

1: "The Kingdom of God Is Within You" - Life, Hope & Truth

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And, even, also, namely. A primary particle of qualified negation; not, lest; also whereas one expects an affirmative one whether. From out, out from among, from, suggesting from the interior outwards. A primary preposition denoting origin, from, out. I, the first-person pronoun. A primary pronoun of the first person I. The treasure is "the knowledge of the glory of God" as possessed by the Apostle. It was the practice of Eastern kings, who stored up their treasures of gold and silver, to fill jars of earthenware with coin or bullion Herod. Paul says, in a tone of profound humility, "it is with us. The words have probably a side glance at the taunts that had been thrown out as to his bodily infirmities. Pulpit Commentary Verses The word skenos, vessel, is used in Mark Paul, in Acts 9: Man can never be more than an earthen vessel, being frail and humble, and the metaphor specially suits an apostle of Christ see 1 Corinthians 2: But when he takes the Word of life from the earthen pitcher and waves it in the air, it illuminates all on whom the light shines. It is the "light," of which he has been speaking exclusively in the last verses, which constitutes the "treasure. The excellency; literally, the excess or abundance. Of God, and not of us; rather, of God, and not from us. Matthew Henry Commentary 4: And that mercy which has helped us out, and helped us on, hitherto, we may rely upon to help us even to the end. The apostles had no base and wicked designs, covered with fair and specious pretences. They did not try to make their ministry serve a turn. Sincerity or uprightness will keep the favourable opinion of wise and good men. Christ by his gospel makes a glorious discovery to the minds of men. But the design of the devil is, to keep men in ignorance; and when he cannot keep the light of the gospel of Christ out of the world, he spares no pains to keep men from the gospel, or to set them against it. The rejection of the gospel is here traced to the wilful blindness and wickedness of the human heart. Ministers are servants to the souls of men; they must avoid becoming servants to the humours or the lusts of men. It is pleasant to behold the sun in the firmament; but it is more pleasant and profitable for the gospel to shine in the heart. As light was the beginning of the first creation; so, in the new creation, the light of the Spirit is his first work upon the soul. The treasure of gospel light and grace is put into earthen vessels. The ministers of the gospel are subject to the same passions and weaknesses as other men. God could have sent angels to make known the glorious doctrine of the gospel, or could have sent the most admired sons of men to teach the nations, but he chose humbler, weaker vessels, that his power might be more glorified in upholding them, and in the blessed change wrought by their ministry.

2: How to Change Yourself: The Bible Plan for Self-improvement

*Within and Above Ourselves: Essays in Political Analysis [Gerhart Niemeyer] on www.enganchecubano.com *FREE* shipping on qualifying offers. A collection of political essays by Gerhart Niemeyer.*

I do not heal anyone. I think of myself as a stepping stone on a pathway of self-discovery. I create a space where people can learn how incredibly wonderful they are by teaching them to love themselves. After years of individual counseling with clients and conducting hundreds of workshops and intensive training programs across the country and around the world, I found that there is only one thing that heals every problem, and that is: They get the jobs they want. They have the money they need. Their relationships either improve, or the negative ones dissolve and new ones begin. Life is a voyage of self discovery. To me, to be enlightened is to go within and to know who and what we really are, and to know that we have the ability to change for the better by loving and taking care of ourselves. It clears us so that we can love ourselves enough to love other people. We can really help the planet when we come from a space of great love and joy on an individual basis. The Power that created this incredible Universe has often been referred to as love. We have often heard the statement: Love is the binding agent that holds the whole Universe together. To me, love is a deep appreciation. When I talk about loving ourselves, I mean having a deep appreciation for who we are. We accept all the different parts of ourselves—our little peculiarities, the embarrassments, the things we may not do so well, and all the wonderful qualities, too. We accept the whole package with love. Unfortunately, many of us will not love ourselves until we lose the weight, or get the job, or get the raise, or the boyfriend, or whatever. We often put conditions on our love. But we can change. We can love ourselves as we are right now! We are in the midst of enormous individual and global change. I believe that all of us who are living at this time chose to be here to be a part of these changes, to bring about change, and to transform the world from the old way of life to a more loving and peaceful existence. Please take care of me. We are the power we have been seeking. Today is the day you can love yourself totally with no expectations. Love is something we can choose, the same way we choose anger, or hate, or sadness. We can choose to forgive someone who has hurt us and begin to finally heal. We can choose to be grateful for what we have. We can choose love.

3: Love Yourself Quotes (quotes)

Within and Above Ourselves: Essays in Political Analysis by Gerhart Niemeyer, Marion Montgomery (Introduction by starting at \$ *Within and Above Ourselves: Essays in Political Analysis* has 1 available editions to buy at Alibris.

How to Change Yourself: We must remove old habits and develop new ones. This study considers Bible principles to help us improve ourselves: [Click here to listen to this material as a free MP3 recorded message](#)

Introduction: Have you ever had difficulty trying to change a habit? Human beings are creatures of habit. We tend to continue acting as we have acted in the past. Like a river flowing through a canyon, the longer a habit continues, the more deeply it becomes ingrained, and the harder it is to change. This is true of all habits, good or bad. Old practices and attitudes must be replaced by new ones. Christians must learn good habits like Bible study, prayer, love, faith, patience, attending church meetings, giving, teaching others, etc. We must also eliminate bad habits like foul language, uncontrolled temper, gambling, drugs, smoking, drinking, gossip, lying, pornography, sexual promiscuity, etc. Knowing what changes to make is not enough. We also need to know how to make them. Change does not come easily. Since the Scriptures provide us to all good works 2 Timothy 3: Let us study 12 specific, practical steps the Bible gives to show us how to change and improve our selves to become what God wants. **Change Your Purpose in Life.** Before people are willing to act, they must be motivated. A sound sleeper is more likely to get up in the middle of the night if the house is on fire than if he remembers he did not brush his teeth! Christians have some of the strongest possible motives for changing.

Love and Dedication to God Romans To live differently, we must think differently. The Macedonians practiced generous giving because they first gave themselves to the Lord 2 Corinthians 8: Our love for Him. What motivates us to love Him? The fact that He loved us. How do we know He loved us? Because He gave His Son to die to save us. Love is one of the strongest forces in existence. It can move a woman to rescue her children from a burning building or a man to lift an automobile that has crushed a loved one. See also 1 John 2: Imitation of Christ The desire to be like someone we admire is another powerful motivation. Sports heroes inspire young people in athletics. Washington and Lincoln are models for patriotic citizens. But the greatest example of all is that of Jesus. Christians are disciples of Jesus Acts We should follow His steps because He left us a sinless example 1 Peter 2: As we face each decision in life, we should ask, "What would Jesus do? Christians have an even stronger motive. We seek the crown of eternal life James 1: We should set our minds on our eternal reward, not on earthly things Col. Lack of motivation is a major reason people do not change to please God. They do not have sufficient desire to change. Instead they want to please themselves or their friends and family. Often they are too concerned with the things of this life. Until our motives are right, little else in this study will help us. But when we are determined that serving God is our most important purpose in life, then we will find the means to make the necessary changes. When we lack the motivation to change, let us think about why we should love God, think about the importance of being like Christ, and think about our eternal destiny. The way you act is determined by your attitudes and intentions. People and circumstances may influence you, but you do not have to give in. You do what you decide to do cf. He will always make a way of escape. This includes changing to please Him. If we trust our own strength, we will fail. Satan can defeat us. No matter how strong a temptation you face, no matter how long you have practiced a sin, if God says to change, you can change. Study the Bible about **Your Habit.** List the pertinent Bible passages about each habit you need to change. List reasons why you should change. Meditate on these verses daily, filling your mind with them. Write them and place them where they will remind you: But this worked only because He knew the Scripture. Memorize verses about your habit so that, when you are tempted, they will come to mind and strengthen you. Quote them to yourself and to those who tempt you. Repentance is a change of mind - a determined commitment to cease sin and obey God see Matt. Before one can change his conduct, he must change his mind. Admit the error and be truly sorry 2 Cor. But sorrow is not enough. We have truly repented only when we are so sorry that we determine to change our conduct. God has provided everything we need. The decision is ours. We will never change until we make up our minds to pursue the means God provides until we succeed. The decision to do this is repentance, and no one will change to please God without it.

Develop a Plan of Action. In what other important endeavors will we succeed without a plan? Consider the forethought needed to build a house, run a business or a household, program a computer, etc. Worthwhile activities, to be successful, need planning. Likewise, to change your life, you need a specific, practical checklist of steps you will take to change. Analyze the circumstances or causes that lead you to fail to do right, then plan how to avoid those causes. It may help to write your plan down and modify it as needed. This plan will include some specific points we are studying plus other points that fit your specific problem. Many people fail to change to please God because they never planned to succeed. They did not plan to fail, but they failed to plan! Prayer is essential in two ways. A child of God should pray for forgiveness. If you are not yet a child of God, you need to believe in Jesus, repent of sins, confess Christ, and be baptized to be forgiven of sins Mark. When you have done those things, you become a child of God Gal. If you sin afterward, you need to pray for forgiveness Acts 8: Tell God exactly what your problem is. Pray often and regularly 1 Thess. Pray especially at the moment when you face temptation Matt. God has promised that, if you ask His help, He will hear and answer 1 Peter 5: Seek Help from Other Christians. If our sins have harmed specific individuals, we should apologize to them Matt. When we are fighting an especially difficult habit, it may help to choose one or two special counselors to talk with regularly. They can give us Bible passages and good advice about how to change. They can encourage us. It may motivate us just to know that others are aware of our problem.

4: Do One Thing - Quotes for a Better World

d. all of the above To eliminate the negative voice of criticism within ourselves we must become aware of it, restate the judgments in a more accurate constructive way, get tough with the voice of criticism, use other people for positive confirmation and _____.

Kenneth Boa The Bible is unique in its production, preservation, proclamations, and product. In its production, it is a harmonious and unified message of redemption that has emerged out of diversity of authors, circumstances, and literary forms. In its preservation, it has miraculously withstood the ravages of time, persecution, and criticism, and continues to be the best selling book in the world. In its product, it has changed the course of history, reached more people, and transformed more lives than any other book. In spite of all this, the Bible is often taken for granted, even by those who vehemently support its inspiration and authority. Many believers associate Bible study with drudgery; limiting themselves to mere samples, they never cultivate a true taste for its contents. There are two basic reasons for this problem: This booklet is designed to overcome these obstacles to fruitful Bible study. To own a Bible is a tremendous responsibility—to whom much has been given, much is required Luke The Scriptures must not merely be owned, but known; not merely known, but believed; and not merely believed, but obeyed. To encourage this, we will look at the purpose, prerequisites, principles, process, and practice of Bible study. The first is the realm of apparent reality, the world we know through our minds and our five senses. If it were not for divine revelation, we would be locked into this level without any way of breaking through to the second realm, the world of ultimate reality. Bound to the level of the finite, the relative, and the temporal, we would be unable to find the meaning and purpose we long for that can only come from the level of the infinite, the absolute, and the eternal. There would be no hope of finding answers to the basic questions of life: Where did I come from? Why am I here? Where am I going? God gave us His Word to deliver us from this domain of darkness and to transfer us to the domain of light, the kingdom of His beloved Son Col. Only in its pages can we gain a perspective on our corporate past, present, and future and realize the overwhelming significance of our new identity as the recipients of "every spiritual blessing in the heavenly places in Christ" Eph. The study of Scripture sets our minds on the things above Col. It enables us to "look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal" 2 Cor. This is the heart of wisdom--plugging into the realm of ultimate reality and walking in the light, life, and love of the Lord. By pursuing the precepts and principles of the Bible, we gain the most important skill of all: The Bible does not tell us to live and learn; it exhorts us to learn and live. The Bible was not merely written for our information, but for our transformation. While the Bible is an inspired revelation from the living God, it requires our response before it can have an impact upon our lives. Scripture is indeed "profitable for teaching," but its profit does not stop on the level of doctrine; it must move from the head to the heart to accomplish the purpose for which it was given. God loves us and desires nothing less than our highest good: A dynamic relationship with the truth of His Word provides us with the spiritual nourishment we will need to grow into the maturity of Christlikeness. Study 2 Peter 1: New priorities and values. The study of Scripture can deliver us from the bondage of a temporal perspective and provide us with an eternal value system. By frequently renewing our minds with the Word Rom. The study of Scripture provides us with both corrective and preventive medicine. It warns us in advance of the kinds of temptations we can expect e. Guidance for decision making. A working knowledge of the commands, prohibitions, and principles of the Bible will give us wisdom and guidance in the decisions that shape the course of our earthly existence Ps. The Bible is a progressive revelation of the person, plan, character, mind, love, and will of our Creator. We cannot hope to know Him and His ways apart from time spent in His revealed Word. Read this psalm and record your observations of the beneficial effects of the Scriptures in cultivating a relationship with God. The Bible cuts below the facade of appearances and lays bare our secret motivations and plans cf. As we read it, the Word becomes a mirror that exhibits our true character, exposes areas of self-delusion, and exhorts us to change see Jas. Prerequisites of Bible Study The Prerequisite of a Plan Even if a person realizes the tremendous significance of a working knowledge of the Word in his

life, the prospect of Bible study may still seem unexciting and unrewarding because of the inadequate procedures he has used in the past. He may be properly motivated, but he could also be a victim of improper methods. When people grope in the darkness of haphazard approaches to Scripture, it is little wonder that Bible study seems so unsatisfying and has such a minimal place in their lives. The hit-and-miss approach of Bible roulette provides little spiritual nourishment. Without an ability to understand and apply the truths of Scripture in a practical and meaningful way, believers miss out on the benefits of exploring and discovering biblical truths for themselves. This is why so many Christians have only a secondhand knowledge of the Bible and rely almost exclusively on the input of teachers and preachers. The sections on the process and practice of Bible study later in this booklet will provide you with a plan that will make your time in the Word more rewarding.

The Prerequisite of Discipline While we need a plan or method of getting into Scripture for ourselves, no approach to the study of the Bible will be effective without a measure of discipline and consistency. If we are convinced of the value of time spent in the Word the problem of motivation and realize that fruitful approaches are available the problem of method, the only remaining obstacle is the inertia that keeps us from beginning and tempts us to stop. There is no shortcut to extracting the deeper spiritual truths from the mine of Scripture. Even though they are available to all, we must be willing to expend the effort to find them. The dividends are well worth the effort: But this consistency cannot be won without commitment.

The Prerequisite of Dependence We need a plan for Bible study, and we need the discipline to follow through with that plan so that it will become a habitual part of our lives. But these will do us little good if they are not pursued with a conscious sense of dependence upon the teaching and illuminating ministry of the Holy Spirit.

John We must combine discipline human responsibility with dependence divine sovereignty as we approach the Scriptures. We cannot properly comprehend or respond to biblical truths in our own power; this requires the grace of God. What does 1 Corinthians 2: James tells us that we must prove ourselves doers of the word, and not merely hearers who delude themselves Jas. This requires responsiveness to the truth we receive as we receive it. If we are disobedient to the light we have been given, we will not receive further illumination cf. The old couplet is true: Light obeyed increaseth light, Light rejected bringeth night. Salvation begins with a response to the person and work of Christ as revealed in Scripture. The sacred writings "are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus" 2 Tim. Non-Christians cannot "accept the things of the Spirit of God" 1 Cor. Unless a person has a relationship with God, he cannot understand His Word. Similarly, one must grow in this relationship to increase his capacity to understand Scripture. Our fellowship with the Lord is dependent upon obedience see John Campbell Morgan observed, "if we persist in the things against which we are warned, the Bible becomes a sealed book, and we can neither know it, nor teach it. The truth of the Bible is radical, and we will often be tempted to twist it to fit our preconceived opinions and tone down its message so that we will be more comfortable. We must be honest before the Word, and this means openness to new insights and willingness to give up cherished notions. And, misunderstanding, we will find the Bible a disappointing book" Lawrence O. We must expose ourselves and others to the full counsel of God, and this requires a comprehensive view of the entire spectrum of the Bible. There are five basic categories of Scripture: Old Testament historical books, poetical books, and prophetic books; New Testament historical books Gospels and Acts, and epistles. If we limit ourselves to any one of these categories e. Principles of Bible Study Rules 1. Treat the Bible as a complete book; it is a unity in diversity. Try to relate each book you study to the central theme of Scripture: The Bible is a unified book, but as we study its pages, we should also remember that it is a progressive revelation. Over the fifteen or more centuries during which it was written, its portrait of God and His redemptive program was gradually enriched and clarified. Do not regard the Bible as a textbook; it is not merely an object to be observed but an oracle to be obeyed. Approach it with a proper attitude of reverence, care, and receptivity. It is alive with the Spirit of God, and it has the power to change the lives of those who respond to it. It is trustworthy and inexhaustible. There are always fresh truths within its pages, and the more deeply we mine, the more insight we will gain. It can transform our thinking and gradually move us from a human to a divine perspective. Read the following passages and briefly describe how each aids your understanding of inspiration: Let the Bible speak for itself. Scripture is its own best interpreter and commentator. Interpret unclear passages in the light of those which are

clear. When wrestling with a difficult passage, use cross references to consult other verses which deal with the same subject in a simpler way. Then bring the unclear into conformity with the clear. To be truly biblical, a specific doctrine must incorporate everything the Word has to say about it. We build up our understanding of theology by comparing Scripture with Scripture.

5: The Enemy Within - James E. Faust

Brethren, we can shield ourselves against the enemy within each of us by using the protective mantle of the priesthood of God. Individually, we need to put the great powers of the holy priesthood to work in our lives.

Ernst Janning[edit] There was a fever over the land. A fever of disgrace, of indignity, of hunger. We had a democracy, yes, but it was torn by elements within. Above all, there was fear. Fear of today, fear of tomorrow, fear of our neighbors, and fear of ourselves. Only when you understand that - can you understand what Hitler meant to us. Because he said to us: Be proud to be German! There are devils among us. Communists, Liberals, Jews, Gypsies! Once these devils will be destroyed, your misery will be destroyed. What about those of us who knew better? We who knew the words were lies, and worse than lies? Why did we sit silent? Why did we take part? Because we loved our country! What difference does it make if a few political extremists lose their rights? What difference does it make if a few racial minorities lose their rights? It is only a passing phase. It is only a stage we are going through. It will be discarded sooner or later. Hitler himself will be discarded The country is in danger. We will march out of the shadows. We will go forward. Forward is the great password. And history tells how well we succeeded, your honor. We succeeded beyond our wildest dreams. The very elements of hate and power about Hitler that mesmerized Germany, mesmerized the world! We found ourselves with sudden powerful allies. Things that had been denied to us as a democracy were open to us now. Take Sudetenland, take the Rhineland - remilitarize it - take all of Austria, take it! And then one day we looked around and found that we were in an even more terrible danger. The ritual began in this courtroom swept over the land like a raging, roaring disease. What was going to be a passing phase had become the way of life. Your honor, I was content to sit silent during this trial. I was content to tend my roses. I was even content to let counsel try to save my name, until I realized that in order to save it, he would have to raise the specter again. You have seen him do it - he has done it here in this courtroom. He has suggested that the Third Reich worked for the benefit of people. He has suggested that we sterilized men for the welfare of the country. He has suggested that perhaps the old Jew did sleep with the year-old girl, after all. Once more it is being done for love of country. It is not easy to tell the truth; but if there is to be any salvation for Germany, we who know our guilt must admit it We have fallen on happy times, Herr Hahn. Now that we are here in this place together Listen to me, Herr Hahn, there have been terrible things that have happened to me in my life. But the worst thing that has ever happened Judge Dan Haywood[edit] Janning, to be sure, is a tragic figure. We believe he loathed the evil he did. But compassion for the present torture of his soul must not beget forgetfulness of the torture and the death of millions by the government of which he was a part. If he and all of the other defendants had been degraded perverts, if all of the leaders of the Third Reich had been sadistic monsters and maniacs, then these events would have no more moral significance than an earthquake, or any other natural catastrophe. But this trial has shown that under a national crisis, ordinary, even able and extraordinary men, can delude themselves into the commission of crimes so vast and heinous that they beggar the imagination. No one who has sat through the trial can ever forget them. Men sterilized because of political belief. A mockery made of friendship and faith. The murder of children. How easily it can happen. A decision must be made in the life of every nation at the very moment when the grasp of the enemy is at its throat. Then, it seems that the only way to survive is to use the means of the enemy, to rest survival upon what is expedient, to look the other way. Before the people of the world, let it now be noted that here, in our decision, this is what we stand for: Justice, truth, and the value of a single human being. Hans Rolfe[edit] Your Honor. It is my duty to defend Ernst Janning. And yet, Ernst Janning has said he is guilty. He made a great error in going along with the Nazi movement, hoping it would be good for his country. But, if he is to be found guilty, there are others who also went along, who also must be found guilty. What about the rest of the world? Did it not know the intentions of the Third Reich? Did it not read his intentions in Mein Kampf , published in every corner of the world? Are we now to find Russia guilty? Are we now to find the Vatican guilty? Where is the responsibility of those American industrialists, who helped Hitler to rebuild his armaments and profited by that rebuilding?!! Are we now to find the American industrialists guilty? Germany alone is not guilty: It is an

easy thing to condemn one man in the dock. Ernst Janning said he is guilty. No more and no less. Tad Lawson[edit] One thing about Americans: Bertholt[edit] Listen to me My husband was a military man, had been all his life. I tried to get that for him, just that and he would die with some honor. I went from official to official. I begged for that, I begged for that, that he should be permitted the dignity of a firing squad. You know what happened. He was hanged with the others, and after that, I knew what it was to hate. I never left the house. I never left the room. We have to forget. We have to go on living. Dialogue[edit] Capt. Captain, I have no doubt that the entire state of Maine would be comfortable in this room! You do not think it was like that, do you? You ran those concentration camps, you and Eichmann. They say we killed millions of people. How could it be possible? Tell them, how could it be possible? It all depends on your facilities. Say you have two chambers to accommodate people apiece.

6: Do You Truly Know How to Love Yourself?

Let us learn to love ourselves so we can be more open and compassionate to others, and so we can take down the walls that limit who we can be and what we can contribute. The quotes below are.

What does the Bible say about self-love, loving self? Love as described in the Bible is quite different from the love as espoused by the world. Therefore love is the fulfillment of the law. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another. Whoever lives in love lives in God, and God in him. In this way, love is made complete among us so that we will have confidence on the day of judgment, because in this world we are like him. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because he first loved us. It is natural and normal to love yourself—it is our default position. There is no lack of self-love in our world. Scripture never commands us to love ourselves; it assumes we already do. In fact, people in their unregenerate condition love themselves too much—that is our problem. There were two others, a priest and a Levite, who refused to help the man in need. Their failure to show love to the injured man was not the result of loving themselves too little; it was the result of loving themselves too much and therefore putting their interests first. The Samaritan showed true love—he gave of his time, resources, and money with no regard for himself. His focus was outward, not inward. We are to take our eyes off ourselves and care for others. Christian maturity demands it. Anything less than this is selfish and vain—and falls short of the standard of Christ. In His love, we can love others. His concern, biblically, should be his love for God and his love for his neighbor.

7: 6 Tips To Find Yourself - mindbodygreen

Judgment at Nuremberg is a film, set in , in which an American court in occupied Germany tries four Nazi judges for war crimes. There was a fever over the land. A fever of disgrace, of indignity, of hunger. We had a democracy, yes, but it was torn by elements within. Above all, there was.

Email Each of us needs to train ourselves to be bold, disciplined, and loyal men of the priesthood who are prepared with the proper weapons to fight against evil and to win. My dear brethren of the priesthood, I express my love and appreciation for each of you. We are grateful for all you do to move this holy work forward in all of the world. I am humbled and honored to be one of you. Even before the world began, a great war in heaven commenced between the forces of good and evil. Satan is still the captain of the hosts of evil. Each of us needs to train ourselves to be bold, disciplined, and loyal men of the priesthood who are prepared with the proper weapons to fight against evil and to win. It is a good thing to overcome that enemy first and bring ourselves into subjection to the will of the Father, and into strict obedience to the principles of life and salvation which he has given to the world for the salvation of men. The direction finder is sure. Jekyll is a highly respected London physician, a good and kindly man, who in his youth had showed inclinations toward evil which, however, he succeeded in suppressing. Interested in drugs, the doctor now chanced upon one which enables him to change his external form to that of a repulsive dwarf, the very embodiment of evil, whom he calls Mr. A similar dose permits him to return to the form and personality of the benevolent doctor. Many times the doctor becomes Mr. Hyde, thereby giving this side of his nature more and more power. Jekyll finds it increasingly difficult to regain his virtuous entity and also finds himself occasionally becoming Hyde without the use of the drug. Hyde, he commits murder, and when the drug will no longer restore him to the kindly Dr. Jekyll, the truth is discovered and Hyde kills himself. The misuse of drugs destroyed his life. So it can be in real life. Now the key to never turning into an evil, wicked Mr. Hyde is to determine not to yield to destroying temptations. Never, never experiment with any addictive substance. Do not ever use tobacco in any form or take any other enslaving substances. Stay away from intoxicating liquor. Addictions bring tragic consequences that are hard to overcome. Blessings come from holding true to our principles. When I was the president of the Cottonwood stake, one of our stake patriarchs was Dr. He would occasionally bear strong testimony of the Word of Wisdom. As a young man he was the captain of the University of Pennsylvania track team. In Brother Haymond and his team were invited to participate in the annual Inter-Collegiate Association track meet. The night before the track meet his coach, Lawson Robertson, who coached several Olympic teams, instructed his team members to drink some sherry wine. In those days, coaches wrongly felt that wine was a tonic for muscles hardened through rigorous training. All the other team members took the sherry, but Brother Haymond refused because his parents had taught him the Word of Wisdom. Brother Haymond became very anxious because he did not like to be disobedient to his coach. He was to compete against the fastest men in the world. What if he made a poor showing the next day? How could he face his coach? The next day at the track meet the rest of the team members were very ill and performed poorly or were even too sick to run. Brother Haymond, however, felt well and won the and yard dashes. But little by little, I saw some of them turn from the decent, God-fearing qualities of Dr. Jekyll and revert to the baseness of a Mr. For some, it began by drinking coffee because the water was foul, and the water decontamination pills had such an unpleasant taste. The coffee led some to take an occasional drink of beer. Every soldier serving overseas was allocated a ration of cigarettes and an occasional bottle of whiskey, which were worth considerable money. President George Albert Smith once gave this advice: But others would sample the cigarettes or alcohol as a diversion to the challenges of the war. A few were even drawn away into immorality, believing that the stress of war justified lowering their standards and letting the Mr. Hyde side of their personalities take over. After the war, those who had become addicted to tobacco, alcohol, and immorality found that they could not readily shake off these bad habits. The young men who had started out with such potential crossed that line inch by inch, robbing themselves and their families of the promised happiness and experiencing instead divorce, broken families, and heartaches. Those who never lowered their standards did not succumb to these

addictions. They came through that stressful period of their lives stronger and more prepared to lead productive, exemplary, and happy lives as faithful fathers and grandfathers of righteous families. They have also served as honored and respected leaders in the Church and in the community. Another false philosophy that appeals to the Mr. Hyde side of our natures is that peeking into pornography is harmless. This is a terrible deception. Pornography is as addictive as cocaine or any illegal drug. I recently received a heartbreaking letter from an excommunicated man whose soul is filled with sorrow and regret. With his permission, I quote the following from his letter: Only now do I fully realize the great destruction that I have brought upon myself. No selfish or lustful desire is worth losing your Church membership for. I have brought terrible grief to my wife and two wonderful children. My wife has been a victim of my sins and had to endure great sorrow and suffering. Without a doubt, pornography is addictive and is poison. Had I learned early in my life to apply the power of self-mastery, I would be a member of the Church today. This may sound subtly appealing, but it is in fact pernicious and a false concept. Its objective is to persuade us that we can consciously and deliberately transgress with the forethought that quick repentance will permit us to enjoy the full blessings of the gospel, such as temple blessings or a mission. True repentance can be a long, painful process. This foolish doctrine was foreseen by Nephi: Eat, drink, and be merry; nevertheless, fear God—he will justify in committing a little sin; yea, lie a little, take the advantage of one because of his words, dig a pit for thy neighbor; there is no harm in this; and do all these things, for tomorrow we die; and if it so be that we are guilty, God will beat us with a few stripes, and at last we shall be saved in the kingdom of God. The false idea of so-called premeditated repentance involves an element of deception, but the Holy Spirit of Promise cannot be deceived. Some people wear masks of decency and outward righteousness but live lives of deception, believing that, like Dr. Jekyll, they can live a double life and never be found out. Such were the scribes and Pharisees who came to the Savior pretending to be troubled in conscience and to be seeking His wise counsel. Is it lawful to give tribute unto Caesar, or not? The truth about who we are and what we do will ultimately become known. The Lord has given us this sober reminder: Brethren, we can shield ourselves against the enemy within each of us by using the protective mantle of the priesthood of God. Individually, we need to put the great powers of the holy priesthood to work in our lives. This means using this divine agency daily to bless the lives of others as we do our home teaching, perform ordinances, or hold family home evening. Collectively, we have the mission to bring the message of salvation to the world, which mission we carry out under the direction of our President, Gordon B. Hinckley, who holds all of the keys of the priesthood on earth at this time. But we cannot fulfill this mission unless each of us wins the battle within ourselves. In so doing, we will be able to put on the whole armor of God and receive the blessings contained in the oath and covenant of the priesthood.

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To me, to be enlightened is to go within and to know who and what we really are, and to know that we have the ability to change for the better by loving and taking care of ourselves. It's not selfish to love ourselves.

9: Finding Yourself Quotes (quotes)

Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others" (Philippians). According to this passage, loving others requires humility, a valuing of others, and a conscious effort to put others' interests first.

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