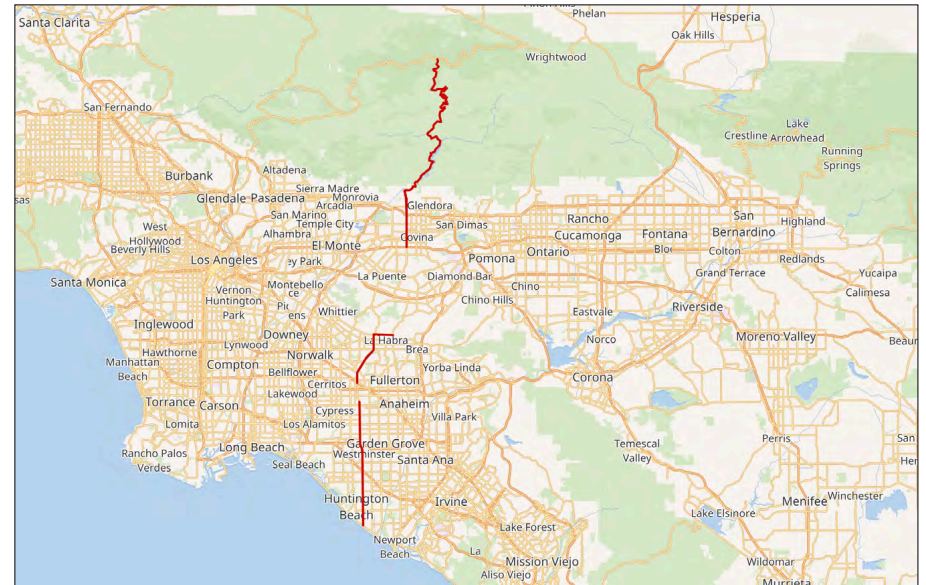


LESSON

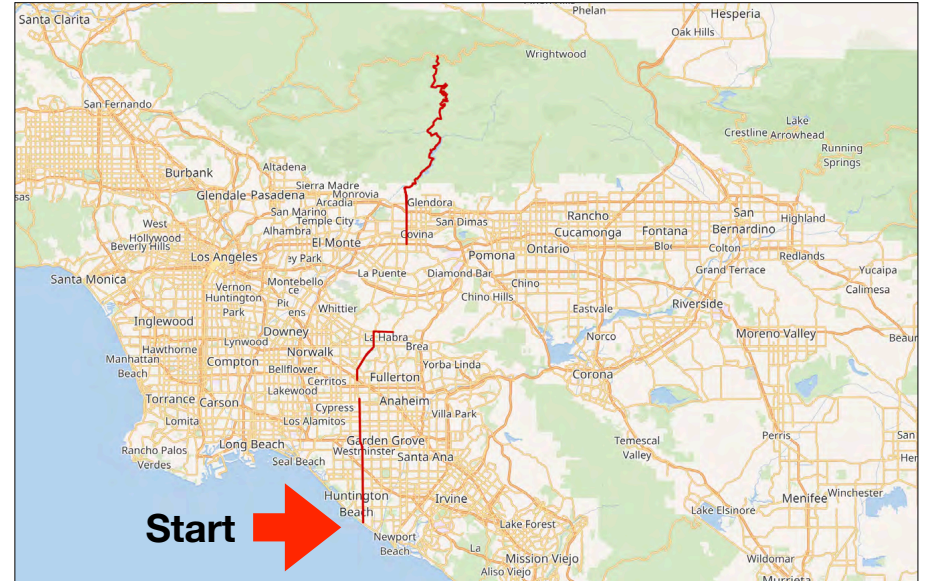
10



Let's take a trip up Highway 39 in California.

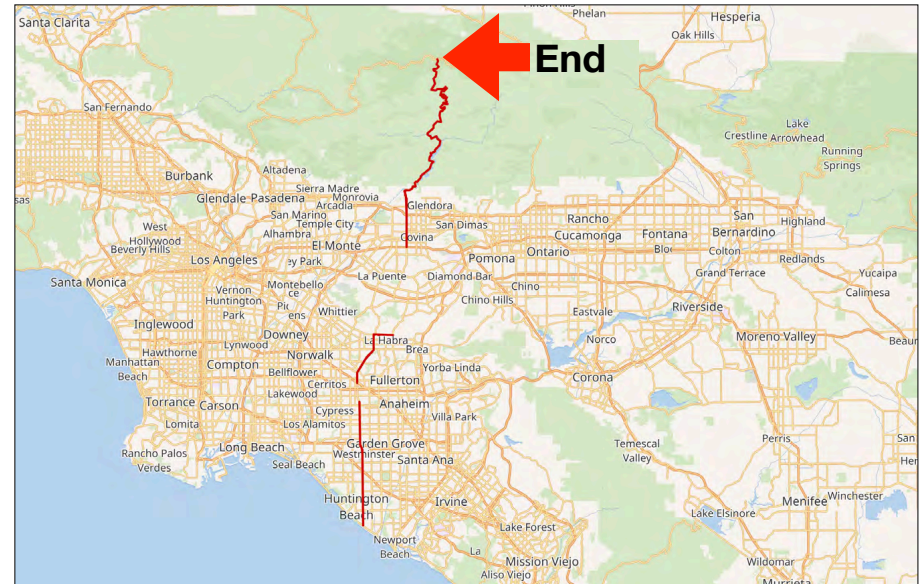


Highway 39 starts in Huntington Beach, CA

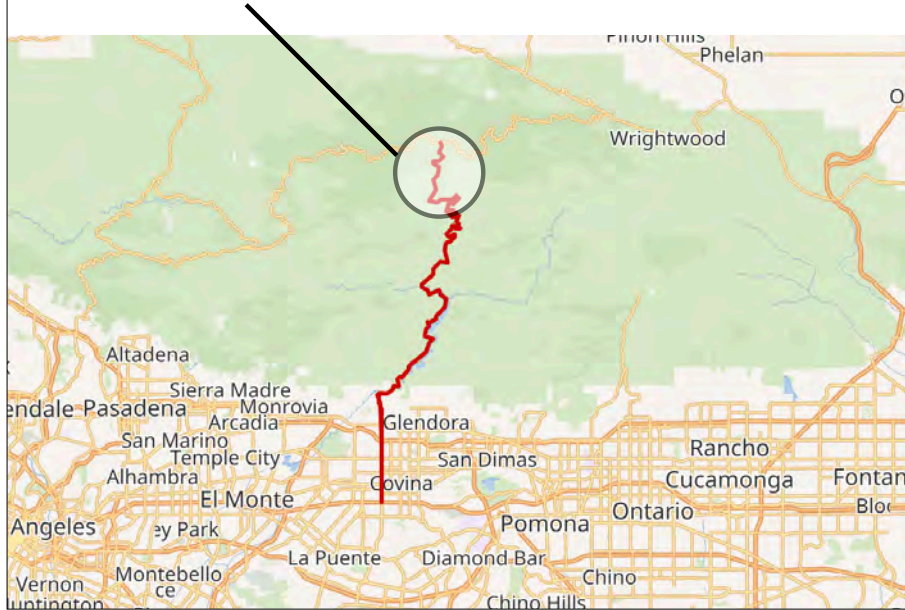




Highway 39 ends Islip Saddle on Angeles Crest Highway (SR 2)



The last 4-1/2 miles are closed.



Our goal was to go to Wrightwood from HB



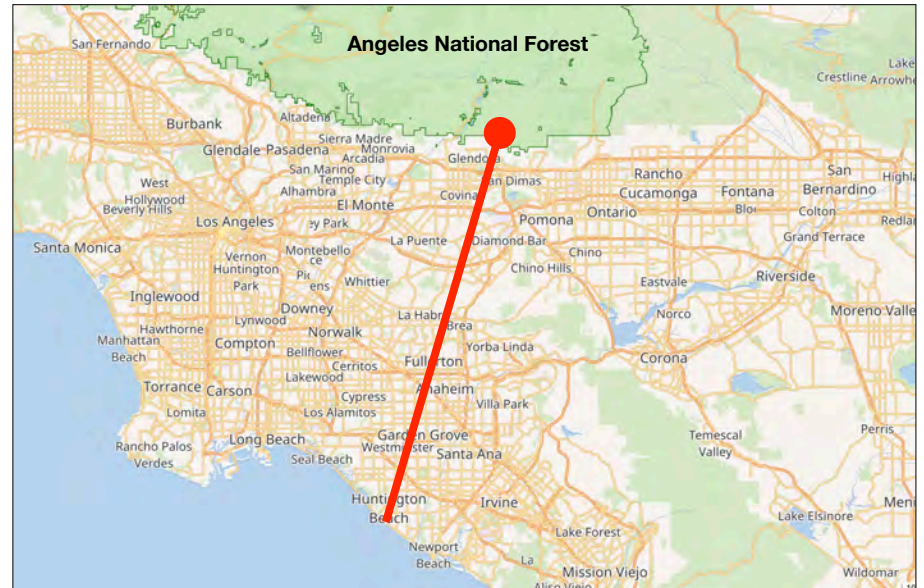
Highway 39 passes Knotts Berry Farm



Highway 39 passes Medieval Times



Highway 39 passes Medieval Times



We arrived at the entrance to the mountains



At the mountain, there are signs.



**When entering, the signs said,
“Road closed after Crystal Lake.”**



**The rangers said the road was
closed after Crystal Lake.**



**Other drivers coming down the mountain
said the road was closed after Crystal Lake.**

We had three warnings the road was closed after Crystal Lake:

1 Signs

2 Rangers

3 Other drivers



But we did not believe those warnings so we kept on driving.



**We drove to Crystal Lake (elevation 5,656)
a place with about 120 campsites.**





Our real goal was to go to Wrightwood.



A few miles up, the sign said: "ROAD CLOSED."



California's Forbidden Highway

Highway 39's northernmost 4.5-mile (including the connection with SR 2) has been closed since 1978 due to a massive mud and rockslide. I did not believe the signs or the rangers.



If I would have listened to the rangers and believed the signs, we would not have not ended our trip at a dead-end.



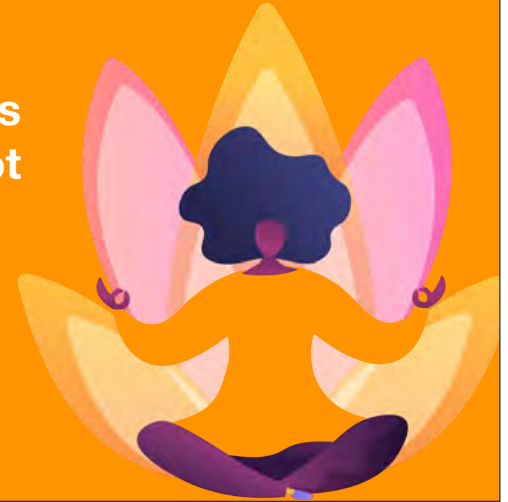
LET'S TALK ABOUT IT

Can you think of a commandment that you didn't understand at first, but later realized God knew exactly what He was doing?

Behold, I gave unto him that he should be an agent unto himself; and I gave unto him commandment, **but no temporal commandment gave I unto him, for my commandments are spiritual**; they are not natural nor temporal, neither carnal nor sensual.
(D&C 29:35)

GOSPEL TRUTH

God's commandments are spiritual, not merely earthly.



TEMPLE RECOMMEND QUESTIONS



1. Do you believe in the Godhead?
2. Do you believe in the Atonement?
3. Do you believe in the restoration?
4. Do you support the Authorities?
5. Are you morally clean?
6. Do you follow the Church teachings?
7. Do you avoid supporting apostates?

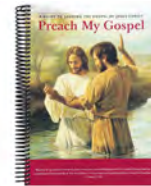
TEMPLE RECOMMEND QUESTIONS



8. Do you keep the Sabbath day holy?
9. Are you honest?
10. Are you a full tithe payer?
11. Do you obey the Word of Wisdom?
12. Are you repentant?
13. Are you worth, following Christ?

Other commandments from PREACH MY GOSPEL

Pray often
Study the scriptures
Love God; Love our neighbor
Ten Commandments
Obey and Honor the Law
Serve God; Serve Others
Share the Gospel
Fast and Fast Offerings



If the commandments come from God...

**If you obey the Word of Wisdom,
you will receive blessings:**

...shall receive health in their navel and
marrow to their bones...shall find wisdom and
great treasures of knowledge...shall run and
not be weary, and shall walk and not faint.
(D&C 89:18–21)



**Then how come
your health is bad?**

**If you obey the law of tithing,
you will receive blessings:**

Bring ye all the tithes...and prove me...if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. (Malachi 3:10)



**Then how come it seems no
windows of heaven are opening?**



LET'S TALK ABOUT IT

Why do you think God said that “no temporal commandment gave I unto him, for my commandments are spiritual” (D&C 29:35)? But then he gives us earthly laws?

GOSPEL TRUTH

When we obey the
commandments,
we are blessed.



“There is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated—And when we obtain any **blessing** from God, it is by **obedience** to that law upon which it is predicated” (D&C 130:20–21).

...irrevocably decreed

IRREVOCABLE:
in a way that
cannot be
changed, reversed,
or recovered

**...before the foundations
of this world**

THE FOUNDATIONS:
Before the earth was
created.

upon which all blessings are predicated

ALL: not some or a few, but every one
PREDICATED: based on

Law

Blessing



And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated

Law



Actually, the blessings outweigh the laws and commandments.

Are God's laws like slot or vending machines?



**Is obedience to a
commandment
like a vending
machine?**



**You obey and
you get blessed?**



**Or is obedience
more like a slot
machine?**

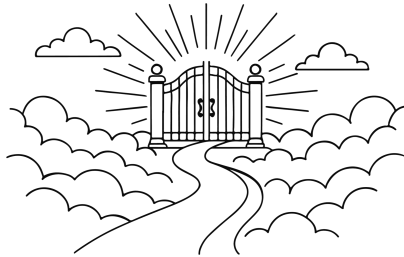
**You obey
and you
may or may
not get a
blessing?**



Which is more correct?



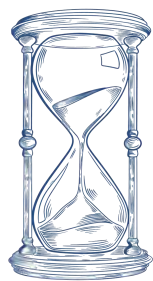
And again, I say unto you, I give unto you a new commandment, **that you may understand my will** concerning you; (D&C 82:8)



Or, in other words, I give unto you directions how you may act before me, **that it may turn to you for your salvation.** (D&C 82:8)



I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise. (D&C 82:8)



And let us not be weary in well doing: **for in due season** we shall reap, if we faint not. (Galatians 6:9)



LET'S TALK ABOUT IT

If it's true that we are blessed for obeying a commandment, why doesn't everyone obey all of the commandments?

GOSPEL TRUTH

God gives us commandments to test and strengthen our faith.



And **we will prove them** herewith, to see if they will do all things whatsoever the Lord their God shall command them (Abr. 3:25)

For he will give unto the faithful line upon line, precept upon precept; and I **will try you and prove you** herewith. Therefore, be not afraid of your enemies, for I have decreed in my heart, saith the Lord, that **I will prove you in all things**, whether you will abide in my covenant, even unto death, that you may be found worthy.
(D&C 98:12–14)

And again, verily I say unto you, I command you again to build a house to my name, even in this place, that you may **prove yourselves unto me that ye are faithful in all things whatsoever I command you**, that I may bless you, and crown you with honor, immortality, and eternal life. (D&C 124:55)



Boyd K. Packer

"Latter-day Saints are not obedient because they are compelled to be obedient. They are obedient because they know certain spiritual truths and have decided,

Boyd K. Packer said: "Latter-day Saints are not obedient because they are compelled to be obedient. They are obedient because they know certain spiritual truths and have decided, as an expression of their own individual agency, to obey the commandments of God. ... We are not obedient because we are blind, we are obedient because we can see" (R. Conrad Schultz, "Faith Obedience," April 2002).



We might call this "faith obedience." With faith, Abraham was obedient in preparing Isaac for sacrifice; with faith, Nephi was obedient in obtaining the brass plates; with faith, a little child obediently jumps from a height into the strong arms of his father. "Faith obedience" is a matter of trust. The question is simple: Do we trust our Heavenly Father? Do we trust our prophets? (R. Conrad Schultz, "Faith Obedience," April 2002).

And now, I, Moroni, would speak somewhat concerning these things; I would show unto the world that faith is things which are hoped for and not seen; wherefore, dispute not because ye see not, **for ye receive no witness until after the trial of your faith.** (Ether 12:6)



Elder Bruce R. McConkie taught: "*Faith is a gift of God bestowed as a reward for personal righteousness. It is always given when righteousness is present, and the greater the measure of obedience to God's laws the greater will be the endowment of faith.*" If we desire more faith, we must be more obedient. When we teach our children by example or precept to be casual or situational in obeying God's commandments, we prevent them from receiving this vital spiritual gift. **Faith requires an attitude of exact obedience, even in the small, simple things.** (Kevin W. Pearson, "Faith in the Lord Jesus Christ," April 2009)

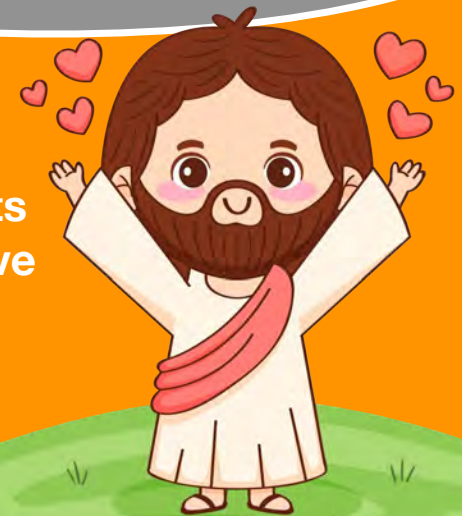


LET'S TALK ABOUT IT

What do you do when you are obeying a commandment but growing impatient waiting for the promised blessings?

GOSPEL TRUTH

We obey the commandments because we love Jesus Christ.



**If ye love me,
keep my
commandments.
(John 14:15)**



**He that hath my
commandments, and keepeth
them, he it is that loveth me:
and he that loveth me shall be
loved of my Father, and I will
love him, and will manifest
myself to him. (John 14:21)**



Another way we show our love for Heavenly Father and His Beloved Son is to choose to obey Them. The Savior said, “If ye love me, keep my commandments.” This kind of obedience is neither blind nor compulsory but is a sincere and willing expression of love. Father in Heaven wants us to want to be obedient. (Steven C. Barlow. “Lovest Thou Me?,” Oct. 2025)



For me, the application of the first great commandment can sometimes feel abstract, even daunting. Gratefully, as I consider further words of Jesus, this commandment becomes much more graspable: “If ye love me, keep my commandments.” This I can do. I can love Heavenly Father and Jesus Christ, which then leads to prayer, scripture study, and temple worship. We love the Father and the Son through the payment of tithes, keeping the Sabbath day holy, living a virtuous and chaste life, and being obedient. (Gary E. Stevenson, “Bridging the Two Commandments,” April 2024)



LET'S TALK ABOUT IT

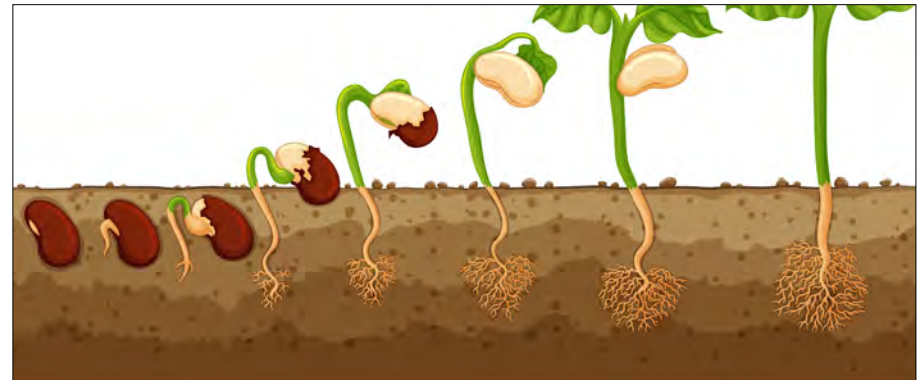
Why is obeying the commandments evidence that we love Jesus Christ?

GOSPEL TRUTH

If obedience is difficult, start with a “particle” of faith and obedience.



We know that both members and nonmembers are more likely to be thoroughly converted to the gospel of Jesus Christ when there is a willingness to experiment upon the word (see Alma 32:27). (M. Russell Ballard, “Now is the Time,” Oct. 2000)



“But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a **particle of faith**, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a **portion of my words**” (Alma 32:27).



This is an attitude of both mind and heart that includes a desire to know the truth and a willingness to act on that desire. For those investigating the Church, the experiment can be as simple as agreeing to read the Book of Mormon, to pray about it, and to earnestly seek to know if Joseph Smith was the Lord's prophet. (M. Russell Ballard, "Now is the Time," Oct. 2000)



True conversion comes through the power of the Spirit. When the Spirit touches the heart, hearts are changed. When individuals, both members and investigators, feel the Spirit working with them, or when they see the evidence of the Lord's love and mercy in their lives, they are edified and strengthened spiritually, and their faith in Him increases. (M. Russell Ballard, "Now is the Time," Oct. 2000)



These experiences with the Spirit follow naturally when a person is willing to experiment upon the word. This is how we come to feel the gospel is true. (M. Russell Ballard, "Now is the Time," Oct. 2000)



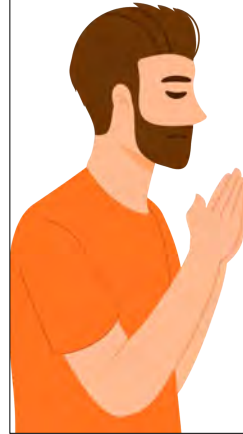
LET'S TALK ABOUT IT

How is it possible to obey a
"particle" or "portion" of a
commandment?

✓ TO DO

HOMEWORK ASSIGNMENTS

WEEK 10 CHALLENGE



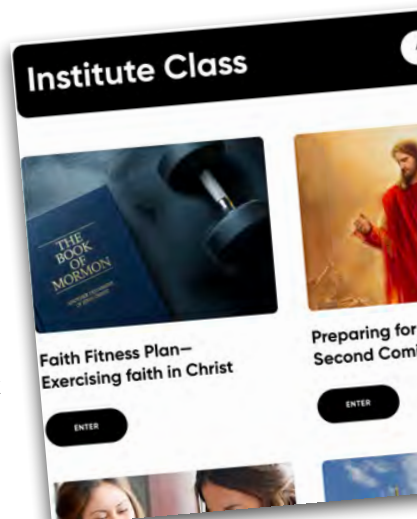
Will you commit to obeying the commandments with greater exactness, even when you don't understand the commandment—and especially when you don't immediately see the promised blessings? As you exercise faith and obey, will you look for evidence of God's hand in your life, and record the blessings and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

VISIT

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 - Preparing for the Second Coming
 - Understanding your endowment
 - Principles of personal revelation
 - Avoiding a faith crisis
 - Book of Mormon—your handbook

www.iloveinstitute.com



READINGS



-  M. Russell Ballard, “Now is the Time,” Oct. 2000
-  Gary E. Stevenson, “Bridging the Two Commandments,” April 2024
-  R. Conrad Schultz, “Faith Obedience,” April 2002
-  Kevin W. Pearson, “Faith in the Lord Jesus Christ,” April 2009
-  Steven C. Barlow. “Lovest Thou Me?,” Oct. 2025



NEXT CLASS: OCT. 29

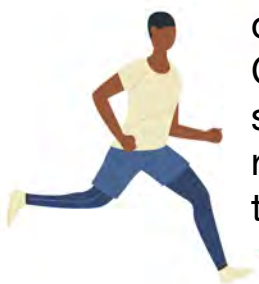
Daily Reps

Which daily step-by-step habits grow your faith? How can you measure your spiritual progress? Remember: testimonies aren't built in a day—they're built daily.

FAITH FITNESS CLASS REVIEWS



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?



Master Trainer

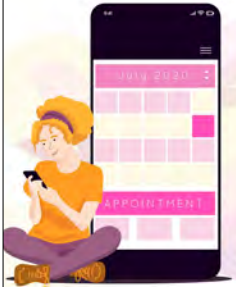


Will you identify one fear, burden, temptation, habit, or unanswered question that you have been carrying? Will you consciously place it in the Savior's hands and act in faith according to His teachings?

LESSON

03

Faith Training Plan

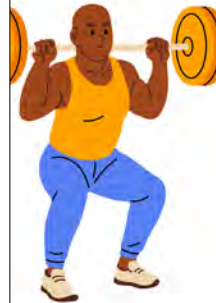


Will you use the “faith formula” in Alma 32, choose a gospel topic where you would like to strengthen your faith and follow the five steps: PREPARE your heart; PRACTICE faith; PLANT a seed; PROVIDE nutrition; PROCURE the results?

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

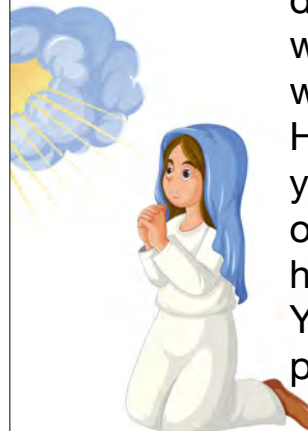


When you want to strengthen your faith in Jesus Christ or when you feel your faith is weakening, will you turn to the scriptures and words of the prophets and apostles for answers and liken those holy words to your situation?

LESSON

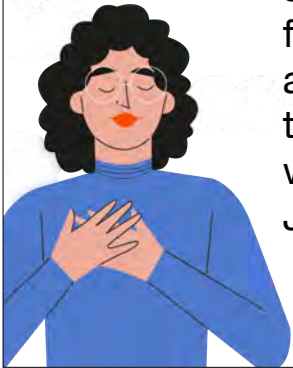
06

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.)

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?

Building Others



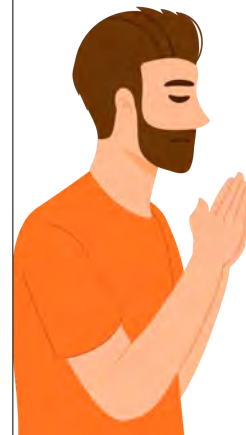
(1) Will you actively look for opportunities to build the faith of others? (2) Will you refuse to allow others—whether intentional or accidental—to weaken your testimony or drive you away from the Church? (3) Will you build your testimony firmly on Jesus Christ, rather than other members or leaders?

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?

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?