



# UNDER HIS WINGS

SEASON 3

EPISODE 44—Maintaining Spiritual Momentum with Catherine

## SHOW NOTE HIGHLIGHTS

### Episode Show Notes



When Cat was asked how she found the courage to leave everything behind and go on a mission she shared this scripture:

1 Nephi 3:7 we read: “ And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the things which he commandeth them.” Well....I knew the Lord wanted me to serve a mission and that the THE LORD WILL ALWAYS PROVIDE A WAY So, I turned in my papers and just went for it.

A few of the key concepts Cat learned and found to be true while serving a mission:

1. Time flies and the Lord always provides
2. Miracles still happen today
3. The Lord qualifies those He calls
4. By divine design God is in the details of our life
5. Angels are real
6. Look at trials as positives, not negatives, they help us develop faith which will bring miracles
7. God is not only the light at the end of the tunnel but all the way through the tunnel
8. Time plus the Atonement of Jesus Christ can heal all wounds
9. Nothing will ever separate you from the Love that God has for you

Catherine testified :In the Book of Mormon in 2 Nephi 26:13 It says “And that he manifesteth himself, referring to Jesus Christ unto all those who believe in him, by the power of the Holy Ghost; yea, unto every nation, kindred, tongue, and people, working mighty miracles, signs, and wonders, among the children of men according to their faith.” I have seen those miracles!

In Moroni 7:29 we read: “ And because he hath done this, my beloved brethren, have miracles ceased? Behold I say unto you, Nay; neither have angels ceased to minister unto the children of men.” Catherine shared some special experiences she had with angels sent to minister to her.

President Joseph F. Smith taught, “When messengers are sent to minister to the inhabitants of this earth, they are not strangers, but from the ranks of our kindred, friends, and fellow-beings and fellow servants” (Gospel Doctrine: Sermons and Writings of Joseph F. Smith, [1986], 435).

Joseph F. Smith also testified regarding angelic messengers that “their love for us and their desire for our well being must be greater than that which we feel for ourselves” (Conference Report, Apr. 1916, 3)



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EPISODE 43—We Need Spiritual Momentum

## SHOW NOTE HIGHLIGHTS

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

In Moroni 7:48 it says “Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when He shall appear we shall be like Him, for we shall see Him as He is; that we may have this hope; that we may be purified even as he is pure..”

Catherine; “One of the coolest things was being filled with the love of God for others I meet! I met people and instantly had so much love for them.”

We will all eventually have our “happily ever after”.

Mosiah 2:41 And I would desire that ye should consider on 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, that thereby they may dwell with God in a state of never-ending happiness. O remember, remember that these things are true; for the Lord God hath spoken it.

Catherine shared how trying to maintain a routine by always putting God first in her life and in her day helps to expand her time and all other things seem to fall into their proper place.