

Shirley used the hymn: “Turn Your eyes upon Jesus, look full in his wonderful face, and the things of earth will grow strangely dim, in the light of his glory and grace.”

Shirley then asked us to discover and seek out the example set by Christ: Rejoice in the ways that Jesus Christ is your example. Record them as a blessed reminder. Choose favorite scriptures to express his goodness—that we may become like him.

Action #4 = Shirley encouraged us to take a stand: Let us commit ourselves and embark on this journey to surrender all to Christ.

Shirley quoted the Hymn: I Surrender All, All to Jesus I surrender, humbly at his feet I bow, wordly pleasures all forsaken...I surrender all.

Shirley gave us this challenge: Examine the steps you have taken thus far and make that ultimate response to continue daily in the depths of humility to Surrender All.

Write out your commitment in your own words - from your heart!



**What does it mean to be
Meek and Lowly of Heart?**

June-July Bulletin Insert - 2020
*A Meek and Lowly Heart
Is a Heart that is Prepared to be Changed*



When I looked for information concerning a Meek and Lowly Heart, I was drawn to the writings of our dear sister Shirley Heater. Before she passed on, she had written devotionals for the women concerning “The Patriarch’s Pamphlet = Am I willing to enter into the depths of humility?”

She also was prepared to teach on humility at the women’s retreat but was taken ill and passed on before she could do that. One of her last requests was for me to share her work on humility with her sisters in the faith. I continue to seek to do this by sharing some of her thoughts in this insert.

Shirley from March Week #1 Devotional: “So let’s begin by first asking ourselves, am I truly willing (which actually means unhesitating and eager) to enter into the depths of humility with full purpose of heart? It is in humility we recognize and acknowledge how much God loves us and what he has done for us: he has created us, has given us the breath

of life and is preserving us from day to day. (Mosiah 1:53) Through his sacrifice is provision to bring us into His presence. As we bow down before him, we are actually exalting him (not just literally as in kneeling, but also spiritually). We are giving him honor as our Creator and Lord and Savior. And this act of humility is the key that unlocks the door to a transforming experience of his great spiritual blessings.”

Shirley from March Week #3 Devotional: “A core ingredient in our journey into the depths of humility is that Jesus Christ is our EXAMPLE. And in our preparation for his coming, We know that when he shall appear we shall be like him...that we may be purified even as he is pure (1 John 3:2; Moroni 7:53). We are the ‘children of Christ’ through our covenant with him which brings us to the position of sitting (humbling ourselves) at his feet to learn of him and from him---to be like him. **Being humble means we are teachable** and what better place of learning is there than at the feet of Jesus!”



Alma 3: 11 Behold, he changed their hearts; yea, he awaked them out of a deep sleep, and they awoke unto God.

afflictions and weakness, and then respond to them in humility. Expect great joy as you embark on this transforming journey!

Shirley challenged us to: Respond as the Nephites did: *Helaman 2:30-31 Now this was a great evil, which did cause the more humble part of the people to suffer great persecutions, and to wade through much affliction; Nevertheless, they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of yielding their hearts unto God.*

Action #3 = Shirley challenged us to become Christ-like in all we do: Christ humbled himself and he is our example in all that he did. As children of Christ, here are a few choice references that specifically deal with humility.

The Children of Christ:

- *Mosiah 1:39 Hearken to the words of Christ.*
- *Mosiah 1:120 Yield to the enticing of the Holy Spirit and puts off the natural man and humble themselves, and are submissive and meek, becoming as little children.*
- *Mosiah 2:21 Humble themselves, even to the depths of humility.*
- *Mosiah 2:19 Have exceeding great joy.*
- *Mosiah 2:2 and Mosiah 1:61 View their carnal state as even less than the dust of the earth.*
- *Mosiah 2:32 Recognize that you are all beggars before God.*
- *Mosiah 2:28-29 The children of Christ: give of their substance to those in need.*

There are many more such attributes of the children of Christ---a search of your scriptures will reward you with even greater understanding than just these few listed above—and they will enrich our journey of preparation for the coming of the bridegroom.

♡ Action Section ♡



Actions taken from Shirley Heaters Devotionals - March 2015

Action #1 = Shirley encouraged us to study about humility in the scriptures: A good way to study humility is to study all the verses with any form of the word, as well as synonyms. This week as you read the scriptures, let the words regarding humility “work in you”. Pray for better understanding of what “depths of humility” truly is as we humble ourselves before God and exalt him with praises!

Shirley suggested taking this action also: So, rejoice in God’s many blessings, and ask him to reveal to you specific ways to humble yourself. Write them down and do them! The word of God is significant in relationship to our humility. Immersing yourself in his Word is essential to understanding that relationship we have with him, and he with us = his lowly creation.

Action #2 = Shirley asked us to consider these questions and then make a list: Do we know where we lack humility? Do we recognize our afflictions and weaknesses as a means to bring us to a state of humility? We must identify the lack of humility in our lives, as well as afflictions and weaknesses. List these areas of lack of humility, as well as

Digging Deeper

Considering Shirley’s statement, that the act of humility is the key that unlocks the door to a transforming experience, let us consider: *Mosiah 2:21-22 And humble yourselves even in the depths of humility, calling on the name of the Lord daily, and standing steadfastly in the faith of that which is to come, which was spoken by the mouth of the angel; And behold, I say unto you, that if ye do this, ye shall always rejoice, and be filled with the love of God, and always retain a remission of your sins. After teaching many words to the people about humility and love, King Benjamin reminded them of their position before God, as one of being beggars before God. Then he says: *Mosiah 2:32-35 And behold are we not all beggars? Do we not all depend upon the same God, for all our substance which we have... And behold, even at this time, ye have been calling on his name, and begging for a remission of your sins. And has he suffered that ye have begged in vain? Nay; he has poured out his Spirit upon you, and has caused that your hearts should be filled with joy.* Then King Benjamin reminds them to extend loving care to the poor and needy: *Mosiah 2:43 I would that ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, visiting the sick, and administering to their relief, both spiritually and temporally, according to their wants.* While in this state of humility there was a great change wrought upon their hearts. Humility was a key to their transformation: *Mosiah 3:3 And also, we know of their surety and truth, because of the Spirit of the Lord Omnipotent, which has wrought a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually.**

So, we see that a transformation of the heart must start with humility and our ability to acknowledge God’s proper place in our hearts. So it is, the June and July themes flow together. To be transformed by the power of God’s Holy Spirit we must be humble, meek, and lowly of

heart. See the June and July pages in your calendar and read those scriptures for a deeper understanding.

**Instruction to Assist Us in Developing a Humble Heart
A Heart Ready to Be Transformed = Full of the Love of God
For our Instruction**

I have chosen a prophetic message given by Brother Elbert A. Smith in 1917. It can be found in Church History Vol. 6, page 646. This message was given 6 months after the U.S.A. entered the 1st World War. I believe it is timeless instruction and actually fits our day and time, maybe more so than in 1917. We see today, the forces of hate now enveloping our world and even our own nation. May we heed this instruction about humility and the condition of our hearts.

Given by Elbert A Smith: “The feeling that is with me today is one of humility. As I reach forth to take the emblems, I said to myself, ‘I am not worthy to partake of this sacrament.’ I wonder who is worthy to eat with God. For this ordinance is not only to remind us of the sacrifice of Christ, it is also a prophecy that we shall presently eat with him in his kingdom.

Yet God does give us the privilege to partake under certain conditions. And this is one of the most sacred and important of the sacraments. One that we do well to observe at this time.

The Spirit has opened to my vision to an extent and indicates to me that two forces are at work in the world. The one is the spirit of hate. That is the spirit which entered into Cain when he slew his brother. And many men today desire to slay their fellow men.

This spirit of hate increases as it is gratified. The more it is glutted with vengeance the greater its inordinate desires for vengeance.

The other force is the spirit of love. It too increases as it is gratified and becomes bigger and better upon the deeds of kindness and mercy.

The apostle John most fully entered into this spirit. And standing in the midst of the people he uttered these words: ‘See to it, little children, that ye love one another.’

The Spirit of God, which bridges time, and to whom yesterday is as today, brings that junction to us also, and it is laid upon this people. ‘Yea,’ saith the Lord, ‘I desire many evangelists of love to preach the gospel of love, not only in word but also in deed. If there is any man here who has not been baptized with the spirit of love, he has not been baptized of me, saith the Lord.’

Again, at this time you are admonished that you be not unduly concerned because we are few in number as compared with the world. That is not your concern **but be concerned only that your righteousness shall be very great. For a few righteous men can accomplish very much, and a little leaven leaveneth a great lump.**

I have many forces at work in the world, saith the Lord. I have many spiritual forces at work that you know not of. You see but the smaller part of my work, and the world perceives it not at all.

Therefore, be not concerned because you are few in number, but let each one look to himself, and to the condition of his own heart and life. Be humble and righteous and full of love, casting out the spirit of hatred, that you may stand in holy places and receive the blessings of the Lord.”

