

worship table. I used this picture as part of the arrangement. As the service was nearing an end, we had experienced such a beautiful Spirit and I felt a renewed desire in myself to live a mountaintop life.

As I was sitting in the service, my eyes were upon the picture. The Lord took me away in a vision, and showed me the other side of that door. He showed me the inside of my heart. The back side of the door was before me, and it was lined with dozens of locks. Locks of every description. Chains, slide locks, deadbolts. And most of these locks had been opened. As I stood looking at the door, a great excitement filled my soul. I knew I was the one responsible for unlocking the door and I only had a few left, standing in the way between my Savior entering in and me. **I was unlocking the multitude of locks as I repented of sins and cast out bitterness I had carried around for years.**

Just like the people of Judah and Jehoshaphat, you will receive that which you so **diligently** seek.

May we diligently seek a Mountaintop Life with our Lord and Savior, Jesus Christ. May we cast out those sins that harden our hearts, and take a journey to stablish our hearts with those issues that He desires us to have.

**Behold, the Savior at your door.
Your kindest, truest friend.
Is seeking entrance to your heart,
Your life with His to blend.
The Savior's knocking at your door,
and asking entrance in.
He's knocking, asking o'er and o'er.
O, Open Unto Him.**



May Bulletin Insert – 2020

By Julie Anderson

A Journey of the Heart

When asked to teach a class for the women's retreat in March, I hesitated. Even though I am a teacher by profession, teaching spiritual topics to adults was intimidating. I took my concerns to the Lord and was impressed to teach the class on Doctrine and Covenants 4.



Now, behold, a marvelous work is about to come forth among the children of men, therefore, O ye that embark in the service of God, see that ye serve him with all your heart, might, mind, and strength, that ye may stand blameless before God at the last day; therefore, if ye have desires to serve God, ye are called to the work, for, behold, the field is white already to harvest, and lo, he that thrusteth in his sickle with his might, the same layeth up in store that he perish not, but bringeth salvation to his soul; and faith, hope, charity, and love, with an eye single to the glory of God, qualifies him for the work. Remember, faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, diligence. Ask and ye shall receive, knock and it shall be opened unto you. Amen

I was drawn to the end of the section, where the list starts with “Remember, faith.” The Lord showed me that there are many issues that cause a hardened heart, and we must remove those, so we have room for

His best attributes to reside. As I continued to pray about this list, He impressed on me once again that He has purpose in the exact wording, order, and placement of each scripture. And so began what I believe the Lord wanted me to learn, The Journey of Our Hearts.

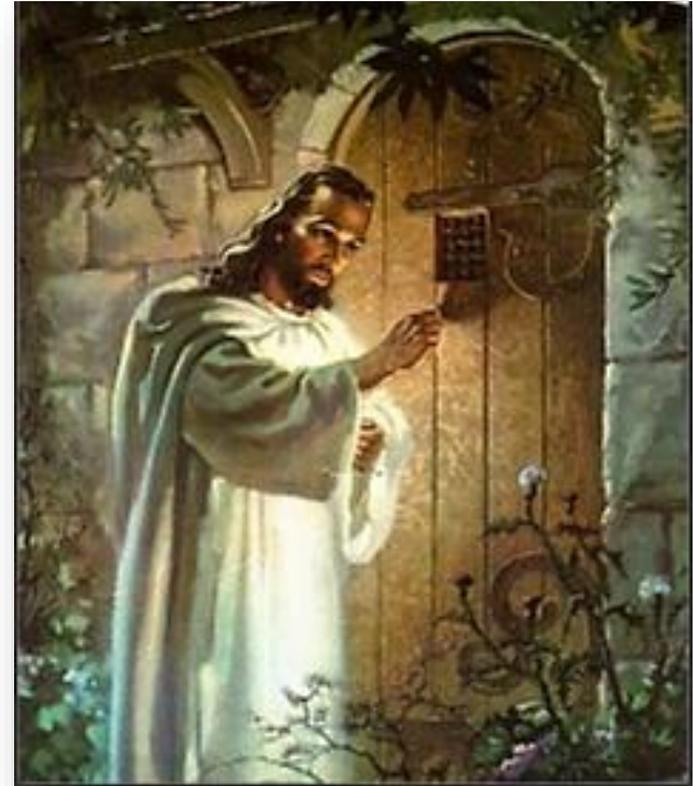
As a child, I was told a specific testimony of my Granny, who was a woman of great faith and was given a mighty blessing and answer to her heart's desire because of her faith. She passed down this gift to my father, and through their witness passed it down to me. Growing up, I never saw my Granny or Dad ever waiver in their faith. However, I suffer from laziness. The Lord showed me in my preparation for this class how praying intentionally and purposefully for the armor of God on a daily basis was critical.

One afternoon I was hit by a trial that came out of nowhere. I tried to handle the problem using a Biblical principle, but the problem worsened. I took the problem to an elder, who tried to handle it. Unfortunately for both of us, the trial intensified again. After a few days of struggling, praying, and being frustrated, I awoke with a question for God. Why? The Lord answered through my morning devotional, the armor of God (Ephesians 6).

I realized I had not intentionally prayed for the shield of faith. As I went to school that morning, an Elder in law enforcement was our chapel guest speaker. He had brought in some of his equipment, including what I called a "SWAT shield." He talked about the importance of the shield being held on the left side, guarding his heart. He shared how even his police badge is worn over the heart for added protection. However, what stood out the most to me was his comment that he must practice with the shield because of its heavy weight, so that in time of trial, he would have the strength to hold the shield up in long periods of battle.

I knew the reason I continued to battle my own trial was because I had not specifically prayed daily for the shield of faith to protect me from the fiery darts of the adversary, nor did I have the strength to carry my shield in times of battle.

Ask and ye shall receive, knock and it shall be opened unto you.



This picture is Sallman's painting called "**Christ at Heart's Door.**" It is my favorite picture of my favorite artist. This picture hung in my father's home growing up, and when I gathered to Independence, my dad and stepmother gave it to me. Kevin and I always took it first into any home we moved into, as a symbol that we wanted Him first in our home and our hearts.

Years ago, Kevin and I were a part of a small group of saints. We had spent months in preparation for a special service, many weeks studying, fasting, praying. We each looked deep within our hearts to try to cast out any sin or transgression that kept us from a closer relationship with our Lord. As we prepared for this service, it was my turn to set up the

Simon Peter, a servant and an apostle of Jesus Christ, to them that have obtained like precious faith with us through the righteousness of God and our Saviour Jesus Christ; Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord. According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue;

Whereby are given unto us exceeding great and precious promises; that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And besides this, giving all diligence, add to your faith, virtue; and to virtue, knowledge; And to knowledge, temperance; and to temperance, patience; and to patience, godliness; And to godliness, brotherly kindness; and to brotherly kindness, charity.

For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins. Wherefore the rather, brethren, give diligence to make your calling and election sure; for if ye do these things, ye shall never fall; For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ (II Peter 1:1-11).

In order to strengthen our faith, we must first understand and establish our faith. In Hebrews 11:1, we are given the definition of faith: *Now faith is the assurance of things hoped for, the evidence of things not seen.*

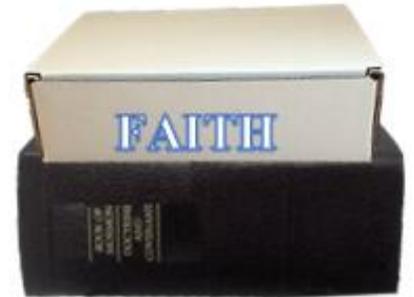
I have a question for you....Have you ever tried to bounce a football?



As you may have seen this past year, when a football is dropped, it bounces in every direction. As players scramble around the field to try to get their hands on it and control it, it becomes elusive and unpredictable. So, it is with our feelings. They are unpredictable and hard to control. And yet, as believers, we try to rest our faith on our feelings instead of the Word of God. We are

afraid to offend others, afraid someone won't like us, afraid we may suffer if we follow the scriptural guidelines. And yet, resting on the absolute rock-solid foundation of the Word of God is the ONLY way to "stablish" our faith. (James 5:8)

As a child, I was taught that when your faith becomes so strong, it transforms to knowledge. One definition of knowledge is "Knowing something with familiarity gained by experience."



Last fall my father was in KU. After a long day in the ER (emotionally draining as this was the first time I had returned to KU after Kevin's death), we finally had Dad in a room and resting. Leaving the hospital at midnight to take my stepmother home, I needed to use GPS to get to Lee's Summit. Unfortunately, GPS took me into a very dark, uncomfortable neighborhood. I was insecure, not wanting to turn down darkened streets, so I didn't listen and kept going the wrong way. GPS had to recalculate. After several failed turns and decisions, GPS said "turn at the second left on SW Turfway." Finally, I was in familiar territory. I believed there was no SW Turfway, but I KNEW I was

getting to SW Trafficway and could find my way home from there. By the second announcement to turn left on “SW Turfway” I was able to laugh at GPS with comfort and humor.

As we practice (or perform) any tasks, it becomes easier. And with becoming easier, it becomes a part of us, until such a time that we don't even consider *not* doing it. We are faced with dark streets that we are unfamiliar with, but if we are following the Lord's direction, He is going to get us to “SW Turfway” in our life and enable us to find our way HOME.

I had the KNOWLEDGE to find my way home. Isn't that where we all want to get to...HOME. Not our earthly home, but our eternal home with our Heavenly Father. Having faith based on the facts is so comforting to us. We have less “feeling” footballs bouncing all over our hearts and are more secure in the “Facts Knowledge Box” of our Heavenly Father.

Remember, facts from scriptures are safe and secure. Bouncing feelings will lead us astray. Knowing God's voice. Knowing God's will. Knowing God's plan. Knowing God's rules. We must then KNOW THE DIFFERENCE (2nd Peter 1:4)

You may have noticed, I skipped an issue of the heart from Doctrine and Covenants 4. I jumped from Faith to Knowledge, completely skipping over Virtue...or did I?

One definition of Virtue is “moral excellence.” In Vim Horn's sermon recently, we learned that the Hebrew translation of virtue is “strength, might, power.” In 2nd Peter, His Power gives us all we need that pertains to life. We know God is omniscient (all knowing), and omnipresent (everywhere), and omnipotent (all powerful). He knows all. He sees all. He can do all. We can rely all on His virtue. And by becoming more like Christ, we can also know all that we need for our lifetime. If we let down our shield of faith for even the smallest of reasons or let go of our moral excellence for even a split second, the adversary is ready! He is ready to hit us with thousands of fiery darts. We must commit ourselves to pursuing moral excellence in all areas of

As shown, **humility leads to charity, the pure love of Christ.** Understandably, we must continue in charity as we learn and grow in knowledge of our Savior on our mountain top. And we must do so with all **diligence.**

The definition of **diligence** is “**Steady, earnest, and energetic effort, painstaking attention and care.**” (Merriam-Webster's Collegiate Dictionary)

In 2 Chronicles 20, Jehoshaphat was afraid and turned his attention to seek the Lord, and with diligence proclaimed a fast throughout all Judah. Judah was surrounded by 3 marauding armies, threatening safety, terrorizing them.

When surrounded by storms around you (sword, judgment, pestilence),

Look upward! Turn your attention to the Lord. Be Not Afraid.

*And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the Lord unto you, Be not afraid nor dismayed by reason of this great multitude, for **the battle is not yours, but God's** (2 Chronicles 20:15).*

The enemies destroyed themselves and Judah was saved. Not only saved but won the spoils of war (gold and jewels).

Diligence is found in the Women's Department scripture for the year, **Keep thy heart with all diligence, for out of it are the issues of life** (Proverbs 4:23).

What are the issues of life?

faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, diligence

appendage at a ball and send it rolling across to their stranger playmate. Often they would fall over in their exuberance to get to a toy. I would watch as they found such joy in the smallest accomplishment.

As an adult, I realized what the Lord was teaching me. It was not by any sin or any mistake that as children we found ourselves at Carrie Tingley. **The Lord had created each of us in His image, and blessed us with our individual challenges to use us to His glory.**

It was by no accomplishment on my part that I had been blessed with two arms, two legs, ten fingers and ten toes. It was by no act on my part that I have been blessed with the gift of seeing, hearing or speaking. It was by His work and His design that I have survived past the doctors' predictions that I would be wheelchair bound by 25 and dead by age 40 (I'm 54 and still on my feet)!

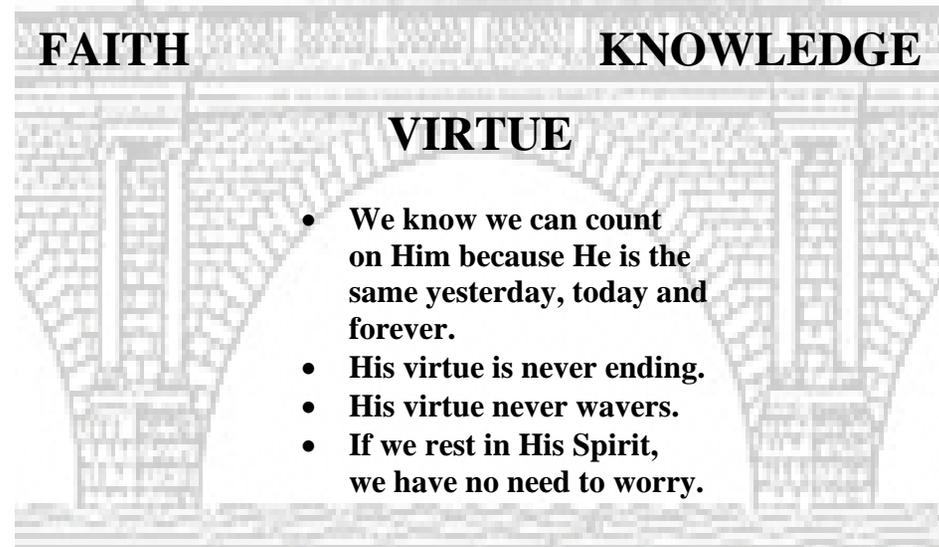
It was only by the grace of God that I am blessed beyond measure. And it is only as we recognize our blessings are from the Lord and not our own intelligence and work that we can experience true humility and in turn experience charity towards others.

And Jesus called a little child unto him, and set him in the midst of them, and said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. Whosoever therefore, shall humble himself as this little child, the same is greatest in the kingdom of heaven. And whosoever shall receive one such little child in my name, receiveth me (Matthew 18:2-4).



our lives. And if we pursue Christ's excellence in our lives, we become more like Christ.

So on our Journey of the Heart, we see that Christ's Virtue is the bridge that carries our Faith into Knowledge.



- **We know we can count on Him because He is the same yesterday, today and forever.**
- **His virtue is never ending.**
- **His virtue never wavers.**
- **If we rest in His Spirit, we have no need to worry.**

As we continue on our journey, don't stop at the end of the bridge. Keep going! There are challenges ahead but the view at the end will be worth it.

The next two issues are Temperance and Patience. I view these as the acts of hiking up a mountain. Climbing a mountain is hard work (especially if you have bad knees!). And yet, it is so worth it. The definition of Temperance is "habitual restraint". Our actions of restraint become habits of restraint.

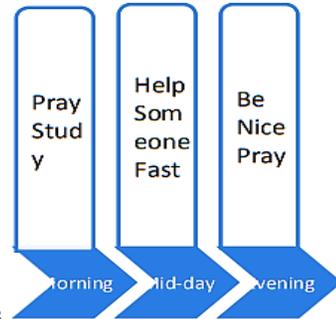
- Temperance is moderation in the things that are good and total abstinence from the things that are foul. (Frances E Willard)
- 1st time temperance is mentioned in scripture is in Proverbs 31 (qualities of a good wife)
- Paul uses it when talking to Felix in *Acts 24:25*: "*righteousness, temperance and judgment to come*"
- Paul refers to it in Gal 5:23, best referred to as "Law vs Spirit"

Your Journey is Waiting

(Read Galatians 5)

- If you live in the flesh, you are guilty of the law.
- However, if you live in the Spirit, you are not under the law.
- Look from a spiritual view rather than the earthly view.

Are we living by a checklist mentality? Are we consumed with our earthly cares, so much that we are not listening for the Voice of our Master? Or are we living each day basking in the Holy Spirit, being led and fed by our relationship with our Savior? Are we spending our days checking off the rules, making sure we have



done every task? Are we consumed with our earthly cares, so much that we are not listening for the Voice of our Master? Are we communing with Him daily? Are we purging those influences in our lives that keep us tied to earthly cares?

We then must have *habitual earthly restraint* in our own lives; in our dealings with other people; in our judgment of others' sins; and in our frustrations with both ourselves and others. And this in turn leads to...

PATIENCE:

- Bearing pains or trials calmly or **without complaint**
James 5:8 Be ye also patient; stablish your hearts; for the coming of the Lord draweth nigh.
- Not acting rashly (temperance)
- Having patience with things
- Having patience with others
- Having patience with ourselves
- Having patience with God
- Stablish your hearts (make firm)

since been renamed). The first visit was as an outpatient for a week, where I underwent many tests and was fitted with a back brace made of steel. For the next eight years, this brace was a Beast in my life. For six years, I wore it 24/7. Finally, I was able to take it off during the day and only wear it at night for those last two years.



Every three months, we had to return to Carrie Tingley for “Clinic” days. We would arrive early in the morning, and spend the whole day in the giant lobby with a hundred other children. I would be called to the nurse’s office, x-rays, doctor’s office, and brace shop. But mostly, I spent hours in the lobby. My favorite place to hang out was in the brace shop. There were four men who worked in the brace shop, three artists and a biker/welder. Their job was to take each child’s needs and make a prosthetic to help the child’s mobility. They had to start from scratch with each one because we all had different needs.

In my daily life, the Beast affected everything I did and how others treated me. It was easy to be bitter or complain because no one else had to wear the Beast. The Lord used Clinic Day to teach me humility. For you see, in New Mexico, fetal alcohol syndrome is prolific. Hundreds of children are born with excruciating birth defects, scoliosis being the least of their problems. Most of the children did not survive to age 12, so I was also one of the oldest children at the hospital. As I would sit in the lobby hour after hour, I would watch these children. Most would be propped up on the floor while their parents sat in the chairs. There were a few toys scattered around the lobby, and one would swing an

Last summer I took a trip with Susan Freeze out west. While she worked at a conference, I took a bus tour by myself to the Grand Canyon. As I stood before a short stone ledge (about 2' tall), I took a selfie of the canyon behind me and sent the picture to family. My brother immediately texted back, "Get away from the edge. You're about to fall!" He couldn't see the short ledge in the picture.

I picture Humility as a short ledge around our mountain top. It's a reminder to stay back and be careful. As Craig Hill shared in a sermon recently, **Humility means "absence of pride and arrogance."** I prayed for months about how to teach humility in this class because the subject is hard for me to wrap my brain around. To claim humility defeats humility.



And that is when the Lord inspired my mind with a testimony of my youth. He also showed how **humility leads to charity**, the next trait listed.

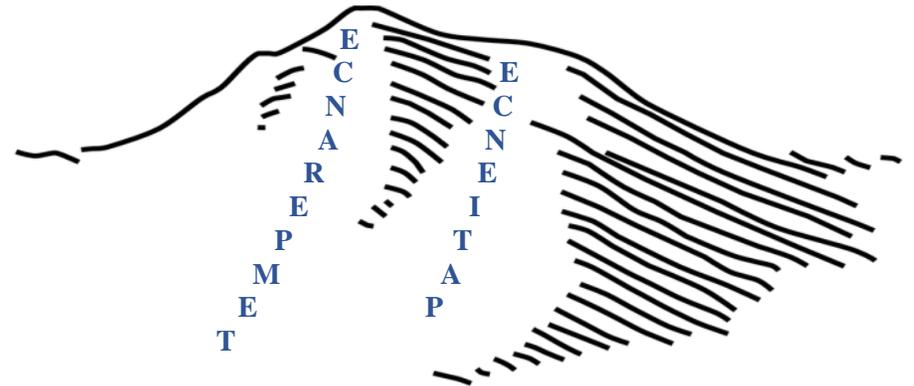
As a child, I was diagnosed with scoliosis, which is curvature of the spine. Many people have scoliosis, but at age 12, mine had become crippling. My doctor recommended my father take me to a specialist. We lived in southeastern New Mexico, next to the Texas border. The best treatment was 7 hours away in the northwestern part of the state at a hospital called Carrie Tingley Crippled Children's Hospital (it has

After crossing the Red Sea, the children of Israel were stopped to rest in Elim, facing a large desolate desert before getting to Mt. Sinai. It was the "In-Between" where they could rest and rejuvenate before crossing the desert. However, they set their armor down and didn't pick it back up promptly. At 2 ½ months, the scripture says they were murmuring again against the Lord. Only 2 ½ months after experiencing one of the greatest stories in the history of the world (parting of the Red Sea), they were already murmuring.

Are we murmuring?
 Are we looking at the glass half empty or half full?
 Can we find the joy and blessing in the darkest of situations?
 Are we praising God in the trial?

Temperance and patience are hard!

It is time for God's people to stop with our excuses: "I'm not a hiker, or a climber. My knees hurt, I'm out of shape."



The climb is worth it when you reach the top.

(Hint: If you exercise a habit (or spiritual attribute) for 20 days without complaint, it becomes a positive issue in your heart.)

The Mountaintop Life



Your Mountain is Waiting...

The next traits mentioned in D&C 4 are part of the mountaintop experience. Brotherly Kindness is defined as “Affectionate; affection” or “Loving; tender attachment.” Do you ever say to your kids, “How many times do I have to tell you?” Yet, God has to say it to us. He has to repeat himself time and again for us to remember, learn, and understand His plan. Over the past several months, several of these topics have been repeated by the priesthood in sermons.

The definition of Godliness is “divine, devout”. Godliness and Brotherly Kindness are listed together many times in scripture. First one, then the other. They are like a wedding ring...godliness leads to brotherly kindness, which leads to godliness, which leads to brotherly kindness. They work hand in hand together. It is beautiful how the Lord reminds us to have divine affectionate affection one for another, and how important attachment is to both traits.

In December at our communion service, Mark Nunn asked us why we had come that day. I immediately thought “to be uplifted.” Mark then asked, “Did you say to be uplifted?” It took me off guard a second, wondering if I had answered out loud. He challenged us that we should be uplifted throughout the week and come to the Sunday service to experience the mountain top. Our speaker for the service was Hal Chadwick, and he shared that it takes two things to reach the mountain-top. 1) Prayer, and 2) Portage. He explained that portage is a boating term, which means “doing my fair share of the work.”

So often we save our mountaintop experiences for special occasions: retreats, reunions, baptisms, ordinations. **I believe the Lord wants us to LIVE a mountain top experience in our daily lives.** He wants us to reside on that mountaintop with Him. There is a popular saying that says, “**Pray as if it’s all up to God, work as if it’s all up to you.**”

Before we married, Kevin shared an experience he had in his youth. He was standing on a beautiful mountain top, staring off in the distance. He could see his loved ones afar off, and he was beckoning for us to come join him. The view was amazing, and the life was glorious. He shared that he felt the Lord gave him this experience to know that he would pass away before his closest loved ones. He wanted me to know of this experience before we married so I would be prepared. However, we neither one felt that the Lord was saying we had to die to this earth before we could experience the mountain top.

As we grow our hearts with godliness and brotherly kindness, we live the two greatest commandments. To love the Lord with all our hearts, and to love our neighbors as ourself. By living the godly life of brotherly kindness, we continue to grow spiritually and become more like Christ. **We grow our faith, through His virtue, which becomes knowledge in His ways. We climb the difficult mountains of temperance and patience, to reside on His Mountain with Him.**

As we experience this life, we must be cautioned to not become prideful. And the Lord gave us the next issue of the heart following godliness and brotherly kindness for a reason. **Humility.**