LESSON

11






**This is your faith:**
**it is either growing or dying.**

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**…
(2 Nephi 28:30)



…and blessed are those who hearken unto my precepts, and lend an ear unto my counsel, for they shall learn wisdom; **for unto him that receiveth I will give more**… (2 Nephi 28:30)



…and from them that shall say, We have enough, from them **shall be taken away** even that which they have. (2 Nephi 28:30)



That which is of God is light; and he that receiveth light, and continueth in God, **receiveth more light**; and that light groweth brighter and brighter until the perfect day. (D&C 50:24)

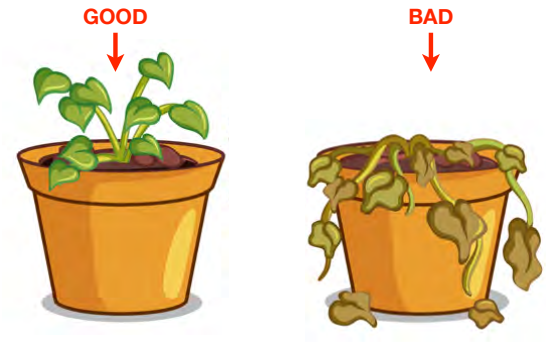





And therefore, he that will **harden** his heart, the same receiveth the **lesser** portion of the word… (Alma 12:10)




…and he that will **not harden** his heart, to him is given the **greater** portion of the word, until it is given unto him to know the mysteries of God until he know them in full. (Alma 12:10)




**Today we are going to focus on nourishing your faith every day.**

## GOSPEL TRUTH

**Your faith will grow when you actively exercise your faith by doing those things every day that nourish your faith.**





Our faith in Jesus Christ needs to be nourished daily. It is nourished as we pray daily, study the scriptures daily, reflect on the goodness of God daily, repent daily, and follow the promptings of the Holy Ghost daily. Just as it is not healthy to defer eating all our food until Sunday and then binge our weekly allotment of nutrition, it is not spiritually healthy to restrict our testimony-nourishing behavior to one day in the week. (Dale G. Renlund, "The Powerful, Virtuous Cycle of the Doctrine of Christ," April 2024)



# "Opening the Heavens"

By Elder Yoshihiko Kikuchi, Ensign, August 2009

Summary of talk: have a "sacred grove" experience every day.

Do you want to feel the love of God more powerfully in your life? Do you want to feel more in tune with His Spirit? Do you want to have the heavens opened to you daily?



Elder Yoshihiko Kikuchi
"Opening the Heavens"
Ensign Magazine
August 2009

There is a way you can feel a daily renewal of God's everlasting love and drink from "the fountain of living waters." It follows a pattern set by the Prophet Joseph Smith when he went to a grove of trees early one morning in 1820 seeking answers to his questions.



Elder Yoshihiko Kikuchi
"Opening the Heavens"
Ensign Magazine
August 2009

I speak of a morning devotional time spent in prayer, meditation, and scripture study. If you have a devotional every morning, even if only for a few minutes, you will be deeply blessed. I know this to be true.



Elder Yoshihiko Kikuchi
"Opening the Heavens"
Ensign Magazine
August 2009

Unfortunately, modern life is filled with noise and tumult. Our society provides so many distractions that unless we make the time and effort to extract ourselves from them, the voice of the Spirit may not get through to us.



Elder Yoshihiko Kikuchi
"Opening the Heavens"
Ensign Magazine
August 2009

In similar ways, the key to gaining the spiritual strength we need lies in what President Thomas S. Monson once described as entering a “sacred grove” of our own. He was teaching bishops, but the counsel applies to all members of the Church….



Elder Yoshihiko Kikuchi
“Opening the Heavens”
Ensign Magazine
August 2009

Of course, these “sacred grove” moments do not duplicate what happened to the Prophet Joseph in the Sacred Grove.

We don’t enter into these devotional times expecting to see the Father and the Son any more than Joseph Smith did.

But we can trust that Heavenly Father will answer our prayers; how He answers them, however, is up to Him.



Elder Yoshihiko Kikuchi
“Opening the Heavens”
Ensign Magazine
August 2009

There is great power in setting aside quiet, prayerful, meditative time. In the stillness that accompanies our pondering, we can come to know the Father and His Son.



Elder Yoshihiko Kikuchi
“Opening the Heavens”
Ensign Magazine
August 2009

As we use daily devotional time to gain greater spiritual strength, we will be blessed to better understand Heavenly Father and the Savior and His Atonement.



Elder Yoshihiko Kikuchi
“Opening the Heavens”
Ensign Magazine
August 2009

We will taste of “the goodness of Jesus.” We will feel “with exceedingly great joy” the power of His eternal love.

We will come to love the Savior even more for what He did for us during His mortal ministry—particularly in Gethsemane, on the cross, and in the Resurrection—and for what He continues to do for us today.



Elder Yoshihiko Kikuchi
“Opening the Heavens”
Ensign Magazine
August 2009



Elder Richard G. Scott teaches us how to “Make the Exercise of Faith Your First Priority” in the October 2014 General Conference with four suggestions.



Despite all of the negative challenges we have in life, we must take time to actively exercise our faith. Such exercise invites the positive, faith-filled power of the Atonement of Jesus Christ into our lives. Our Father in Heaven has given us tools to help us come unto Christ and exercise faith in His Atonement. When these tools become fundamental habits, they provide the easiest way to find peace in the challenges of mortality.
(Richard G. Scott, “Make the Exercise of Faith Your First Priority,” Oct. 2014)



The first tool is prayer. Choose to converse with your Father in Heaven often. Make time every day to share your thoughts and feelings with Him. Tell Him everything that concerns you. He is interested in the most important as well as the most mundane facets of your life. Share with Him your full range of feelings and experiences.
(Richard G. Scott, “Make the Exercise of Faith Your First Priority,” Oct. 2014)



The second tool is to study the word of God in the scriptures and the words of the living prophets. We talk to God through prayer. He most often communicates back to us through His written word. To know what the voice of the Divine sounds and feels like, read His words, study the scriptures, and ponder them. (Richard G. Scott, “Make the Exercise of Faith Your First Priority,” Oct. 2014)



While you are working to strengthen your family and cultivate peace, remember this third tool: weekly family home evening. Be cautious not to make your family home evening just an afterthought of a busy day. Decide that on Monday night your family will be together at home for the evening. (Richard G. Scott, “Make the Exercise of Faith Your First Priority,” Oct. 2014)



The fourth tool is to go to the temple. We all know there is no more peaceful place on this earth than in the temples of God. If you don’t have a temple recommend, qualify to get one. When you have a recommend, use it often. Schedule a regular time to be in the temple. Don’t let anyone or anything prevent you from being there. (Richard G. Scott, “Make the Exercise of Faith Your First Priority,” Oct. 2014)

## LET’S TALK ABOUT IT

In addition to prayer, scripture study, Family Home Evening, and temple worship, what are some things you can do regularly that will strengthen your faith in Jesus Christ?

# GOSPEL TRUTH

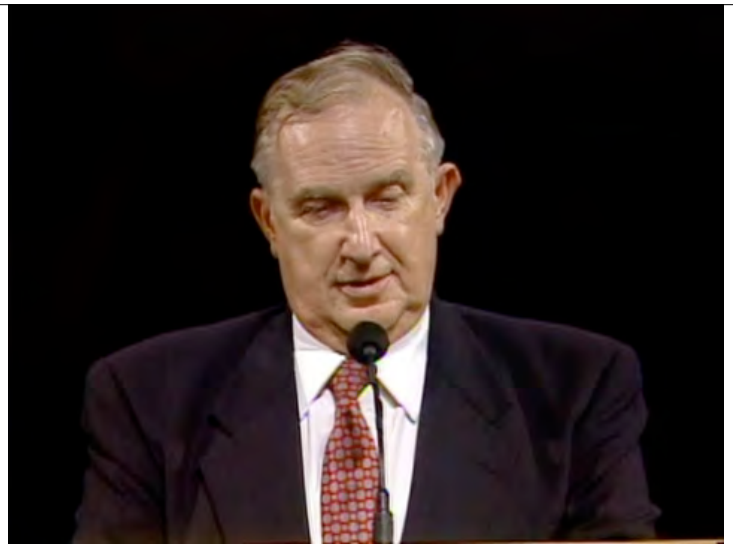
**When you write your faith-building life events in your journal—and refer to them often—your faith will be strengthened again and again.**







Profound spiritual truth cannot simply be poured from one mind and heart to another. It takes faith and diligent effort. Precious truth comes a small piece at a time through faith, with great exertion, and at times wrenching struggles. The Lord intends it be that way so that we can mature and progress. (Richard G. Scott, “Acquiring Spiritual Knowledge,” October 1993)



Knowledge carefully recorded is knowledge available in time of need. 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. (Richard G. Scott, “Acquiring Spiritual Knowledge,” October 1993)

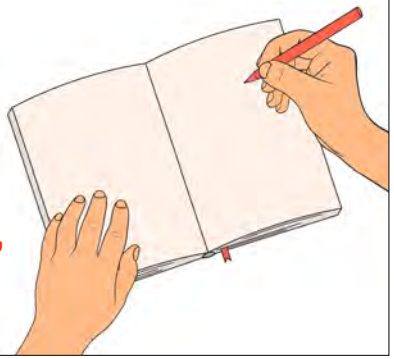


"Review your study journal regularly to recall spiritual experiences, see new insights, and recognize your growth" (Preach My Gospel, page viii).

# Let's practice writing your faith-building life events

INSTRUCTIONS:
1. Listen to Elder Rasband.
2. Answer the question.
3. After class, elaborate in a more permanent and private journal.

**When you see this picture, write your answer.**





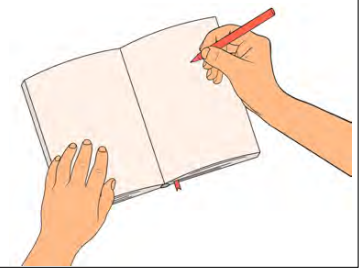
It is important to remember the powerful counsel found in Deuteronomy: "Keep thy soul diligently, lest thou forget the things which thine eyes have seen, and lest they depart from thy heart all the days of thy life: but teach them thy sons, and thy sons' sons." (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)





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, "Lest Thou Forget," Oct. 2016)

**List spiritual experiences throughout your life that have strengthened your faith—experiences you never want to forget.**





You will recall that Nephi and his brothers returned to Jerusalem to obtain the brass plates that contained the recorded history of their people, in part so that they would not forget their past. (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)

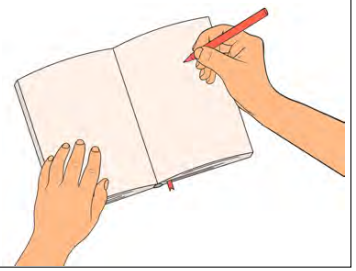




Never forget, question, or ignore personal, sacred spiritual experiences. The adversary's design is to distract us from spiritual witnesses, while the Lord's desire is to enlighten and engage us in His work. (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)



**Write about a time when you recognized the Spirit strengthening your faith.**





Let me share a personal example of this truth. I distinctly recall a time when I received a prompting in answer to mighty prayer. The answer was clear and powerful. However, I failed to act immediately on the prompting, and after a period of time I began to wonder if what I had felt had been real. Some of you may have fallen for that deception of the adversary as well. (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)

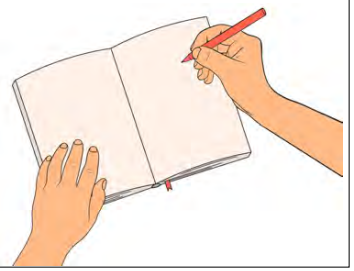




Several days later, I awoke with these powerful verse of scripture in my mind: “Verily, verily, I say unto you, if you desire a further witness, cast your mind upon the night that you cried unto me in your heart. “Did I not speak peace to your mind concerning the matter? What greater witness can you have than from God?” (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)



**Write about a time when the Lord spoke peace to your mind or heart concerning a matter.**





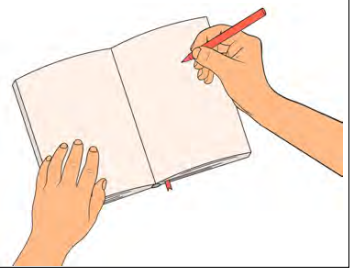
It was as if the Lord was saying, “Now, Ronald, I already told you what you needed to do. Now do it!” How grateful I was for that loving correction and direction! I was immediately comforted by the prompting and was able to move forward, knowing in my heart that my prayer had been answered. (Ronald A. Rasband, "Lest Thou Forget," 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, "Lest Thou Forget," Oct. 2016)



**Write about a spiritual experience that helped guide you toward making the right decision.**





In the midst of life’s greatest storms, do not forget your divine heritage as a son or daughter of God of your eternal destiny to one day return to live with Him, which will surpass anything the world has to offer. (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)





To all who feel the need to have their faith fortified, I plead with you, do not forget! Please do not forget. (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)



I bear witness that Joseph Smith was a prophet of God. I know he saw and talked with God the Father and His Son, Jesus Christ, just as he recorded in his own words. How grateful I am that he did not forget to write of that experience, that we may all know of his testimony. (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)

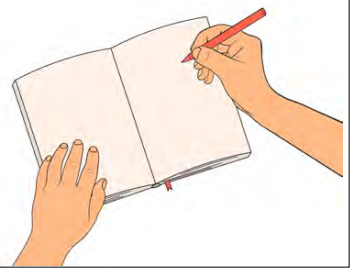




I bear my solemn witness of the Lord Jesus Christ. He lives; I know He lives and stands at the head of this Church. These things I know for myself, independent of any other voice or witness, and I pray that you and I will never forget sacred eternal truths…. (Ronald A. Rasband, "Lest Thou Forget," Oct. 2016)



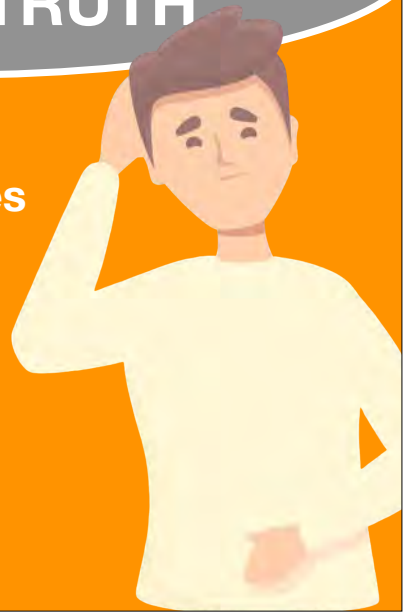
**Write about a time when you gained or strengthened your testimony of a gospel principle.**



## GOSPEL TRUTH

**Do not doubt the spiritual experiences that increased your faith—especially those signs and wonders which you have seen.**

See 3 Nephi 1:22





And it came to pass that there was no darkness in all that night, but it was as light as though it was mid-day. And it came to pass that the sun did rise in the morning again, according to its proper order; and they knew that it was the day that the Lord should be born, because of the sign which had been given. (3 Nephi 1:19) About AD 1–4



And it came to pass also that a new star did appear, according to the word. (3 Nephi 1:21)
About AD 1–4



And it came to pass that from this time forth there began to be lyings sent forth among the people, by Satan, to harden their hearts, to the intent that they might not believe in those signs and wonders which they had seen; but notwithstanding these lyings and deceivings the more part of the people did believe, and were converted unto the Lord. (3 Nephi 1:22)
About AD 1–4



…and the people began to forget those signs and wonders which they had heard, and began to be less and less astonished at a sign or a wonder from heaven, insomuch that they began to be hard in their hearts, and blind in their minds, and began to disbelieve all which they had heard and seen— (3 Nephi 2:1)
About AD 5–16

Imagining up some vain thing in their hearts, that it was wrought by men and by the power of the devil, to lead away and deceive the hearts of the people; and thus did Satan get possession of the hearts of the people again, insomuch that he did blind their eyes and lead them away to believe that the doctrine of Christ was a foolish and a vain thing.
(3 Nephi 2:2) About AD 5–16



And it came to pass that the people began to wax strong in wickedness and abominations; and they did not believe that there should be any more signs or wonders given; and Satan did go about, leading away the hearts of the people, tempting them and causing them that they should do great wickedness in the land.
(3 Nephi 2:3) About AD 5–16





## LET'S TALK ABOUT IT

What can you do to make sure that Satan does go about leading away your heart and not believe all the faith-building experiences in your life?

# TO DO

**HOMEWORK ASSIGNMENTS**



My beloved young sisters, each of you needs to build a reservoir of faith so you can draw upon it when someone you love or respect betrays you, when some scientific discovery seems to cast doubt on a gospel principle, or when someone makes light of sacred things, such as the name of God or the sacred ceremonies of the temple. You need to draw on your reservoir of faith when you are weak or when someone else calls on you to strengthen them. You also need to draw on your reservoir of faith when some requirement of Church membership or service interferes with your personal preferences. (Dallin H. Oaks, "Faith in the Lord Jesus Christ," April 1994)

## WEEK 11 CHALLENGE



Will you add to your reservoir of faith by writing in your journal the thoughts, experiences, activities, and feelings that strengthen your faith in Jesus Christ? Then, when your faith is challenged—when you feel discouraged, confused, distant from the Lord, or uncertain—will you go back and read the spiritual foundations you have built throughout your life?

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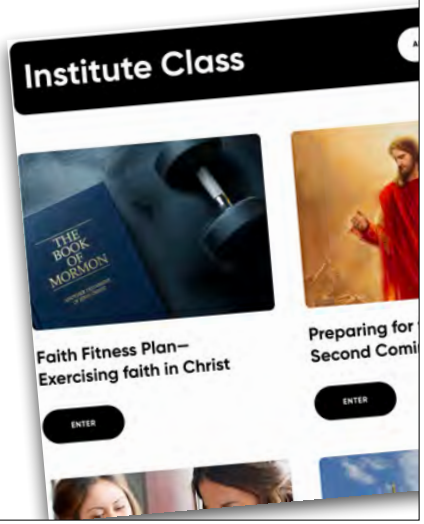



## READINGS



- Dallin H. Oaks, "Faith in the Lord Jesus Christ," April 1994
- Ronald A. Rasband, "Lest Thou Forget," October 2016
- Richard G. Scott, "Make the Exercise of Faith Your First Priority," October 2014
- Richard G. Scott, "Acquiring Spiritual Knowledge," October 1993
- Yoshihiko Kikuchi, "Opening the Heavens," Ensign, August 2009
- Dale G. Renlund, "The Powerful, Virtuous Cycle of the Doctrine of Christ," April 2024



## LAST CLASS: NOV. 5

### Finish Strong

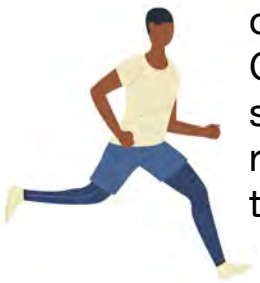
In Lesson 12—the last class—we'll talk about Finishing Strong. What blessings come to those who endure to the end? How can you have "never-ending happiness"?

# FAITH FITNESS
# CLASS REVIEWS




LESSON 01

## Faith Fitness Basics



Will you exercise faith by moving forward and taking righteous action without a perfect knowledge of the outcome, trusting in Jesus Christ, hoping for things not seen but true and good, and remaining strong and faithful through the trials of life?

LESSON 02

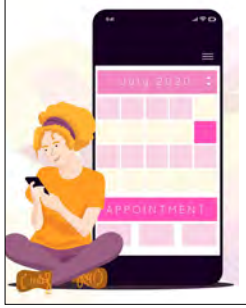
## Master Trainer



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

LESSON 03

## Faith Training Plan




Will you use the “faith formula” in Alma 32, choose a gospel topic where you would like to strengthen your faith and follow the five steps:
PREPARE your heart;
PRACTICE faith;
PLANT a seed;
PROVIDE nutrition;
PROCURE the results?

LESSON 04

## Resistance Training



When adversity comes, will you choose faith in Jesus Christ instead of abandoning hope and giving in to despair? Will you build a “reservoir of faith” so you can withstand anything and everything that comes your way?

LESSON 05

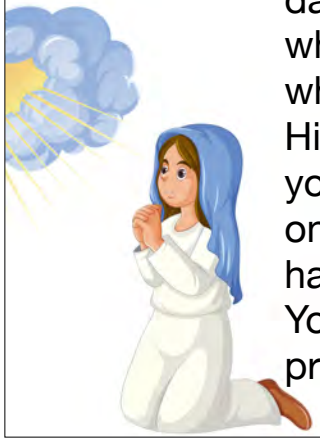
## Faith Training Manual



When you want to strengthen your faith in Jesus Christ or when you feel your faith is weakening, will you turn to the scriptures and words of the prophets and apostles for answers and liken those holy words to your situation?

LESSON 06

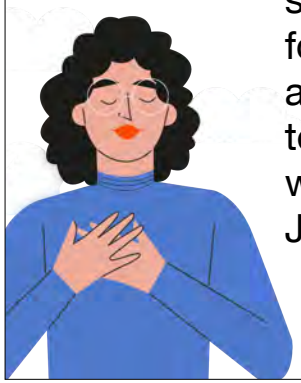
## Praying to your Coach



Will you talk to your Coach every day? Will you tell Him honestly where your faith is strong and where it is weak? Will you ask Him to strengthen your faith? Will you listen—and be willing to act on what He tells you? (You don't have to have great faith to start. You just have to be willing to pray with the faith you have.)

LESSON 07

## Divine Answers



Will you listen to the still, small voice, learn to recognize how it speaks to your mind and heart, follow its guidance one step at a time, and act on the good it teaches you—knowing that it will strengthen your faith in Jesus Christ?

LESSON 08

## Building Others



(1) Will you actively look for opportunities to build the faith of others? (2) Will you refuse to allow others—whether intentional or accidental—to weaken your testimony or drive you away from the Church? (3) Will you build your testimony firmly on Jesus Christ, rather than other members or leaders?

LESSON 09

## Serve others in faith



Will you deliberately look for someone you can serve—not simply because they need your help, but because you see Christ in them? And when you serve them, will you pause and recognize that you are not only helping that person—you are serving the Savior Himself?

LESSON 10

## Obey in faith



Will you commit to obeying the commandments with greater exactness, even when you don't understand the commandment—and especially when you don't immediately see the promised blessings? As you exercise faith and obey, will you look for evidence of God's hand in your life, and record the blessings and impressions you receive?

LESSON 11

## Reservoir of faith



Will you add to your reservoir of faith by writing in your journal the thoughts, experiences, activities, and feelings that strengthen your faith in Jesus Christ? Then, when your faith is challenged—when you feel discouraged, confused, distant from the Lord, or uncertain—will you go back and read the spiritual foundations you have built throughout your life?

LESSON 12