

## January Bulletin Insert 2021

### Having a Peaceful and Hope Filled Heart



*John 14:27 Peace I leave with you, my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

As we head into a New Year, we hope for better days but the scriptures warn us that the days in which we live will continue to be stressful. Indeed, we are living out prophecy concerning the last days right now. **Consider:** *For a desolating scourge shall go forth among the inhabitants of the earth (D&C 5:3g). And In that generation shall the times of the Gentiles be fulfilled; 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 come over the land (D&C 45:4d).* Is this not what we are living through even at this time? The times of the Gentiles were fulfilled in 1948 when Israel became a nation. I was 4 years old, and I have not passed away, but have lived to see this overflowing scourge, just as the prophecy declares.

**Also consider:** *Wherefore I the Lord, knowing the calamity which should come upon the inhabitants of the earth (D&C 1:4a). The Lord warned us and told us that we lived in the last days, even a time of calamity. So how can we find peace in such a time?*

### The Lord left us many good instructions on how to do this.

Two such instructions are to be found in: Psalms 46: 1-11 and in a corresponding scripture in the Doctrine & Covenants which is Sec. 98: 4-5. Both of these scriptures tell us of calamities coming in the last days and then instruct us to **"Be Still and Know that I am God"**. It is through knowing God that we can have all the resources that we need to be calm, peaceful and hopeful even in the midst of chaos.



The angels knew that Christ was the answer to anxiety and fear, that is why they announced to the shepherds, on the night Jesus was born, **"Peace on Earth Good Will to Men"**. That message of peace still reverberates today. We find our peace in times of chaos by knowing God and keeping a personal relationship with Him. There is a great difference in knowing about God and knowing God and having a vibrant, loving relationship with Him. **These two Scriptures with instructions for our day call us to come and know God, not just know about Him.**

### Digging Deeper

*Psalms 1:1-3 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by*

*the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.*

Apostle Clifford Cole in his book, “Revelations in Christ,” says: “Fear comes not so much by the problems which life sets before us, but by our felt inability to cope with them. Let us imagine, for instance, that palm trees had minds and the ability of speech like humans. If this were true and a row of palm situated upon a tropical island heard the news of an approaching hurricane, these trees might cry out to each other in fear because of the terror of the storm which they anticipated. If, however we could stop to analyze the cause of the fear, **would we conclude it to be the storm that caused the fear or rather the fact that their roots were too shallow? If their roots were deep and their trunks strong, they would not fear.** So, it is with life around us.

Jesus never promised that our difficulties would be removed. Life has a measure of troubles for every person...**Christ reveals to us not an escape from problems but a rock upon which our lives may be founded which gives us courage and strength to meet the demands of life unafraid.** Life has its problems for every man. The selfish, cringing man faces his problems alone, or looks for his strength in other men. **The disciple of Christ faces life with God, unafraid, being assured of strength for every obstacle.”**

### Instructions and Helps for Finding Peace in Chaos

To understand what it means to be *Still* and *Know* God let us look at the Hebrew.

#### Still - Hebrew Root Word:

1. Leave = leave worldly activities
2. Draw towards God = Prayer, study etc.
3. Thoroughly made whole, Physician to mend or repair, God has cured = Find Healing in God, Be Invigorated = Be Renewed by God
4. Temple or House of God = receive the Holy Spirit
5. Names for God = reveal to us God’s Attributes and Our Faith grows

#### Know - Hebrew Root Word:

1. Be aware and Consider = God
2. Discern and Discover = God
3. Friend of = God
4. Take Knowledge of = God
5. Respect and Regard and Be Diligent to = God
6. To lie with man, but also means to be Spiritually One with God = Whole Heart is Given to God = As Lover and Dearest Friend
7. Name’s for God = Reveal to us God’s Attributes = Our Faith Grows

#### A quick interpretation of the above words study in Hebrew:

1. Both Still and Know, tell us to draw apart from the world and discover God through study and prayer.
2. We are to take knowledge of Him, in other words come to know Him as our best friend, even more than that, He is to be the main focus in our lives as a lover would be. We are to give Him our whole heart and become one with Him, as in the marriage covenant, where husband and wife become as one.
3. If we do this then the Holy Spirit will come and dwell within us. We will be a temple for the Holy Spirit and God’s Spirit will refresh us, renew us, invigorate us, and heal our wounded spirits.

4. Both of these words take us to the “Names of God”. Studying the many different names of God will help us to know His attributes, to know Him better and our faith will grow thus causing our roots to grow down deep into the ground, giving us that sure foundation we need to withstand the storms of life.

In both scriptures, Psalms 46 and Doctrine & Covenants 98, it speaks of Zion. *Therefore, let your hearts be comforted concerning Zion, for all flesh is in mine hands: be still, and know that I am God (D&C 98:4f).* It is important, in this time of coming chaos that we seek God and build up his Kingdom. This task of building Zion should be foremost in our hearts and minds. The Prophet

**Fredrick M. Smith wrote these words of council concerning this time of chaos:**

**1920 Fred M. in Saints Herald: I wish I could tell you some of the things I feel and know. The great concern that has stirred me at times is, “When that time of chaos comes will this people be prepared to furnish the place of safety God has intended that we should? If we are going to prepare this place, we must be up and doing. The time may be nearer than you think. Whether it be five years or fifty, it makes no difference to us in regard to our determination to do everything in our power to establish the things God has told us we should accomplish... Let us get together and build Zion; let us start now; let us do something every day that will make us feel we are working toward the establishment of Zion. We need not only implore God every night as we go to our secret closets for prayer, but we need to rise from our knees and say that the morning light shall come...and find us active in carrying out the thing that shall contribute to the bringing about of Zion.”**

## Action Section

Let us start the New Year by redeeming our time. If we are going to put God first in our life as lover, best friend and covenant

husband then we need to change our thinking and our habits. Our goals and habits are really statements about what we believe God wants us to do or to be. Challenge yourself by asking yourself this question: “If I knew Christ was coming sometime this year, what changes would I make in my life?”

**Change your thinking = *Romans 12:2 “Be ye transformed by the renewing of your mind.”***



## In the Coming Month

1. Renew your mind = Shift from making excuses to = Making a Plan
2. Get a support group = Encourage each other by text, phone, e-mail, zoom a meeting, etc.
3. Set Goals = Set Long Term goals to achieve Eternal Life but remember you get there by having Short Term Goals. Small changes over time can make a big difference.
4. Prioritize = Make plans & schedules = put time with God first = Give God your First Fruits and Be Creative = pray as you exercise, listen to scripture tapes in the car etc. Put the plan into practice & start living out your goals = don't wait, start now!
5. Give yourself Spiritual Checkups = Evaluate yourself, balance your life. If things aren't right do something about it.
6. Write down your progress = Keep a spiritual journal and don't just write down the good things.
7. Be Determined and Don't give up = Keep working the plan = change it around if it's not working for you. Continue to ask God for help and remember Satan's best tool is discouragement. Don't give up!! Zion Awaits!
8. Continue to renew yourself = Keep in close contact with God = keep walking with Him. Spend time with God on a daily basis through = Prayer, fasting, and study = stay focused on your Eternal Goals! Continue to grow spiritually! Keep your covenant with Him!

Now is the time to forge ahead and develop a closer relationship with God, to deepen your faith and grow those deep roots, to get oil in your lamps, to build Zion so that we can be a light to the world. Are you ready? Are you committed to the cause? When the storm hits it will be too late to prepare. Let's make this a year when we set our minds to building Zion!

