

367: May 3; Wisdom and Liberation (House Church/Come Follow Me Book of Mormon Week 16)

*April 27-May 3 Mosiah 7-10

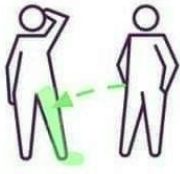
Outline:

- Covid Check In
- House Church
 - Hymn Be Still My Soul/Be Still my Heart
 - Prayer (honesty, bondage, increase agency, wisdom)
 - Sacrament (focus on relationshiping with all of our traits, listening to them, seeking greater freedom)
 - Lesson
 - Agency, accountability; freedom, bondage
 - Redeemed Realism (being honest about our mistakes, learning from them)
 - Zeniff the spy
 - Honesty about our character
 - Breakthroughs: Effectual struggle to be made (breakthroughs can happen after years, even generation of grinding and suffering)
 - Why do bad things happen?
 - Become “a benefit to our fellow beings”
 - Heavenly Mother and Wisdom
 - Love your neighbor. Love your enemy.
 - Devotion (Call me by my true name)
 - Conclusion

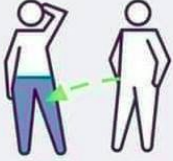
Covid Check in: states are starting to open up again

How masks work (Don't protect you as much as protect people from you)

THE URINE TEST



IF WE ALL RUN AROUND NAKED AND SOMEONE PEEES ON YOU, YOU GET WET RIGHT AWAY



IF YOU ARE WEARING PANTS, SOME PEE WILL GET THROUGH - BUT NOT AS MUCH, SO YOU ARE BETTER PROTECTED



IF THE GUY WHO PEEES ALSO IS WEARING PANTS, THE PEE STAYS WITH HIM AND YOU DO NOT GET WET.



Covid-19 Carrier



Contagion Probability
%70



Covid-19 Carrier



Contagion Probability
%5



Covid-19 Carrier



Contagion Probability
%1.5

WEAR IT

Hope for immunity, which makes all the difference.

<https://news.sky.com/story/amp/coronavirus-scientists-conclude-people-cannot-be-infected-twice-11981721?fbclid=IwAR3udWZYugixg3OSH7TyUKHrcsfyD3nposJ2oQ-JjH7PjtQEJntjXpfBj4M>

Hymn:

Be Still My Heart

Be still my heart; let all the feelings flow.
Open to all is where true healing lies.
Hate, sadness, fear, release what lies below.
Learn from them all, however great the cries.
Darkness and storms make clear the soul for love.
Allow the choice shaped from ideals above.

Be still my mind; the future can't be seen.
Be present now, and in the moment stay.
With mindfulness you can be fully free.
Change what you can; accept what may remain.
Release the what, and focus on the how.
Embrace this truth: Life is eternal now.

Be still my friends; your presence brings me peace.
Companion me, with patience to adjust.
This is my work, to find my own release.
I love myself; I'll truly learn to trust.
With your support, I'm able to atone.
It is enough, to know I'm not alone.
(It is enough, e'en though I be alone)

Prayer

Sacrament (focus on relationshiping with all of our traits, listening to them, seeking greater freedom)

Lesson

- Agency, accountability; freedom, bondage
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- Honesty about our character
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Lesson

- Agency, accountability; freedom, bondage
- Redeemed Realism (being honest about our mistakes, learning from them)

Bondage (key theme of Mosiah) agency and bondage

Mosiah 7:15

For behold, we are in bondage to the Lamanites, and are taxed with a tax which is grievous to be borne. And now, behold, our brethren will deliver us out of our bondage, or out of the hands of the Lamanites, and we will be their slaves; for it is better that we be slaves to the Nephites than to pay tribute to the king of the Lamanites.

Redeemed realism. Don't hold back from how bad it is... then make it better. (this is the key to making it better)

How much agency have you opened up to? What is putting you in bondage?

Addictions

Habits

Genetics

Context

Relationships

systems

Beliefs/stories

- Breakthroughs: Effectual struggle to be made (breakthroughs can happen after years, even generation of grinding and suffering)

Mosiah 7:18 O ye, my people, lift up your heads and be comforted; for behold, the time is at hand, or is not far distant, when we shall no longer be in subjection to our enemies,

notwithstanding our many strugglings, which have been in vain; yet I trust there remaineth an effectual struggle to be made.

- Zeniff the spy
 - Honesty about our character
- Why do bad things happen? (systems, context, accountability. We are as good as we are incentivized and empowered to be, mostly as good as our systems allow us to be)

Mosiah 7:20 20 And again, that same God has brought our fathers out of the land of Jerusalem, and has kept and preserved his people even until now; and behold, it is because of our iniquities and abominations that he has brought us into bondage.

Mosiah 10:12 12 They were a wild, and ferocious, and a blood-thirsty people, believing in the tradition of their fathers, which is this—Believing that they were driven out of the land of Jerusalem because of the iniquities of their fathers, and that they were wronged in the wilderness by their brethren, and they were also wronged while crossing the sea;

- Become “a benefit to our fellow beings”

Mosiah 8:18 Thus God has provided a means that man, through faith, might work mighty miracles; therefore he becometh a great benefit to his fellow beings.

(Beautiful target for life! How can we become a greater benefit to our fellow beings?)

- Heavenly Mother and Wisdom

8:20 O how marvelous are the works of the Lord, and how long doth he suffer with his people; yea, and how blind and impenetrable are the understandings of the children of men; for they will not seek wisdom, neither do they desire that she should rule over them!

I think Wisdom is one of the most direct descriptions of Heavenly Mother in the Scriptures (Proverbs 8)

- Love your neighbor. Love your enemy.

I, Zeniff, having been taught in all the language of the Nephites, and having had a knowledge of the land of Nephi, or of the land of our fathers' first inheritance, and having been sent as a spy among the Lamanites that I might spy out their forces, that our army might come upon them and destroy them—but when I saw that which was good among them I was desirous that they should not be destroyed. (This wording suggests Zeniff had dark skin, and probably was a descendant of Zarahemla? Or does the story go deeper? Why did he need to be taught in the language of the Nephites?)

- Devotion (Call me by my true name)

<https://www.mindfulnessbell.org/archive/2015/06/poem-please-call-me-by-my-true-names> (Thich Nhat Hanh)

Don't say that I will depart tomorrow— even today I am still arriving.

Look deeply: every second I am arriving to be a bud on a Spring branch, to be a tiny bird, with still-fragile wings, learning to sing in my new nest, to be a caterpillar in the heart of a flower, to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry, to fear and to hope. The rhythm of my heart is the birth and death of all that is alive.

I am a mayfly metamorphosing on the surface of the river. And I am the bird that swoops down to swallow the mayfly.

I am a frog swimming happily in the clear water of a pond. And I am the grass-snake that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones, my legs as thin as bamboo sticks. And I am the arms merchant, selling deadly weapons to Uganda.

I am the twelve-year-old girl, refugee on a small boat, who throws herself into the ocean after being raped by a sea pirate.

And I am also the pirate, my heart not yet capable of seeing and loving.

I am a member of the politburo, with plenty of power in my hands. And I am the man who has to pay his "debt of blood" to my people dying slowly in a forced-labor camp.

My joy is like Spring, so warm it makes flowers bloom all over the Earth. My pain is like a river of tears, so vast it fills the four oceans.

Please call me by my true names, so I can hear all my cries and laughter at once, so I can see that my joy and pain are one.

Please call me by my true names, so I can wake up and the door of my heart could be left open, the door of compassion.

Conclusion (Be honest about where we are, who we are, our strengths and challenges. Remain diligent and faithful. Work toward the breakthrough