

LESSON

2



The name of this course is
“**Faith Fitness Plan**: A 12-week
spiritual workout for becoming a
more faithful disciple of Christ.”



QUESTIONS

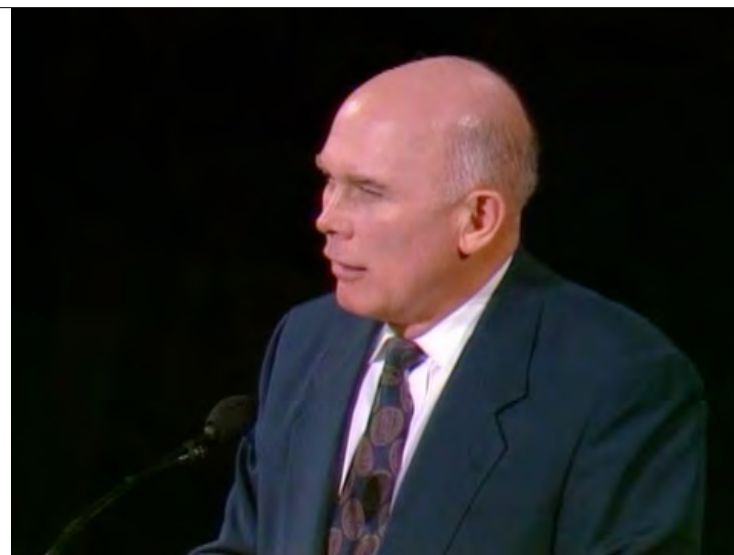




The first principle of the gospel is not “faith.” **The first principle of the gospel is “Faith in the Lord Jesus Christ” (A of F 1:4).** I wish to speak to you young women about that supremely important truth. Faith does not exist by itself. Faith requires an object. It must be faith in something or someone. In that respect, faith is like love. Love cannot exist without an object. (Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994)



Faith is the same. **If we think we have faith, we should ask, faith in whom or faith in what?** For some, faith is nothing more than faith in themselves. That is only self-confidence or self-centeredness. Others have faith in faith, which is something like relying on the power of positive thinking or betting on the proposition that we can get what we want by manipulating the powers within us. (Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994)



The first principle of the gospel is faith in the Lord Jesus Christ. Without this faith, the prophet Mormon said, we “are not fit to be numbered among the people of his church” (Moro. 7:39). (Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994)

• If you are like most people, you may have faith in...



Yourself

What is wrong with always relying on yourself?



Others

Are your friends always reliable and trustworthy?



Job

Will you always have a great job and steady income?



Economy

What will the worldwide economy bring in the future?



Politicians

Can you always believe in our elected officials?



Doctors

Can doctors always heal whatever ails you?



Technology

Is Artificial Intelligence the cure-all for the future?



Education

Is higher education the secret to a secure life?



Businesses

Which businesses can you trust in the long-term?



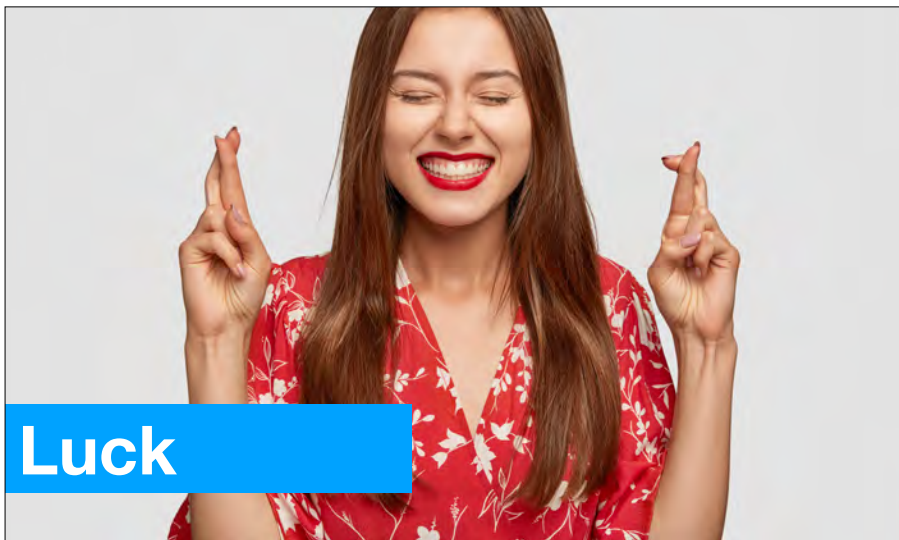
Nature

Will Mother Nature ever disappoint you?



Positivity

Won't having a positive mental attitude fix any problem?



Luck

Isn't life just a crapshoot and aren't most things out of your control?



Christ

Why should we have faith in Jesus Christ and what does that mean?

GOSPEL TRUTH 1

“We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ” (Article of Faith 1:4).

THE ARTICLES OF FAITH OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

1 We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost;

2 We believe that men will be punished for their own sins, and not for Adam's transgression;

3 We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel;

4 We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost;

5 We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel and administer in the ordinances thereof;

6 We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth;

7 We believe in the gift of tongues, prophecy, revelation, visions, healing, interpretation of tongues, and so forth;

8 We believe that God will reveal more of His will unto His servants, and that He will reveal many great and important things pertaining to the Kingdom of God;

9 We believe all that God has revealed, all that He does now reveal, and we believe that He will reveal many great and important things pertaining to the Kingdom of God;

10 We believe in the literal gathering of Israel and in the restoration of the Ten Tribes; that Zion (the New Jerusalem) will be built upon the American continent; that Christ will reign personally upon the earth; and, that the earth will be renewed and receive its paradisaical glory;

11 We claim the privilege of worshipping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may;

12 We believe in being subject to kings, presidents, rulers, and magistrates, in obeying, honoring, and sustaining the law;

13 We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men; indeed, we may say that we follow the admonition of Paul—We believe all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything we cannot believe, we cannot believe that there is anything we cannot believe.

You should have faith in one Person:



Joseph Smith declared,
 “The **fundamental principles** of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; **and all other things which pertain to our religion are only appendages to it.**”

Teachings of the Prophet Joseph Smith, 121



APPENDAGE



An appendage is a thing that is added or attached to something larger or more important.



“And now, my beloved brethren, after ye have gotten into this strait and narrow path, I would ask if all is done? Behold, I say unto you, Nay; for ye have not come thus far save it were by the word of Christ **with unshaken faith in him**, relying wholly upon the merits of him who is mighty to save” (2 Nephi 31:19).

“Wherefore, ye must press forward with a **steadfastness in Christ**, having a perfect brightness of hope, and a love of God and of all men.

Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life”
(2 Nephi 31:20).

“And now, behold, my beloved brethren, **this is the way**; and **there is none other way nor name** given under heaven whereby man can be saved in the kingdom of God. And now, behold, this is the doctrine of Christ, and the only and true doctrine of the Father, and of the Son, and of the Holy Ghost, which is one God, without end. Amen”
(2 Nephi 31:21).

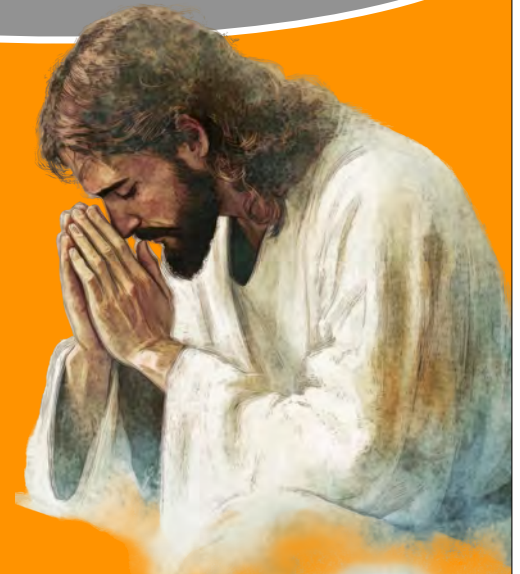


QUESTION 1

What is the difference between simply having faith and having faith in Jesus Christ?

GOSPEL TRUTH 2

Jesus Christ asks us to put our ultimate trust in Him because He is perfectly trustworthy.



“Yea, and how is it that ye have forgotten that the Lord is able to do all things according to his will, for the children of men, if it so be that they exercise faith in him?

Wherefore, let us be faithful to him”
(1 Nephi 7:12).

“And it shall come to pass, that inasmuch as they are faithful, and **exercise faith in me**, I will pour out my Spirit upon them in the day that they assemble themselves together”
(D&C 44:2).

“Wherefore, by the ministering of angels, and by every word which proceeded forth out of the mouth of God, men began to **exercise faith in Christ**; and thus by faith, they did lay hold upon every good thing; and thus it was until the coming of Christ”
(Moroni 7:25).

“And in that day that they shall **exercise faith in me**, saith the Lord, even as the brother of Jared did, that they may become sanctified in me, then will I manifest unto them the things which the brother of Jared saw...”
(Ether 4:7).



“Faith in Jesus Christ includes having confidence that He is the Only Begotten Son of God. It includes trusting in Him as our Savior and Redeemer—that He is our only way to return to God’s presence. We are invited to exercise ‘unshaken faith in him, relying wholly upon the merits of him who is mighty to save’” (2 Nephi 31:19)
(Preach My Gospel, 65)



The kind of faith that includes trust in the Lord stands in contrast to many imitations. Some people trust no one but themselves. Some put their highest trust in a friend or another family member, perhaps because they feel that person is more righteous or more wise than they. But that is not the Lord’s way. **He told us to put our faith and our trust in the Lord Jesus Christ.** (Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994)

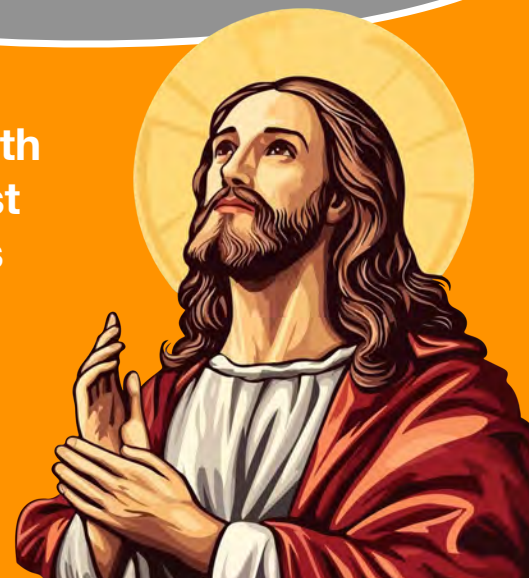


QUESTION 2

What makes Jesus Christ worthy of our complete trust?

GOSPEL TRUTH 3

We put our faith in Jesus Christ because He is the only way back to Heavenly Father.



“And we know that all men must repent and **believe on the name of Jesus Christ**, and worship the Father in his name, and endure in faith on his name to the end, **or they cannot be saved** in the kingdom of God” (D&C 20:29).

“And this is life eternal, that they might know thee **the only true God**, and Jesus Christ, whom thou hast sent” (John 17:3).



“I am the way, the truth, and the life” (John 14:6).

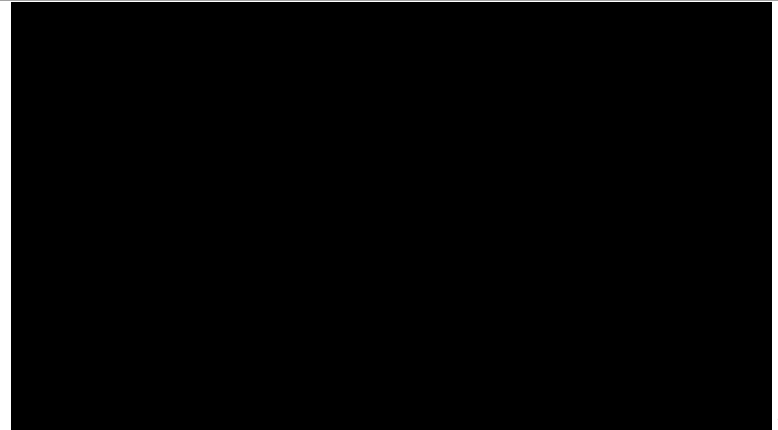


QUESTION 3

Why is Jesus Christ the only one who can save us?

GOSPEL TRUTH 4

True faith in Jesus Christ is more than believing in Him; it means trusting Him enough to follow Him.



1:43

Taking action is the exercise of faith. The children of Israel are carrying the ark of the covenant. They come to the River Jordan. The promise is they will cross over on dry land. When does the water part? When their feet are wet. They walk into the river—act. Power follows—the water parts. We oftentimes believe, “I’m going to have this perfect understanding, and then I’m going to transform that into what I do.” I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle—the principle—of action and of power. **True faith is focused in and on the Lord Jesus Christ and always leads to action.** (David A. Bednar, “Seek Learning by Faith,” address to Church Educational System religious educators, Feb. 3, 2006).



QUESTION 4

How can we tell whether we truly have faith in Jesus Christ?



TO DO

HOMEWORK ASSIGNMENTS

WEEK 2 CHALLENGE

This week, identify one fear, burden, temptation, habit, or unanswered question that you have been carrying. Consciously place it in the Savior's hands and act in faith according to His teachings.



READINGS

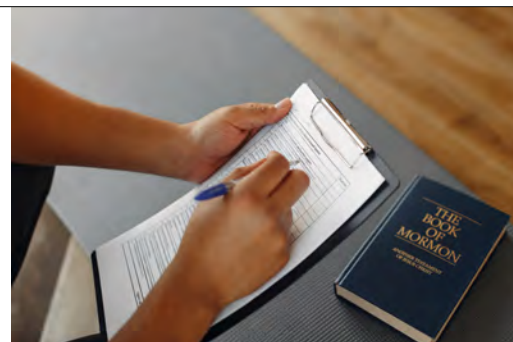
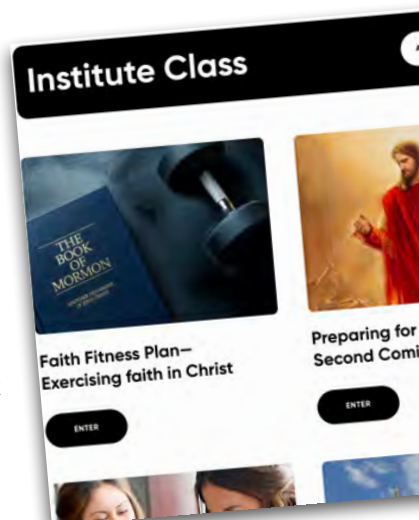
▀ Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994



VISIT
www.iloveinstitute.com

- > Listen to recordings
- > Download handouts
- > View these classes:
 - Faith Fitness Plan
 - Preparing for the Second Coming
 - Understanding your endowment
 - Principles of personal revelation
 - Avoiding a faith crisis
 - Book of Mormon—your handbook

www.iloveinstitute.com



NEXT CLASS: SEPTEMBER 3

Experiment on the word

In Lesson 3, we'll talk about the Training Plan. How is Alma 32 an ideal blueprint for faith? How does its formula build your faith?