

The Power of Spiritual Momentum

By President Russell M. Nelson

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I would like to suggest five specific actions we can take to help us maintain positive spiritual momentum.

Section #1

My dear brothers and sisters, I love you. I cherish this opportunity to speak with you today. I pray daily that you will be protected from the fierce attacks of the adversary and have the strength to push forward through whatever challenges you face.

Some trials are deeply private burdens no one else can see. Others are played out on the world stage. The armed conflict in eastern Europe is one of these. I have been to Ukraine and Russia many times. I love those lands, the people, and their languages. I weep and pray for all who are affected by this conflict. As a church we're doing all we can to help those who are suffering and struggling to survive. We invite everyone to continue to fast and pray for all the people being hurt by this calamity. Any war is a horrifying violation of everything the Lord Jesus Christ stands for and teaches.

None of us can control nations or the actions of others or even members of our own families. But we can control ourselves. My call today, dear brothers and sisters, is to end conflicts that are raging in *your* heart, *your* home, and *your* life. Bury any and all inclinations to hurt others—whether those inclinations be a temper, a sharp tongue, or a resentment for someone who has hurt you. The Savior commanded us to turn the other cheek,¹ to love our enemies, and to pray for those who spitefully use us.²

It can be painfully difficult to let go of anger that feels so justified. It can seem impossible to forgive those whose destructive actions have hurt the innocent. And yet, the Savior admonished us to “forgive all men.”³

We are followers of the Prince of Peace. Now more than ever, we need the peace only He can bring. How can we expect peace to exist in the world when we are not *individually* seeking peace and harmony? Brothers and sisters, I know what I'm suggesting is not easy. But followers of Jesus Christ should set the example for all the world to follow. I plead with you to do all you can to end *personal* conflicts that are currently raging in your hearts and in your lives.

May I underscore this call to action by discussing a concept I was reminded of recently while watching a basketball game.

In that game, the first half was a seesaw battle, back and forth. Then, during the last five seconds of the first half, a guard on one team made a beautiful three-point shot. With only one second left, his teammate stole the inbound pass and made another basket at the buzzer! So that team

went into the locker room four points ahead with a palpable surge of momentum. They were able to carry that momentum into the second half and win the game.

Momentum is a powerful concept. We all have experienced it in one form or another—for example, in a vehicle that picks up speed or with a disagreement that suddenly turns into an argument.

So I ask, what can ignite *spiritual momentum*? We have seen examples of both positive and negative momentum. We know followers of Jesus Christ who became converted and grew in their faith. But we also know of once-committed believers who fell away. Momentum can swing either way.

We have never needed *positive* spiritual momentum more than we do now, to counteract the speed with which evil and the darker signs of the times are intensifying. Positive spiritual momentum will keep us moving forward amid the fear and uncertainty created by pandemics, tsunamis, volcanic eruptions, and armed hostilities. Spiritual momentum can help us withstand the relentless, wicked attacks of the adversary and thwart his efforts to erode our personal spiritual foundation.

Many actions can ignite positive spiritual momentum. Obedience, love, humility, service, and gratitude⁴ are but a few.

Karen's Thoughts: *“My call today, dear brothers and sisters, is to end conflicts that are raging in your heart, your home, and your life. Bury any and all inclinations to hurt others—whether those inclinations be a temper, a sharp tongue, or a resentment for someone who has hurt you. The Savior commanded us to turn the other cheek, to love our enemies, and to pray for those who despitefully use us.”*

This reminds me of the Victor versus Victim mentality and Enmity as Elder Benson spoke of in his infamous talk on Pride.

Elder Gregory A. Schwitzer of the Second Quorum of the Seventy said during a devotional for LDS Business College students in the Assembly Hall on Temple Square on October 28, 2014,

“We live in a society now that has the tendency to create victims,” he said. “I want to talk to you about the difference between being a victim and being a victor. “[Victims] rarely see within themselves the capacity to excel,” he said. “Victims often cannot interpret the environment around them, they don’t see themselves in a certain way or see their circumstances as such that they are able to discern what the truth is, and they blame everything on everyone else, rather than seeing an opportunity to walk away a victor.” Individuals become victors as they use their experiences for good—rather than blaming everything on everyone else—and by looking for solutions that give them strength and endurance. Just as Paul described himself as “winning the race” despite many difficult circumstances, individuals are able to develop a mind of a victor as they turn their situations into learning experiences.....

1. Acquiring an understanding of the true relationship they have with their Heavenly Father. A true understanding of the concept that all have a loving Father who protects them, instructs them, and helps them understand truth helps as an individual uses this knowledge to become a victor.
2. Have confidence in the promises God has made. Just as the Lord promised in the scriptures that those who keep His commandments will prosper, so is that promise given today. “If we keep the commandments we shall not perish,” Elder Schwitzer said.
3. Recognize the priesthood is on the earth. “Earn power by righteous living,” Elder Schwitzer taught. It isn’t enough to just be ordained an elder; priesthood holders must become the type of person worthy to bless all with whom they associate. Every individual has the responsibility to live “having the Holy Spirit with us to such an extent that He should tell us all to do.” Victors live in a way they are able to have the Spirit with them to bless others.
4. Build upon a very strong foundation of commandment keeping. By keeping the commandments, individuals are able to have confidence in a Heavenly Father who will help them become victorious. “We will have no fear if we do what He wants us to do,” he said.
5. Have unity and love for each other. Whether it is helping someone succeed in school or being a good friend to someone, victors show love to other people and help them to excel. “We could all stand a little help from time to time,” Elder Schwitzer said. Just as Christ did not boast or put Himself above anyone else, so can His followers as they unite with others and show love to all. “Eternal life is not meant to be alone,” he said. Above all, relying on the Savior helps individuals build a strong foundation on which they are able to become victors as they face difficulties.”

The perils of persisting in a victim mentality can be extremely dangerous.

D& C 45: 31-32

31 And there shall be men standing in that generation, that shall not pass until they shall see an overflowing scourge; for a desolating sickness shall cover the land.

32 But my disciples shall stand in holy places, and shall not be moved; but among the wicked, men shall lift up their voices and curse God and die.

To curse God and die is an example of a dangerous victim mentality. It can be spawned from a lack of faith. A lack of faith exhibits a form of pride in the sense that a person’s victim stance is grounded in self pity and their own perspective of their circumstance. It leads to a sense of “no one can change who I am and what I have become because of others” paradigm’. This result can be deadly, literally, and often finds one wallowing in self pity that produces helplessness and hopelessness as the anchor to their souls.

President Benson, “Pride means “hatred toward, hostility to, or a state of opposition.” It is the power by which Satan wishes to reign over us. Pride is essentially competitive in nature. We pit our will against God’s. When we direct our pride toward God, it is in the spirit of “my will and not thine be done.” (Beware of Pride, 1989)

Now, that being said, does not mean that being a victim equates to a victim state of being.

It can be painfully difficult to let go of anger that feels so justified. It can seem impossible to forgive those whose destructive actions have hurt the innocent. And yet, the Savior admonished us to “forgive all men.”

The Apostle Paul asks: “Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ... “Nay, in all these things we are more than conquerors through him that loved us.”

We can be the victors of our unwarranted circumstances through being...

We are followers of the Prince of Peace. Now more than ever, we need the peace only He can bring. How can we expect peace to exist in the world when we are not individually seeking peace and harmony? Brothers and sisters, I know what I’m suggesting is not easy. But followers of Jesus Christ should set the example for all the world to follow. I plead with you to do all you can to end personal conflicts that are currently raging in your hearts and in your lives... Momentum is a powerful concept. We all have experienced it in one form or another—for example, in a vehicle that picks up speed or with a disagreement that suddenly turns into an argument.

Years ago, when I was 10 or so, my father, older brother and I ventured out of our summer rented cabin in the foothills west of town to do a bit of exploring. The path led to a stream that meandered, cutting through our path. The stream ran swiftly bubbling and lapping across large stones emerging from the middle of the stream. It was clear we would need to cross this stream in order to continue on the path. My father went first. His 6’ 5” height had no problem getting through the stream. The depth of the stream merely went to his hips. It seemed easy as he leaned forward and slanted toward the current of the stream to keep him steady. He easily made it across, coaxing my brother to follow. My brother too crossed with ease. He was growing quickly and was already a foot taller than I was. The depth hit him at his waist. My turn...I began confidently until the center of the stream hit my chest. I panicked and stopped and at that moment the current swept my feet loose from the rocks. I started moving downstream at a very rapid pace. my feet slipped on the moss covered stones any time I tried to stand up. The current was too powerful. My father quickly ran down stream coaching me to keep my feet in front of me and head up. He was midstream before I knew it to catch me. I was taught a powerful lesson. Lean in to the current, get a firm grip and foothold as you go AND never stop moving. The momentum will keep you steady. You stop, you lose focus and your balance.

Momentum can swing either way. That is a frightening thought. Fear is all around us and even those that are panicking. Famine, full prices, you name it. If we are only focused on the dangers. It can cause us to freeze, fall asleep and hope it all goes away.

We have never needed positive spiritual momentum more than we do now, to counteract the speed with which evil and the darker signs of the times are intensifying. Positive spiritual momentum will keep us moving forward amid the fear and uncertainty created by pandemics, tsunamis, volcanic eruptions, and armed hostilities. Spiritual momentum can help us withstand the relentless, wicked attacks of the adversary and thwart his efforts to erode our personal spiritual foundation. Many actions can ignite positive spiritual momentum. Obedience, love, humility, service, and gratitude are but a few.

Obedience:

- “Obedience is the first law of heaven, the cornerstone upon which all righteousness and progression rest. It consists in compliance with divine law, in conformity to the mind and will of Deity, in complete subjection to God and his commands” (Bruce R. McConkie, *Mormon Doctrine*, 539).
- “Obedience must be voluntary; it must not be forced; there must be no coercion. Men must not be constrained against their will to obey the will of God; they must obey it because they know it to be right, because they desire to do it, and because it is their pleasure to do it. God delights in the willing heart” (Joseph F. Smith, *Gospel Doctrine*, 65).

Love:

Joseph Smith said, “It is a time-honored adage,” he taught, “that love begets love. Let us pour forth love—show forth our kindness unto all mankind, and the Lord will reward us with everlasting increase.” (Character of Joseph Smith, Church of Jesus Christ of Latter Day Saints website)

Humility:

Humility (Church Topics) To be humble is to recognize gratefully our dependence on the Lord—to understand that we have constant need for His support. Humility is an acknowledgment that our talents and abilities are gifts from God. It is not a sign of weakness, timidity, or fear; it is an indication that we know where our true strength lies. We can be both humble and fearless. We can be both humble and courageous.

Service:

“To find real happiness, we must seek for it in a focus outside ourselves,” President Thomas S. Monson teaches. “No one has learned the meaning of living until he has surrendered his ego to the service of his fellow man. Service to others is akin to duty, the fulfillment of which brings true joy.” As we look heavenward, President Monson says we will inevitably learn of our responsibility to reach outward. (2014, July 29)

Gratitude:

As the Apostle Paul said, “In every thing give thanks” (1 Thessalonians 5:18). One of the surest antidotes for despair, discouragement, and spiritual lethargy is gratitude. What are some things for which we can give thanks to God? Thank Him for the beauty of the earth, for the Restoration of the gospel, and for the countless ways He and His Son make Their power available to us here on this earth. Thank Him for the scriptures, for angels who respond to our pleas to God for help, for revelation, and for eternal families. And most of all, thank God for the gift of His Son and the Atonement of Jesus Christ, which makes it possible for us to fulfill the missions for which we have been sent to earth.

1 Thessalonians 5:18

18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Glenn L Pace (October 1992) Spiritual Revival “Many of us take the blessings of the gospel for granted. It is as if we are passengers on the train of the Church, which has been moving forward gradually and methodically. Sometimes we have looked out the window and thought, “That looks kind of fun out there. This train is so restrictive.” So we have jumped off and gone and played in the woods for a while. Sooner or later we find it isn’t as much fun as Lucifer makes it appear or we get critically injured, so we work our way back to the tracks and see the train ahead. With a determined sprint we catch up to it, breathlessly wipe the perspiration from our forehead, and thank the Lord for repentance. While on the train we can see the world and some of our own members outside laughing and having a great time. They taunt us and coax us to get off. Some throw logs and rocks on the tracks to try and derail it. Other members run alongside the tracks, and while they may never go play in the woods, they just can’t seem to get on the train. Others try to run ahead and too often take the wrong turn. I would propose that the luxury of getting on and off the train as we please is fading. The speed of the train is increasing. The woods are getting much too dangerous, and the fog and darkness are moving in.”

These are the momentum suggestions that President Nelson is alluding to that we should already be doing (ergo, his examples of igniting or beginning our spiritual momentum), which I believe was during the ‘Hinge Point’ (Micah has discussed in one of his videos.) He has already mentioned that ‘we are running out of time’ to board the train. The momentum of the train is going so fast now (restoration of all things-The CHURCH) that we must individually maintain our momentum to stay ON the train. I look forward to those that are going to address the following sections of this talk that will dive into these necessary actions. It is my prayer that we all stay WIDE awake! I look forward to our future in ZION!

Micah’s Thoughts: The first thing I would like to say, and maybe this is me being a little petty, possibly my ultra conservative side coming through, but I would just like to say how grateful I am that the prophet of God starts off his talk “brothers and sisters”. The moment that a prophet for cultural reason goes out of his way to say “sisters and brothers” the power of his entire message is overshadowed by a political and cultural statement that turns the message into nothing more than a nerf gun. When people go out of their way to say things that culturally are abnormal and make no sense they are proclaiming over a loud speaker that appeasing certain audience members is more important than the message itself, and their teaching and commitment becomes moot. If you are trying to teach something so that a child could understand it and commit to do it therefore coming unto Christ, you would never intentionally add distractions into your teaching. The same principle applies to priesthood holders performing ordinances such as the sacrament- some priesthood holder wears a Biden or Trump 2024 tie while passing the sacrament, it doesn’t matter how reverent he is, he has ruined it by intentionally planting that needless distraction. So anyways, before I get into my thoughts and the rest of this talk I just want to say how grateful I am that the prophet of God here didn’t indulge in such distractions for petty social justice points.

The first challenge/commitment the prophet gives in this talk is for everyone to continue to fast and pray for those being hurt by the war in Ukraine. This is something I need to repent of- if the

conflict is far away and isn't hitting close to home I tend to forget to include these things in my prayers. I am thankful for the prophet calling me to repentance on this and will remember to fast and pray for this moving forward.

The second commitment the prophet gives us is found shortly after where he commits us to end conflicts and any inclinations to hurt others. Nowhere else is this more readily found than in gossiping, back biting, murmuring etc. in gossip chambers/secret combinations. If you have things raging in your heart, inclinations to hurt others (i.e., "I want to slap so and so in their face") and you are thinking about getting into gossip chambers/secret combinations and venting this poison, may I borrow Elder Uchtdorf's saying "just stop it." If you haven't already and you are curious on the doctrine of forgiveness, I would recommend reading/watching my paper under the same name.

President Nelson asks a very important question- how can we expect peace to exist in the world when we are not individually seeking peace and harmony? Another way he could have said this would be "how can we expect to ever set foot in Zion when we are not individually seeking peace and harmony?" If you have wronged somebody and you have not taken any steps to make amends don't expect to ever set foot in Zion. The atonement can and will cleanse us from all sin but *only* on the condition of repentance.

Harold B. Lee expressed so beautifully, "That confession must be made first to him or her who has been most wronged by your acts. A sincere confession is not merely admitting guilt after the proof is already in evidence. If you have 'offended many persons openly,' your acknowledgment is to be made openly and before those whom you have offended that you might show your shame and humility and willingness to receive a merited rebuke. If your act is secret and has resulted in injury to no one but yourself, your confession should be in secret, and your Heavenly Father who hears in secret may reward you openly. Acts that may affect your standing in the Church, or your right to privileges or advancement in the Church, are to be promptly confessed to the bishop whom the Lord has appointed as a shepherd over every flock and commissioned to be a common judge in Israel. He may hear such confessions in secret and deal justly and mercifully, as each case warrants. ... Following confession, one in sin must show forth the fruits of his repentance by good deeds that are weighed against the bad. He must make proper restitution to the limit of his power to restore that which he has taken away or to repair the damage he has done." (Youth and the Church [Deseret Book Co., 1970], p. 99.)

My hope is that we did what our Prophet asked us to do before Easter... The Atonement only applies when we repent- and if we don't repent, I can promise you in the Lord's name and using the Lord's voice, that we will have to suffer even as the Lord suffered. Let us repent, let us make amends, or we shall suffer as the Lord suffered and we will not inherit thrones and kingdoms of Glory...

The next thing I would like to draw attention to is when President Nelson said "we've all seen examples of both positive and negative momentum. We know followers of Jesus Christ who became converted and grew in their faith. But we also know of once-committed believers who fell away. Momentum can swing either way." We of this group understand this principle more personally than most. We have seen people make good choices and their spiritual momentum

increase, some people morphing into rockstars (Josline, I'm looking at you), while others have fallen away and if they are being honest with themselves even they will acknowledge they have less spiritual power, have less faith and they are not as happy. On this point I would like to once again acknowledge the firesides, book club, The School of Joseph's Boys, Facebook page, as well as the comments in Discord have all gotten exponentially better in the last couple months- it has not gone unnoticed! The spiritual power of members of this group as they seek to become Zion is palpable and is a stark contrast vs those who have fallen out on the right and on the left... You truly are "Zion or Bust!" Those who have pressed forward in faith can testify of increased power and faith while those who have floundered, looking at their lives honestly, know that they have lost power, faith, and happiness... May we continue to press forward in faith and KEEP THE SPIRITUAL MOMENTUM GOING until we finally have the Zion of our God is my prayer!

The next thing I would like to draw attention to is President Nelson saying "We have never needed *positive* spiritual momentum more than we do now." President Nelson told us that we were approaching a hinge point in the history of the Church, then gives a metaphor about a half time in a basketball game and now is saying we have never needed momentum more. This is the coach, knowing the stakes, knowing it is all downhill from here, etc., telling us what we need to do to survive the day. We have passed half time, we have passed the hinge point, we are now in the second half watching those with spiritual momentum flourish, watching those with no spiritual momentum flounder and we are even watching some who are smart enough to realize they don't have any spiritual momentum, know they are on the way out, know they are drowning and they are trying to take as many people with them as they can.

As Elder Boyd K. Packer warned, "Beware of the testimony of one who is intemperate, or irreverent, or immoral, who tears down and has nothing to put in its place." (In Conference Report, Apr. 1974, p. 138; or Ensign, May 1974, p. 95.

The last thing I would like to say in this section deals with, "many actions that ignite positive spiritual momentum" and tie it to the School of Joseph's Boys. I'm going to be talking a lot about it during this talk breakdown, but I'd like to share some general things about it now that I believe are relevant and faith building.

When the Lord told me that I needed to go online and share what I was doing, I did. The fruits of the effort were far larger than I ever could have anticipated. The next thing the Lord warned me of was that "great big elders" would become a problem and that there would be a sifting time within the group. Many within the group recognized the sifting while it was going on, one such member, Lindey from LDS looking up, went as far as to say that the Joseph's Boys have gotten large enough, now it is time to pare it down. This experience of watching newfound friends and loved ones given in to itching ears, false doctrines, temptations of Babylon, yea in fine "losing their spiritual momentum" and falling by the wayside was heart wrenching. And there were many prayers sent to the Lord by me, Ammon, Topher, etc., asking what we could do personally to keep up our spiritual momentum potentially even increase our spiritual momentum moving forward as to prevent more spiritual casualties. From this selfless desire was born the School of Joseph's Boys. Shortly after myself here in my priesthood stake conference I had our stake

president go over every single point in the School of Joseph's Boys (obviously not knowing that was what he was doing) and then commit the priesthood in the stake to learn these things and teach them to others- which is what we had been doing for months. We then had President Nelson in a devotional (California) give three commitments: First, seek truth. Second, make covenants with God and keep them. Third, help gather Israel. Which was a bold confirmation of the School of Joseph's Boys, which at its core, its fundamental purpose is to help us 1. Make pledges and covenants and keep them, 2. Learn the doctrine and 3. Gather Israel.

And finally at this last conference we had President Nelson giving this talk, an exclamation mark that the Lord is with us and is leading those who wish to be led. The School of Joseph's Boys is born of God. Period. This last 6 months has been a giant concert of clarity. If you are worried about your spiritual momentum, please consider linking arms with us as we buoy each other up and keep each other strong with our eyes fixed on the goal.

Section #2

Today I would like to suggest five specific actions we can take to help us maintain positive spiritual momentum.

First: **Get on the covenant path and stay there.**

Not long ago, I had a vivid dream in which I met a large group of people. They asked me many questions, the most frequent of which was about the covenant path and why it is so important.

In my dream, I explained that we enter the covenant path by being baptized and making our first covenant with God.⁵ Each time we partake of the sacrament, we promise *again* to take the name of the Savior upon us, to remember Him, and to keep His commandments.⁶ In return, God assures us that we may *always* have the Spirit of the Lord to be with us.

Later we make additional covenants in the temple, where we receive even greater promises. Ordinances and covenants give us access to godly power. The covenant path is the *only* path that leads to exaltation and eternal life.

In my dream, a woman then asked how someone who has broken his or her covenants can get back on that path. My answer to her question leads to my second suggestion:

Discover the joy of daily repentance.

How important is repentance? Alma taught that we should "preach nothing save it were repentance and faith on the Lord."⁷ Repentance is required of every accountable person who desires eternal glory.⁸ There are no exceptions. In a revelation to the Prophet Joseph Smith, the Lord chastised early Church leaders for not teaching the gospel to their children.⁹ Repenting is the *key* to progress. Pure faith keeps us moving forward on the covenant path.

Please do not fear or delay repenting. Satan delights in your misery. Cut it short. Cast his influence out of your life! Start today to experience the joy of putting off the natural man.¹⁰ The

Savior loves us always but *especially* when we repent. He promised that though “the mountains shall depart, and the hills be removed ... *my kindness* shall not depart from thee.”¹¹

If you feel you have strayed off the covenant path too far or too long and have no way to return, that simply is not true.¹² Please contact your bishop or branch president. He is the Lord’s agent and will help you experience the joy and relief of repenting.

Now, a caution: Returning to the covenant path does *not* mean that life will be easy. This path is rigorous and at times will feel like a steep climb.¹³ This ascent, however, is designed to test and teach us, refine our natures, and help us to become saints. It is the *only* path that leads to exaltation. One prophet¹⁴ described the “blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven ... [and] dwell with God in a state of never-ending happiness.”¹⁵

Walking the covenant path, coupled with daily repentance, fuels positive spiritual momentum.

Russell’s Thoughts:

GET ON THE COVENANT PATH AND STAY THERE:

When I’m biking or hiking, momentum is important to reach my destination.

For one to gain momentum in anything they must first act. To maintain that momentum you must continue in the acts that allowed you to gain that momentum. On our journey sometimes we can get discouraged or falter and lose some of our spiritual momentum. Isn’t it wonderful that we have a living prophet to remind us of the things that we can do to gain and maintain spiritual momentum in our lives. Isn’t it equally wonderful that we as Saints can lift and encourage each other along the covenant path.

As Nephi recounted his father’s dream of the tree of life, he spoke of those in the great and spacious building that mocked those on the covenant path. But he also illustrated his father Lehi’s role as patriarch in inviting his family to partake of the fruit and the example of heeding not the pointing fingers of scorn from those not on the covenant path.

1 Nephi 8:15, 33

15 And it came to pass that I **beckoned unto them; and I also did say unto them with a loud voice that they should come unto me, and partake of the fruit**, which was desirable above all other fruit.

33 And great was the multitude that did enter into that strange building. And after they did enter into that building they did point the finger of scorn at me and those that were partaking of the fruit also; but **we heeded them not**.

Ordinances and covenants give us access to godly power. The covenant path is the *only* path that leads to exaltation and eternal life.

In President Nelson’s talk, The Temple and Your Spiritual Foundation he pleaded with the Saint’s to return to the temple and make covenants there.

“Everything we believe and every promise God has made to His covenant people come together in the temple. In every age, the temple has underscored the precious truth that those who make covenants with God and keep them are children of the covenant.

Thus, in the house of the Lord, we can make the same covenants with God that Abraham, Isaac, and Jacob made. And we can receive the same blessings!”

“He is the One who wants you to understand with great clarity exactly what you are making covenants to do. He is the One who wants you to experience fully His sacred ordinances. He wants you to comprehend your privileges, promises, and responsibilities. He wants you to have spiritual insights and awakenings you’ve never had before. This He desires for all temple patrons, no matter where they live.”

If you don’t yet love to attend the temple, go more often—not less. Let the Lord, through His Spirit, teach and inspire you there.

If it were possible for me to speak one-on-one with every young adult, I would plead with you to seek a companion with whom you can be sealed in the temple.

If I could speak with each husband and wife who have still not been sealed in the temple, I would plead with you to take the necessary steps to receive that crowning, life-changing ordinance.

If I could speak to each man or woman who longs for marriage but has not yet found his or her eternal companion, I would urge you not to wait until marriage to be endowed in the house of the Lord.

And to each of you who has made temple covenants, I plead with you to seek—prayerfully and consistently—to understand temple covenants and ordinances.

If you fall into one of those categories I encourage you to listen, read and understand the promised blessings pronounced in this talk as given by our beloved prophet to those that follow his counsel and guidance. It is the **ONLY PATH** to access the godly power we all require in our lives to withstand the coming storms.

DAILY REPENTANCE:

Please do not fear or delay repenting. Satan delights in your misery. Cut it short. Cast his influence out of your life!

Moses 6:37

37 And it came to pass that Enoch went forth in the land, among the people, standing upon the hills and the high places, and cried with a loud voice, testifying against their works; and all men were offended because of him.

Mosiah 18:20

20 Yea, even he commanded them that they should preach nothing save it were repentance and faith on the Lord, who had redeemed his people.

Moses 6:50, 57

50 But God hath made known unto our fathers that all men must repent.

57 Wherefore teach it unto your children, that all men, everywhere, must repent, or they can in nowise inherit the kingdom of God, for no unclean thing can dwell there, or dwell in his presence; for, in the language of Adam, Man of Holiness is his name, and the name of his Only Begotten is the Son of Man, even Jesus Christ, a righteous Judge, who shall come in the meridian of time.

Doctrine and Covenants 93:40–48

40 But I have commanded you to bring up your children in light and truth.

41 But verily I say unto you, my servant Frederick G. Williams, you have continued under this condemnation;

42 You have not taught your children light and truth, according to the commandments; and that wicked one hath power, as yet, over you, and this is the cause of your affliction.

43 And now a commandment I give unto you—if you will be delivered you shall set in order your own house, for there are many things that are not right in your house.

44 Verily, I say unto my servant Sidney Rigdon, that in some things he hath not kept the commandments concerning his children; therefore, first set in order thy house.

45 Verily, I say unto my servant Joseph Smith, Jun., or in other words, I will call you friends, for you are my friends, and ye shall have an inheritance with me—

46 I called you servants for the world’s sake, and ye are their servants for my sake—

47 And now, verily I say unto Joseph Smith, Jun.—You have not kept the commandments, and must needs stand rebuked before the Lord;

48 Your family must needs repent and forsake some things, and give more earnest heed unto your sayings, or be removed out of their place.

We need to keep our covenants, repent ourselves and teach our children to cast out Satan’s influence out of our lives. Heed not the voices of those not on the covenant path!

Micah’s Thoughts: The first point that President Nelson goes into here is getting on the covenant path and staying there. The second point is discovering the joy of daily repentance. The first topic that we discuss in the School of Joseph’s Boys is honesty and covenants. We have to understand covenants and the covenant path for that is the only path that leads to exaltation and eternal life, as President Nelson said. President Nelson says that “repenting is the key to progress [on the covenant path]” and I would say honesty is the key to real repentance. If a man or woman is not honest they never truly repent, in fact, in most cases it puts them in a far worse position. Let me explain.

An individual says that we all need to preach the gospel with more kindness, and to be more Christlike in our delivery and then goes off and posts a bunch of declarations publicly on that same point. But yet once that is done will gather back in dark gossip chambers and secret combinations and say things like “I want to slap these people across their faces” and “they are

airheads” and calls people “the deuce” i.e., piles of poop, etc.- individuals in that situation are in a far more dire and worse situation than if they had just remained the same, for their “repentance” was nothing more than a whited sepulcher, they are hypocrites who only wish to be perceived as righteous but being unwilling to do the hard work of personal sanctification. Preach My Gospel teaches,

“Virtue originates in your innermost thoughts and desires. It is a pattern of thought and behavior based on high moral standards. Since the Holy Ghost does not dwell in unclean tabernacles, virtue is prerequisite to receiving the Spirit’s guidance. What you choose to think and do when you are alone and you believe no one is watching is a strong measure of your virtue.” (p.118)

I echo what President Nelson says here, “Walking the covenant path, coupled with daily repentance, fuels positive spiritual momentum.”

Elder Gordon B. Hinckley said:

“How rare a gem, how precious a jewel is the man or woman in whom there is neither guile nor deception nor falsehood! ... Where there is honesty, other virtues will follow.” (in Conference Report, Apr. 1976, 93; or Ensign, May 1976, 62)

"The Savior constantly rebuked those who professed one thing publicly but lived differently in their hearts (see Matthew 23:27). He praised those who lived without deception (see D&C 124:15). Can you see the contrasting difference? On one hand there is lying, deceiving, hypocrisy, and darkness. On the other hand there is truth, light, honesty, and integrity. The Lord draws a sharp distinction....*To constantly receive the Spirit of Truth—the Holy Ghost—we must fill our lives with truth and honesty.* As we become completely honest, our spiritual eyes are opened to increased enlightenment." (Neil L. Andersen, The Divine Standard of Honesty)

Section #3

My third suggestion: **Learn about God and how He works.**

One of our greatest challenges today is distinguishing between the truths of God and the counterfeits of Satan. That is why the Lord warned us to “pray always, ... that [we] may conquer Satan, and ... *escape the hands of the servants of Satan* that do uphold his work.”¹⁶

Moses provided an example of how to discern between God and Satan. When Satan came tempting Moses, he detected the deception because he had just had a face-to-face interaction with God. Moses quickly realized who Satan was and commanded him to depart.¹⁷ When Satan persisted, Moses knew how to call upon God for more help. Moses received divine strength and rebuked the evil one *again*, saying, “Depart from me, Satan, for this one God only will I worship.”¹⁸

We should follow that example. Cast Satan’s influence out of your life! Please do not *follow* him down to his “gulf of misery and endless wo.”¹⁹

With frightening speed, a testimony that is not nourished daily “by the good word of God”²⁰ can crumble. Thus, the antidote to Satan’s scheme is clear: we need daily experiences worshipping the Lord and studying His gospel. I plead with you to let God prevail in your life. Give Him a fair share of your time. As you do, notice what happens to your positive spiritual momentum.

Suggestion number 4: **Seek and expect miracles.**

Moroni assured us that “God has not ceased to be a God of miracles.”²¹ Every book of scripture demonstrates how willing the Lord is to intervene in the lives of those who believe in Him.²² He parted the Red Sea for Moses, helped Nephi retrieve the brass plates, and restored His Church through the Prophet Joseph Smith. Each of these miracles took time and may not have been exactly what those individuals originally requested from the Lord.

In the same way, the Lord will bless *you* with miracles *if* you believe in Him, “doubting nothing.”²³ Do the spiritual work to seek miracles. Prayerfully ask God to help you exercise that kind of faith. I promise that you can experience for yourself that Jesus Christ “giveth power to the faint; and to them that have no might he increaseth strength.”²⁴ Few things will accelerate your spiritual momentum more than realizing the Lord is helping you to move a mountain in your life.

Kelly’s Thoughts:

One of our greatest challenges today is distinguishing between the truths of God and the counterfeits of Satan.

Why is the greatest challenge distinguishing truths of God and counterfeits of Satan?

President Nelson in this talk says we should follow Moses’ example in discerning from God and Satan. This stood out to me because of the order in the talk.

1. Moses could discern between God and Satan.
2. Satan came tempting Moses.
3. Moses detected the deception because he just saw the Lord and has been Transfigured.
4. Because of his meeting with the Lord, Moses recognized Satan
5. Moses then commanded Satan to depart.
6. Satan persisted and Moses called for divine help
7. Moses was strengthened and Satan was cast out.

Why is this order important for us to gain Spiritual Momentum? When we look at these steps there can be a lot of emphasis on discerning between God and Satan. President Nelson is telling us these steps in a specific order. We need to go back to President Nelson’s talks on “Hear Him”.

Moses spoke to God face to face and then Moses had the glory of God upon him. How can we as members of the church have experiences like Moses? President Nelson is telling us in this talk we MUST use Moses's example.

According to President Nelson, our greatest challenge is following Moses' example to discern Satan. My invitation to night is to all Men who are members of the Church.

What is the key element that separates Moses, experience from your current life? Ask yourself, have you had an experience with the Lord? What is stopping you from moving forward with spiritual momentum until you SPEAK WITH THE LORD face-to-face? This is not a causal take your time kind of endeavor, for your family depends on you to fight for Zion.

This is every day from the moment you wake up starting with Praise to the Lord, that you have another day to Serve Him and obey His will and lead your family in righteousness. This is every hour, remembering your Savior Jesus Christ and his Atoning sacrifice that your garments shall be cleansed. This is every moment thanking Him, that you have had the privilege of making and keeping your covenants that will allow you to lead your family back to Heavenly Father. This is knowing who you are as an Elder in Israel and righteous father and, what you are required to do.

We must prepare the world for the Second Coming of the Lord. The Lord requires men who make and keep sacred covenants in the Temple of our God. Men who understanding the patriarchal order of marriage and the sealing blessings that are only available through righteous men and their families. Men who lead families by divine design. Then men whose worthiness and dedication to the Lord allow for them accomplish all the Lord commands. The Lord will have men that perform miracles and move mountains before welcoming back our Savior Jesus Christ. These are the men who will pull the Kingdom of God from obscurity as prophesied.

Micah's Thoughts: The first thing I want to draw attention to that shouldn't need my silly attempts to circle and put exclamation marks around is, "One of our greatest challenges today is distinguishing between the truths of God and the counterfeits of Satan." President Nelson didn't simply say this is one of many challenges, or a problem, or something we need to overcome, he said this is one of the *greatest* challenges today, which is the opposite of saying this is one of our strengths today. Many view this age as "the age of information", saying, "the internet has exploded missionary work with truth and knowledge!" etc. etc. Nor did President Nelson simply say these people you can trust and these people you can't trust. He said this is one of the greatest challenges today and I echo that sentiment. There has never been more garage, princess warrior nonsense being passed around the ranks of what should be intelligent Saints than ever before.

This is why the next things we discuss in the School of Joseph's Boys are the Light of Christ vs. the Holy Ghost and the Pyramid of Truth (i.e., the keys of the kingdom). We have to understand the differences and the overlaps and we have to know how to disseminate and prioritize knowledge.

The next thing President Nelson says in conjunction with this is to "pray always" which is lovely because there is a quote from Joseph Smith that ties in honesty, integrity, the School of Joseph's Boys, Zion, etc. really well.

“Whatever you may hear about me or Kirtland, take no notice of it; for if it be a place of refuge,³ the devil will use his greatest efforts to trap the Saints. *You must make yourselves acquainted with those men who like Daniel pray three times a day toward the House of the Lord.*⁴ Look to the Presidency and receive instruction. Every man who is afraid, covetous, will be taken in a snare.⁵ The time is soon coming, when no man will have any peace but in Zion⁶ and her stakes.” (TPJS, p.162)

Becoming aquatinted with men and women like this will not only keep up our spiritual momentum, it will help us from being deceived.

President Nelson gives us another pleading here to let God prevail in our lives and give Him a fair share of our time. It is frightening the speed at which our spiritual momentum crumbles when we do not daily study the gospel. As said earlier, those of honest heart will be able to clearly identify positive or negative spiritual momentum changes based off of this. Once again what the School of Joseph’s Boys helps with.

Suggestion #4 is entirely Faith as the Brother of Jared of which the prophet declares few things will accelerate your spiritual momentum more than. If we have faith as the Brother of Jared, desire the miracles and then do the spiritual work to obtain them we should then expect miracles. Once again this is confirmation that those who do not have faith as the Brother of Jared i.e., don’t believe in the literal redemption of Zion will never obtain the desire for it and thus won’t do the spiritual work required to be worthy of it which means not only will they not expect those miracles, when those miracles take place they will be far away from them, they won’t take part in them. In order to obtain we must first have faith as the Brother of Jared, second a desire, third a knowledge that the course we are pursuing is pleasing to the Lord in conjunction with said desire and then live and wait patiently expecting the miracles to take place.

Section #4

Suggestion number 5: **End conflict in your personal life.**

I repeat my call to end the conflicts in *your* life. Exercise the humility, courage, and strength required both to forgive and to seek forgiveness. The Savior has promised that “if [we] forgive men their trespasses, [our] heavenly Father will also forgive [us].”²⁵

Two weeks from today we celebrate Easter. Between now and then, I invite you to seek an end to a personal conflict that has weighed you down. Could there be a more fitting act of gratitude to Jesus Christ for His Atonement? If forgiveness presently seems impossible, plead for power through the atoning blood of Jesus Christ to help you. As you do so, I promise personal peace and a burst of spiritual momentum.

When the Savior atoned for all mankind, He opened a way that those who follow Him can have access to His healing, strengthening, and redeeming power. These spiritual privileges are available to all who seek to hear Him and follow Him.

My dear brothers and sisters, with all the pleadings of my heart, I urge you to get on the covenant path and stay there. Experience the joy of repenting daily. Learn about God and how He works. Seek and expect miracles. Strive to end conflict in your life.

As you act on these pursuits, I promise you the ability to move forward on the covenant path with increased momentum, despite whatever obstacles you face. And I promise you greater strength to resist temptation, more peace of mind, freedom from fear, and greater unity in your families.

God lives! Jesus is the Christ! He lives! He loves us and will help us. Of this I testify in the sacred name of our Redeemer, Jesus Christ, amen.

Tamra's Thoughts:

I appreciate the opportunity to discuss with all of you the talk from our dear prophet, Russell M. Nelson. Conflict can be the catalyst for contention in our lives, or conflict (if used correctly) can *change* us.

Kevin P. Miller, an international leadership and communications consultant, taught a class on August 21, 2015 at the BYU Campus Education Week on the topic of keeping conflict from becoming contention in relationships. "In our conversations, we have to have the Spirit with us," he said. Miller shared a quote from Brigham Young: "In my experience I have learned that the greatest difficulty that exists in the little bickerings and strifes of man with man, woman with woman, children with children ... arises from the want of rightly understanding each other" (*Journal of Discourses*, 4:370).

Making his point clear about the importance of understanding one another, Brother Miller said, "We never see things as they truly are. We see things as we are." A person sees the world through his or her own perspective.

"Conflict comes about because people are passionate and care about something," said Brother Miller. "We need to be careful that conflict doesn't turn into contention in our relationships,"

"There is no place in the scriptures where the Lord warns against conflict," said Brother Miller. "He warns against contention. It is something entirely different than conflict because it is expressing anger one against another." He then quoted the Savior in [3 Nephi 11:30](#): "Behold, this is not my doctrine, to stir up the hearts of men with anger, one against another; but this is my doctrine, that such things should be done away."

He said one of the challenges people face when they reach a disagreement or conflict is the nature of their body to react using the "[lizard brain](#)," the more primitive portion of the brain that sees a threat and then causes a fight or flight response to occur. "They may experience a rush of adrenaline, quickening of their breath, a quicker pulse, tension in the muscles, and thinking is impacted."

"Don't destroy a relationship for the sake of being right"

“Maintain the self-esteem of the other person. Focus on the problem and not on the person. Don’t label them. Define the problem and clarify the expectations.”

“A person must have a desire in a relationship to work things out so that eventually the Saints can become a Zion people.

On April 23, 2022 – Elder Uchtdorf was speaking to Saints in Austria, Germany, and Switzerland. He stated, “Our doctrine should make us the most hospitable and united people in the world, this is the Church of Jesus Christ, where there are no outcasts. It is His Church, not yours or mine, ‘and he inviteth them all to come unto him and partake of his goodness; and he denieth none that come unto him,’ (2 Nephi 26:33). Nobody should feel like a stranger with us.”

Elder Uchtdorf read scripture given through Joseph Smith that shows heaven is built on relationships (see Doctrine and Covenants 130:2).

“Unity will not come about in the afterlife like magic, we must make a serious effort to internalize Christian unity in this life.”

Elder Uchtdorf said. “Even today there are many groups that form because of different goals, thoughts and worldviews. But that doesn’t make them Zion. Zion is Zion because we are united through Zion’s King, Jesus Christ.”

Elder Uchtdorf stressed that oneness need not mean sameness. We can find unity in diversity. “For us to become of one heart, for our hearts to be knit together in unity and in love one towards another (see Mosiah 18:21), a mighty change of heart is required. But that doesn't mean I'll change my heart to match yours. Nor does it mean changing your heart to match mine,” the Apostle said. “Rather, it means changing our hearts to conform with the Savior. The closer we get to Him, the closer we get to each other.”

“The unity we seek is not all standing in the same place, but all looking in the same direction — to Jesus Christ and His glory,” he added. “When we are filled with His light, there is no room for pride, prejudice or contention. Faith, love and hope will fill our lives.”

In his first message as President of the Church, President Nelson stated:

“Your commitment to follow the Savior by making covenants with Him and then keeping these covenants will open the door to every spiritual blessing and privilege available to men, women, and children everywhere.

“The ordinances of the temple and the covenants you make there are key to strengthening your life, your marriage and family, and your ability to resist the attacks of the adversary. Your worship in the temple and your service there for your ancestors will bless you with increased personal revelation and peace and will fortify your commitment to stay on the covenant path.”

The key to happiness and joy in this life, is through our Savior, Jesus Christ. Through His Atonement, we have the blessings of covenants that (through repentance) keep us clean before God. As we study the scriptures, kneel in prayer, and PRACTICE the words of our God, and the

prophets, we will have a change of heart – a circumcised heart – that (as Elder Uchtdorf states) looks in the right direction – always to God.

President Nelson is working tirelessly to aid us to see the Tree of Life in our life. He teaches us the WORD (as Elder Bednar said in the last conference) so we will HOLD TIGHT to the rod, the WORD (our Savior). We will know happiness in our lives. Conflicts can be corrected with understanding, accepting others opinions, and becoming one with them. This is the key in creating a Zion people. One heart, one mind.

Micah's Thoughts: President Nelson in the final section reiterates his call to end conflict in our lives- to forgive and seek forgiveness if we have not. A lot of what I had to say about this I went over in the first section. Once again if you are curious about the doctrine of this I would recommend to watch or read my paper on Forgiveness.

Something I want to draw attention to here is his promise of personal peace and a burst of spiritual momentum for those who do so. I too would like to bear my testimony once again that those who have sought to forgive and sought forgiveness and partook of the School of Joseph's Boys have found personal peace and a burst of spiritual momentum; while the opposite is true- those who sought to do harm, those who sought to sow seeds of discord, those who did not forgive and those who did not seek forgiveness obtained negative spiritual momentum and many I know personally who have passed through sorrows and afflictions I wouldn't wish on anyone.

Moses told the children of Israel to put the blood of the lamb on their doorposts before the Passover, before Easter. Those who obeyed received peace and spiritual momentum, while those who did not obey received death, suffering and negative spiritual momentum. Likewise those who heeded President Nelson's call to end conflict in their lives before Easter experienced their own personal Passover, one way or the other.

President Nelson could not have ended his talk more heart felt with his final plea, "My dear brothers and sisters, with all the pleadings of my heart, I urge you to get on the covenant path and stay there." In 2019 President Nelson said, "Do the spiritual work to find out for yourselves, and please do it now. Time is running out" and now after the hinge point he is pleading with us to do these things so that we will have the spiritual momentum to finish the race.

Brothers and sisters, the school of Joseph's Boys was born of God, it was a means provided for those who seek to implement what the Prophet of God was going to commit us all to do in this conference. Once again, I end my thoughts here today with my pleading, that if you find yourself on shaky ground, unsure of your testimony, unsure of the doctrine, unsure of your purpose of being born at this time etc., that you link arms with us, Zion or Bust! as we learn about God and how He works, as we seek and expect miracles and as we strive to end conflict in our lives and become one in unity and love of the doctrine of Christ. As we do these things we have a promise from a prophet of God that we will obtain increased momentum regardless of the obstacles we face. May we obtain such spiritual momentum is my prayer in the name of Jesus Christ, Amen.