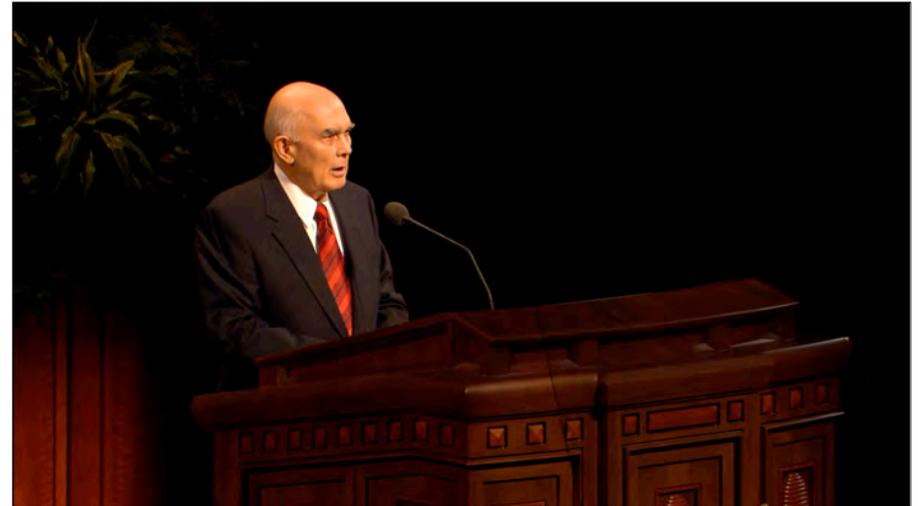




LESSON 3: SPIRITUALITY

“We need to make both temporal and spiritual preparation for the events prophesied at the time of the Second Coming. And the preparation most likely to be neglected is the one less visible and more difficult—the spiritual” (Dallin H. Oaks, April 2004).



“We need to make both temporal and spiritual preparation for the events prophesied at the time of the Second Coming. And the preparation most likely to be neglected is the one less visible and more difficult—the spiritual” (Dallin H. Oaks, April 2004).



How do you go from Utah to the top of Mount Everest?



Mount Everest lies in the Himalayas on the Tibet–Nepal border. Its current height is **29,031 feet and 8-1/2 inches.**



Sir Edmund Hillary and Tenzing Norgay summited Mt. Everest on May 29, 1953.



This picture of Mount Everest was taken from Rongbuk Monastery about 16 miles northeast of Mount Everest.



This picture of Mount Everest is from the top of Gokyo Ri in Nepal, about 14 miles west of Mt. Everest.



This picture is on the Kangshung glacier, roughly 6 miles east of Mount Everest.



This is from the Kangshung glacier.



How do you go to Mount Everest? Fly from Salt Lake City to San Francisco to Istanbul (Turkey) to Kathmandu (Nepal)—about 24 to 30 hours travel. From Kathmandu you will take a small plane to Lukla and then walk to Mount Everest Base Camp—8 to 10 days.

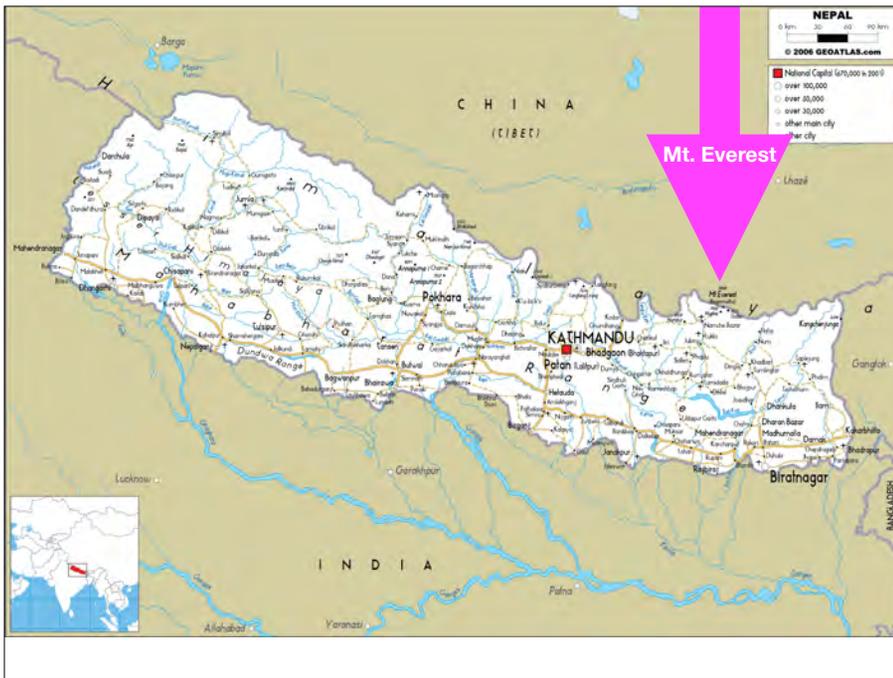


Kathmandu

Population: 858,000 • Elevation: 4,600



Kathmandu Airport



There are no roads from Kathmandu to Lukla.
The only way is by very small airplane.



Lukla Airstrip

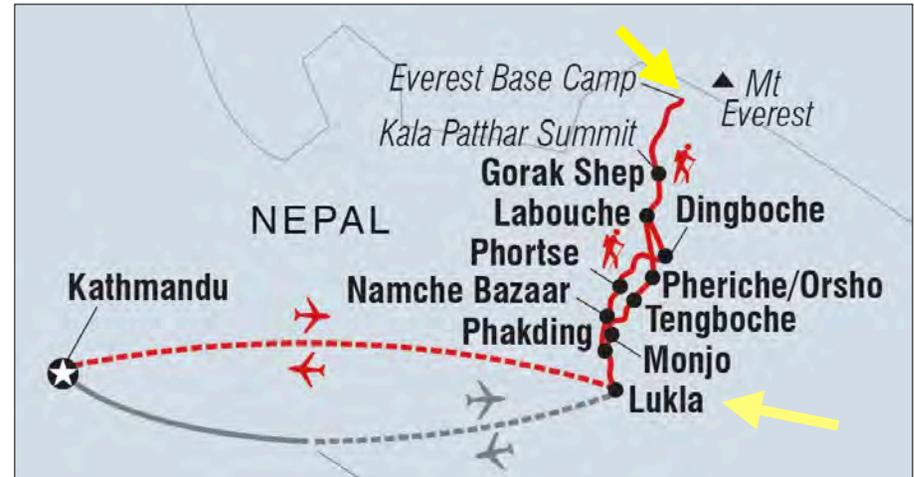
Population 5,000 • Elevation 9,383 feet



Lukla Airstrip is famous for being one of the most dangerous airports in the world due to its short runway and challenging weather conditions.



The Lukla airport has a short runway of only 1,729 feet, which is one of the shortest runways in the world for commercial flights. The runway is also inclined at 12%, which makes landing even more challenging.

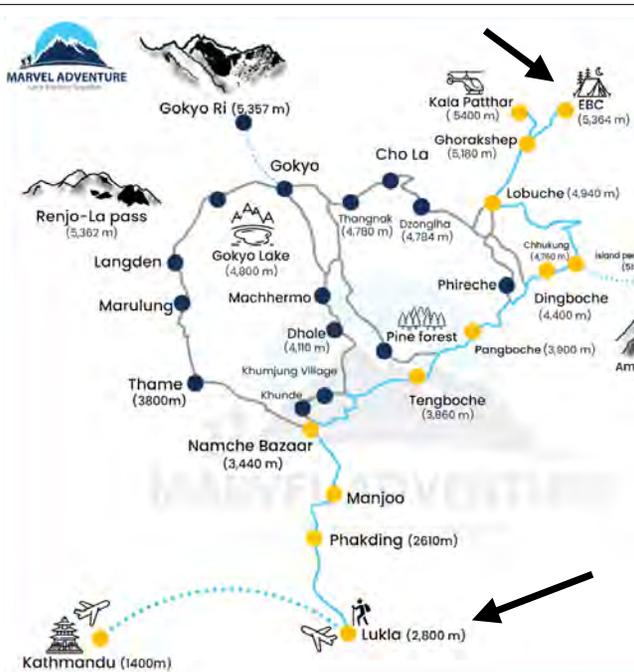


After arriving by prop plane from Lukla, you will hike 8 to 10 days on a gradual, but not technical, trek climbing through several villages.

From Lukla to Everest Base Camp

- 1 Lukla
- 2 Phakding
- 3 Namche Bazaar
- 5 Tengboche
- 5 Dingboche
- 6 Lobuche
- 7 Everest Base Camp

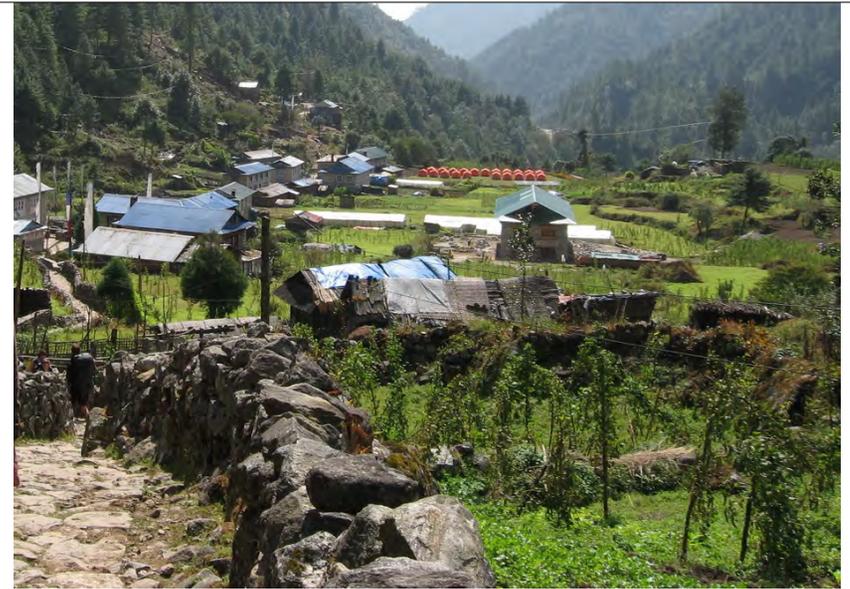
You'll hike 5–8 hours per day, stay in teahouses and acclimatize slowly.



Phakding
Population 550 • Elevation 8,560 feet



Phakding

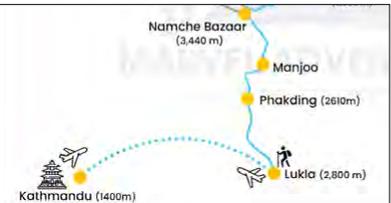
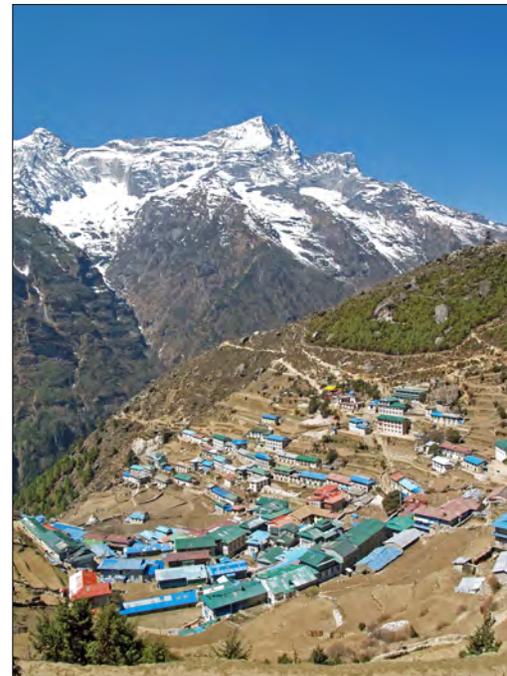


Trail exiting the village of Phakding leading to Lukla.

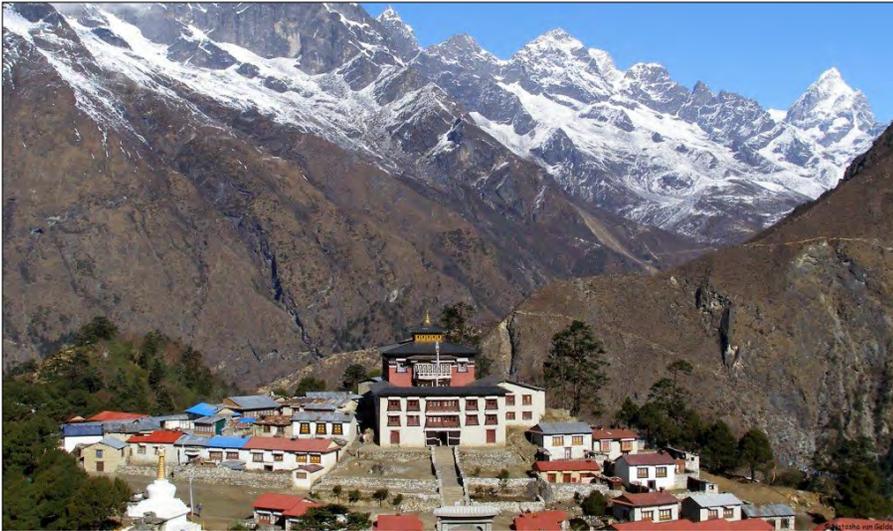


Namche Bazaar

Population: 1,627 • Elevation: 11,290 feet
(Mt. Timp is 11,752 feet)



Namche Bazaar



Tengboche

Population: unknown • Elevation: 12,660 feet



Tengboche

Famous for its monastery



Dingboche

Population: 200 • Elevation: 14,470



Dingboche





Dingboche



Lobuche

Pop: 86 • Ele: 16,210



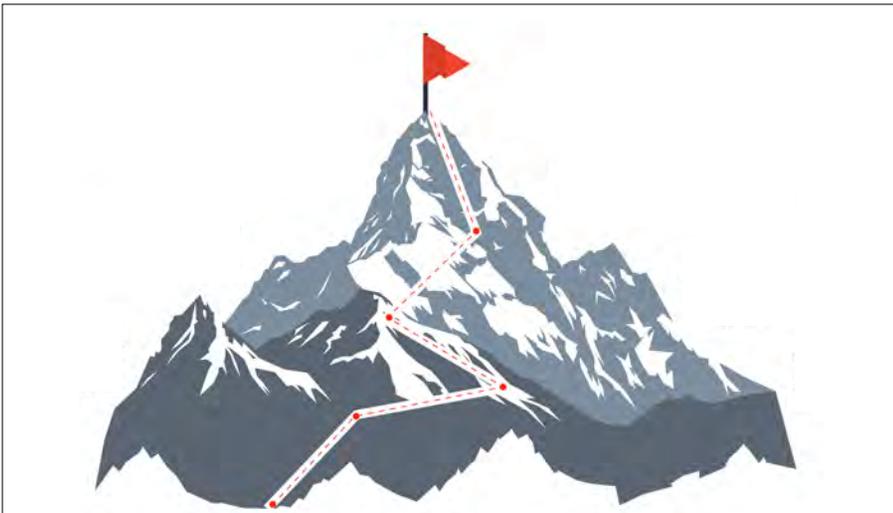
Lobuche



Everest Base Camp (EBC)

Population: 40,000 come and go during the Spring hiking season (500 are present at any one time) Elevation: 17,598 feet





How to hike from the Everest Base Camp to the Mt. Everest peak



There are 5 main camps, including Base Camp.



Camp I: ~19,900 feet above Khumbu Icefall



Camp II: ~21,300 ft



Camp III: ~23,500 feet on Lhotse Face



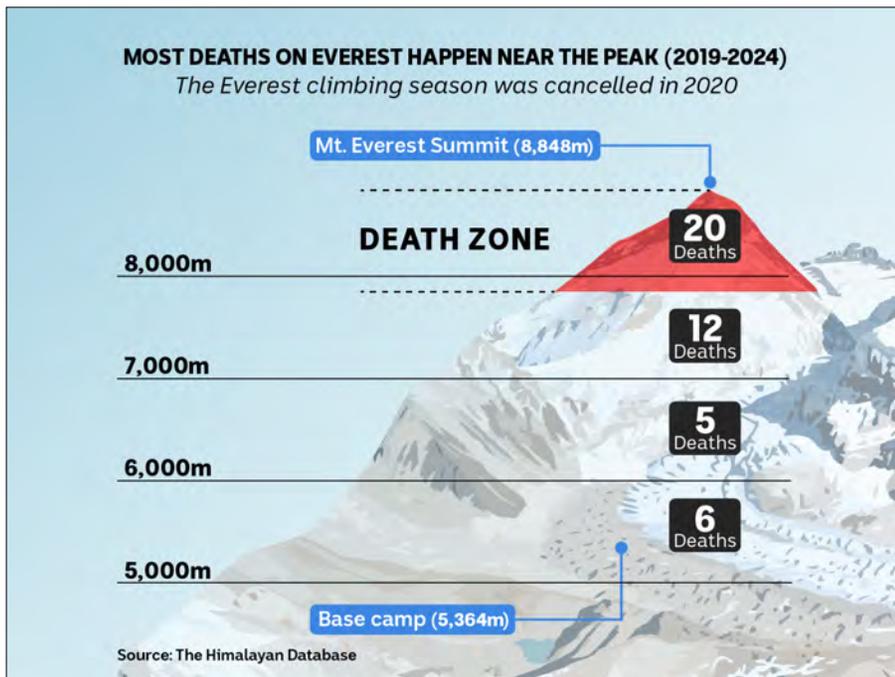
Camp IV: ~26,000 feet—just before summit



Why is hiking to Mt. Everest so dangerous?

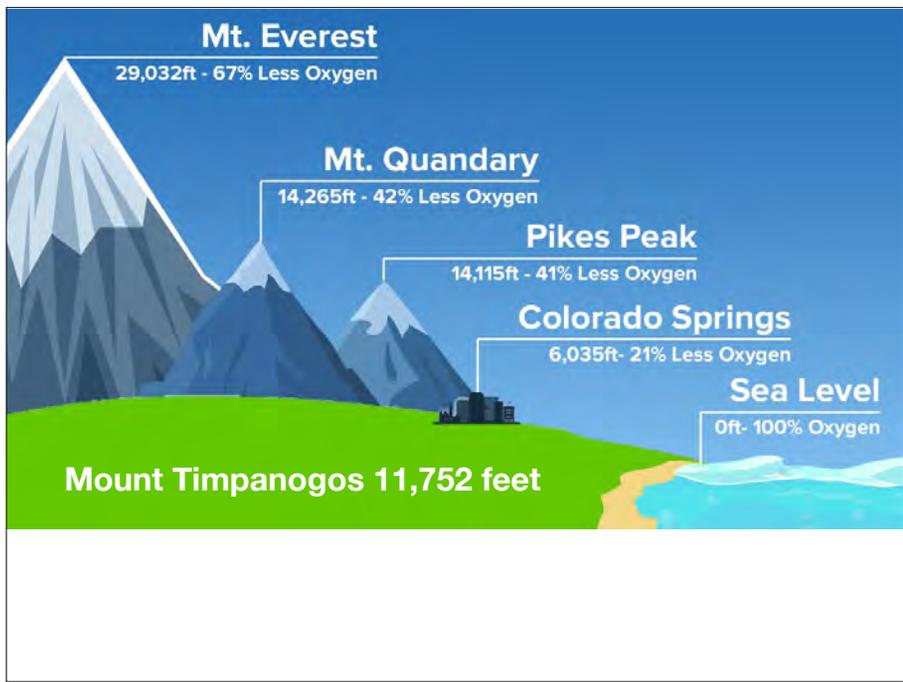


The Death Zone



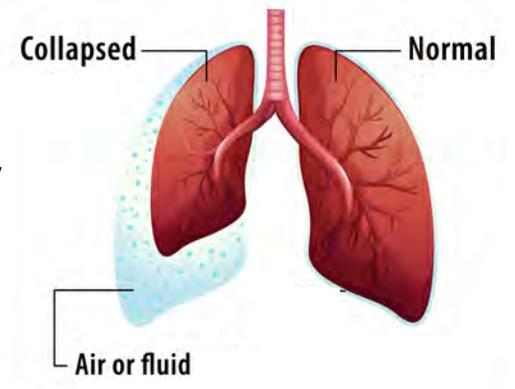
Problem #1

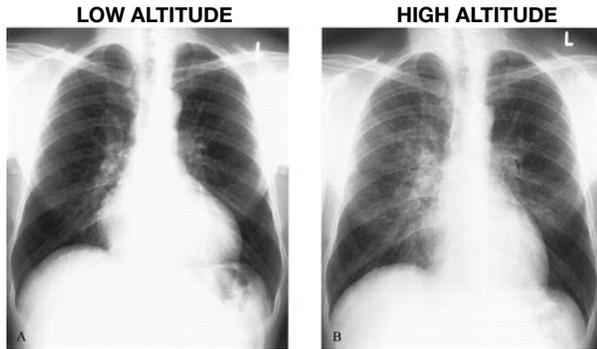
Lack of oxygen



Problem #2

High Altitude Pulmonary Edema (HAPE)

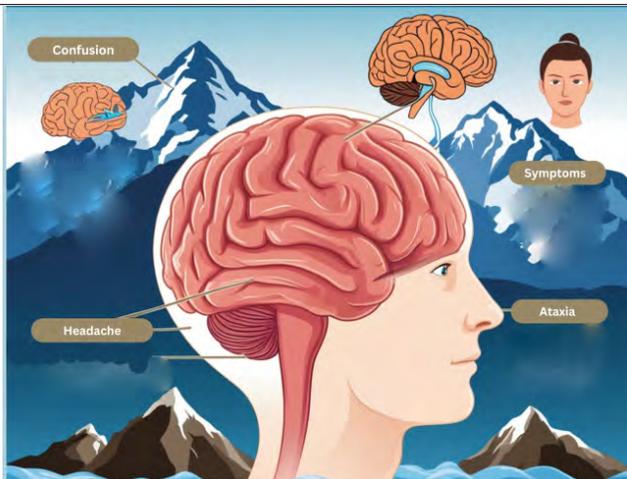
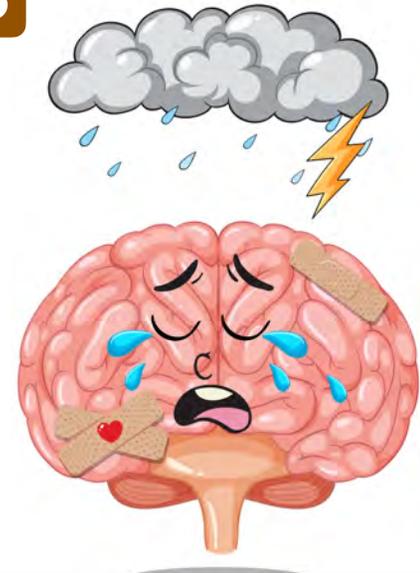




High Altitude Pulmonary Edema (HAPE) is when fluid accumulates in the lungs at high altitudes causing shortness of breath and cough and requires immediate medical attention and descent to a lower altitude for treatment.

Problem #3

High Altitude Cerebral Edema (HACE)



High-Altitude Cerebral Edema (HACE) occurs when the brain swells with fluid due to the effects of high altitude.

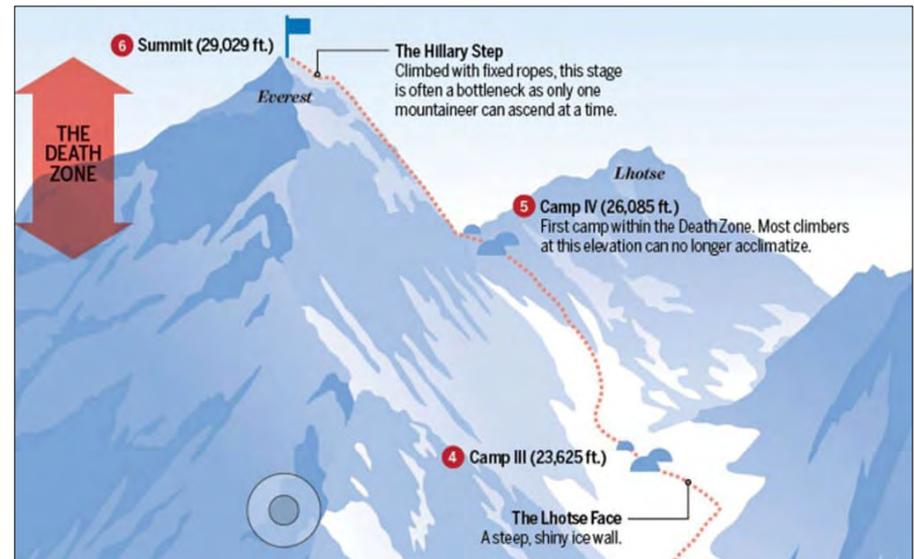
Problem #4

Decision making abilities

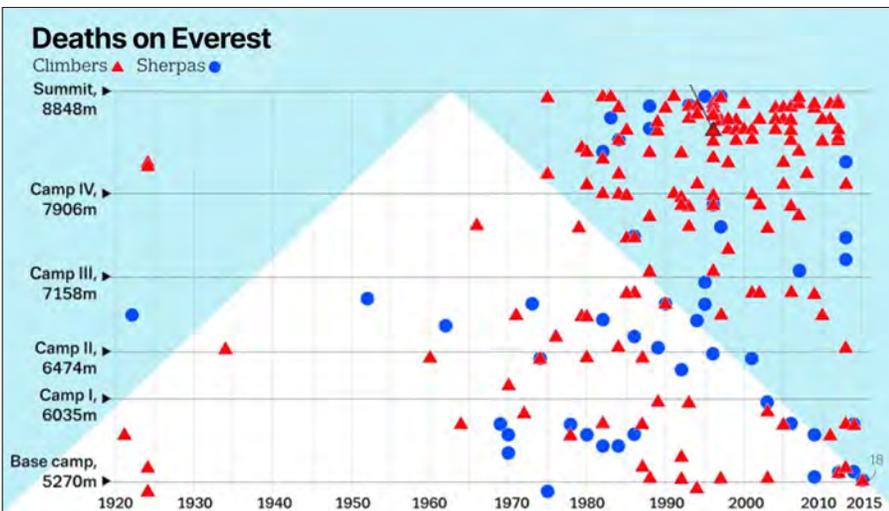




At the summit of Mount Everest, the oxygen level is about one-third of what it is at sea level, making it extremely difficult for humans to breathe without supplemental oxygen. Probably the most infamous section of the mountain is Rainbow Valley, just beneath Everest's summit—a place where bodies of fallen climbers lie.



How to survive the Death Zone



To survive Mt. Everest, everyone must have their own oxygen supply



Approximately 95% of climbers use supplemental oxygen to reach the summit safely. More than 4,000 people have climbed Mount Everest, but fewer than 200 have done so without oxygen.



Hikers going to Mount Everest need their own oxygen. Oxygen bottles are extremely expensive—up to \$1,000 each—because filling them up isn't just a matter of pumping oxygen into a canister the way one pumps gas into a car.

Filling the O₂ tanks must be done perfectly. If any water-vapor molecules or other impurities enter the canister during the process, the O₂ bottles freeze and are rendered useless up on the mountain.



In the past, some guide companies have attempted to save money by seeking out cheaper oxygen canisters produced at inferior facilities in India and elsewhere.

Bottom line: Mount Everest is 29,032 feet high. Above the “death zone” of 26,247 feet high, your chances of survival are **EXTREMELY LOW** because of hypoxia, confusion, poor judgment, impaired physical performance, disorientation, hallucinations, muscular deterioration, altitude sickness, High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE). All life-threatening.

But you can survive with OXYGEN.

What are the gospel truths to be learned from the death zone of Mt. Everest?

GOSPEL TRUTH:



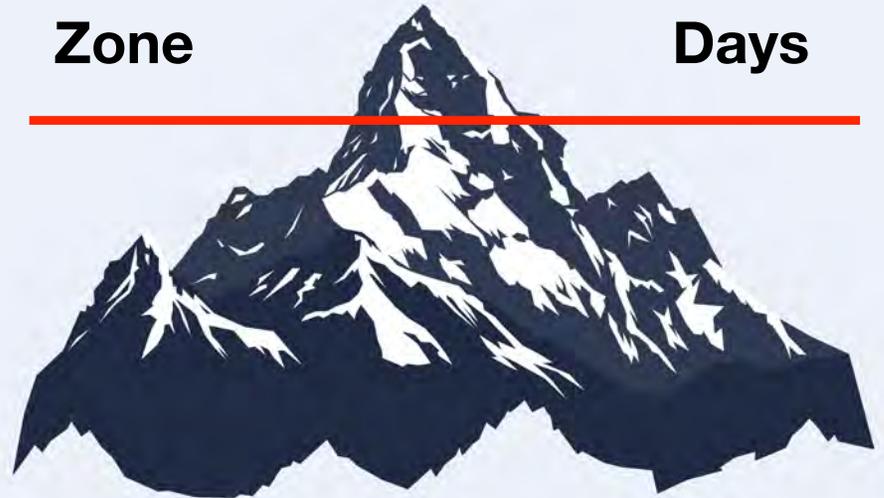
“In the coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost.”

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



“Our Savior and Redeemer, Jesus Christ, will perform some of His mightiest works between now and when He comes again. We will see miraculous indications that God the Father and His Son, Jesus Christ, preside over this Church in majesty and glory. 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, “Revelation for the Church, Revelation for Our Lives,” April 2018)

Death Zone = Latter Days





=

**Holy
Ghost**

**Spiritual
Capacity**



WHAT IS SPIRITUALITY?

Spirituality comes from the word Spirit. Spirituality is recognizing, feeling, hearing, and obeying the Holy Ghost.

HOW TO BE SPIRITUAL

“Wo be unto him that shall say: We have received the word of God, and we need no more of the word of God, for we have enough!” (2 Nephi 28:29).

Your spirituality is either increasing or decreasing.



“For behold, thus saith the Lord God: I will give unto the children of men **line upon line, precept upon precept, here a little and there a little**; and blessed are those who hearken unto my precepts, and lend an ear unto my counsel, for they shall learn wisdom...(2 Nephi 28:30).

The megaphone cone is open on the **top** because you can continue to grow forever.

Learning, Applying, and Believing are endless until you become like God.



The megaphone cone is open on the **bottom** because your conversion is like manna: your spirituality must be gathered every day or you will lose it.



“...for unto him that receiveth **I will give more**; and from them that shall say, We have enough, from them **shall be taken away** even that which they have” (2 Nephi 28:30).

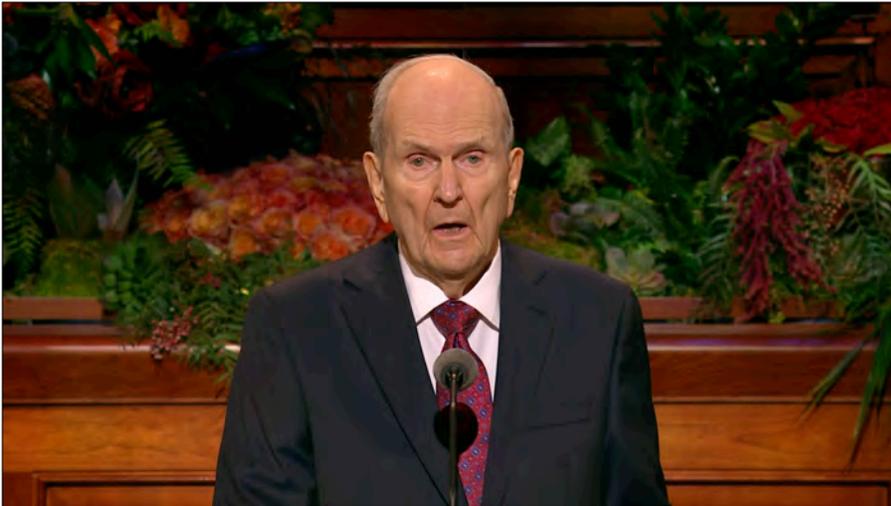
“Cursed is he that putteth his trust in man, or maketh flesh his arm, or shall hearken unto the precepts of men, save their precepts shall be **given by the power of the Holy Ghost**” (2 Nephi 28:31).



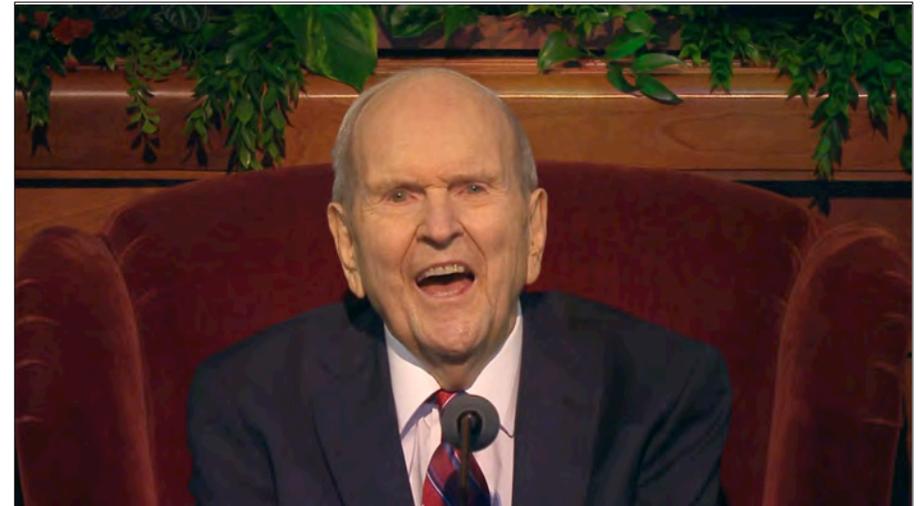
Choose to do the spiritual work required to enjoy the gift of the Holy Ghost and hear the voice of the Spirit more frequently and more clearly. With Moroni, I exhort you on this Easter Sabbath to “come unto Christ, and lay hold upon every good gift,” **beginning with the gift of the Holy Ghost**, which gift can and will change your life. (Russell M. Nelson, “Revelation for the Church, Revelation for Our Lives,” April 2018)



“**We have never needed positive spiritual momentum more than we do now**, to counteract the speed with which evil and the darker signs of the times are intensifying. Positive spiritual momentum will keep us moving forward amid the fear and uncertainty created by pandemics, tsunamis, volcanic eruptions, and armed hostilities. Spiritual momentum can help us withstand the relentless, wicked attacks of the adversary and thwart his efforts to erode our personal spiritual foundation.” (Russell M. Nelson, “The Power of Spiritual Momentum,” April 2022)



In like manner, it is now time that we each implement extraordinary measures—perhaps measures we have never taken before—to **strengthen our personal spiritual foundations**. Unprecedented times call for unprecedented measures. My dear brothers and sisters, these are the latter days. If you and I are to withstand the forthcoming perils and pressures, **it is imperative that we each have a firm spiritual foundation built upon the rock of our Redeemer, Jesus Christ**. (Russell M. Nelson, “The Temple and Your Spiritual Foundation,” October 2021)



As you think celestial, you will view trials and opposition in a new light. When someone you love attacks truth, think celestial, and don't question your testimony. The Apostle Paul prophesied that “in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils.” (Russell M. Nelson, “Think Celestial!” October 2023)



There is no end to the adversary's deceptions. Please be prepared. Never take counsel from those who do not believe. Seek guidance from voices you can trust—from prophets, seers, and revelators **and from the whisperings of the Holy Ghost**, who “will show unto you the things what ye should do.” Please do the spiritual work to increase your capacity to receive personal revelation. (Russell M. Nelson, “Think Celestial!” October 2023)



LET'S TALK ABOUT IT
What benefits have you experienced by increasing “your spiritual capacity to receive revelation”?

GOSPEL TRUTH:



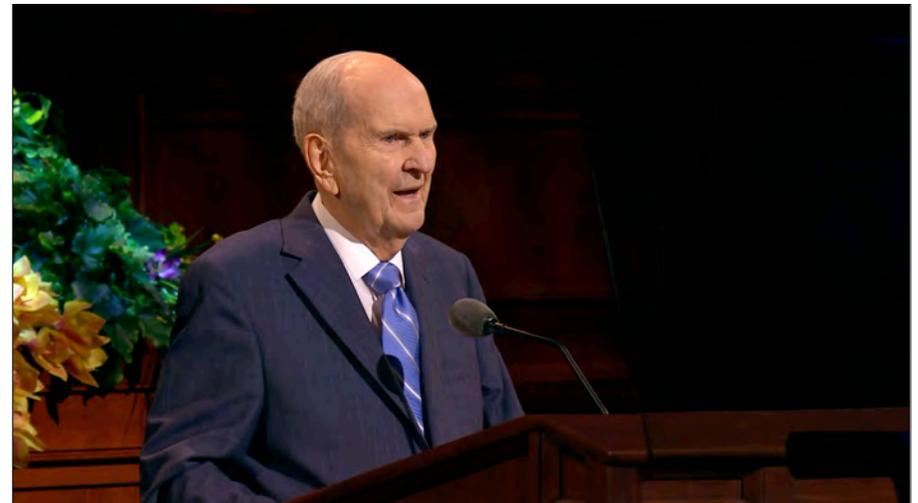
Only you are responsible for learning, applying and believing the gospel of Christ.



Know the truth related to your conversion. **The truth is that you must own your own conversion.** No one else can do it for you. (Russell M. Nelson, “Choices for Eternity,” Worldwide Devotional for Young Adults, May 15, 2022)



Seeking to answer these questions will require effort—much effort. **I plead with you to take charge of your testimony.** Work for it. Own it. Care for it. Nurture it so that it will grow. Feed it truth. Don't pollute it with the false philosophies of unbelieving men and women and then wonder why your testimony is waning. (Russell M. Nelson, “Choices for Eternity,” Worldwide Devotional for Young Adults, May 15, 2022)



As you make your testimony your highest priority, watch for miracles to happen in your life. If you have questions—and I hope you do—seek answers with the fervent desire to believe. Learn all you can about the gospel and be sure to turn to truth-filled sources for guidance. (Russell M. Nelson, “Choices for Eternity,” Worldwide Devotional for Young Adults, May 15, 2022)

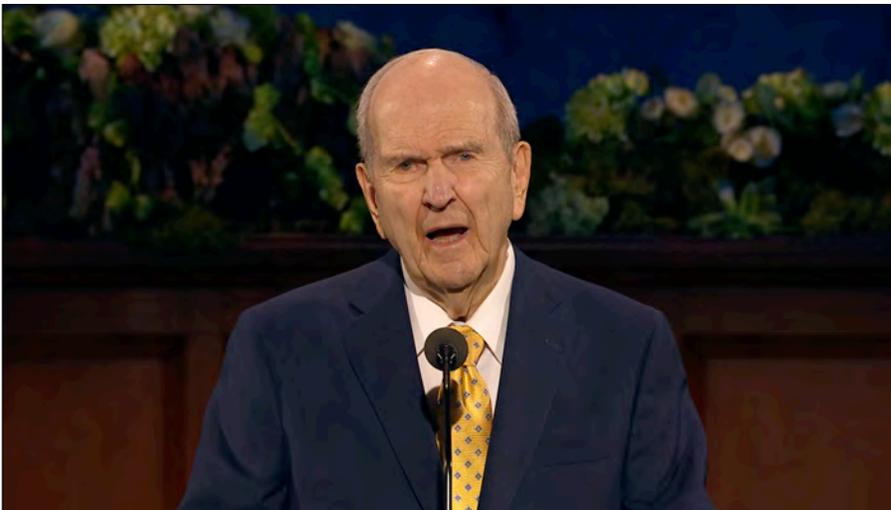


LET'S TALK ABOUT IT
**How do you “take charge of
your testimony” as
President Nelson asked?**

GOSPEL TRUTH:



You have the ability to increase your testimony and the ability to feel the Spirit.



How can we endure such trials? The Lord has told us that “if ye are prepared ye shall not fear.” Of course, we can store our own reserves of food, water, and savings. **But equally crucial is our need to fill our personal spiritual storehouses with faith, truth, and testimony.**”
(Russell M. Nelson, “Opening Message,” April 2020)



The story of the 10 virgins teaches us



Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom. And five of them were wise, and five were foolish. They that were foolish took their lamps, and took no oil with them: But the wise took oil in their vessels with their lamps. (Matthew 25:1–4)



While the bridegroom tarried, they all slumbered and slept. And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him. Then all those virgins arose, and trimmed their lamps. (Matthew 25:5–7)



And the foolish said unto the wise, Give us of your oil; for our lamps are gone out. But the wise answered, saying, Not so; lest there be not enough for us and you: but go ye rather to them that sell, and buy for yourselves. (Matthew 25:8–9)



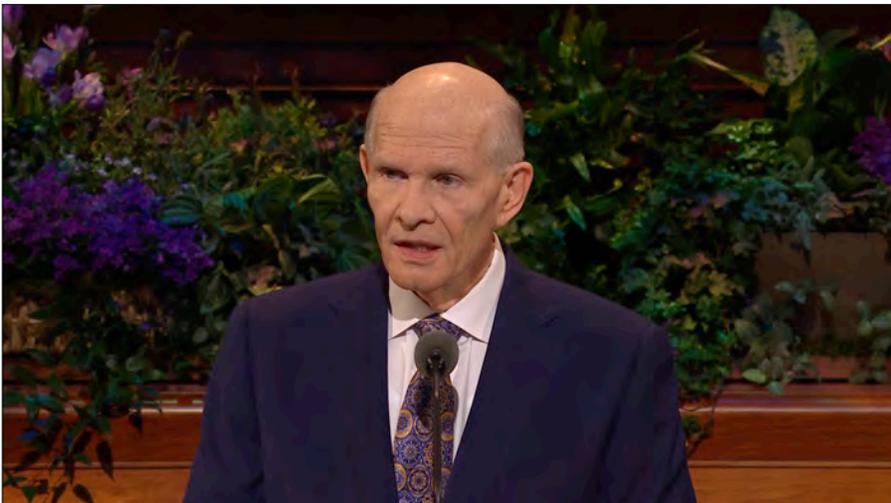
And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut. Afterward came also the other virgins, saying, Lord, Lord, open to us. (Matthew 25:10–11)



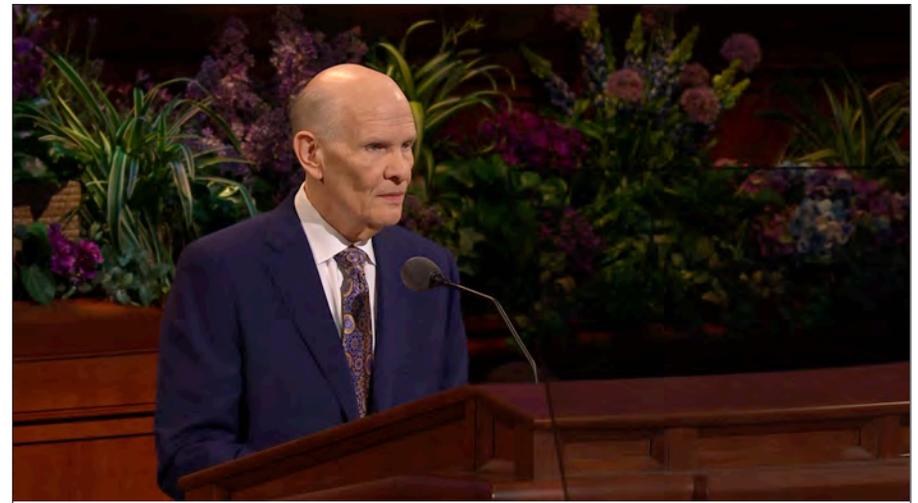
But he answered and said, Verily I say unto you, I know you not. Watch therefore, for ye know neither the day nor the hour wherein the Son of man cometh. (Matthew 25:12–13)



President Dallin H. Oaks posed the following thought-provoking questions in relation to the coming of the Bridegroom: “What if the day of His coming were tomorrow? If we knew that we would meet the Lord tomorrow—through our premature death or through His unexpected coming—what would we do today?” **I have learned from personal experience that spiritual preparation for the coming of the Lord is not only essential but the only way to find true peace and happiness.** (Amy Wright, October 2023)



Jesus identified three aspects of the parable to help us. He explained: “And at that day, when I shall come in my glory, shall the parable be fulfilled which I spake concerning the ten virgins. For they that are wise and **have received the truth, and have taken the Holy Spirit for their guide, and have not been deceived**—verily I say unto you, they shall ... abide the day.” In other words, they did not need to fear or be anxious, because they would survive and prosper. They would prevail. (Dale G. Renlund, April 2025)



If we are wise, **we receive the truth by accepting the gospel of Jesus Christ through priesthood ordinances and covenants. Next, we strive to remain worthy of having the Holy Ghost always with us.** This capability must be acquired individually and personally, drop by drop. Consistent, personal, private acts of devotion invite the Holy Ghost to guide us. (Dale G. Renlund, April 2025)



LET'S TALK ABOUT IT

Like the five wise virgins,
what little things can you do
to add a drop of oil to your
testimony over time?

GOSPEL TRUTH:



You cannot borrow, use, lean on or use another's testimony; you must build your own testimony.



“The foolish ask the others to share their oil, **but spiritual preparedness cannot be shared** in an instant. The kind of oil that is needed to illuminate the way and light up the darkness is not shareable.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“How can one share obedience to the principle of tithing? How can one share faith? How can one share attitudes or chastity, or the experience of a mission? How can one share temple privileges? **Each must obtain that kind of oil for himself.**”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



Were the five wise virgins selfish and unwilling to share, or were they indicating correctly that the oil of conversion cannot be borrowed? Can the spiritual strength that results from **consistent obedience** to the commandments be given to another person? Can the **knowledge obtained** through diligent study and pondering of the scriptures be conveyed to one who is in need? Or can the **peace the gospel brings** to a faithful Latter-day Saint be transferred to an individual experiencing adversity or great challenge? The answer to each of these questions is no. (David A. Bednar, Oct. 2012)



As the wise virgins emphasized properly, each of us must “buy for ourselves.” These inspired women were not describing a business transaction; rather, they were emphasizing **our individual responsibility to keep our lamp of testimony burning** and to obtain an ample supply of the oil of conversion. (David A. Bednar, Oct. 2012)



This precious oil is acquired one drop at a time—“line upon line [and] precept upon precept” (2 Nephi 28:30), patiently and persistently. No shortcut is available; no last-minute flurry of preparation is possible. “Wherefore, be faithful, praying always, having your lamps trimmed and burning, and oil with you, that you may be ready at the coming of the Bridegroom” (D&C 33:17). (David A. Bednar, Oct. 2012)



I promise that as we come to a knowledge of the truth and are converted unto the Lord, **we will remain firm and steadfast and never fall away**. Eagerly we will set aside our weapons of rebellion. We will be blessed with bright light from our lamps of testimony and an ample supply of the oil of conversion. And as each of us becomes more fully converted, we will strengthen our families, our friends, and our associates. (David A. Bednar, Oct. 2012)



LET'S TALK ABOUT IT

You must gain your own testimony, drop by drop. But how can you strengthen others and help them?

WEEK 3 CHALLENGE

SPIRITUAL CAPACITY

Will you take responsibility for your own spirituality by preparing for the Second Coming by living in a way that invites the power of the Holy Ghost into your life, guiding you, helping you avoid deception, strengthening your testimony, and equipping you for whatever lies ahead?



TO DO

HOMEWORK ASSIGNMENT

ONLINE CLASS

Watch this lesson online or download a PDF of today's slides.



www.iloveinstitute.com

READING LIST



David A. Bednar, “Converted Unto the Lord,” October 2012



Dale G. Renlund, “Personal Preparation to Meet the Savior,” April 2025



Footnotes

**Additional
Study
Materials**



NEXT CLASS

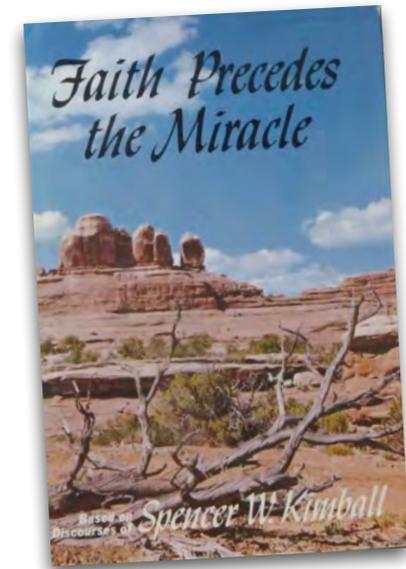
▶ January 29
Atonement

“I urge you to devote time each week—for the rest of your life—to increase your understanding of the Atonement of Jesus Christ” (Russell M. Nelson, Oct. 2024).

Weddings in Ancient Times



More About the Ten Virgins



“I believe that the Ten Virgins represent the people of The Church of Jesus Christ, and not the rank and file of the world. All of the virgins, wise and foolish, had accepted the invitation to the wedding supper; they had knowledge of the program and had been warned of the important day to come.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“They were not the Gentiles or the heathens or the pagans, nor were they necessarily corrupt and reprobate, but they were knowing people who were foolishly unprepared for the vital happenings that were to affect their eternal lives.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“Hundreds of thousands of us today are in this position. Confidence has been dulled, and patience worn thin. It is so hard to wait and always be prepared, but we cannot allow ourselves to slumber. The Lord has given us this parable as a special warning.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“At midnight the vital cry was made...at midnight, precisely at the darkest hour, when least expected—the bridegroom came. When the world is full of tribulation and help is needed, but it seems that time has passed and hope is vain, then Christ will come.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“The midnights of life are the times when heaven comes to offer its joy for man’s weariness. But when the cry sounds, there is no time for preparation. In the daytime, wise and unwise seem alike; midnight is the time of test and judgment.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“The foolish ask the others to share their oil, but spiritual preparedness cannot be shared in an instant. The kind of oil that is needed to illuminate the way and light up the darkness is not shareable.”

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“How can one share obedience to the principle of tithing? How can one share faith? How can one share attitudes or chastity, or the experience of a mission? How can one share temple privileges? Each must obtain that kind of oil for himself.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“In the parable, oil can be purchased at the market. In our lives, the oil of preparedness is accumulated drop by drop in righteous living. Attendance at sacrament meeting adds oil, drop by drop, over the years.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“Fasting, family prayer, home teaching, control of the body, preaching the gospel, studying the scriptures—each act of dedication and obedience is a drop added to our store.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256



“Deeds of kindness; payment of offerings and tithes; chaste thoughts and actions; marriage in the covenant for eternity—these, too, contribute to the oil with which we can at midnight, refuel our exhausted lamps.”

Spencer W. Kimball, *Faith Precedes the Miracle*, pp. 253–256

Weddings in Ancient Times



Weddings in ancient times

General Customs

Weddings were significant social events involving families and communities. The process typically included three stages: engagement, betrothal, and marriage. Engagement was a formal agreement made by the families, while betrothal involved mutual promises.

Weddings in ancient times

In biblical times, weddings were significant events that involved multiple families and were often celebrated with great expectancy. The groom would prepare a place for the bride, and the exact date of the wedding was typically unknown, leading to a tradition where bridesmaids kept their lamps ready for the groom's arrival at any time.

Weddings in ancient times

There were three stages to a Jewish wedding in that day. The first was engagement: a formal agreement made by the fathers. The second was betrothal: the ceremony where mutual promises are made. The third was marriage: approximately one year later when the bridegroom came at an unexpected time for his bride.

<https://enduringword.com/bible-commentary/matthew-25/>

Weddings in ancient times

Some ask why Jesus described ten virgins and not another number. Reportedly, Talmudic authorities said there were usually ten lamps in a bridal procession. It was a common size of a wedding party. In this parable, the first two stages have already taken place. Now the wedding party (the ten virgins) waits for the coming of the bridegroom for the bride.

<https://enduringword.com/bible-commentary/matthew-25/>

Weddings in ancient times

The Role of the Bridegroom

The bridegroom would often leave to prepare a home for the couple, which could take an extended period. The exact date of the wedding was not announced; it was a surprise, known only to the bridegroom's father.

Weddings in ancient times

The Wedding Ceremony

When the home was ready, the bridegroom would come to collect his bride, often at night. The bride and her attendants would wait, keeping their lamps lit in anticipation of the groom's arrival. A shout would announce the bridegroom's approach, prompting the wedding party to gather.

Weddings in ancient times

Significance of Readiness

The parable of the ten virgins emphasizes the importance of being prepared for the unexpected arrival of the bridegroom. Five virgins were wise and brought extra oil for their lamps, while five were foolish and did not, highlighting the theme of readiness in faith and life.

Weddings in ancient times

Significance of Oil

The foolish virgins were unprepared because they lacked oil for their lamps.

In many Biblical passages, oil is an emblem of the Holy Spirit. Without oil the wedding party was not ready for the bridegroom. Without the Holy Spirit, no one is ready for the return of Jesus.