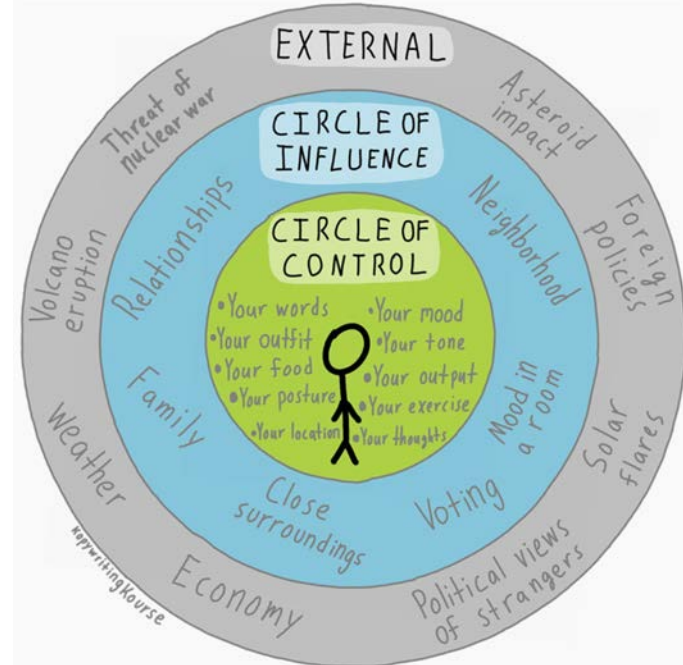
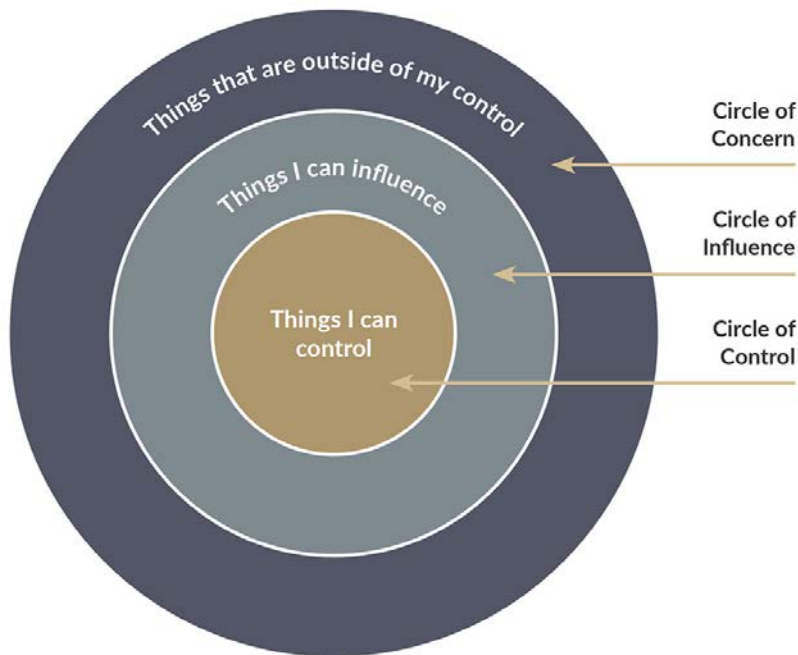


LESSON 11 OF 11

Will take time to ponder, record, and “treasure these things up in your hearts, and let the solemnities of eternity rest upon your minds” (D&C 43:34)?



There are things you can control. There are things you cannot control.



There is one thing you can control: YOU



Biofeedback is a process whereby electronic monitoring of a normally automatic bodily function is used to train someone to acquire voluntary control of that function.



Heart Rate (HR)

Tracks how fast your heart is beating, often used to monitor stress and relaxation responses.



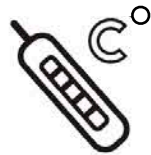
Heart Rate Variability (HRV)

Measures variations in the time between heartbeats, which is linked to emotional regulation.



Breathing Rate

Monitors how fast and deep you breathe, helping with relaxation training.



Skin Temperature

Measures blood flow changes to detect stress responses.



Electromyography (EMG)

Records muscle tension, useful for treating headaches, chronic pain, and stress-related conditions.



Galvanic Skin Response

Measures sweat gland activity, which is associated with stress.



Brain Activity (EEG)

Measures electrical activity in the brain.

Let's practice biofeedback



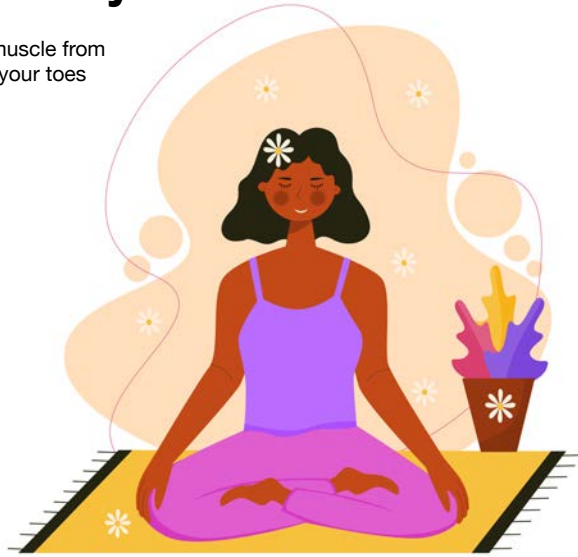
Get comfortable

But not so comfortable
you fall asleep



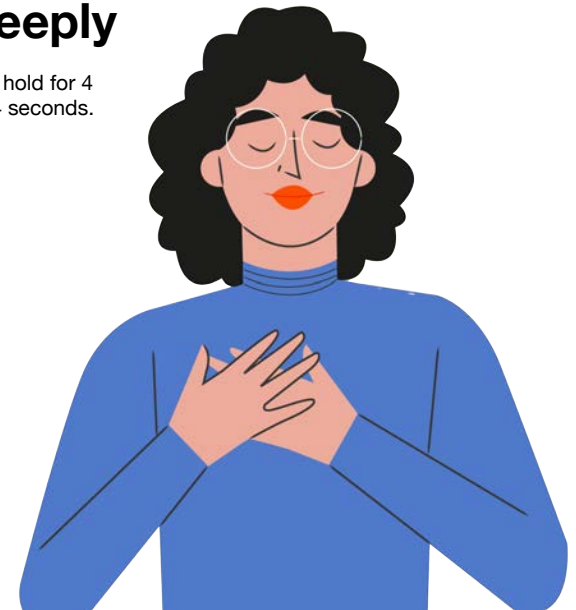
Relax your body

Relax every muscle from
your head to your toes



Breath deeply

Inhale for 4 seconds, hold for 4
seconds, exhale for 4 seconds.
Repeat a few times.



Close your eyes

Sit in silence. Say nothing.
Listen to the coach.



<https://www.youtube.com/watch?v=cX47UAy4rmc>

Similar to biofeedback,
let's practice
Theo-feedback



Theo = God



Theology: The study of
God and religious beliefs.



“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 101:16



But to hear the still voice of the Lord, he counseled, “you too must be still.” Being still, however, requires more than just making time for the Lord—it requires letting go of our doubtful and fearful thoughts and **focusing our hearts and minds on Him**. Elder David A. Bednar taught, “The Lord’s admonition to ‘be still’ entails much more than simply not talking or not moving.” To be still, he suggested, “may be a way of reminding us to **focus upon the Savior unfailingly**.” Being still is an act of faith and requires effort. (L. Todd Budge Oct. 2024)

Elder Todd Budge says we must **focus** “our hearts and minds on Him. Elder David A. Bednar says to “**focus** upon the Savior unfailingly.”

We focus when we ponder.



WE SHOULD think about, give thought to, consider, review, reflect on, mull over, contemplate, study, meditate on, muse on, dwell on the **Savior**.



What is pondering?

- Thinking about implications
- Evaluating meanings
- Weighing the message in the mind
- Appraising the value
- Considering deeply with a purpose
- Deliberating over the words
- Ruminating or thinking deeply
- Going over and over
- Reflecting on the sacred text
- Contemplating the inner meanings
- Engaging in studious thought
- Making continuous mental application

“Keys to Successful Scripture Study”
by George A. Horton, Jr., page 33



LET'S TALK ABOUT IT

How has pondering helped you receive revelation?



Scriptural
Results of
Pondering

“But Mary kept all these things, and **pondered** them in her heart” (Luke 2:19).



Nephi wanted to see Lehi's tree of life:
“...as I sat **pondering** in mine heart I was caught away in the Spirit of the Lord...” (1 Nephi 11:1)



Nephi said: “For my soul delighteth in the scriptures, and my heart **pondereth** them...” (1 Nephi 4:15)



“During this time of great excitement my mind was called up to serious **reflection**...”

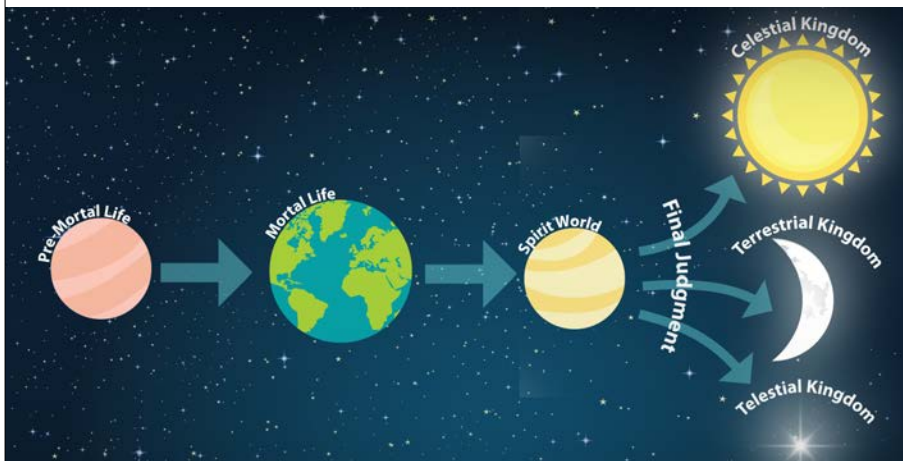
“Never did any passage of scripture come with more power... I **reflected** on it again and again...”

“It caused me serious **reflection**...”

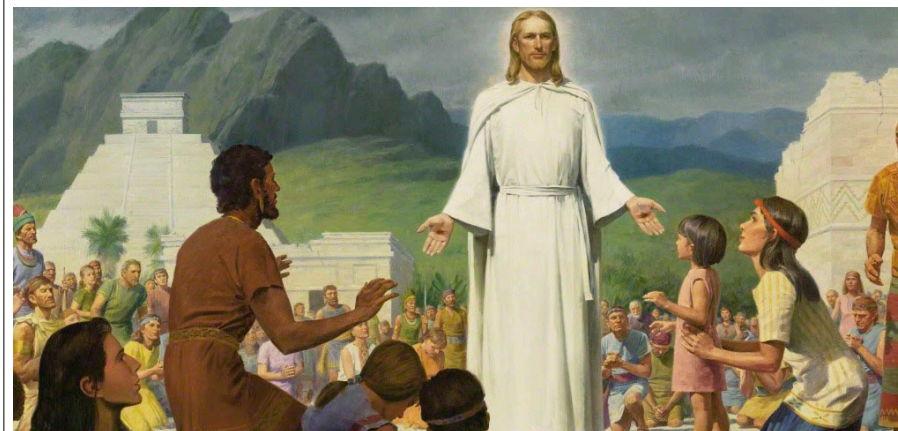
JS—History 1:8,12,23



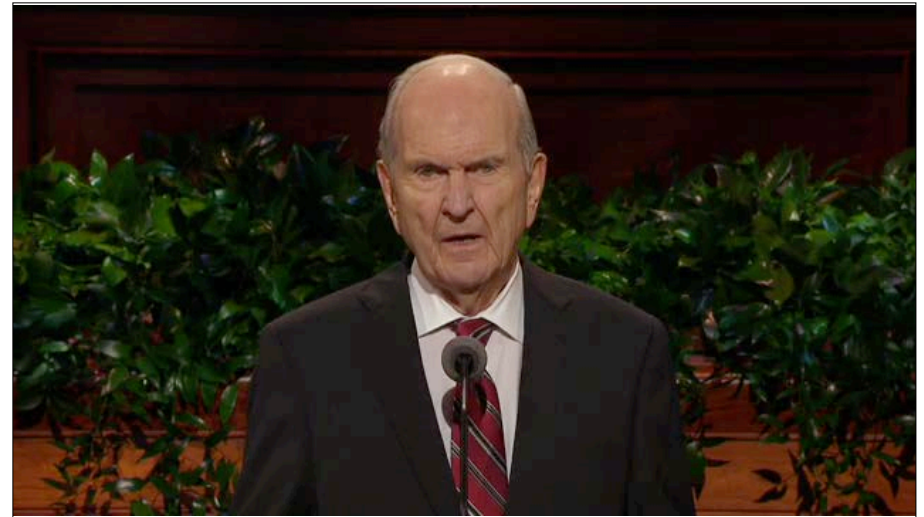
“And while we **meditated** upon these things, the Lord touched the eyes of our understandings and they were opened, and the glory of the Lord shone round about” (D&C 76:19).



“Therefore, go ye unto your homes, and **ponder** upon the things which I have said, and ask of the Father, in my name, that ye may understand, and prepare your minds for the morrow, and I come unto you again” (3 Nephi 17:2–3).



“Behold, I would exhort you that when ye shall read these things...that ye shall receive these things, and **ponder** it in your hearts” (Moroni 10:3–5).



“My dear brothers and sisters, I promise that as you prayerfully study the Book of Mormon *every day*, you will make better decisions—*every day*. I promise that as you **ponder** what you study, the windows of heaven will open, and you will **receive answers** to your own questions and direction for your own life” (Russell M. Nelson, October 2017).



Joseph Smith said:
“The things of God are of deep import; and time, and experience, and careful and **ponderous and solemn thoughts** can only find them out.”

“Teachings of the Presidents of the Church: Joseph Smith,” Chapter 22



LET'S TALK ABOUT IT

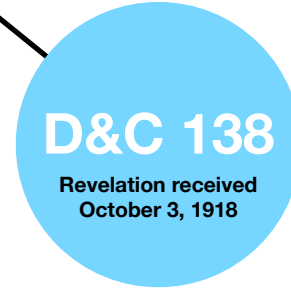
Has there been a time in your life that an answer came after only extensive pondering?

How was the vision in D&C 138 given to President Joseph F. Smith on October 3, 1918?



Joseph F. Smith
had been ill
since about May
Died: Nov. 19, 1918

**EVENTS PRIOR
TO RECEIVING
D&C 138**



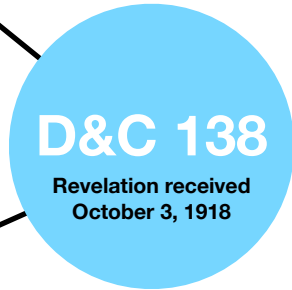
D&C 138

Revelation received
October 3, 1918



Joseph F. Smith
had been ill
since about May
Died: Nov. 19, 1918

**EVENTS PRIOR
TO RECEIVING
D&C 138**



D&C 138

Revelation received
October 3, 1918

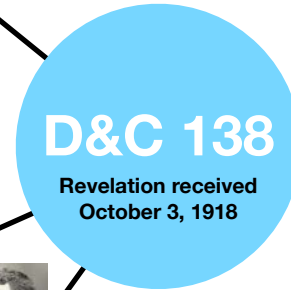


His son, Hyrum,
died in Jan. 1918



Joseph F. Smith
had been ill
since about May
Died: Nov. 19, 1918

**EVENTS PRIOR
TO RECEIVING
D&C 138**



D&C 138

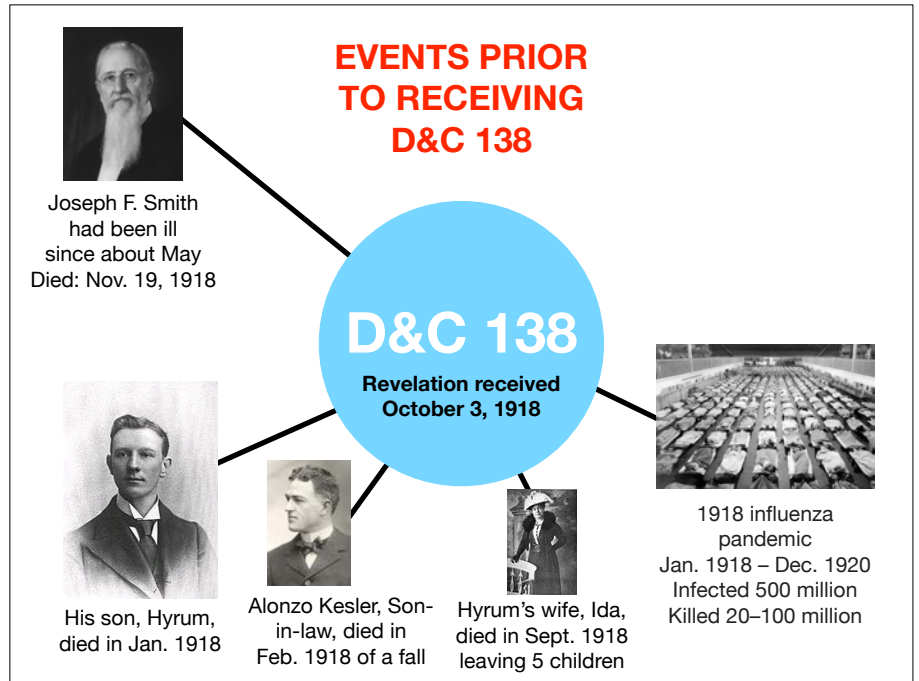
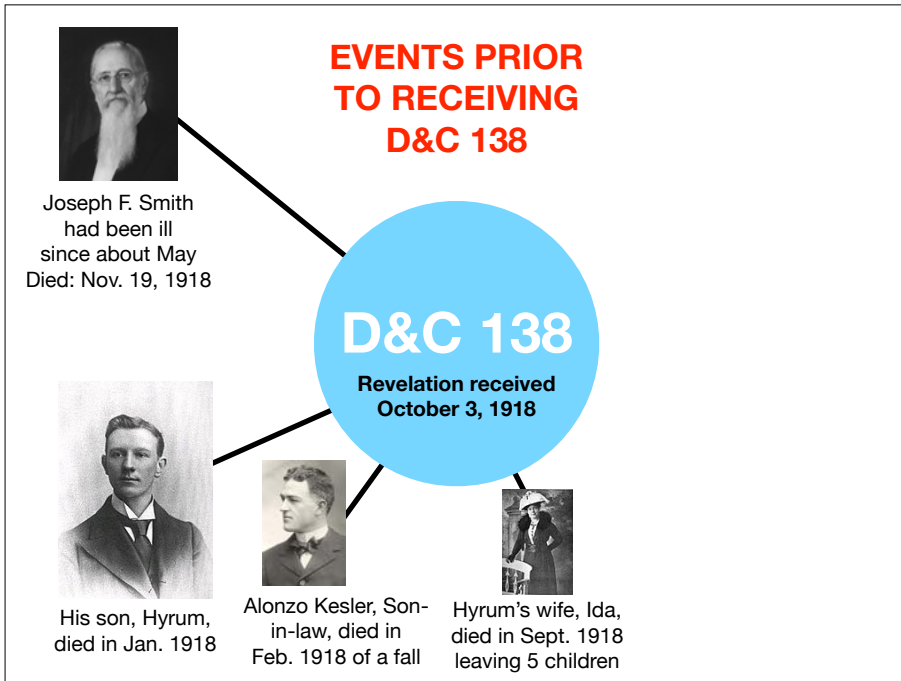
Revelation received
October 3, 1918



His son, Hyrum,
died in Jan. 1918

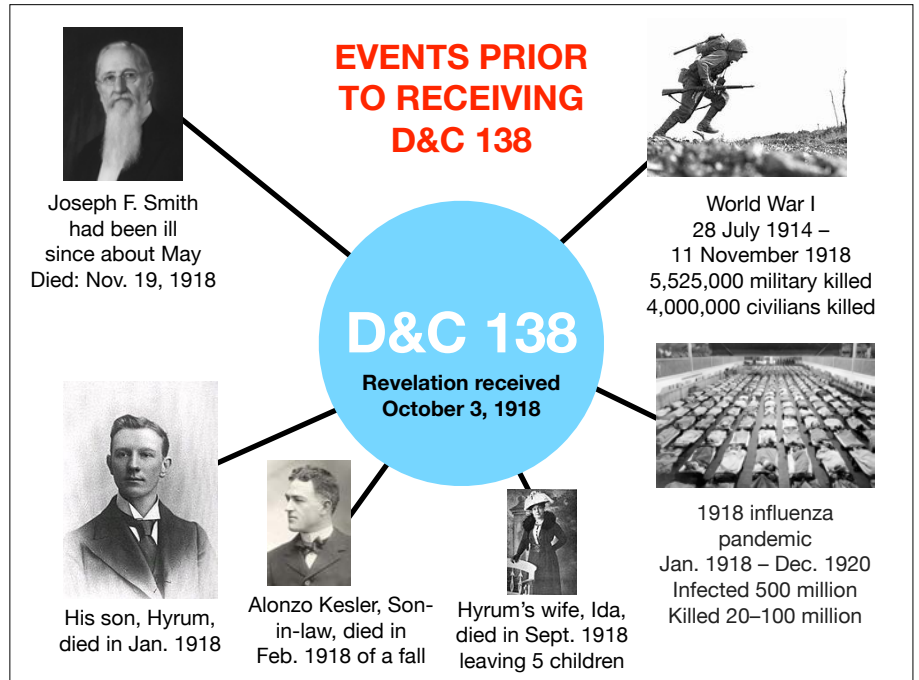


Alonzo Kesler, Son-
in-law, died in
Feb. 1918 of a fall



COVID: **7,010,681** deaths
1918 Flu Pandemic: **20,000,000 to 100,000,000**
(3 to 14 times worse than Covid)

#	Country, Other	Total Cases	Total Deaths	Total Recovered	Tot Cases/ 1M pop	Deaths/ 1M pop	Population
	World	704,753,890	7,010,681	675,619,811	90,413	899.4	
1	USA	111,820,082	1,219,487	109,814,428	333,985	3,642	334,805,269
2	Brazil	38,743,918	711,380	36,249,161	179,908	3,303	215,353,593
3	India	45,035,393	533,570	N/A	32,016	379	1,406,631,776
4	Russia	24,124,215	402,756	23,545,818	165,454	2,762	145,805,947
5	Mexico	7,702,809	334,958	6,899,865	58,549	2,546	131,562,772
6	UK	24,910,387	232,112	24,678,275	363,666	3,389	68,497,907
7	Peru	4,572,667	222,161	4,350,506	135,751	6,595	33,684,208
8	Italy	26,723,249	196,487	26,361,218	443,445	3,261	60,262,770
9	Germany	38,828,995	183,027	38,240,600	462,891	2,182	83,883,596





How did Joseph F. Smith receive D&C 138?

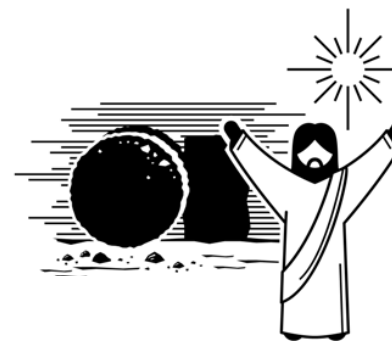
“On the third of October, in the year nineteen hundred and eighteen, I sat in my room **pondering** over the scriptures” (D&C 138:1).



“And **reflecting** upon the great atoning sacrifice that was made by the Son of God, for the redemption of the world” (D&C 138:2).



“While I was thus engaged, **my mind reverted** to the writings of the apostle Peter...where the gospel had been preached after the crucifixion of the Lord.” (D&C 138:5).



I opened the Bible and read the third and fourth chapters of the first epistle of Peter, and **as I read I was greatly impressed**, more than I had ever been before, with the following passages: (D&C 138:6)



“As I **pondered** over these things which are written, the eyes of my understanding were opened, and the Spirit of the Lord rested upon me, and I saw the hosts of the dead, both small and great.” (D&C 138:11).



LET'S TALK ABOUT IT

How can pondering lead to more revelation?

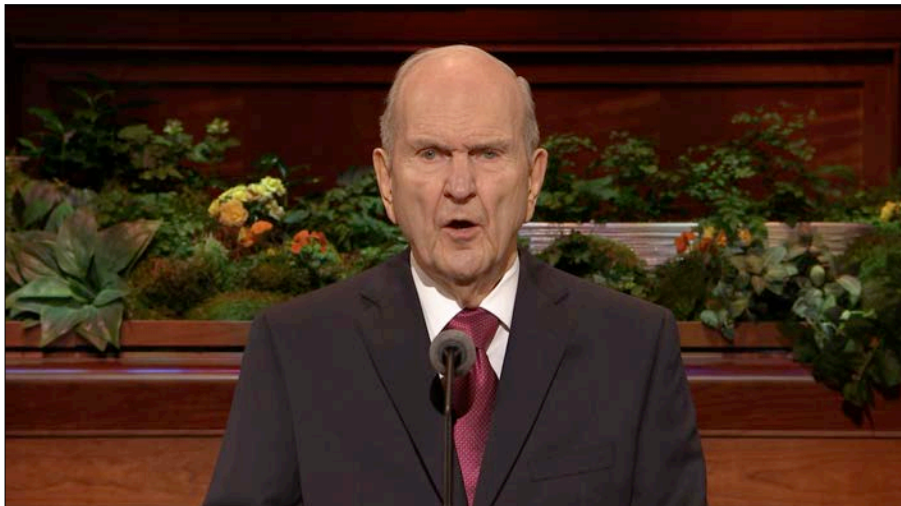
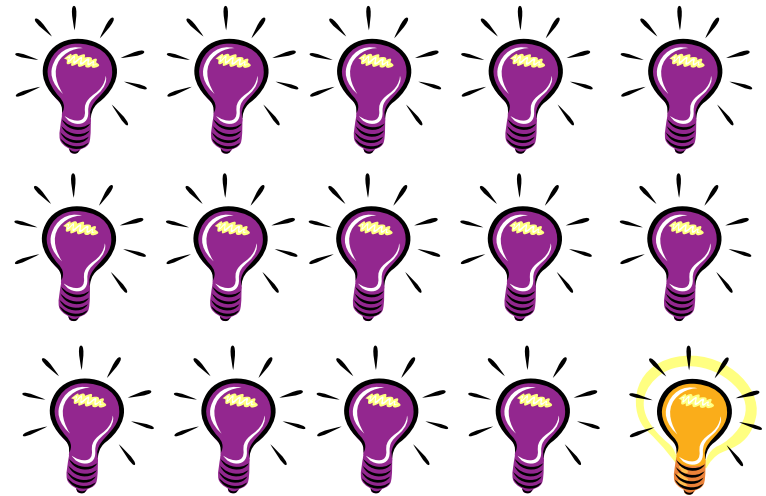


Record Impressions

Be ready to write down thoughts, ideas, and feelings
ANYWHERE, ANYTIME



You get about **6,000 thoughts** per day. Of course, not all thoughts are profound or spiritual, but being intentional about recognizing revelation helps filter out the noise.



Pray in the name of Jesus Christ about your concerns, your fears, your weaknesses—yes, the very longings of your heart. And then listen! **Write the thoughts that come to your mind.** Record your feelings and follow through with actions that you are prompted to take. As you repeat this process day after day, month after month, year after year, you will “grow into the principle of revelation.” (Russell M. Nelson, April 2018)

Joseph Smith said: “A person may profit by noticing the first intimation of the spirit of revelation; for instance, when you **feel pure intelligence flowing into you, it may give you sudden strokes of ideas**, so that by noticing it, you may find it fulfilled the same day or soon; (i.e.) those things that were presented unto your minds by the Spirit of God, will come to pass; and thus by learning the Spirit of God and understanding it, **you may grow into the principle of revelation**, until you become perfect in Christ Jesus.”

“Teachings of Presidents of the Church: Joseph Smith,” 132)



Russell M. Nelson said: “I never know when He will want to give me an impression. **I want to be ready to receive it and write it down.** I found that if I don’t write it down right away, I forget it. Spiritually sensitive information should be kept in a sacred place that communicates to the Lord how you treasure it. That practice enhances the likelihood of your receiving further light.”

Russell M. Nelson, “Revelation for the Church, Revelation for Our Lives,” April 2018

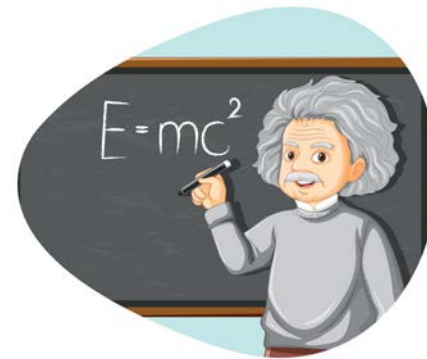
Record your thoughts on a **SMART PHONE**



Record your thoughts on a **RECORDER**



Record your thoughts on a **BOARD**



Record your thoughts on an
INDEX CARD



Record your thoughts on a
NOTE PAD



Record your thoughts in a
PLANNER



Record your thoughts on a
NAPKIN





Why record impressions in a journal?



Generations are affected by the choices we make. Share your testimony with your family; encourage them to **remember how they felt** when they recognized the Spirit in their lives and to **record those feelings in journals** and personal histories so that their own words may, when needed, bring to their remembrance how good the Lord has been to them.
(Ronald A. Rasband, Oct. 2016)



Never forget, question, or ignore personal, sacred spiritual experiences. The adversary's design is to distract us from spiritual witnesses, while the Lord's desire is to enlighten and engage us in His work. (Ronald A. Rasband, Oct. 2016)



I share this, dear brothers and sisters, this close personal experience to demonstrate how quickly our minds can forget and how spiritual experiences guide us. **I have learned to cherish such moments "lest I forget."** (Ronald A. Rasband, Oct. 2016)



“You might think of your spiritual memories this way. With constant prayer, a determination to keep our covenants, and the gift of the Holy Ghost, we navigate our way through life. When personal difficulty, doubt, or discouragement darken our path, or when world conditions beyond our control lead us to wonder about the future, **the spiritually defining memories from our book of life are like luminous stones that help brighten the road ahead**, assuring us that God knows us, loves us, and has sent His Son, Jesus Christ, to help us return home. And when someone sets their defining memories aside and is lost or confused, we turn them toward the Savior as we share our faith and memories with them, **helping them rediscover those precious spiritual moments they once treasured**. (Neil L. Andersen, April 2020)



LET'S TALK ABOUT IT

What can you do to increase the likelihood of receiving and recognizing revelation?



2:29

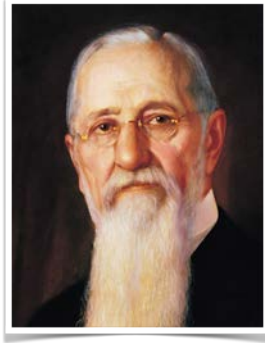
Recognize That Revelation Is a Process

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/seeking-answers/04-recognize-revelation-is-a-process?lang=eng>



TO DO

HOMEWORK ASSIGNMENTS



Watch this 3:06 video about D&C 138
“Ministry of Joseph F. Smith: A Vision of the
Redemption of the Dead”



“Spiritually Defining Moments”
By Neil A. Anderson
April 2020

**Download a PDF
of all these slides**



These slides will be posted
on the website after class.



www.iloveinstitute.com



“But in coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost. My beloved brothers and sisters, I plead with you to **increase your spiritual capacity to receive revelation**” (Russell M. Nelson, April 2018).



**NEXT
SEMESTER**
August 14


**Additional
Learning
Materials**

**COURSE
REVIEW**



1

**Will you do what it takes to learn
the “language” of the Spirit?**





I am the good shepherd, and know my sheep, and am known of mine. **My sheep hear my voice**, and I know them, and they follow me (John 10:14, 27).

2

What are the multiple sources of revelation, and why is the Holy Ghost more converting than any other forms of revelation?



	Spiritual (Mind & Heart)	Earthly (5 senses)
PERSONAL REVELATION	Less direct and more frequent	More direct and less frequent
More Converting	Gift of the Holy Ghost	
Less Converting	Light of Christ	Interventions Dreams Audible Voices Visions Visitations

3

Will you do your part to receive revelation, but realize that most revelation comes incrementally in God's own way on His conditions?



**When it comes to revelation,
God determines all aspects:**



4

**Will you develop spiritual
self-reliance so you can better
receive personal revelation?**



Sometimes we should listen to our heart.



Sometimes we should listen to our brain.



5

Will you do your best to listen to the voice of the Lord and avoid the counterfeits of revelation?



SATAN

The motherlode, the headspring, the origin of all counterfeit revelation



EMOTIONS

Confusing your feelings with God's will



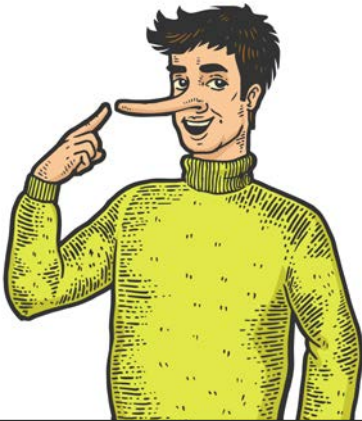
MISINFORMATION

Inaccurate information WITHOUT the intent to deceive



DISINFORMATION

Inaccurate information WITH
the intent to deceive



INTERNET

An unlimited supply of good
and bad truths

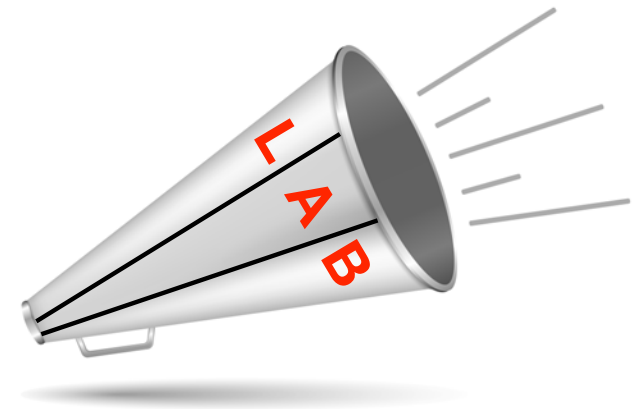


6

Will you **LAB** when it comes to getting
revelation? Learn everything you can?
Apply what you have been taught?
Believe what you feel?



Divided into three sections:
Learn, Apply, Believe (LAB)



7

Will you do everything to avoid those things that will slow down or totally block revelation?



1. River of Water (Hell)



2. Spacious Building (Pride)

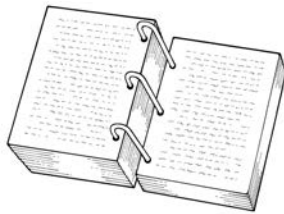


3. Mists of Darkness (temptations)

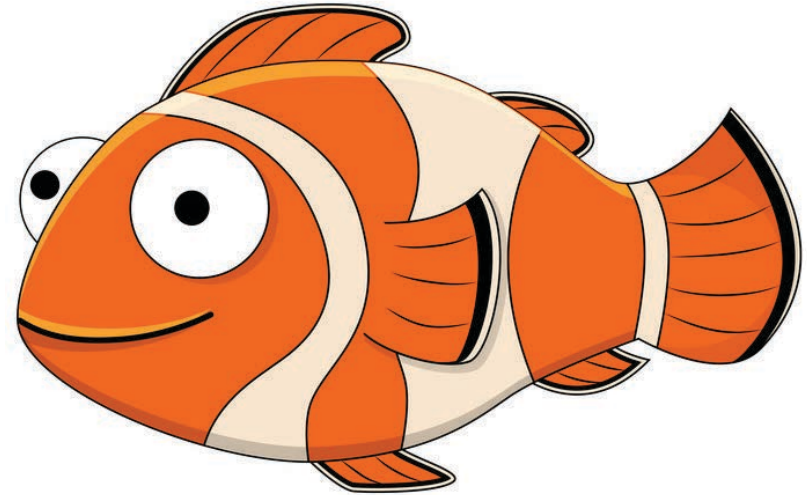


8

Will you turn to the scriptures quickly, often, regularly, and intently when seeking personal revelation?



How I learned to fish



LEVEL 1

Parasailing


Seeing it from above



LEVEL 2

Snorkeling



Skimming the surface



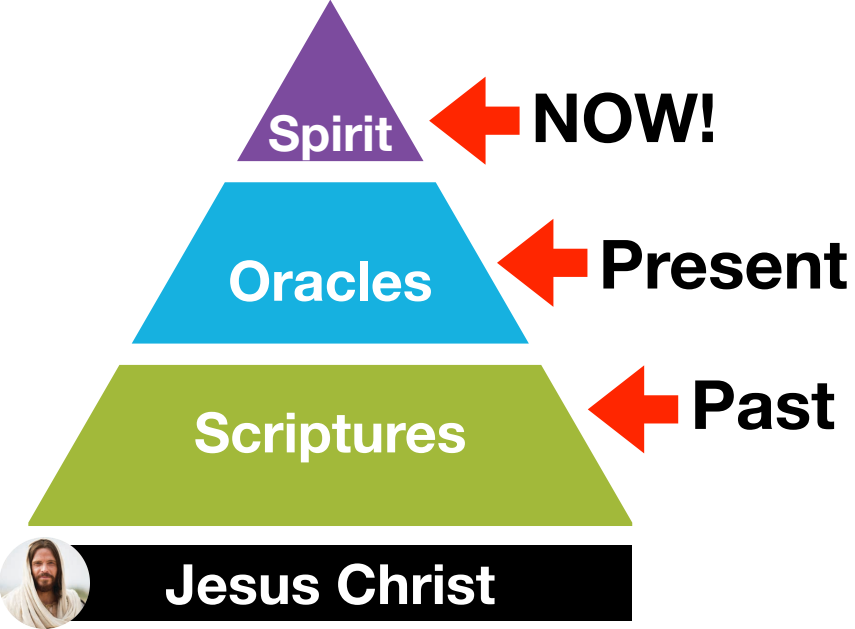
LEVEL 3
Scuba Diving
 Going deeper

9

Will you open your heart and mind to receive revelation through others—especially the living prophet?

Scriptures **S** **S** Spirit
O
 Oracles



Spirit ← **NOW!**
Oracles ← **Present**
Scriptures ← **Past**
Jesus Christ

10

Will you turn to the power of prayer and fasting to open the windows of heaven and receive revelation?



Praying

Fasting



11

Will take time to ponder, record, and “treasure these things up in your hearts, and let the solemnities of eternity rest upon your minds” (D&C 43:34)?

