

## 368.2: May 10; Will and Wellness (Come Follow Me Book of Mormon Week 17)

\*May 4- May 10      Mosiah 11-17

- Covid Check-In
- Lesson
  - Accountability and Feedback (Be your own Abinadi!)
  - Commandments
  - What is the point and what makes life worthwhile?
  - Human nature and redemption (Mosiah 16)
  - Save Yourself: Your inner Parent and child, God and human
  - Conclusion

This is a reckoning for all of us, especially for American culture. Abinadi says, “Wear your masks!” Remember that makes protect \*others\*, which makes mask wearing a test of character even more than a test of intelligence. We aren’t doing so well.

- Covid Check-In (Hong Kong and South Korea have pretty much managed the pandemic while also keeping their economy strong... I’m not very encouraged about our ability to be similarly successful)

### Lesson

#### Be your own Abinadi

Are we like Abinadi or Noah? We are both. We all call ourselves out and each other out, and we all justify ourselves. Abinadi’s harsh words were likely the only thing that would have gotten Noah’s attention...

Accountability! That’s the key, responding to feedback, doing your work) Feedback “The story I’m telling myself is”

Cutting edge growth on my end: The story I tell myself is I am brilliant and sensitive, and therefore it is inevitable that I feel hurt/sad all the time. I do believe most bad things we do are because we are overwhelmed, and the pieces of this story are broadly true, but the conclusion is not. I am holding on to my pain because it makes me feel special. I am holding on to my pain because I am used to hurting.

Commandments: What are commandments? Commandments are the starting point. They get your life in order enough that you can feel the spirit more regularly, and then the spirit tells you what to do and sanctifies you, until your soul is purified and you desire to “do good continually”

And remember that Jesus distilled all commandments down to one: Love. Love God (what you will become). Love yourself (what you are now). Love your neighbor (Love those around you).

You can't beat the commandment to love (I define love as a warm desire for someone's well being combined with investing attention and resources to increase that well being), but detail helps us live into our principles.

I really love these Humanist Commitments

<https://thehumanist.com/magazine/september-october-2019/features/living-humanist-values-the-ten-commitments>

1. Altruism
2. Caring for the World Around Us
3. Critical Thinking
4. Empathy
5. Ethical Development
6. Global Awareness
7. Humility
8. Peace and Social Justice
9. Responsibility
10. Service and Participation

7 Tenets of the Satanic Temple (Humanism with snark)

I: One should strive to act with compassion and empathy toward all creatures in accordance with reason.

II: The struggle for justice is an ongoing and necessary pursuit that should prevail over laws and institutions.

III: One's body is inviolable, subject to one's own will alone.

IV: The freedoms of others should be respected, including the freedom to offend. To willfully and unjustly encroach upon the freedoms of another is to forgo one's own.

V: Beliefs should conform to one's best scientific understanding of the world. One should take care never to distort scientific facts to fit one's beliefs.

VI: People are fallible. If one makes a mistake, one should do one's best to rectify it and resolve any harm that might have been caused.

VII: Every tenet is a guiding principle designed to inspire nobility in action and thought. The spirit of compassion, wisdom, and justice should always prevail over the written or spoken word.

**What would your personal commandments be?**

More a checkin than carved in stone ;)

## Jared's Vows

1. I will give things the attention they deserve and see them through
2. I will live in such a way that I can defend my actions to all those impacted
3. I will gently companion my feelings and thoughts, and remain accountable for my actions
4. I will live with grateful awareness of interconnection and interdependence
5. I will leave situations better than I found them
6. I will work to be a sustainable and constructive part of the systems I belong to
7. I will contribute to the world in the way that will prove most meaningful and constructive
8. I will need nothing so I can savor everything
9. I will live with proper form
10. I will show up in this moment

Live with proper form.

Right Relationship. Right Target. Right Order. Right Work.

Worth it/Live with proper form (Would Abinadi's ministry been a success even if Alma hadn't (re)converted? Yes, because it was the right thing to do)

You are God and human, Parent and Child. You yourself will save yourself (extrapolating Abinadi's message to practice, to our side) Remember that divine nature, God's nature IS our nature.

1 And now Abinadi said unto them: I would that ye should understand that God himself shall come down among the children of men, and shall redeem his people.

2 And because he dwelleth in flesh he shall be called the Son of God, and having subjected the flesh to the will of the Father, being the Father and the Son—

3 The Father, because he was conceived by the power of God; and the Son, because of the flesh; thus becoming the Father and Son—

4 And they are one God, yea, the very Eternal Father of heaven and of earth.

5 And thus the flesh becoming subject to the Spirit, or the Son to the Father, being one God, suffereth temptation, and yieldeth not to the temptation, but suffereth himself to be mocked, and scourged, and cast out, and disowned by his people.

6 And after all this, after working many mighty miracles among the children of men, he shall be led, yea, even as Isaiah said, as a sheep before the shearer is dumb, so he opened not his mouth.

7 Yea, even so he shall be led, crucified, and slain, the flesh becoming subject even unto death, the will of the Son being swallowed up in the will of the Father.

8 And thus God breaketh the bands of death, having gained the victory over death; giving the Son power to make intercession for the children of men—

9 Having ascended into heaven, having the bowels of mercy; being filled with compassion towards the children of men; standing betwixt them and justice; having broken the bands of death, taken upon himself their iniquity and their transgressions, having redeemed them, and satisfied the demands of justice.

Rewritten, for you.

Abinadi says to you, I want you to understand that you yourself have a Divine nature. You yourself, in a very real way, are God. And you are having a human experience, and you will be an instrument of redemption.

And because you dwell in the flesh, you are called a Child of God. Your task is to subject the flesh to the will of the Divine within you, because you are Divinity and Humanity, Parent and Child.

You are the divine parent because you are conceived by the power of God. And you are called the Child because of your human flesh. You are the Divine parent and the Human Child. But these are one God. The eternal Parent of heaven and earth and thus in your human experience, the flesh becoming subject to the spirit, or the child to the divine parent, being one God. You suffer temptation, and you work to not yield to that temptation.

You suffer yourself to be mocked, to be cast out, to be disowned, to be abused. And after all this, even though you work miracles in your own life among those you live, you are led, inevitably to betrayal. You in your own way are led, crucified and slain, and the task of life is to have your flesh become subject even unto death, the will of the Child being swallowed up in the will of the Divine Parent.

And thus your Divinity will break the bands even of death. You will gain victory over death, giving your Human Child Self power to make intercession in the world. You in your way have ascended into heaven, you have gained the bowels of mercy. You have the most precious empathy and compassion towards you fellow humans. You as an instrument of empathy and compassion stand between others and justice. You have broken the bands of death. You have taken upon yourself iniquity and transgression. You have redeemed them. You have satisfied the demands of justice.

Conclusion

“Apply your hearts to understanding” PRACTICE. Applied learning, wisdom, living well.