



# UNDER HIS WINGS

SEASON 3

EPISODE 43—We Need Spiritual Momentum

## SHOW NOTE HIGHLIGHTS

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### Episode Show Notes

Pres. Nelson “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.” He then asked us; “what can we do to ignite spiritual momentum?”

The prophet strongly encouraged us to learn how to receive personal revelation because “In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost.”

[https://abn.churchofjesuschrist.org/study/general-conference/2018/04/revelation-for-the-church-revelation-for-our-lives?lang=eng&adobe\\_mc\\_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fgeneral-conference](https://abn.churchofjesuschrist.org/study/general-conference/2018/04/revelation-for-the-church-revelation-for-our-lives?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fgeneral-conference)

Our prophet pointed out that many of our choices and personal actions can ignite positive spiritual momentum like; obedience, love, humility, service and gratitude. And then he suggested 5 specific action items that can help us maintain positive spiritual momentum. That is what we want to talk about today..

### **First, he told us to: Get on the covenant path and stay there.**

Elder Holland counseled anyone struggling with a gospel question, “If some (resolutions to our challenges) are not resolved to the satisfaction of everyone, perhaps they constitute part of the cross Jesus said we would have to take up in order to follow Him”..., “So please, please, stay for the whole feast even if you are not sure about the broccoli. Bask in His light and lend your candle to the cause. They have it right in Primary: Jesus really does “[want you] for a sunbeam.”...

<https://www.churchofjesuschrist.org/study/general-conference/2022/04/23holland?lang=eng>

### **Second: 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.” Pres. Nelson even shared this 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. This ascent, however, is designed to test and teach us, refine our natures, and help us to become saints.” I think it’s safe to say...it’s never easy but it is always worth it.

Elder Eyring’s words about this: “If you are on the right path,, it will always be uphill. (Why? Because) The Lord is anxious to lead us to the safety of higher ground.”



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**Third: Learn about God and how He works.**

Pres. Nelson also warned us when he said; “With frightening speed, a testimony that is not nourished daily “by the good word of God” 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.”

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

For if there be no faith among the children of men God can do no miracle among them; wherefore, he showed not himself until after their faith.(Ether12:12)

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

President Nelson went on to say; “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.”