



# UNDER HIS WINGS

SEASON 3

EPISODE 48– Living With Courage

## SHOW NOTE HIGHLIGHTS

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### Episode Show Notes

Elder Eyring said: “The spiritual strength sufficient for our youth to stand firm just a few years ago will soon not be enough. Many of them are remarkable in their spiritual maturity and in their faith. But even the best of them are sorely tested. And the testing will become more severe.”

Helaman 5:12. Oh my sons, and daughters, remember, remember that is upon the rock of our redeemer, who is Christ, the Son of God, that you must build your foundation, that when the devil shall send forth his mighty winds, (notice it says WHEN, not if!) yea his shafts in the whirlwind yea, when all his hail and his mighty storm shall beat upon you, it shall have NO POWER over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon IF men build they CANNOT fall!!

3 areas where President Monson asks us to all have courage: <https://www.churchofjesuschrist.org/study/general-conference/2009/04/may-you-have-courage?lang=eng>

**FIRST:** Have the courage to refrain from judging others.

Mother Theresa: When we judge people, we have no time to love them.

Sister Michelle Craig put it, “Jesus Christ sees people deeply. He sees individuals, their needs, and who they can become. Where others saw fishermen, sinners, or publicans, Jesus saw disciples; where others saw a man possessed by devils, Jesus looked past the outward distress, acknowledged the man, and healed him.”

Video: Its Not About The Nail

<https://www.youtube.com/watch?v=-4EDhdAHR0g>

Lori Deschene: “Be the person Who breaks the cycle. If you were judged, choose understanding. If you were rejected, choose acceptance. If you were shamed, choose compassion. Be the person you needed when you were hurting, not the person who hurt you. Vow to be better than what broke you - to heal instead of becoming bitter so you can act from your heart, not your pain.”

**SECOND:** Have the courage to stay morally clean.

President Monson says, “You live in a world where moral values have, in great measure, been tossed aside, where sin is flagrantly on display, and where temptations to stray from the strait and narrow path surround you. Many are the voices telling you that you are far too provincial or that there is something wrong with you if you still believe there is such a thing as immoral behavior.

Great courage will be required as you remain chaste and virtuous amid the accepted thinking of the times. The commandments of our Heavenly Father are not negotiable!



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May you have the courage to be chaste and virtuous. To run away, like Joseph ran from Potiphers wife, from the evil influences that surround us. From pornography and inappropriate relationships, or just from our phone when it is sucking away all our time! And may we have courage to repent and turn our hearts away from the world and back to Christ.

**THIRD:** have courage To stand firm in truth and righteousness. By choosing to be in His kingdom, we separate—not isolate—ourselves from the world. Our dress will be modest, our thoughts pure, our language clean. The movies and television we watch, the music we listen to, the books, magazines, and newspapers we read will be uplifting. We will choose friends who encourage our eternal goals, and we will treat others with kindness. We will shun the vices of immorality, gambling, tobacco, liquor, and illicit drugs. Our Sunday activities will reflect the commandment of God to remember the Sabbath day and keep it holy. We will follow the example of Jesus Christ in the way we treat others. We will live to be worthy to enter the house of the Lord.~ Robert D Hales Oct 2000 The Covenant of Baptism: To Be in the Kingdom and of the Kingdom

Come Back Podcast/ Sept 22's episode with special guest Jasmine from Book of Mormon Central <https://podcasts.apple.com/us/podcast/come-back-podcast/id1641798510?i=1000580377504>

Benjamin Mee, the author of the book "We bought a zoo" paraphrasing, it says, "all you need is 20 seconds of insane courage and I promise you something good will come out of it."

President Benson testified of the Book of Mormon when he said, "There is a power in the book of which will begin to flow into our lives the moment you begin a serious study of the book. You will find greater power to resist temptation. You will find the power to avoid deception. You will find the power to stay on the straight and narrow path."