's kind of like, again, I think it was Brother Covey, why do we work so hard for the things we can't take with us sometimes at the expense of those we can. Ooh, ouch.
Hank Smith:	06:41	Yeah, I thought of it with that verse 50. Be more diligent and concerned at home. It helped me. I tried to implement the principle he was teaching me. We hope you'll join us on our full podcast. It's called followHIM. You can get it wherever you get your podcasts. We're in section 93, like I said this week, and we're with President Steve Lund. He goes through this section. He also shares a lot of stories about his last five years serving as the Young Men General president. It's a lot of fun and then come back here next week we'll do another followHIM Favorites.