

Fathering Leadership

Prepared by Scott B Froerer

Posted Blogs

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through
13th February 2015

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[Fathering Leadership Bookshelf](#)

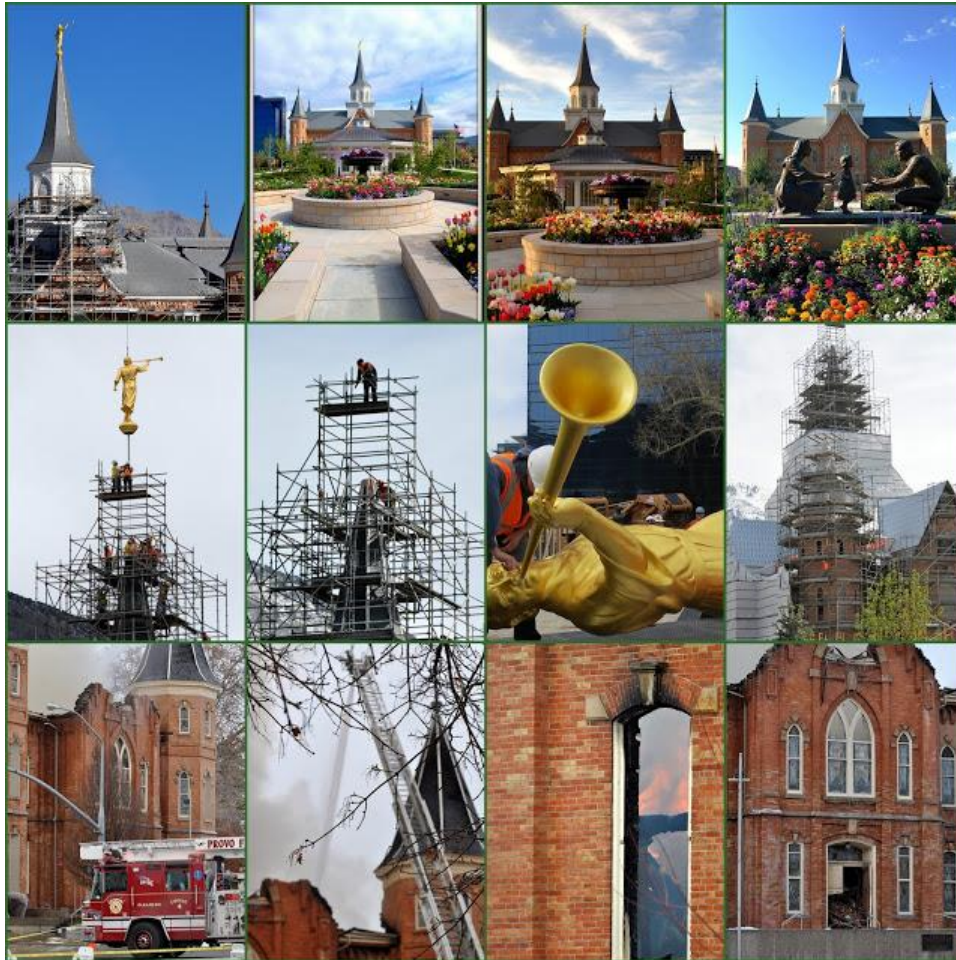
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[Additional Resource's Index](#)

Don't Give Up !



From Ashes and Desolation to Glory and Exaltation

No matter how difficult your life gets,
don't give up on the Lord, because
the Lord will never give up on you!

Remember, God will EXALT your faithful efforts.

The meaning of EXALT is to promote, raise up, elevate,
intensify, boost, lift, and praise.

It can also mean to be Glorified by being
invited into the Kingdom of God.

You lead by example
when you follow the Savior.

***“Don't give up. ... Don't you quit. ...
Trust God and believe in good things to come.”***
[\(Jeffrey R. Holland, Ensign November 1999\)](#)

Additional Resources
[Don't Give Up On Me](#)
Larry S. Kacher

Posted 11th April 2020 by Scott B Froerer

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"line upon line"



[Isa. 28:10](#); [2 Ne. 28:30](#); [D&C 128:21](#)

A young child's fear of the dark has always been a normal part of growing up. Scary stories, books, and movies have long intrigued and frightened society's imagination. Few have been immune from an occasional nightmare. Today's crescendo of fear and anxiety is reaching new heights. How can we cope?

**Overcome fear and anxiety
by intentionally living a daily pattern of
spiritual renewal and listening to the Holy Ghost.**

Fathers can show the way in overcoming fear and anxiety. Here's how.

Follow a [Daily Pattern of Spiritual Renewal](#)

- Listen to Sacred Music
- Pray to Heavenly Father
- Study the Scriptures that testify of Jesus Christ
- Distance yourself from Angry and Negative People
- Choose to be Truthful and Maintain Uplifting Thoughts

“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; 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; and from them that shall say, We have enough, from them shall be taken away even that which they have.”
([2 Nephi 28:30](#))

Additional Resources

Clean Hands and a Pure Heart

David A. Bednar

A Sin-Resistant Generation

Joy D. Jones

A Prayer for the Children

Jeffery R. Holland

“I decided..”



Being welcomed home with love and hugs fills a grateful heart to overflowing. Words can't describe, reason stares in silence, and wonder won't let go. Heaven on earth becomes a reality and parents rejoice when there is love at home.

One of our granddaughters recently surprised everyone. Suddenly, without being asked, she began helping her mother, started cleaning up around the house, and even stopped teasing her brothers and sister. When I thanked her for fixing my wife and I dinner, she replied “I decided to be kind.” Her mother overheard her comment and said, “It’s true.”

I thought to myself, Can changing your personality be so easy? Well, I do know you must first start by deciding to change. Deciding to be kind is one of the best decisions you will ever make. Being kind is good for you and for everyone around you. Being kind is how you express love.

Although being kind doesn't mean you are a loving person, it's a good way to become one. A truly loving person has the greater virtue of charity.

The biblical New Testament Apostle Paul wrote to the Corinthians:

“3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

“4 Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

“5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

“6 Rejoiceth not in iniquity, but rejoiceth in the truth;

“7 Beareth all things, believeth all things, hopeth all things, endureth all things.

“8 Charity never faileth” ([1 Corinthians 13](#))

As a father, let's teach our children to be kind with words and by example. Then go on from there and teach them charity...that love may abound in our heart and home.

Additional Resources

Be Kind

Robert C. Oaks

Be Kind

Gospel Media

"Remember This: Kindness Begins With Me"

Mary N Cook

Kindness Begins With Me

Children's Songbook

Working Together



Working together can accomplish great results. This is especially true when both are as different as...
Hot & Cold.

In a successful partnership, neither Hot nor Cold are required to change. Hot can stay Hot and Cold can stay Cold. For example, on a very Cold day, a Hot drink will be welcomed. And on a very Hot day, a Cold drink can go a long way in cheering you both up. Each partner, under certain circumstances, can be the most dominate.

The greater challenge comes when both Hot and Cold must work together for a specific and shared outcome because oftentimes Warm is the most desirable. For example, while washing your hands and face you don't want the water to be too Hot or too Cold.

Achieving just the right temperature on a continuum from very Hot to very Cold will take practice, patience, and frequent subtle adjustments. Finding just the right temperature can become a harmonious dance with each step avoiding the other's toes. By working together, the possibilities are unlimited and just the right outcomes can be achieved!



Desire Higher ~ Become One ~ Work Together

Additional Resources

[The Family: A Proclamation to the World](#)

First Presidency and Quorum of the Twelve Apostles

[That They May Be One in Us](#)

D. Todd Christofferson

[Be One](#)

40th Anniversary Celebration of the 1978 Revelation on the Priesthood

[Harmony among Grown Children](#)

Dianne Dibb Forbis

Attitude and Gratitude



A familiar question asked when you are trying to help someone improve their attitude is: *"Do you see your glass as half empty or half full?"* Reality tells us that even though the facts around your life don't change...you can still choose a positive attitude.

Then you might ask the question, *"Do you appreciate the glass that's holding your life together?"* With each thirsty sip and although your talents and resources are limited, you should give thanks for heaven's help in holding together everything you treasure.

After sharing my 'see the glass' idea with my wife, I then added the comment that we should all see the big picture. She smiled and replied, *"Yes, we should all see the big pitcher."* I appreciated her agreeing with me but then wondered why she was giving me 'that smile'. Slowly, yet finally, I realized what she meant. She was so wisely helping me understand. Not only should we see the glass that's holding us together, we should also...

SEE THE BIG PITCHER
which continues filling our life with blessings.

Additional Resources

[An Attitude of Gratitude](#)

President Thomas S. Monson

[What is Pure Testimony?](#)

Elyse Alexandria Holmes

[Waiting on the Road to Damascus](#)

Dieter F. Uchtdorf

Not a Single Note



A Marching Band is No Accident. In fact, Not a Single Note could be performed without great planning and hard work!

A Marching Band has significant Elements of Preparation before a Performance:

1. Performers ~ Must Practice, Follow Instructions, be Dedicated, have Coordination, Strength, and good Health
2. Instruments ~ Must be Invented, Manufactured, Purchased, and Tuned
3. Music ~ Must be Inspired, Written, Orchestrated, Instructed, Harmonized, and Conducted
4. Choreography ~ Must be Designed, Planned, and then utilize Teamwork
5. Uniforms ~ Must be Fabricated, Sewn, Altered, and occasionally Cleaned
6. A Location ~ Must be Constructed, Prepared, and Maintained
7. An Audience ~ Must be Invited, have Appreciation, and provide Financial Support

A Marching Band takes Intelligence, Design, and Coordinated Action!

Now let's compare
a Marching Band with
Life on Earth.

Is Life on Earth a fortuitous accident?

No!

“And now, my sons [and daughters], I speak unto you these things for your profit and learning; for there is a God, and he created all things, both the heavens and the earth, and all things to act and things to be acted upon.” (2 Nephi 2:14)

“Believe in God; believe that he is, and that he created all things, both in heaven and in earth; believe that he has all wisdom, and all power, both in heaven and in earth; believe that man doth not comprehend all the things which the Lord can comprehend.” (Mosiah 4:9)

A Marching Band is No Accident. Your Life on Earth is No Accident. In fact, Not a Single Note and Not a Single Life on earth could have ever been...without planning and hard work!

Additional Resources

[The Great Plan of Happiness](#)

Dallin H. Oaks

[The Plan of Happiness](#)

Boyd K. Packer

Posted 4 March 2019 by Scott B Froerer

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Faithful Effort



Father, Where Shall I Work Today?

*"Father, where shall I work today?"
And my love flowed warm and free.
Then he pointed out a tiny spot
And said, "Tend that for me."
I answered quickly, "Oh no, not that!
Why, no one would ever see,
No matter how well my work was done.
Not that little spot for me."
And the word he spoke, it was not stern;...
"Art thou working for them or for me?
Nazareth was a little place,
And so was Galilee."*

(Meade MacGuire, "Father, Where Shall I Work Today?" in Best-Loved Poems of the LDS People,

comp. Jack M. Lyon and others (1996), 152.)

A father never wants to hear their child say of themselves that they are worthless. A child who thinks of themselves as worthless may be listening to others who brag of their looks, fortune, or social status. Comparing oneself with flashy, loud, and teasing bystanders will never define a person's worth.

One day, a potted plant quietly sat at its spot on the window sill. The plant said to itself, as it looked out upon the garden, "I'm worthless. All the garden flowers are brightly colored and laugh together as they dance in the summer breeze. I'm never visited by a single bee and will never bear any fruit. I just sit here alone, day after day, and will never accomplish anything."

The plant continued to mournfully compare itself to those of the outside garden, until early one morning. The plant could see, as the sunlight chased away the night's darkness, how the once festive garden was now covered in snow...deep cold snow. The plant suddenly realized it had taken for granted the warming sunlight, steady watering, and attention it had received from two gentle hands.

Perhaps the potted plant in the window would never realize what great joy it brought to the elderly widow who cared for it. Perhaps it would never know why the widow would sing the same sweet love song while pouring water upon it from an antique pitcher. Perhaps it would never understand the memories it stirred each time those two gentle hands would feed and care for it. Perhaps...perhaps one day.

Our personal influence on others is immeasurable. Just being in a person's life may become the most cherished experience of your life, and theirs. So smile, be cheerful, and give thanks. Life is not an accident. Where you are matters. The God of Heaven has placed you where He needs you. You are on a covenant path with Him. Press forward on your shared covenant path!

God Will Exalt Your Faithful Effort

Additional Resources

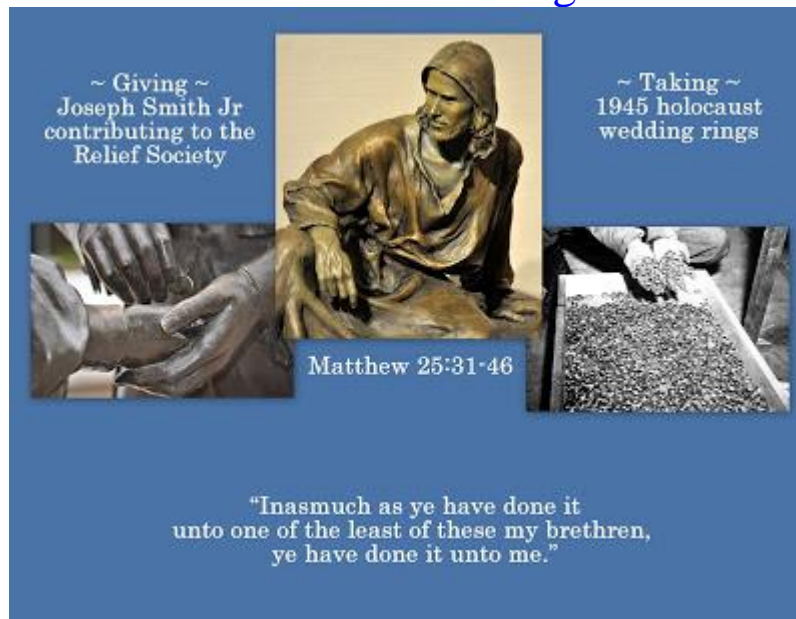
Your Personal Influence

President Thomas S. Monson

Small and Simple Things

Dallin H. Oaks

Parallel Thinking



Fathers know, all too well, that both good and evil has occurred throughout human history.

In this photo, Joseph Smith Jr. is shown giving a coin to Emma, his wife, to help provide for the poor and needy through the recently organized Relief Society. In contrast, on our Savior's left, we see thousands of wedding rings taken from holocaust victims during World War II.

Without exception, Jesus Christ is our best example of good...our only perfect example. He gave Himself that we might live. He gives to each of us the hope of a better day.

In the world, there have been many examples of evil...those who violently take from others. They try to buy power with money, with force, and in secret combinations. They are even willing to take the life of another, without regret.

From the New Testament, [Matthew 25:31-46](#) we read:

“When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory:”

“And before him shall be gathered all nations: and he shall separate them one from

another, as a shepherd divideth his sheep from the goats:”

“And he shall set the sheep on his right hand, but the goats on the left.”

On His Right Hand

“Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world:

“For I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in:

“Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me.

“Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink?

“When saw we thee a stranger, and took thee in? or naked, and clothed thee?

“Or when saw we thee sick, or in prison, and came unto thee?

“And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

On His Left Hand

“Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels:

“For I was an hungred, and ye gave me no meat: I was thirsty, and ye gave me no drink:

“I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not.

“Then shall they also answer him, saying, Lord, when saw we thee an hungred, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee?

“Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me.

Conclusion

“And these shall go away into everlasting punishment: but the righteous into life eternal.”

Fathers should always remember and strive to teach their loved ones that how we treat each other matters...really matters. Our personal behavior has both immediate and eternal consequences.

In the hymn, [A Poor Wayfaring Man of Grief](#), the last verse reads:

*Then in a moment to my view
The stranger started from disguise.
The tokens in his hands I knew;
The Savior stood before mine eyes.
He spake, and my poor name he named,
“Of me thou hast not been ashamed.
These deeds shall thy memorial be;
Fear not, thou didst them unto me.”*

- Text: James Montgomery, 1771-1854

Can you imagine? This good man had nothing to fear. His deeds of kindness ensured his future reward.

In contrast, can you imagine treating a stranger in a mean or unkind way and then discovering him to be your King and Savior? Your selfish and mean deeds would warrant fiery punishment.

Fathers, teach your children this parallel thinking
by helping them see things from an eternal perspective.

Let's choose to:

Do What is Right	not	Wrong
Do What is Good	not	Evil
Be Kind to Others	not	Unkind

Additional Resources

[Ye Have Done it Unto Me](#)

LDS Video

["Come Unto Me"](#)

Henry B. Eyring

Love One Another



How should we treat others? ~ With Love!

Unfortunately, many people don't treat themselves very well and there are some who don't even know what it's like to be treated with kindness. We live in a pretty tough world. Nevertheless, fathers can help create a better world for themselves and for their family.

Remember what Jesus Christ taught:

"Thou shalt love thy neighbour as thyself." ([Matthew 22:39](#)).

Love is the great game changer.

Fathers can show love! Fathers can strive to follow Jesus' perfect example when He said:

"love one another; as I have loved you" ([John 13:34](#)).

Where can we start?

Let's start with the 10 Commandments ([Exodus 20:1-17](#)):

"1 And God spake all these words, saying,

"2 I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage.

"3 Thou shalt have no other gods before me.

"4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:

"5 Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

"6 And shewing mercy unto thousands of them

that love me, and keep my commandments.

"7 Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.

"8 Remember the sabbath day, to keep it holy.

"9 Six days shalt thou labour, and do all thy work:

"10 But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

"11 For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord

blessed the sabbath day, and hallowed it.
“12 ¶ Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.
“13 Thou shalt not kill.
“14 Thou shalt not commit adultery.
“15 Thou shalt not steal.

“16 Thou shalt not bear false witness against thy neighbour.
“17 Thou shalt not covet thy neighbour’s house, thou shalt not covet thy neighbour’s wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour’s.”

We too can be *"brought out of the house of bondage."*

**When you keep God's commandments
you begin to love who you are,
your self-confidence increases, and
you begin treating others the way you want to be treated!**

[\(2 Nephi 2:27\)](#)

“Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the

great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.”

[2 Nephi 10:23](#)

“Therefore, cheer up your hearts, and remember that ye are free to act for yourselves—to choose the way of everlasting death or the way of eternal life.”

[Additional Resources](#)

[Loving Others and Living with Differences](#)

Dallin H. Oaks

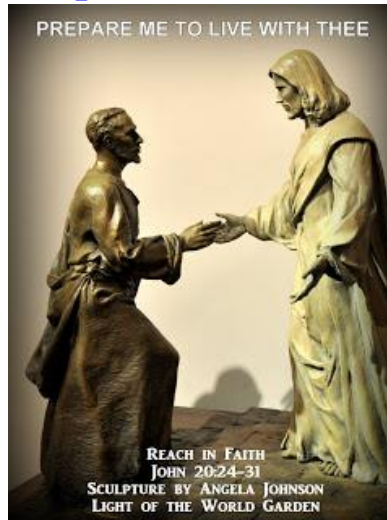
["Songs Sung and Unsung"](#), Video

Jeffery R. Holland, Voice

Posted 19 October 2018 by Scott B Froerer

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Prepare Me...Please



The Apostle Thomas wasn't prepared for the news that Jesus had risen from the dead. He declared, *"Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe."* ([John 20:25](#))

As fathers, are we prepared?

Are we prepared not only to see with our eyes and feel with our hands but to then live eternally with Jesus, the Christ? *"But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you."* ([Romans 8:11](#)) Perhaps Thomas then recalled the words of Job from the Old Testament, *"And though after my skin worms destroy this body, yet in my flesh shall I see God: Whom I shall see for myself, and mine eyes shall behold, and not another; though my reins be consumed within me."* ([Job 19:26-27](#))

How can one be prepared for such a life changing event? We may want to study the life of this Jesus who said, *"follow me."* ([John 16:24](#)) Then we can begin to believe in Him, try to keep His commandments, and receive His Spirit to be with us. *"Wherefore, whoso believeth in God might with surety hope for a better world, yea, even a place at the right hand of God, which hope cometh of faith, maketh an anchor to the souls of men, which would make them sure and steadfast, always abounding in good works, being led to glorify God."* ([Ether 12:4](#))

"if ye are prepared, ye shall not fear."
([Doctrine and Covenants 38:30](#))

Tonight, and perhaps every night, we may wish to pray for help to prepare now for that better day when we can live with Jesus forever.

Please, prepare me to live with Thee!

Additional Resources

Prepare to Meet God

Quentin L. Cook

Ideas to Prepare

for General Conference

A Time to Prepare

Ian S. Arden

The Law and Grace



[For additional information on the photo](#)

“36 And it came to pass that I [Moroni] prayed unto the Lord that he would give unto the Gentiles [nations without the gospel of Jesus Christ] grace, that they might have charity.

“37 And it came to pass that the Lord said unto me: If they have not charity it mattereth not unto thee, thou hast been faithful; wherefore, thy garments shall be made clean. And because thou hast seen thy weakness thou shalt be made strong, even unto the sitting down in the place which I have prepared in the mansions of my Father.

“38 And now I, Moroni, bid farewell unto the Gentiles, yea, and also unto my brethren whom I love, until we shall meet before the

The Law

“41 ...You must repent and be baptized, in the name of Jesus Christ;

“42 For all men must repent and be baptized, and not only men, but women, and

Grace

“26 And when I [Moroni] had said this, the Lord spake unto me, saying: Fools mock, but they shall mourn; and my grace is sufficient for the meek, that they shall take no advantage of your weakness;

“27 And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble

If you or I were to jump from a high cliff we would fall to our death...unless we were an eagle! In which case the law of gravity would interact marvelously with the laws of flight and we would soar high above the ground.

Eagles are not restricted by the law of gravity. Rather they balance gravity with the principle of lift, making it possible for them to fly until they're ready to gently land upon their lofty perch once again.

An eagle in flight has not broken the law of gravity. In fact, laws have strictly been obeyed.

From [The Book of Mormon ~ Another Testament of Jesus Christ](#) we read:

judgment-seat of Christ, where all men shall know that my garments are not spotted with your blood.

“39 And then shall ye know that I have seen Jesus, and that he hath talked with me face to face, and that he told me in plain humility, even as a man telleth another in mine own language, concerning these things;

“40 And only a few have I written, because of my weakness in writing.

“41 And now, I would commend you to seek this Jesus of whom the prophets and apostles have written, that the grace of God the Father, and also the Lord Jesus Christ, and the Holy Ghost, which beareth record of them, may be and abide in you forever.” ([Ether 12:36-41](#))

children who have arrived at the years of accountability.

“43 And now, after that you have received this, you must keep my commandments in all things” ([Doctrine and Covenants 18:41-43](#))

themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.

“28 Behold, I will show unto the Gentiles their weakness, and I will show unto them that faith, hope and charity bringeth unto me—the fountain of all righteousness.” ([Ether 12:26-28](#))

The laws of God must be obeyed and then His "*grace is sufficient for the meek*" who "*humble themselves*" for they shall fly safely home to Jesus' throne. No laws of God can be broken without consequence. In fact, all the laws of God must be strictly obeyed before any one can dwell in presence of God.

*“We believe that through the Atonement of Christ,
all mankind may be saved,
by obedience to the laws and ordinances of the Gospel.”*
~ [3rd Article of Faith](#)

Fathers, let us be faithful to Jesus Christ by keeping His laws
and meekly acknowledging our weaknesses.
Then, He will lift us up on high.

Additional Resources

Love and Law

Dallin H. Oaks

Obedience to Law Is Liberty

L. Tom Perry

2 Nephi 31

The Book of Mormon:

Another Testament of Jesus Christ

Posted 5 September 2018 by Scott B Froerer

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Give Thanks

This wagon was handmade by Thomas Wilson Stowe. He was born in 1883 and passed away in 1975. He was my great grandmother's younger brother, so we called him Uncle Tom. He and his wife, Ellen, were childless and lived just down the street from my grandparents. They were kind and generous. I admired his remarkable talent and attention to detail.

Fathers should never take for granted the privileged of being a father. Nor should we lessen the privilege, we each have had, of becoming a child. Life is beautiful.

How do you thank someone who has given you life? How do you thank someone who has touched your life and made it better? How do you thank someone who has contributed to and added value to your life? Along with my father and mother, I look forward to one day expressing my sincere thanks to Uncle Tom for blessing my life.

Our pioneer forefathers established and refined the world we live in. Land was plowed, homes were built, and cities were founded. Home life, religious life, and modern cultures grew from wilderness and want. Great faith and sacrifice has provided the



Honored Pioneers foundation we

build on today.

Today we celebrate what previous generations have accomplished...for themselves, for their children, and for their countless descendants. Today we honor them for who they were, for what they did, and for all we have inherited from them. Today we remember and appreciate them. Today we should dedicate ourselves with a promise to emulate their good works.

Today, Give Thanks

*"Wherefore, be not weary in well-doing,
for ye are laying the foundation of a great work.
And out of small things proceedeth that which is great.*

*Behold, the Lord requireth the heart and a willing mind;
and the willing and obedient shall
eat the good of the land of Zion
in these last days."*

[\(Doctrine and Covenants 64:33, 34\)](#)

Additional Resources

[Give Thanks](#)

President Russel M. Nelson

[Give Thanks in All Things](#)

Dallin H. Oaks

[Fathers](#)

D. Todd Christofferson

Humility-Modesty-Purity



Thoughtful fathers want the best for their children. They understand that lasting happiness comes from humility. Humility is self-esteem not self-admiration, it is self-confidence and not self-importance, and it is a desire to please God and not to satisfy self-serving appetites. Humility builds unity and harmony. Humility is kind to self and others.

Humility Leads to Modesty.

Caring fathers seek ways to teach their family to be modest in thought and in deed. Modesty protects. Modesty reverences self. Modesty strengthens self-esteem and develops self-respect. Modesty shines and is self-evident. Modesty sends the message that we are children of Heavenly Parents and is an outward expression of our inward respect for self and others.

Modesty Leads to Purity.

Purity is an inner quality. Purity is sincere, genuine, and true to self. Purity is unselfish and unpolluted. Purity is morally chaste, undefiled, and virtuous. The word of God warns that "*no unclean thing can inherit the kingdom of God*" ([Alma 40:26](#)). Purity brings confidence before God. Fathers should seek to be pure and to teach the joy of purity to their family.

Humility → Modesty → Purity

Purity Leads to Eternal Happiness.

Additional Resources

Humility

LDS Topics

Modesty

LDS Topics

Meek and Lowly of Heart

David A. Bednar

Personal Purity

Jeffrey R. Holland

Cherish Virtue

Elaine S. Dalton

With a Promise



When partaking of the Sacrament,
we promise to always remember
Jesus Christ.



We partake of the bread and water
with a promise to resurrect these
sacred symbols of divine flesh and blood
into living acts
of service and love.



We promise to live for others
as Jesus lives for us. We promise to forgive others
as Heavenly Father has forgiven us for Jesus' sake.

Fathers are their best self when they keep their promises to God and
serve others as His Son has served us.

Additional Resources

[The Atonement](#)

President Russell M. Nelson

[The Dead Awaited the Atonement](#)

President Russel M. Nelson

Posted 7 April 2018 by Scott B Froerer

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From Dust to Eternity

Man can take earth's dust and
form a statue or a temple.

~

God can take earth's dust and
form a living soul.

* * * * *

Man's creations
will crumble back to dust.

~

God's creations will be
resurrected to eternal life.

Death of a loved one can be difficult for a child to understand or accept. A father can help by teaching them about Heavenly Father's Great Plan of Happiness and how Jesus Christ has become our Savior. The atonement and resurrection of Jesus Christ confirms that life is eternal.



Death is overcome through Jesus Christ

[John 11:25](#) “Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live”

[1 Corinthians 15:42, 55](#) “So also is the

resurrection of the dead. It is sown in corruption; it is raised in incorruption:... Oh death, where is thy sting? Oh grave, where is thy victory?”

Physical Death is a New Beginning

[John 5:28-29](#) “Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear his voice, And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation.”

[1 Peter 4:6](#) “For for this cause was the gospel preached also to them that are dead, that they might be judged according to men in the flesh, but live according to God in the spirit.”

[Doctrine and Covenants 138:11,16,17](#) “As I [President Joseph F. Smith] pondered over these things which are written, the eyes of my understanding were opened, and the Spirit of the Lord rested upon me, and I saw the hosts of the dead, both small and great.

“They were assembled awaiting the advent of the Son of God into the spirit world, to

declare their redemption from the bands of death.

“Their sleeping dust was to be restored unto its perfect frame, bone to his bone, and the sinews and the flesh upon them, the spirit and the body to be united never again to be divided, that they might receive a fulness of joy.”

Repentance and Obedience to God's Law will bring a Fullness of Joy

[Psalm 16:11](#) “Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.”

[John 14:6, 15](#) “Jesus saith unto him, I am

the way, the truth, and the life: no man cometh unto the Father, but by me. If ye love me, keep my commandments.”

Fathers who follow the Savior will strive to keep His commandments and walk in His way. They will teach their children, by example and by words, through love. They will say 'Thank you', they will share, and they will remember to be joyful.

Additional Resources

Life After Life

President Russell M. Nelson

The Great Plan of Happiness

Dallin H. Oaks

Love One Another as He Has Loved You

Jose L. Alonso

Posted 1 March 2018 by Scott B Froerer

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PROMISED VIRTUES



A Sacrament Cup

One Sunday, in preparation to speak to a group of young women, I drove to our chapel and asked a young man who was preparing the sacrament if I might have a single sacrament cup and he kindly handed me one. I thanked him and hurried on to my speaking appointment.

As part of my presentation I asked a volunteer to read the blessing of the bread found in [Doctrine and Covenants 20:77](#). I also asked the young women to listen for what sacrament partakers promise to DO.

The volunteer read:

“O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this bread to the souls of all those who partake of it, that they may eat in remembrance of the body of thy Son, and witness unto thee, O God, the Eternal Father, that they are willing

to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; that they may always have his Spirit to be with them. Amen.”

We then noted what sacrament partakers promise to DO. They promise to

- TAKE upon them the name of Jesus Christ,
- Always REMEMBER Jesus Christ,
- KEEP the commandments of Jesus Christ, and
- Always HAVE Jesus Christ's Spirit to be with them.

Fathers have the wonderful opportunity to DO what they say they will DO and demonstrate their commitment to Jesus Christ by living these **promised virtues**.

Additional Resources

[The Living Bread Which Came Down From Heaven](#)

D. Todd Christofferson

[Reverence the Sacrament](#)

Quentin L Cook

[Sacrifice and Sacrament](#)

LDS Media Library

Everlasting Life



Many fathers have witnessed the effect light can have on their newborn child. Nearly half of all children are born with what is called Jaundice, which is a yellowish or greenish pigmentation of the skin and whites of the eyes due to high bilirubin levels. Light is often used to treat and help correct this problem.

Light is a source of warmth, illumination, colorful rainbows, and photosynthesis which transforms carbon dioxide and water into oxygen. Sunlight makes life possible. Although most of the electromagnetic spectrum is unseen, radio waves, micro waves, and x-rays have transformed our daily lives.

The prophet Ammon rejoiced in heaven's light. He *"knew that king Lamoni was under the power of God; he knew that the dark veil of unbelief was being cast away from his mind, and the light which did light up his mind, which was the light of the glory of God, which was a marvelous light of his goodness—yea, this light had infused such joy into his soul, the cloud of darkness having been dispelled, and that the light of everlasting life was lit up in his soul...."* [Alma 19:6](#)

As fathers, we can teach our family to appreciate light. We can help them understand how their lives are blessed by its seen and unseen presence. Teaching them the reality of

"everlasting life" will help them develop a greater respect and appreciation for life. It will allow them to value who they are and what their potential can be.

Pray for your family
"that the light of everlasting life"
will be *"lit up in [their] soul...."*

Additional Resources

[John 3:16](#)

The Holy Bible

[And This is Life Eternal](#)

C. Scott Grow

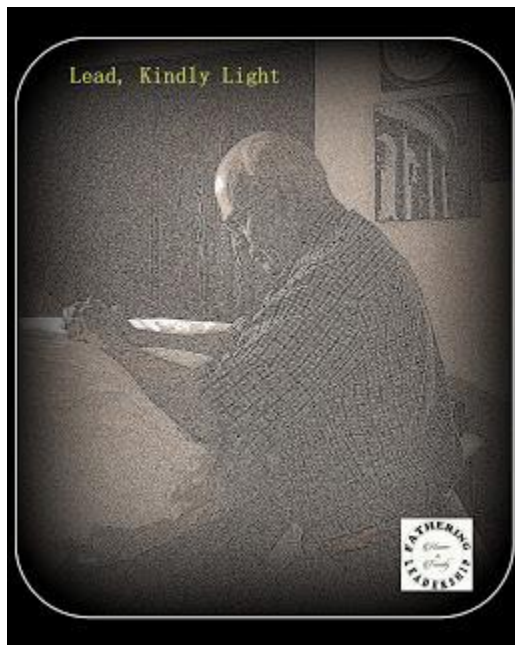
[Seeing Life from an Eternal Perspective](#)

Joseph B. Wirthlin - LDS Media

Posted 28 December 2017 by Scott B Froerer

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Lead, Kindly Light



There are times when our pride is overcome, humility breaks us free from the world's mocking, and we pray. We admit our weaknesses, we ask God for forgiveness and help, and we promise to do better.

As a father, we need all the help we can get. We need help in providing for our family. We need help with protecting our family. We need help in presiding and leading our family with love and wisdom.

We need heaven to magnify our efforts. We need blessings from heaven to reach our full potential. We need divine guidance as we step into the darkness of uncertainty. We need greater faith in Jesus Christ to stand against the forces of doubt and evil.

The LDS Bible Dictionary explains: "*As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are His children), then at once prayer becomes natural and instinctive on our part (Matt. 7:7-11).*"

Please, we humbly ask in prayer
of our Heavenly Father: **Lead, Kindly Light**

Additional Resources

[Lead, Kindly Light](#)

LDS Hymnal, #97

[Lead, Kindly Light](#)

Virginia U. Jensen

[Put On the Armor of Light](#)

S. Gifford Nielsen

[Ask of God](#)

2017 Youth Theme

Posted 16 September 2017 by Scott B Froerer

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ETERNAL Happiness



Graphic by Kathy M. Froerer

*What Can YOU Do To
Achieve ETERNAL Happiness?*

Ask God for help.
Be willing to
Change.
Desire to do what-
Ever He asks...
Forever. Know that
God wants you to be
Happy.
Ignore the world.
Just do what is right.
Kep the
commandments.
Love one another.
Make up your mind
to
Never give up.

Don't ever stop
Praying.
Quit complaining.
Resist evil.
Start
Today.
Don't
Underestimate
the power of
Christ's
Victory.
Win the day with
eXtra
joY
and
Zeal.

As a father, I want my family to be happy. I understand I must do more than just provide them with food, shelter, and occasionally bringing home toys and gadgets. For me, happiness includes peace of mind that everything will turn out alright for those I love...in TIME and in ETERNITY!

Additional Resources

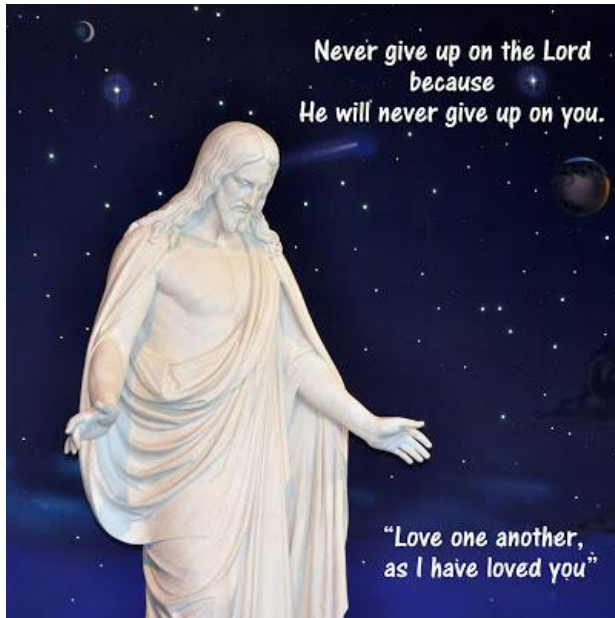
[Treasure of Eternal Value](#)

President Thomas S. Monson

[Creating a Successful Family](#)

Lesson 22: The Eternal Family Teacher Manual, 2015

Never Give Up



The Lord will never give up on you! What a glorious thought. As long as you are willing to try, He will be there to exalt your effort. Although He will never force you into heaven, He will joyfully welcome you home.

Fathers should always remember, live by, and teach the Lord's commandment to "love one another." ([John 15:12, 17](#))

- Why? Because it will please your Heavenly Father, whom you love.
- Why? Because, it will be easier for others to love you in return.
- Why? Because you will learn to love yourselves.

Jesus was asked,

"Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first

and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets." ([Matthew 22:36-40](#))

Fathers, by showing love toward your neighbor...you will learn to love yourself. The more you love your neighbor...the more you will love yourself.

- Why? Because love casteth out fear.

Fear of failure, fear of not being accepted, and fear of the future keep us from trying to do better. We can do better. We can change. We can be happy.

"There is no fear in love; but perfect love casteth out fear" ([1 John 4:18](#))

When you love God, your neighbor, and yourself then...

YOU WILL NEVER GIVE UP.

Your eternal God and your true neighbor
will always stand with you.
You will never stand alone!

Additional Resources

[Love Thy Neighbour As Thyself](#)

Teaching of President George Albert Smith

[Never, Never, Never Give Up!](#)

Mary N. Cook

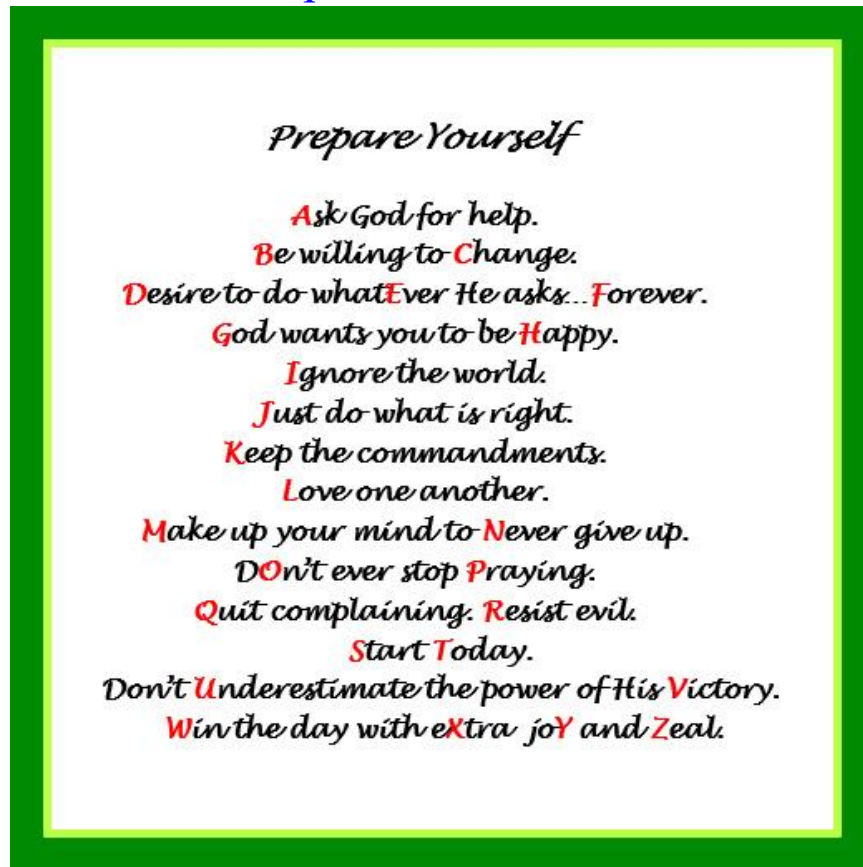
[Perfect Love Casteth Out Fear](#)

President Dieter F. Uchtdorf

[Let Us All Press On](#)

LDS Hymnal, #243

Prepare For Success!



Are YOU Preparing for Success?

Fathers need to teach their children these A to Z's for a successful and a happy life. We all have weaknesses and challenges. And we all have the power to make a better life for ourselves, for our loved ones, and for those around us.

The Choices You Make will Make or Break You.

Today is just the beginning of eternity. By taking intentional steps now, even though small, you are making progress and you continue moving in the direction you choose for yourself. Fathers, teach your family by example, from the scriptures, and by testimony.

Choose what is right
and you will
Love the consequences.

Additional Resources

Success Stories

LDS Media

Priceless Principles for Success

Claudio R. M. Costa

Formula for Success

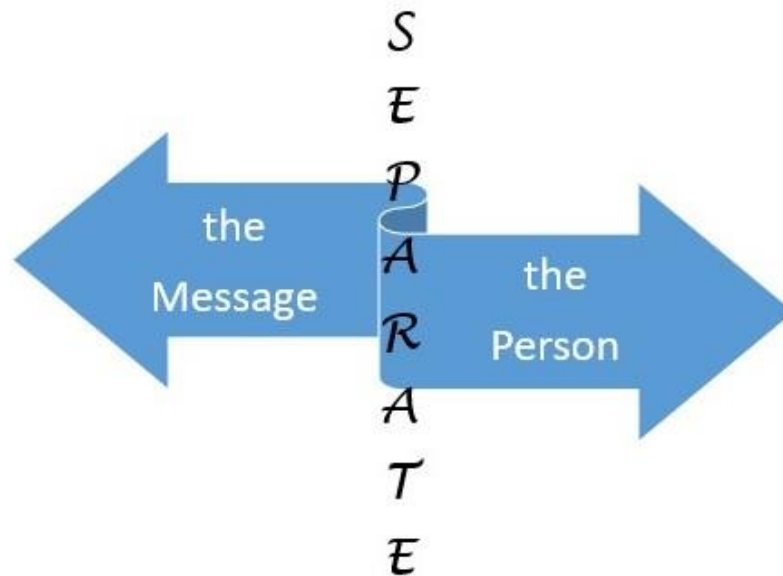
President Thomas S. Monson

Choose the Right

LDS Hymnal

~~~~> Love the Person

*Sometimes
you must*



*and just
Love the Person*

“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the

children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.”~ [Matthew 5:44 - 45](#) ~

Fathers can show true Christian behavior by separating what a person says (and does) from who the person is. Each person is a child of God, whom we should love.

A true follower of Christ will follow His example by turning the other cheek, forgiving trespassers, and separating themselves and their loved ones from evil. Few things will be more difficult or more rewarding.

Additional Resources

[Love One Another](#)

LDS Hymnal

[Love and Forgive One Another](#)

O. Leslie Stone

[Speak Kind Words](#)

Marion G. Romney

The Light of Christ



Jesus Christ is the Light of the World



Fathers can bring greater joy
into the lives of their family
by living in the Light.

Pray to Heavenly Father to know how you can let the Light of Christ into your life and home.

- Learn His teachings
- Accept His teachings
- Live His teachings
- Share His teachings

"Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life." ([John 8:12](#))

"But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin." ([1 John 1:7](#))

"And thus we see the great call of diligence of men to labor in the vineyards of the Lord; and thus we see the great reason of sorrow, and also of rejoicing—sorrow because of death and destruction among men, and joy because of the light of Christ unto life." ([Alma 28:14](#))

Take part in a:

Walk & Talk with Family & Friends

- First, select a route for a short walk.
- Second, begin your walk with family and friends. (You may want to start with prayer)
- Third, occasionally stop, look, and listen to each other, to your surroundings, watch a video, listen to uplifting music, read a scripture, or write down new ideas.

For example:

After walking for a short time,
stop, look, and listen to one of these videos.
Then walk and talk about each other's ideas and feelings
before your next stop.

Meet Brandon Jackson, who shared his time and love with orphans in Honduras and discovered what one teenage boy can do for others.

[Sharing the Light of Christ](#) (5:12 min.)

Stop & Talk about the Sharing the Light of Christ

What is light? In this three part series, **Elder David A. Bednar** discusses how we receive and perceive light from God.

[Patterns of Light: The Light of Christ ~ Part 1](#) (2:34 min.)

Stop & Talk about The Light of Christ

[Patterns of Light: Discerning Light ~ Part 2](#) (2:13 min.)

Stop & Talk about Discerning Light

[Patterns of Light: Spirit of Revelation ~ Part 3](#) (3:04 min.)

Stop & Talk about the Spirit of Revelation

[Celebrating Father's Day Activities](#)

[Provo Utah Temple Treasure Hunt Activity](#)

[Service Opportunities](#)

- [Trash Pickup in the Area](#)
- [T-Shirt Dresses For Zimbabwe](#)
- [Deseret Industries](#)

Posted 9 June 2017 by Scott B Froerer

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Voices From the Past

The world we live in today is the result of our ancestor's collection of knowledge, experiences, and actions. Their knowledge, as far as it has been shared and preserved, becomes our knowledge. Their stories have become our stories. Their worldview, at least as we begin our life's journey, becomes our worldview.

Slowly, as we experience life, we begin to form our own opinions. Sometimes we conclude our ancestors, including our parents, were exactly correct. And at other times we conclude our ancestor's, including our parent's knowledge and views, were limited and our own views are more correct.



Artist: Harris T. Weberg

How we see the world determines how we act. How we act determines what kind of world we live in. [Voices From the Past: Diaries, Journals, and Autobiographies](#) is a collection of ancestral experiences which can help us change the world we live in. After reading these ancestor's experiences, ask yourself, *Have their views, experiences, and actions made a better world? Will these views make me a better person?*

Fathers can change the world they live in and help prepare their children for the heavenly world to come.

Additional Resources

[Family History Moment: From Beyond the Veil](#)

Church News

[Book of Mormon Stories](#)

Children Scripture Video Stories

[First Stories of Faith](#)

William R. Walker

All May Be Saved

Both the Living and the Dead

[Mark 4:37-40](#)

37 *And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.*

38 *And [Jesus] was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?*

39 *And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.*

40 *And he said unto them, Why are ye so fearful? how is it that ye have no faith?*

Watch this [Bible Video: Calming the Tempest](#)



The Savior's power to save
even extends to those spirits who have died,
for He visited them while His body was in the tomb!

A vision given to President Joseph F. Smith as recorded in the [138th section of the Doctrine and Covenants](#) reads:

"1 On the third of October, in the year nineteen hundred and eighteen, I sat in my room pondering over the scriptures;

"2 And reflecting upon the great atoning sacrifice that was made by the Son of God, for the redemption of the world;

President Smith then states:

"6 I opened the Bible and read the third and fourth chapters of the first epistle of Peter, and as I read I was greatly impressed, more than I had ever been before, with the following passages:

"7 For Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but quickened by the Spirit:

"8 By which also he went and preached unto the spirits in prison;

"9 Which sometime were disobedient, when once the longsuffering of God waited in the days of Noah, while the ark was a preparing, wherein few, that is, eight souls were saved by water." ([1 Peter 3:18-20](#).)

"10 For for this cause was the gospel preached also to them that are dead, that they

"3 And the great and wonderful love made manifest by the Father and the Son in the coming of the Redeemer into the world;

"4 That through his atonement, and by obedience to the principles of the gospel, mankind might be saved."

might be judged according to men in the flesh, but live according to God in the spirit. ([1 Peter 4:6](#).)

"11 As I pondered over these things which are written, the eyes of my understanding were opened, and the Spirit of the Lord rested upon me, and I saw the hosts of the dead, both small and great.

"16 They [righteous spirits] were assembled awaiting the advent of the Son of God into the spirit world, to declare their redemption from the bands of death.

"18 While this vast multitude waited and conversed, rejoicing in the hour of their deliverance from the chains of death, the Son

of God appeared, declaring liberty to the captives who had been faithful; ...

“20 But unto the wicked he did not go, and among the ungodly and the unrepentant who had defiled themselves while in the flesh, his voice was not raised;

“21 Neither did the rebellious who rejected the testimonies and the warnings of the ancient prophets behold his presence, nor look upon his face.

“22 Where these were, darkness reigned...

“29 And as I wondered, my eyes were opened, and my understanding quickened, and I perceived that the Lord went not in person among the wicked and the disobedient who had rejected the truth...

We have this promise given through the prophet Isaiah:

“42 ...the Redeemer was anointed to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that were bound...

Concerning those who had died:

“51 These the Lord taught, and gave them power to come forth, after his resurrection [,] from the dead, to enter into his Father’s kingdom, there to be crowned with immortality and eternal life,

“52 And continue thenceforth their labor as had been promised by the Lord, and be partakers of all blessings which were held in reserve for them that love him.

What a glorious truth!

Now review the hymn, [Master, the Tempest Is Raging](#) while keeping in mind those spirits who have long since died without the knowledge of Christ or who weren’t obedient to His ordinances while on the earth.

Master, the Tempest Is Raging

by Mary Ann Baker, [Hymnal, #105](#)

1. Master, the tempest is raging!
The billows are tossing high!
The sky is o’ershadowed with
blackness,
No shelter or help is nigh;
Carest Thou not that we perish?
How canst Thou lie asleep,
When each moment so madly is

“30 But behold, from among the righteous, he organized his forces and appointed messengers...and commissioned them to go forth and carry the light of the gospel to them that were in darkness, even to all the spirits of men; and thus was the gospel preached to the dead.

“31 And the chosen messengers went forth to declare the acceptable day of the Lord and proclaim liberty to the captives who were bound, even unto all who would repent of their sins and receive the gospel.

“32 Thus was the gospel preached to those who had died in their sins, without a knowledge of the truth, or in transgression, having rejected the prophets”

“47 The Prophet Elijah was to plant in the hearts of the children the promises made to their fathers,

“48 Foreshadowing the great work to be done in the temples... for the redemption of the dead, and the sealing of the children to their parents....”

“58 The dead who repent will be redeemed, through obedience to the ordinances of the house [the temple] of God,

“59 And after they have paid the penalty of their transgressions, and are washed clean, shall receive a reward according to their works, for they are heirs of salvation.”

- threat’ning
A grave in the angry deep?
2. Master, with anguish of spirit
I bow in my grief today;
The depths of my sad heart are
troubled—
Oh, waken and save, I pray!
Torrents of sin and of anguish

Sweep o'er my sinking soul;
And I perish! I perish! dear Master—
Oh, hasten, and take control.

3. Master, the terror is over,
The elements sweetly rest;
Earth's sun in the calm lake is
mirrored,
And heaven's within my breast;
Linger, O blessed Redeemer!
Leave me alone no more;
And with joy I shall make the blest
harbor,
And rest on the blissful shore.

Refrain:
The winds and the waves shall obey Thy will,
Peace, be still!
Whether the wrath of the storm-tossed sea,
Or demons or men, or whatever it be,
No waters can swallow the ship where lies
The Master of ocean, and earth, and skies;
They all shall sweetly obey Thy will,
Peace, be still! Peace, be still!
They all shall sweetly obey Thy will,
Peace, peace, be still!

Remember ~ through the power of our Master's atonement ...*all mankind may be saved, by obedience to the laws and ordinances of the Gospel.* [Article of Faith 3.](#)

The promise of salvation is extended to ALL of God's children, both the living and the dead!
27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. [John 14:27.](#)

**Fathers, teach your children that
All May Come Unto Christ and Be Saved !**

"3 For this is good and acceptable in the sight of God our Saviour;

"4 Who will have all men to be saved, and to come unto the knowledge of the truth."
[1 Timothy 4:3-4](#)

Additional Resources

[Doctrines of the Gospel: Redemption of the Dead](#)

[Redemption of the Dead](#)

Earl C. Tingey

[Ministry of John Taylor: Work for the Dead](#)

Video, LDS Media Library

[The Great Plan of Happiness](#)

Book of Mormon: Gospel Doctrine Manual

Posted 23 December 2016 by Scott B Froerer

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Laws & Consequences

There are four major laws which govern or make possible the marvel of modern flight. They are lift, drag, weight, and thrust. Each must be understood and properly applied to keep an airplane aloft. Many other factors go into flight safety such as weather conditions, pilot health, ground support, etc.



A loving Heavenly Father has provided our spirit with an amazing physical body to travel through mortality. It has been designed to take us on our historic earthly journey of life, until it is time to return home to God.

To protect our spirit, God has revealed laws that strengthen our physical body. If we follow His Son's example and obey His laws, we will be eternally blessed.

"Now regarding the laws of God. They are as clear and as binding and as irrevocable as those of nature, and our success or failure, our happiness or unhappiness, depend on our knowledge and application of these laws in our lives." - [N. Eldon Tanner, November 1975 Ensign](#)

When we acknowledge,

- there is a loving Heavenly Father who wants to protect His children, and
- we are both a physical and a spiritual being with appetites, passions, longings, and desires, and
- there are complex forces which we must apply and master to avoid disaster, then we can safely journey back to our heavenly home.

"Obey the laws of God. They are given to us by a loving Heavenly Father. When they are obeyed, our lives will be more fulfilling, less complicated. Our challenges and problems will be easier to bear..."

"If any has stumbled in her [or his] journey, I promise you that there is a way back. The process is called repentance. Our Savior died to provide you and me that blessed gift." - [Thomas S. Monson, April 2012 General Conference](#)

Irrevocable laws can't be broken, they can only be obeyed or disobeyed. As earthly fathers, we can set the correct example by obeying the Laws of God. Obedience will bring protection and eternal joy.

The Savior is your advocate:

"Listen to him who is the advocate with the Father, who is pleading your cause before him—Saying: Father, behold the sufferings and death of him who did no sin, in whom thou wast well pleased; behold the blood of thy Son

which was shed, the blood of him whom thou gavest that thyself might be glorified; Wherefore, Father, spare these my brethren that believe on my name, that they may come unto me and have everlasting life." - [D&C 45:3-5](#)

Additional Resources

[Believe, Obey, and Endure](#)

President Thomas S. Monson

[The Laws of God](#)

N Eldon Tanner

[Morality & Modesty](#)

Eternal Marriage Student Manual

“Fulness of Joy”



What can compare?

"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace." ~ [Isaiah 9:6](#)

"And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men." ~ [Luke 2:10](#)

Whom shall I serve?

"And for this cause ye shall have fulness of joy; and ye shall sit down in the kingdom of my Father; yea, your joy shall be full, even as the Father hath given me fulness of joy; and ye shall be even as I am, and I am even as the Father; and the Father and I are one; And the Holy Ghost beareth record of the Father and me; and the Father giveth the Holy Ghost unto the children of men, because of me." ~ [3 Nephi 28:10-11](#)

As fathers serve, love, and sacrifice
for their wife and children,
they will one day receive a “fulness of joy”!

Additional Resources

[No Greater Joy Than to Know That They Know](#)

Brett K. Nattress

[The Joy of Living a Christ-Centered Life](#)

Richard J. Maynes

[Choose Goodness and Joy](#)

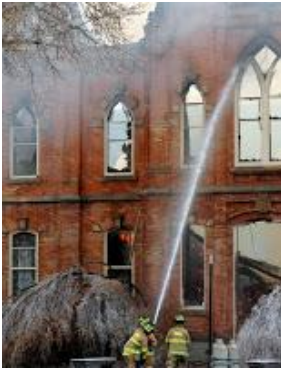
Gerrit W. Gong

Holiness Restored

Fathers are often confronted by their past weaknesses and mistakes. All the better for them to know how to fortify and help their wife and children. As children become aware of their parent's turning to the Lord, they can be motivated to do the same.

One day my elderly mother began to relate her heartfelt sorrow for something she had done as a young adult. Obviously, after a long and wonderful life, there was no need for her to do so. She had raised herself, and her children up, into a pretty respectable position. It was easy for me to love her because she had first loved me. It was easy for me to see her with forgiving eyes for she had forgiven me time and time again.

Husbands and wives are too close to miss one another's errors. And, hopefully, they are so close they will forgive one another quickly. Together, by becoming true partners, fathers and mothers can better face the challenges and needs of their children.



When Personal Disaster Strikes...

*Lord, Dismiss [Forgive] Us With Thy Blessing,
Fill Our Hearts With Joy and Peace.
Let Us Each, Thy Love Possessing,
Triumph in Redeeming Grace.
Oh, Refresh Us, Oh Refresh Us,
Traveling Through This Wilderness.
Oh, Refresh Us, Oh Refresh Us,
Traveling Through This Wilderness.*



Firm Up Your Walls
and Build a Firmer Foundation

*Thanks We Give and Adoration
For the Gospel's Joyful Sound.
May the Fruits of Thy Salvation
In Our Hearts and Lives Abound.
Ever Faithful, Ever Faithful
To the Truth May We Be Found
Ever Faithful, Ever Faithful
To the Truth May We Be Found.*



Envision Something Even Better!

*So That When Thy Love Shall Call Us,
Savior, From The World Away,
Let No Fear of Death Appall Us,
Glad Thy Summons To Obey.
May We Ever, May We Ever,
Live With Thee in Endless Day.*

[Listen to Audio Performance](#)



Go To Work, Rebuild,

Alyssa Aramaki, soloist
Latter-day Celebration Choir
from the Orem Institute of Religion,
Ryan Eggett, director
Text: John Fawcett, 1740 - 1817
Music: Tom Edward Clark, b. 1968
Tune name: Endless Day

and Celebrate as...



Holiness Is Restored

Fathers, remember to rebuild yourself
and then those around you!

Additional Resources

[The Healing Ointment of Forgiveness](#)

Kevin R. Duncan

[Happiness in Family Life...Forgiveness](#)

LDS.org

[Count Your Many Blessings &](#)

[Come, Come Ye Saints](#)

LDS Hymnal

[Music For Choirs](#)

LDS.org

Other Resource

[Celebrate Holiness Restored](#)

Video by Scott Froerer

Alyssa Aramaki, soloist

Latter-day Celebration Choir

from the Orem Institute of Religion,

Ryan Eggett, director

Words by John Fawcett

Music by Tom Edward Clark

A Daily Devotional



Fathering leadership should begin and end with A Daily Devotional.

Fathering a child carries with it a great responsibility. Together with the mother, a father has the responsibility to teach their children. One of the best ways to ensure family happiness is by following a Healthy Behavior Pattern of praying, singing, scripture study, planning, and remembering with gratitude what the Lord has done for you.

With the Lord's help, you will not fail.

Take the [Ten Day Challenge](#) and start developing your personal and family's healthier behavior pattern.

Go to link: [Daily Devotional Pattern](#)

Practice having a Daily Devotional and enjoy its rewards! Call upon heaven and you won't be disappointed!

~ **Morning** ~

A Prayer

A Hymn

A Scripture

Plan for the Day

~ **Evening** ~

A Prayer

A Hymn

A Scripture

Keep a Journal

Additional Resources

["This Shall Be Our Covenant"](#)

LDS Church History

[Hymns](#)

LDS.Org

[Children's Song Book](#)

LDS.Org

[Happiness in Family Life](#)

LDS.Org

Making Happy!



Happiness doesn't just happen. Fathers must intentionally and consistently go about Making Happy!

In this photo, notice Lilly's oversized pink flip flops and her regular shoes on the floor. Lilly's mother, Jessica, shared this photo with the comment that her husband Elliot is entertaining their daughter while her toenails dry. This little lady is going to grow up knowing her dad loves her and is engaged in her life.

When a young man slips an engagement ring on his chosen sweetheart's finger it should mean he's going to be engaged in her life and in the lives of those who follow.

Jessica wrote of her husband:

"I love him because I can't even count how many times a day he says "What can I do to make you happy?" So many times...Every Single Day. No matter how busy we are with work or the kids he always makes sure I know I'm his top priority." (14 August 2016)

Jessica's husband doesn't just sit idly by. He steps up to make things better. He tries every day to make those he loves happy.

Fathers should intentionally and consistently engage in
Making Happy!

Additional Resources

[Follow the Prophet](#)

Randall K. Bennett

[You Can't Save Cotton Candy](#)

Jack Weyland

[Happy Families](#)

LDS Media Library

[Photo and quotes used with permission]

Posted 23rd August 2016 by Scott B Froerer

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Dump the Trash!



Trash happens.

Candy wrappers, empty milk bottles, old newspapers, yard clippings, broken picture frames, worn out windshield wipers, outdated technology. The list goes on and on.

You can't eliminate trash from happening but you don't have to live with it!

Trash also happens with words and actions. Unkind words are spoken. Someone is unappreciated, unnoticed, or ignored. Criticism, faultfinding, and judgmental comparisons are made. The list goes on and on.

Although you can't control the mean things people say, you can put it where it belongs...in the trash!

Have you created some trash of your own?

Perhaps...

You've lied, sworn, or stole.

You watched, thought, or done unclean things.

You bullied, failed to defend, or misrepresented the truth.

The list may go on and on.

Remember, a Christian chooses to change and to follow Jesus Christ.

*“And now I say unto you,
all you that are desirous to follow
the voice of the good shepherd,
come ye out from the wicked,
and be ye separate,
and touch not their unclean things...”*

[\(Alma 5:57\)](#)

*“Let all bitterness, and wrath, and anger, and clamour,
and evil speaking, be put away from you, with all malice:*

*And be ye kind one to another,
tenderhearted, forgiving one another,
even as God for Christ's sake hath forgiven you.”*

[\(Ephesians 4:31-32\)](#)

Trash is unsightly, stinky, and can be deadly to your health.

So...

Dump the Trash!

**Fathers, Clean Yourself Up and
be a Better Follower of Jesus Christ !!**

Additional Resources

[A Change of Heart](#)

LDS Media

[A Mighty Change of Heart](#)

President Ezra Taft Benson

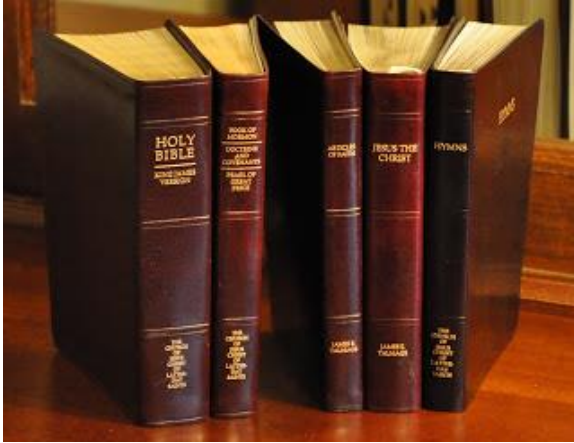
[“Repent . . . That I May Heal You”](#)

Neil L. Andersen

Posted 10th August 2016 by Scott B Froerer

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Hymns Teach Truth



Without waiting for an answer, Pilate mockingly asked Jesus *What is truth?* Jesus was used to such insincere questioning. Yet to the sincere seeker who desired to learn truth He taught

“I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life....And ye shall know the truth, and the truth shall make you free.” ([John 18:38](#); [John 8:12, 32](#))

Alongside the words of Holy Scripture, inspired hymns also teach truth. Daily reading, listening, and/or singing hymns will bring greater light into your life and inspire you with empowering thoughts of truth. Read the following hymn and feel the truth it teaches.

Our Savior’s Love

- | | |
|--|---|
| 1. Our Savior’s love
Shines like the sun with perfect light,
As from above
It breaks thru clouds of strife.
Lighting our way,
It leads us back into his sight,
Where we may stay
To share eternal life. | Loud may the sound
Of hope ring till all doubt departs,
And we are bound
To him by loving ties. |
| 2. The Spirit, voice
Of goodness, whispers to our hearts
A better choice
Than evil’s anguished cries. | 3. Our Father, God
Of all creation, hear us pray
In rev’rence, awed
By thy Son’s sacrifice.
Praises we sing.
We love thy law; we will obey.
Our heav’nly King,
In thee our hearts rejoice. |

Text: Edward L. Hart, b. 1916. © 1977 IRI

Music: Crawford Gates, b. 1921. © 1977 IRI

[John 15:12-14](#) [D&C 34:1-4](#)

Father,
bring the light of inspired hymns into our home
and let the Spirit whisper truth’s goodness into our hearts.

Additional Resources

[Our Savior’s Love](#)

Mormon Tabernacle Choir

[Our Savior’s Love](#)

Free Sheet Music

[Our Savior’s Love](#)

LDS Hymnal, #113

Lucifer's Choice

Because of Lucifer's choice to reject eternal truth, there is great destruction and evil in the world. Fathers need to prepare and protect their family by helping them know and live eternal truth.

The truth is:

- Lucifer's days are numbered and his evil influence will end.
 - Because he rejects truth, his actions are self-destructive. Because he rejects truth, he is miserable and seeks to destroy the happiness of others. Because he knowingly and completely rejected eternal truth, he will never change. ([Moses 4:1, 3-4](#); [2 Nephi 2:17-18](#))
- Truth will endure forever.
 - Truth is good. Truth is harmony. Truth is happiness. Truth is fruitful. Truth creates and is kind. Truth is from God. ([D&C 93:23-28](#); [John 8:31-32](#))



Several years ago I met with a person who was beginning to reject truth and was starting to listen to Lucifer, also known as satan or the devil. My friend was beginning to use harmful substances, betray loyalties, and participate in impure practices. My friend was playing with fire.

I mentioned to my friend that satan had laughed as he intentionally burned his own house down and now wanted him to convince others to do the same. I wanted my friend to know that satan would lie, twist the truth, and fabricate tales of great adventure, yet never deliver on his promises. I warned my friend that one day, *'If you don't repent, you will hear the sound of satan's laughter and watch helplessly as your relationships and happiness go up in flames.'*

Fathers, teach your family that
[You] *believe in being honest, true, chaste,
benevolent, virtuous, and in doing good
to all men; indeed, [You] may say that
[You] follow the admonition of Paul—
[You] believe all things, [You] hope all things,
[You] have endured many things,
and hope to be able to endure all things.
If there is anything virtuous, lovely,
or of good report or praiseworthy,
[You] seek after these things.*
([Articles of Faith 1:13](#))

Additional Resources

[Truth: The Foundation of Correct Decisions](#)

Richard G. Scott

[Come to the God of All Truth](#)

President Howard W. Hunter

[What is Truth?](#)

Dieter F. Uchtdorf

Glad Tidings



Alma, the prophet, declared to his son:
15 And now, my son, I would say somewhat unto you concerning the coming of Christ. Behold, I say unto you, that it is he that surely shall come to take away the sins of the world; yea, he cometh to declare glad tidings of salvation unto his people.

16 And now, my son, this was the ministry unto which ye were called, to declare these glad tidings unto this people, to prepare their minds; or rather that salvation might come unto them, that they may prepare the minds of their children to hear the word at the time of his coming. ([Alma 39:15-16](#))

Fathers, you have a wonderful assignment

Here is your assignment:

**Prepare the minds of your children
to receive the message of salvation
from Jesus Christ,
for He comes
to take away the sins of the world!**

Will you accept your assignment?

Additional Resources

Fathers

D. Todd Christofferson

Fathers

LDS Media

Photo courtesy of Kathy M. Froerer
Posted 25th June 2016 by Scott B Froerer

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Treasured Conversation

One of our 16 grandchildren and I recently had the following conversation.

Unexpectedly, Camden said, *I wouldn't ask someone to smoke. Even if I smoked, I wouldn't ask someone else to smoke.*

I asked, *Why is that? What is your reason? Why is smoking bad?*

The first reason he gave was, *It's addictive. You can't stop.*

I said, *That's a good reason. And it can make you sick.*

He said, *It can give you cancer.*

I said, *Yes. And is there another reason?*

He didn't say anything, so I said, *And a third reason is you can't go to the temple.*

He said, *Really?*

And I said, *Yes. You must have a recommend to go to the temple. And your bishop is going to ask you, Do you smoke? And if you say, Yes, he will close the recommend book and say, Sorry. I can't recommend you...I can't give you a recommend to go to the temple.*

After a short pause, Camden said, *But what if you already have a recommend?*

And I said, *Then the bishop would ask for your recommend back and you couldn't go to the temple.*

I felt I should tell him an experience I had, so I began telling him,

Years ago I was a bishop and there was an individual who I didn't think was being honest. And you have to be honest to go to the temple. And so I decided to go ask for his recommend back...because he wasn't being honest. And, since he didn't come in to see me, I went to see him. I went into his business, where he worked. And it was quiet, except for one person. After a short time she went to the cash register and asked him if she could write a check. He said, Yes. She began to write the check and then she said, I don't know the name of your business, do you have a stamp that you can stamp my check with the name of your business? And he said, Yes. So she filled out the check, leaving the Pay To part blank and handed him the check. I noticed he put it in the drawer without stamping it. After the lady had left, I approached him and said hello. He asked why I was there. I said, I feel I



must ask for your recommend. And he said, Well why? And I said, Because I don't believe you are being honest. And he immediately began to say how honest he was and he didn't understand how I could think he wasn't being honest. And then the thought came to me, Ask him if he has a stamp. So I said, May I ask a question? Do you have a stamp? He said, What do you mean? I said, Do you have a stamp of your business? I noticed that the lady who wrote out a check asked you if you have a stamp. I also noticed you put the check into the cash drawer without stamping it. Do you have a stamp? He said, No. We looked at each other for a long moment. And then, without saying anything, he reached in his pocket, pulled out his wallet, took out the recommend, and handed it to me. I nodded and walked out of the store with his recommend.

I said to Camden, *He wasn't being honest, and so, as a bishop, I had to ask for his recommend back, and then he could not go to the temple.*

Fathers, a treasured conversation can
build meaningful memories and
teach eternal truths.

Additional Resources

Honesty and Integrity

LDS.org

Be Honest

David A. Bednar

Posted 19th June 2016 by Scott B Froerer

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~ Baptism ~



What is Baptism?

The person who is called of God and has authority from Jesus Christ to baptize, shall go down into the water with the person who has presented himself or herself for baptism, and shall say, calling him or her by name:

*Having been commissioned of Jesus Christ,
I baptize you in the name of the Father,
and of the Son, and of the Holy Ghost. Amen.*

*Then shall he immerse him or her in the water,
and come forth again out of the water.*

[\(D&C 20:73-74\)](#)



Why should a father want he and his family baptized?

*Jesus answered, Verily, verily, I say unto thee,
Except a man be born of water and of the Spirit,
he cannot enter into the kingdom of God.*

[\(John 3:5\)](#)

Baptism is necessary to receive eternal salvation.

Who is authorized, or "commissioned", to baptize in Jesus' name?

*We believe that a man must be called of God,
by prophecy, and by the laying on of hands
by those who are in authority,
to preach the Gospel and
administer in the ordinances thereof.
([5th Article of Faith](#))*

Today, Jesus has once again called twelve apostles
and given them authority to commission worthy priesthood holders
to baptize in His name.

**Fathers, are you doing all you can to
prepare your family for eternal salvation?**

~

[Talk with the Missionaries](#)

Additional Resources

[Ask the Missionaries! They can help you!](#)

President Russell M. Nelson

[The Covenant of Baptism: To Be In the Kingdom and Of the Kingdom](#)

Robert D. Hales

[Repentance and Baptism](#)

Teachings of Brigham Young

Posted 14th June 2016 by Scott B Froerer

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Word of Wisdom



Over the years, friends have asked me why I don't drink coffee or tea. Various explanations could be given in reply to this sincere question. Health reasons are frequently given and ingredients, such as caffeine, are mentioned.

My son John prefers to ask this question before giving his answer, "How do you feel when you go without coffee for a while?" Their answers vary of course but many indicate they get headaches, become sleepy, feel a lack of energy, and report increased anxiety. Then he says, "This is your body telling you it is addicted." He explains that he wants to be free from such controlling influences.

Many years ago, while traveling overseas with my parents and grandmother, I observed my grandmother order a glass of wine (I don't drink alcohol either). She must have seen the surprise in my eyes because she quickly said, "My doctor prescribe it because of my low blood pressure." Just as quickly I said, "Grandma, it's not a matter of health. It's a matter of obedience." A tear rolled down her cheek. I felt terrible. I didn't mean to hurt her so deeply.

So, why don't I drink coffee, tea, alcohol, or smoke tobacco? For me, it is a matter of obedience.

In section 89 of the Doctrine and Covenants, a revelation was given to members of The Church of Jesus Christ of Latter-day Saint.

"through Joseph Smith the Prophet, at Kirtland, Ohio, February 27, 1833. As a consequence of the early brethren using tobacco in their meetings, the Prophet was

led to ponder upon the matter; consequently, he inquired of the Lord concerning it. This revelation, known as the Word of Wisdom, was the result".

[The Word of Wisdom](#)

It does seem to be wise to avoid harmful and addictive substances. It does seem wise to obey our loving Heavenly Father's guidance. Life is short and painful enough...we don't need to be responsible for shortening our life or adding pain upon our own heads.

Fathers, keep your home free from harmful substances.

Fathers, teach your family to be wise!

[Additional Resources](#)

[Word of Wisdom](#)

LDS.ORG

[The Word of Wisdom](#)

Jed Woodworth

[The Word of Wisdom: The Principle and the Promises](#)

Boyd K. Packer

Obey the Law!



Upstream from Niagara Falls, a sign reads:
"VIOLATORS WILL BE PROSECUTED"

A wise father will teach his children to **Obey the Law** of man and nature. Fortunately, signs are often placed along our path to provide information and protection. Signs give direction, warning, and may require mandatory compliance. A wise traveler will use these signs to ensure a safe journey. Disobedience to law will bring disappointment, heartache, and even physical death.

A wise father will also teach his children to **Obey the Law** of God. Like helpful pathway signs, the scriptures and prophets will guide, warn, and offer protection to your children on their eternal journey. Disobedience to God's law will bring eternal sorrow, lost blessings, and even spiritual death.



Obedience to Law Is Liberty By Elder L. Tom Perry

Video quotes:

"...the Ten Commandments have been the most accepted and enduring delineation between good and evil."

"For man to substitute his own rules for the laws of God... is the height of presumption and the depth of sin."

"As we give up commitment and fidelity to our marriage partners, we remove the glue that holds our society together."

"A useful way to think about the commandments is they are loving counsel from a wise, all-knowing Heavenly Father. His goal is our eternal happiness, and His commandments are the road map He has given us to return to Him, which is the only way we will be eternally happy."

"Sin will always be sin. Disobedience to the Lord's commandments will always deprive us of His blessings."

In Doctrine and Covenants 130 we read:
“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](#)).

"We must not pick and choose
which commandments we think are
important to keep but acknowledge all of
God’s commandments."

A Wise Father will Teach His Children to
Obey the Law of
Man, Nature, and God.

Additional Resources

Ten Commandments

LDS.Org

Honor

President Ezra Taft Benson

The Scout Law



*A Scout is
Trustworthy, Loyal, Helpful, Friendly, Courteous,
Kind, Obedient, Cheerful, Thrifty, Brave, Clean,
and Reverent.*

Posted 22nd April 2016 by Scott B Froerer

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Caring for the Poor

As a teenager, I was approached by an elderly man. He said he was hungry and asked if I had a dollar to spare.

I thought to myself, he might want the money for alcohol. I wanted to help but alcohol wasn't going to help him, so I said no.

In a world where so many people don't make good choices, how can you truly help someone who is in genuine need?

When I arrived home I told my dad about my experience. I explained that I wanted to help but didn't know what to do. He simply said, "You could have bought him a sandwich." I was embarrassed I hadn't thought of such a simple solution.

Some years later, I followed my father's advice when another man approached me with the same request. We walked to a nearby fast food establishment and I bought him a sandwich and a drink. We were both pleased with my choice.

Many years later, a man approached a group of us coming from a concluding conference. He was holding an oily auto part in one hand and explained how he and his family were driving home to a distant town when their car broke down. He explain how he desperately needed money to buy a new carburetor so that he could get his wife and children safely home. Each in our group gave him some money, even me, mostly because I didn't want to look heartless to my friends.

The next morning, while on an early morning walk, this same man approach me and once again asked for money, this time giving an entirely different reason for his need. I looked at him and asked, "Did you get your carburetor fixed?" He looked at me for a long second, then turned and walked away without another word.

Growing up, I had been taught to be truthful and to help others in need. But in a world where so many people can't be trusted, how do you know what is the right thing to do?

Here is what I suggest.

Step one: Pray for inspiration, then listen and follow the Spirit's instructions.

Step two: Take the time to provide what the person really needs. If they need food, provide food. If they need a coat, provide a coat. If you don't have the time or the means right then...direct them to someone who does.

Step three: Get to know what's available in your community. Providing for those in need is often done in advance by volunteering or donating to your local community, charity, or church. Help when and where you can.

Jesus taught us how we should love our neighbor.

33 But a certain Samaritan, as he journeyed, came where he [an injured man] was: and when he saw him, he had compassion on him,

34 And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn,



and took care of him.

35 And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee. ([Luke 10:33-35](#))

The Good Samaritan listen to the Spirit of compassion, took the time to provide for the injured man's immediate needs, and gave an innkeeper the means to continue providing for his future needs.

We should follow this divine pattern. Listen to the Spirit, take the time to provide what is truly needed, and support your local community caregivers. This pattern will ensure that those in genuine need will receive the help they require.

A father can help his family understand
this divine pattern of caring for the poor.

Additional Resources

[Providing in the Lord's Way](#)

[Dieter F. Uchtdorf](#)

[Bless the Poor and the Needy](#)

John J. Carmack

[Caring for the Poor and Needy](#)

LDS Leader Resources

[I Was a Stranger](#)

LDS Serving Refugees

Posted 3rd April 2016 by Scott B Froerer

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Why Stay Married?

Come, Come Ye Saints

Some might ask, "Why should I stay married?"
"How long does the Lord expect me to remain in this miserable marriage?"
"Isn't it better to bring up my children in a single parent home rather than in a home where there is constant fighting?"
"Haven't I suffered long enough?"
"Why should I keep trying?"
These are heart breaking questions and I believe prayer is required to answer them.

[For] behold, I say unto you that ye must pray always, and not faint; that ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.

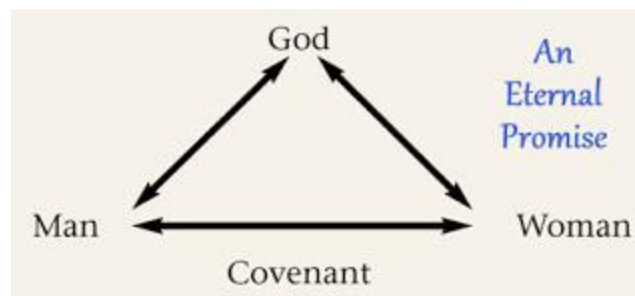
[\(2 Nephi 32:9\)](#)



Although divorce is sometimes necessary to protect physical, emotional, or spiritual life, let me suggest two reasons...

WHY you should stay married:

Reason #1 - At the sacred altar of matrimony we pledge allegiance to each other and to God. Our relationship can be illustrated like this:



Why stay married? Because of *your* promise to God.

Reason #2 - God has promised great blessings to those who keep His commandments and covenants. The hymn, [I Am a Child of God](#), shares these thoughts:

*I am a child of God.
Rich blessings are in store;
If I but learn to do his will,
I'll live with him once more.*

*I am a child of God.
His promises are sure;
Celestial glory shall be mine
If I can but endure.*

Why stay married? Because *God* has promised you great blessings.

Let me suggest...

HOW you should stay married:

- #1 - Accept personal responsibility to become more Christ-like.
- #2 - Abandon behavior and thoughts which aren't uplifting.
- #3 - Counsel with the Lord and follow the promptings of His Holy Spirit.
- #4 - Reestablish kindness, affection, and politeness in your speech.
- #5 - Give your whole heart to your partner and to no one else.
- #6 - Seek opportunities to provide acts of service.
- #7 - Trust the Lord to strengthen and to guide you.

Listen to a prophet's voice:

"Those who claim their love is dead should return home with all their loyalty, fidelity, honor, cleanness, and the love which has become embers will flare up with scintillating flame again. If love wanes or dies, it is often infidelity of thought or act which gave the lethal potion. I plead with all people, young

and old, bound by marriage vows and covenants to make that marriage holy, keep it fresh, express affection meaningfully and sincerely and often. Thus will one avoid the pitfalls which destroy marriages." - Spencer W. Kimball, The Miracle of Forgiveness, page 251

Ask for God's blessing to be upon you and upon your marriage.

Additional Resources

Problem Solving in Marriage

Eternal Marriage Student Manual

Keeping the Sacred Covenant of Marriage

Building An Eternal Marriage Teacher Manual

Mending Our Marriage

Ensign, October 1996

A Bishop Talks About Marital Problems

Ensign, November 1972

Posted 11th March 2016 by Scott B Froerer

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The Way



When the president of The Church of Jesus Christ of Latter-day Saints, Gordon B. Hinckley, died, a new president was to be sustained. I knew that Thomas S. Monson, the senior apostle at the time, would be the next president. That's *the way* things work in the church.

During my lifetime, at the passing of each president, eight senior apostles have become president of the church. When I was born, George Albert Smith was president of the church (1945-1951). Then followed David O. McKay (1951-1970), Joseph Fielding Smith (1970-1972), Harold B. Lee (1972-1973), Spencer W. Kimball (1973-1985), Ezra Taft Benson (1985-1994), Howard W. Hunter (1994-1995), Gordon B. Hinckley (1995-2008), and Thomas S. Monson. I have never wondered who the next president of the church would be. The Lord's pattern of calling a new president has never changed. Still, there's more to it than 'that's just *the way* things work.'

Prior to becoming the 16th president of the church, President Monson had already served for over 44 years as an apostle and for more than two decades as a counselor in the First Presidency. He clearly was an experienced servant of the Lord. So I didn't need to pray if this was what the Lord wanted...right? Well, with the Lord, that's not *the way* things work. You must ask Him if you want to really know.

If I really wanted to know whether the Lord was calling Thomas S. Monson to be the president of His church I had to pray and ask God. So I did. It became very clear, very fast, that President Monson was called and chosen by God. I felt it. I knew it. And as a result, I was able to sustain our new president with confidence and with deep reverence. I knew the Lord had called him. That's *the way* things really work.

Fathers, teach your children to pray.

Prayer is...

The Way Things Really Work.

Additional Resources

[Sustaining the Prophets](#)

President Russell M. Nelson

[President Thomas S. Monson](#)

LDS.org

Preside



Words are tricky. Their meaning often changes over time and become increasingly unfamiliar. For example, in 2 Samuel 22:27 we read: “With the pure thou wilt shew thyself pure; and with the froward thou wilt shew thyself unsavoury.” For the average American, the words ‘thou’, ‘froward’, ‘wilt’, ‘shew’, and ‘unsavoury’ probably need clarification. This verse might be easier to understand if it were to read, ‘With the pure you will show yourself pure; and with the disobedient you will show yourself distasteful.’

Today, the meaning of the word ‘preside’ seems to be changing, especially when it is used to describe the role of a father. Similar to the word ‘awful’, which once meant ‘worthy of awe’, the once positive meaning of ‘preside’ is being given a very negative definition by some. The origin of ‘preside’ is from Latin, meaning to guard or to sit, much like a sentry who is positioned to provide protection. For some, the once revered meaning of ‘preside’ has become derogatory.

[The Family: A Proclamation to the World](#) states, “By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families.” Today, some struggle over this ‘divine design’. Why are mothers being discriminated against, they ask? Or, why do men get to tell women what to do?

To understand Heavenly Father’s ‘divine design’:

- A father must **pray and ask God** what He means by ‘preside’ and how He wants fathers to be a guard over their family.
- A father must **strive to be one** or equal with his wife, for “if ye are not one ye are not mine.” [D&C 38:27](#)
- A father must **seek to magnify** his priesthood calling, “For whoso is faithful unto the obtaining these two priesthoods of which I have spoken, and the magnifying their calling, are sanctified by the Spirit unto the renewing of their bodies.” [D&C 84:33](#), and
- A father must **be meek and humble** to receive heaven’s guiding light.

A father who follows the counsel of the living prophet, keeps God's commandments, and always remembers Jesus Christ will keep from straying and will be strengthened to endure to the end of his life in righteousness.

Lead, Kindly Light

[LDS Hymnal # 97](#)

Lead, kindly Light, amid th' encircling gloom;

Lead thou me on!

The night is dark, and I am far from home;

Lead thou me on!

Keep thou my feet; I do not ask to see
The distant scene--one step enough for me.

I was not ever thus, nor pray'd that thou

Shouldst lead me on.

I loved to choose and see my path; but now,

Lead thou me on!

I loved the garish day, and, spite of fears,
Pride ruled my will. Remember not past years.

So long thy pow'r hath blest me, sure it still

Will lead me on

O'er moor and fen, o'er crag and torrent, till

The night is gone.

And with the morn those angel faces smile,
Which I have loved long since, and lost awhile!

~ ~ ~

Text: John Henry Newman, 1801-1890

Music: John B. Dykes, 1823-1876

Additional Resources

[Presiding Righteously in the Home](#)

Yasuo Nijjama

[Joseph Smith's Teachings about Priesthood, Temple, and Women](#)

LDS.Org

Posted 23rd January 2016 by Scott B Froerer

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Dad is Home!



Being a father brings some amazing feelings, experiences, and blessings. How can you ever thank your Heavenly Father enough?

"O how you ought to thank your heavenly King! I say unto you...that if you should render all the thanks and praise which your whole soul has power to possess, to that God who has created you, and has kept and preserved you, and has caused that ye should rejoice, and has granted that ye should live...and is preserving you from day to day, by lending you breath, that ye may live and move and do according to your own will, and even supporting you from one moment to another—I say, if ye should serve him with all your whole souls yet ye would be unprofitable servants." ([Mosiah 2:19-21](#))

Filling a home with love is more important than filling it with entertainment, expensive furnishings, and fashionable clothes. Sharing time together is more important than hours of individual online gaming, watching cartoons, or playing tea with an imaginary friend. How can you add more one-on-one time with those you love?

Suggestions:

- Kneel down morning and evening and thank God for all He has given you.
- Set aside unnecessary 'things' and simply visit with a loved one. Listen.
- Express your love. Show your love. Serve.
- Eliminate contention. Don't take offense. Speak no evil. Compliment.
- Listen to your conscience. Do good. Look for opportunities to be together.
- Have Family Home Evening and Family Prayer.
- When you walk in the door yell: DAD IS HOME!

Additional Resources

[We All Have a Father in Whom We Can Trust](#)

Kenneth Johnson

[Duty to God with Dad](#)

Paul VanDenBerghe

[Stay in Step with a New Parent](#)

Lisa A. Johnson

Posted 20th January 2016 by Scott B Froerer

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Praise God



Sacrifice: You are willing to give up something that is yours.
Consecration: You are will to give back something that is His.

Fathers often make sacrifices for their family. They work long hours. They go without in order to provide for their loved ones. They put their own dreams on hold to see that their children have a better life. Time, effort, and resources are sacrificed for the next generation.

Consecration must include God because all things are His. Fathers who consecrate their time, talent, and resources show our loving Father-God they are grateful, have a reverence for life, and understand Who has made all things possible.

The beautiful hymn [Praise God, from Whom All Blessings Flow](#) highlights this point:

Praise God, from whom all blessings flow;
Praise him, all creatures here below;
Praise him above, ye heav'nly host;
Praise Father, Son, and Holy Ghost.

Text: Thomas Ken, 1637-1711

Music: Louis Bourgeois, ca. 1510-1561. From Genfer Psalter, 16th century.

P.S. I thank my son Adam and my brother Zane for inspiring these thoughts.

Additional Resources

["From Whom All Blessings Flow"](#)

Neal A. Maxwell

[New Temples to Provide "Crowning Blessings" of the Gospel](#)

President Gordon B. Hinckley

Posted 17th January 2016 by Scott B Froerer

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The Bread of Life



If you give a man a dollar,
you feed him for a day.

If you teach a man to work,
you feed him for a lifetime.

If you help a man to learn ...
that you don't live by bread alone,
you are both nourished for eternity.

Fathers must decide what is best for their family. Sometimes it is necessary to provide immediate help. However, a wise father will also make time to teach his family lessons which will increase their self-reliance and independence. And even more importantly, an inspired father will provide his family with opportunities to learn values and virtues which will nourish their soul forever.

Matthew 4:

“3 And when the tempter came to [Jesus], he said, If thou be the Son of God, command that these stones be made bread.

“4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

Everyone who is born into mortality must eat to stay alive, and then, all flesh will die. Fathers need to keep in mind that physical death is not the end of life! Spirit life continues. Then, in the resurrection, the spirit and physical body will be reunited. Life is eternal!

Think of it, life is eternal! Because of Jesus Christ, we will live forever. Because of Him, we can live with our Heavenly Father again! Because of Him and because He sacrificed His life for us, we will never die again!

John 6:

35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

47 Verily, verily, I say unto you, He that believeth on me hath everlasting life.

48 I am that bread of life.

49 Your fathers did eat manna in the wilderness, and are dead.

50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

Thanks be to God the Father for His Son Jesus Christ!

How will you show your thanks to God?

Additional Resources

[I Am the Bread of Life](#)

LDS Video

[Daily Bread: Pattern](#)

D. Todd Christofferson

[Teachings of Jesus](#)

Dallin H. Oaks

Posted 10th January 2016 by Scott B Froerer

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Success



While sitting in an airport waiting for my flight, a young woman asked to sit by me since it was one of the only remaining seats. After a moment she asked my name. I told her and she immediately said, "I knew it was you!"

I said something like, 'How do you know me?' She went on to explain how she and her father had met with me right after she was denied admission to Brigham Young University. They had come for academic counseling and were desperate for help.

She explained how I had told her what classes to take to qualify for admissions into BYU and how to reapply. She followed my advice and was admitted into BYU. She eventually graduate and then went on to complete a Master's degree.

She mentioned how she and her father had just been talking about our pivotal encounter and how I had changed her whole life.

Her thanks and appreciation were happily accepted, however, I knew it was not my hard work and effort that had brought her success. She had studied, endured, and magnified her talents. A loving father had guided her, encouraged her, and provided her with helpful resources. I was simply a directional sign along the path to her success.

Our Heavenly Father knows what we require to truly succeed. He knows we require a Savior. He also knows that it is through our faith in Christ, our diligence in keeping His commandments, and our determination to endure to the end that will prepare us for His glorious kingdom. "For behold, [God explains] this is my work and my glory--to bring to pass the immortality and eternal life of man." (Moses 1:39)

God wants you to succeed!
He wants you to be happy!

Additional Resources

[Success Stories](#)

LDS.Org

[Formula for Success](#)

President Thomas S. Monson

Posted 7th January 2016 by Scott B Froerer

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A Father Serves



Fathers are called to serve in many ways

~

Serving Shows True Strength

“We have learned by sad experience that it is the nature and disposition of almost all men, as soon as they get a little authority, as they suppose, they will immediately begin to exercise unrighteous dominion.”
([Doctrine and Covenants 121:39](#))

This phrase, “unrighteous dominion”, means “we undertake to cover our sins, or to gratify our pride, our vain ambition, or to exercise control or dominion or compulsion upon the souls of the children of men...”
([Doctrine and Covenants 121:37](#))

Service will help you to develop honesty, humility, and healthy personal self-control.

“... when Jesus knew that his hour was come that he should depart out of this world unto the Father, having loved his own which were in the world, he loved them unto the end.”

“... he poureth water into a basin, and began to wash the disciples’ feet, and to wipe them with the towel wherewith he was girded.”

“... Ye call me Master and Lord: and ye say well; for so I am. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another’s feet. For I have given you an example, that ye should do as I have done to you.”

“... If ye know these things, happy are ye if ye do them.” ([John 13:1-17](#))

Helping to raise messy children, with love, is part of a father's responsibility. Cleaning, organizing, and sharing gets tiring, day after day, week after week, and year after year. Still, an honest father, a humble father, and a father with healthy personal self-control habits will be there to serve. In time, you might come to feel it an honor to wash the dishes, the laundry, and even the feet of your aging wife and dear companion who is no longer able to reach them herself. Love lasts. Love matters. Love cares.

Additional Resources

[Avoiding Unrighteous Dominion](#)

James S. and Jeanne N. Jardine

[Lose Yourself in Service](#)

President Thomas S. Monson

[Faithful, Loving Service](#)

Carol F. McConkie

To Those Who Do Harm



Children are often afraid of the dark. Sooner or later they will come in contact with very real and difficult issues to deal with, including evil people who do harm. What can a father say?

Luke 12:

“4 And I [Jesus] say unto you my friends, Be not afraid of them that kill the body, and after that have no more that they can do.

“5 But I will forewarn you whom ye shall fear: Fear him, which after he hath killed hath power to cast into hell; yea, I say unto you, Fear him.

“6 Are not five sparrows sold for two farthings, and not one of them is forgotten before God?

“7 But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.”

And then a warning to those who are not willing to listen to their conscience, and instead, they choose to do harm:

Luke 13:

“3 I tell you... except ye repent, ye shall all likewise perish.”

Like grass, we grow then die (from winter, fire, or are eaten) it matters not. The roots are nourished and a new generation will spring forth. And so will the next generation grow then die, generation after generation. Does our existence matter? Yes! Previous generations gave there life for us and we give our life for the next, and the next. Life matters!

However, those who intentionally do harm to others will be torn-up by their roots and will have an end.

Proverbs 6:16-19

“These six things doth the Lord hate: yea, seven are an abomination unto him:

(1) A proud look,

(2) a lying tongue, and

(3) hands that shed innocent blood,

(4) An heart that deviseth wicked imaginations,

(5) feet that be swift in running to mischief,

(6) A false witness that speaketh lies, and

(7) he that soweth discord among brethren.”

Why are these harmful acts allowed to occur?

Alma 14:

“10 And when Amulek saw the pains of the women and children who were consuming in the fire, he also was pained; and he said unto Alma: How can we witness this awful scene? Therefore let us stretch forth our hands, and exercise the power of God which is in us, and save them from the flames.

“11 But Alma said unto him: The Spirit constraineth me that I must not stretch forth

mine hand; for behold the Lord receiveth them up unto himself, in glory; and he doth suffer that they may do this thing, or that the people may do this thing unto them, according to the hardness of their hearts, that the judgments which he shall exercise upon them in his wrath may be just; and the blood of the innocent shall stand as a witness against them, yea, and cry mightily against them at the last day.”

God is good. He is also just. Those who do harm will be held accountable. Those who shed innocent blood are sending their victims, not themselves, to heaven.

[Doctrine & Covenants 19:](#)

“15 Therefore I command you to repent—repent, lest I smite you by the rod of my mouth, and by my wrath, and by my anger, and your sufferings be sore—how sore you know not, how exquisite you know not, yea, how hard to bear you know not.

“16 For behold, I, God, have suffered these things for all, that they might not suffer if they would repent;

“17 But if they would not repent they must suffer even as I;

“18 Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink—

“19 Nevertheless, glory be to the Father, and I partook and finished my preparations unto the children of men.”

There is HOPE!

President Gordon B. Hinckley has said: We are all prodigal sons and daughters who need to repent. Our Redeemer reaches out to us in forgiveness and mercy. You Can Be Forgiven. I know of no more beautiful story in all literature than that found in the 15th chapter of Luke. It is the story of a repentant son and a forgiving father. It is the story of a son who wasted his inheritance in riotous living, rejecting his father’s counsel, spurning those who loved him. When he had spent all, he was hungry and friendless, and “*when he came to himself*” ([Luke 15:17](#)), he turned back to his father, who, on seeing him afar off, “*ran, and fell on his neck, and kissed him*” ([Luke 15:20](#)). [[Words of the Prophet: You Can Be Forgiven](#)]

To Those Who Do Harm...
Repent! You Can Be Forgiven

[Additional Resources](#)

[The Last Judgment](#)

LDS Media, Washington D.C. Temple mural by John Scott

[Brethren, Love Your Wives](#)

James E. Faust

[If our Heavenly Father is all-loving, why does he allow bad things to happen to innocent people and children?](#)

New Era, 1998

[Floods, Winds, and the Gates of Hell](#)

Arthur R. Bassett

Posted 20th November 2015 by Scott B Froerer

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Ask of God

Many times, when a question comes to mind, we turn to man's accumulated knowledge for an answer. Perhaps a parent, a teacher, or the internet can provide the answer we are seeking. Many questions have already been asked and previously answered. Man has walked on the moon precisely because many physical and scientific questions have been answered. And yet, many questions still need to be asked and answered, especially personal questions. Just because someone else knows who they are and how they fit in, this doesn't mean I know who I am and how I fit in...or why I feel I don't fit in. Fathers can help their family by teaching them to pray.



"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." ([James 1:5](#))

Moses wondered why the bush was not consumed. In ([Exodus 3.3](#)) we read, "And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt." His question was answered with a heavenly manifestation from God.

Nephi's father saw in vision many great and marvelous things. Nephi records how he "desired to know the things that my father had seen, and believing that the Lord was able to make them known unto me...." was shown all that his father had seen (see [1 Nephi 11.1](#)). To his rebellious brothers Nephi asked, "Have ye inquired of the Lord?" And they said unto me: We have not; for the Lord maketh no such thing known unto us" ([1 Nephi 15:8-9](#)). In their unbelief they wouldn't ask God for an answer.

Joseph Smith Jr. was troubled with the question of which church he should join. His nation, community, and even his family were divided on this important subject. He decided to ask God for himself (see [Joseph Smith History](#)). He too received an answer from heaven.

Moses, Nephi, and Joseph Smith Jr. were prompted to ask of God. History documents their willingness to bear witness to the world the answer they received, through their words, sacrifice, and service to God. Asking for light does you no good if you then choose to turn from it and walk back into the darkness.

When you are faced with a question, large or small, ask of God - Pray... then Stop! Look! and Listen! Do you now know the answer? Is there something more you need to do first? Are you willing to show your gratitude to God by changing your life for Him? Will you be patient if the answer doesn't come immediately?

Ask of God!

He loves you and will provide you with all that is good.

Additional Resources

[He Hears and Answers](#)

Clayton S. Huber

[Let Him Ask of God](#)

LDS.org

[Let Us Ask of God](#)

S. Michael Wilcox

Act Well Thy Part



"What E're Thou Art, Act Well Thy Part"

David O McKay, who later became president of The Church of Jesus Christ of Latter-day Saints, read these words while serving a full-time mission in 1897. He likened them to these words in the New Testament:

*Not every one that saith unto me, Lord, Lord,
shall enter into the kingdom of heaven;
but he that doeth the will of my Father which is in heaven.*

([Matthew 7:21](#))

Our Lord, Jesus Christ, taught:

"I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven;"

([Matt.5:44-45](#))

Our Heavenly Father is perfect, all knowing, and all powerful. Therefore, we can have faith in Him. He is a loving and caring father. Therefore, we can trust Him. Because He first loved us we can love Him. His purpose, for us, is to bring us happiness. Therefore, if we choose to follow His perfect Son, Jesus Christ, we will be happy.

Our Heavenly Father has a plan for us, a perfect plan. We were placed upon this earth at the perfect time and at the perfect place. We are part of God's perfect plan. As we 'Act Well' our part, we will ultimately be blessed with eternal happiness.

Among the lessons we should be learning while on this mortal journey is gratitude. We should learn all we can. We should thank our loving Heavenly Father every day of our life, for each day of our life. We should thank Him for the privilege we have to be a father.

As a father, you learn quickly that children are both a blessing and challenge. Each child comes from heaven with unique qualities and attributes. As a father, you must put forth real effort in raising a child. You must be genuine, supportive, and firm in standing for principles that lead to true happiness. As a father on earth, you stand in the stead of your Heavenly Father.

Fathers, join the adventure,
'Act Well Thy Part',
and provide your best fathering leadership!

Additional Resources

[What E're Thou Art, Act Well Thy Part](#)

Quentin L. Cook

[Act Well Thy Part](#)

Sharon G. Samuelson

A Willing Heart



Because a father loves his children, he hopes and prays they will obey his instructions...for their own safety and happiness. Instructions like "Don't touch the hot stove" are given to protect them from harm. A child with a willing heart will quickly obey and can be trusted with many family responsibilities.

How important is a willing heart to our Heavenly Father?

"Behold, the Lord requireth the heart and a willing mind;..." ([Doctrine & Covenants 64:34](#))

"...whosoever is of a willing heart, let him bring it, an offering [to] the Lord..." ([Exodus 35:5](#))

"And Alma said again: Believest thou in Jesus Christ, who shall come? And [Helaman] said: Yea, I believe all the words which thou hast spoken. And Alma said unto him again: Will ye keep my commandments? And he said: Yea, I will keep thy commandments with all my heart." ([Alma 45:4-7](#))

Why is a willing heart so important?

Know This, That Every Soul is Free

1. Know this, that ev'ry soul is free
To choose his life and what he'll be;
For this eternal truth is giv'n:
That God will force no man to heav'n.
2. He'll call, persuade, direct aright,
And bless with wisdom, love, and light,

In nameless ways be good and kind,
But never force the human mind.

3. Freedom and reason make us men;
Take these away, what are we then?
Mere animals, and just as well
The beasts may think of heav'n or hell.

God loves children who are willing to do what is right...for their own safety and happiness. Heaven does not hold slaves.

Where can we show God we love Him?

We can keep the Sabbath day holy. As a sign that we love our Heavenly Father, each Sabbath we can partake of the sacramental bread and water. We can solemnly "witness unto...God, the Eternal Father, that [we] are willing to take upon [us] the name of [his] Son, and always remember him and keep his commandments which he has given [us]".

A Willing Heart makes all the difference...
between our living in heaven or lying in hell.

Additional Resources

[The Heart and a Willing Mind](#)

Donald L. Hallstrom

[Just in Case Someone Asks, I Will Be Ready](#)

Robert R. Steuer

[The Right to Choose](#)

Henry D. Taylor

Is It Kind?

Before you do it,
Before you view it,
Ask yourself –
Is it kind?

When children seek,
To take a peek,
Ask yourself –
Is it kind?

When you say no,
Help others know,
By asking –
Is it kind?

Yes, be a dad!
Don't just get mad.
Ask yourself (and them) –
Is it kind?

– Scott B. Froerer



Posted 13th October 2015 by Scott B Froerer

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Why Charity?



I love you! I thought
you might appreciate this ♥!

**As a loving father,
you will strive to show your wife and children
your commitment to the virtue of charity
by the way you treat them.**

Why is living the virtue of charity important?

"...the Lord God hath given a commandment that all men should have charity, which charity is love. And except they should have charity they were nothing."
([2 Nephi 26:30](#))

"...except ye have charity ye can in nowise be saved in the kingdom of God;...."
([Moroni 10:20-21](#))

"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](#))

**The Law of The Harvest applies to Love.
If you want to be loved, give love.
You will reap what you sow.**

How can you, as a father, teach your family charity?

1. Express and show your family that you care.
2. Help young children learn to share and take turns.
3. Fast and provide the bishop with a generous Fast Offering.
4. Be humble.
5. Be cheerful.
6. Forgive quickly.
7. Pray for love to be in your heart and in your home.

***"Love One Another,
Even As I Have Loved You" [John 13:34](#)
...and you will be happy!***

**Fathers, Why Charity?
So that You and Your Loved Ones
May be Filled with Joy**

Additional Resources

The Law of the Harvest

L. Tom Perry

A Summer With Great-Aunt Rose

Dieter F. Uchtdorf

"Now Abideth Faith, Hope, and Charity"

Vaughn J. Featherstone

I Have Proof!



Karl G. Maeser is quoted as saying:

***"I know (I don't merely say I believe),
that Joseph Smith is a prophet of the living God!
I have proof for it."***

-- [Called to Teach, The Legacy of Karl G. Maeser](#), page 146;
written by A. LeGrand Richards

Proof is a strong word. It means there is evidence for the truthfulness of something. A Proofreader is someone who checks for errors in a text. Waterproof means something can hold water, either in or out. Proof can be tested, examined, and put to the test. It frequently takes time to reveal the truth.

Is There a Creator?

by Scott B Froerer

Two men, one named Thomas the other Jonathan, were returning from a long journey. The path was easy to follow and they were not concerned about finding their way. Many travelers had come this way before and undoubtedly many would follow.

As they walked, the younger Thomas was explaining to Jonathan his growing confusion. During his travels to a far country, he had met a certain philosopher that did not believe in a Creator. He claimed that there was no proof of such a being and ideas like these were only "silly superstitions that were passed down to control weak minds. People are merely an accident of nature" he claimed.

Young Thomas was becoming more and more perplexed. "What if he's right?" he asked his friend.

Jonathan listened carefully to his companion as they walked under the tall trees of the forest and he pondered the feelings of his own heart.

Just at that moment, before he could form an answer to his friend's question, a ray of light caught a shiny object laying on the path just ahead of them. A few steps closer and a beautiful gold pocket watch came to view with an exquisitely decorated cover.

Reaching the watch first, Thomas instinctively opened the cover, glanced at the time, and held it to his ear. It was ticking perfectly.

Jonathan suggested that this would be a good place to stop for a rest and consider what should be done with the watch. They found a fallen log and soon were sitting comfortably. After a few moments, Jonathan thought of a question to ask his friend.

"Tom, I wonder what that philosopher would say about this watch?"

"What do you mean?" responded Thomas.

Jonathan continued, "Surely, if man, who is a hundred times more extraordinary than this watch, could be an accident of nature, as your philosopher suggests, then this pocket watch might also. Perhaps it has rested here long enough that its parts have fallen into just the right places. And it's very likely, if we leave it here, it may become a grandfather clock!"

They laughed, decided to leave a note in a prominent location instructing anyone who came looking for the watch where it could be recovered and continued their journey.

Then a thought came to Thomas, "Perhaps this forest will transform into a great sailing ship for our next journey." Again they laughed.

"Jonathan, I think you're right" added Thomas. "Man is no accident and there is a Creator."

~ ~ ~

Professor Karl G. Maeser was baptized a member of The Church of Jesus Christ of Latter-day Saints in October of 1855. And what proof did he later present to prove that Joseph Smith was a prophet? He spoke of reading, or examining, the Book of Mormon for its truthfulness. He testified, *"The blessings that have been shared with me through reading the Book of Mormon [and] the irrefutability of every word expressed in it...say to me that this holy book was translated by Joseph Smith through divine inspiration."* Karl read it, tested it, and realized over time it's blessing in his life.

Fathers have the responsibility
to help their family learn how to find truth
and then how to live in harmony with the truth.

Examine
[The Book of Mormon:](#)
[Another Testament of Jesus Christ](#)
and see for yourself.

Ask yourself, could Joseph Smith have written the Book of Mormon without Heaven's help?
Better still, ask God:

"4 And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye

shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost." - [Moroni 10:4](#)

Here is my **proof** and why **I know** that Joseph Smith is a prophet of God:

1. I have read the [Book of Mormon](#). It testifies to me that Jesus is the Son of God.
2. I have read the [Doctrine and Covenants](#) and it reveals additional truth. My wife's great aunt firmly told us that it would be worth joining The Church of Jesus Christ of Latter-day Saints just for the Word of Wisdom.
3. I have read the [Pearl of Great Price](#) and know it harmonizes with the [Holy Bible](#). God is the same yesterday, today, and forever. He spoke to Adam, Noah, Abraham, Paul, and to Joseph Smith.
4. I have studied the teachings of Joseph Smith, see [Teachings of the Presidents of the Church: Joseph Smith](#). He taught eternal truths and now I know families can be together forever.
5. "Wherefore, by their fruits ye shall know them" ([Matthew 7:20](#)) No one can deny the goodness of the gospel's fruit. Just look into the eyes of a practicing latter-day saint and watch how they treat their family.
6. I have tried to live the Restored Gospel of Jesus Christ. I have been true to my wife. I have paid my debts. I have lived the Word of Wisdom, been kind, and charitable. I am at peace with God.
7. I have prayed and asked God if Joseph was a prophet. The Holy Spirit has whispered to my soul, "Joseph is a Prophet!"

Additional Resources

[Joseph Smith, the Prophet of the Restoration](#)

Teachings: John Taylor, chapter 9

[The Testimony of the Prophet Joseph Smith](#)

The Church of Jesus Christ of Latter-day Saints

[Obtain a free copy of the Book of Mormon](#)

The Church of Jesus Christ of Latter-day Saints

Developing Habits



Fathers, help your children
develop positive and healthy habits
while they are young!

The Tiny Snake

by Scott B Froerer

In a dream, I saw myself as a young boy, playing with a tiny snake. But before very long, I became interested in other things. I didn't want to let go of the tiny snake, since I liked it and wanted to play with it later, so I continued to hold on with one hand and use my free hand to play with other fun things.

In a short time, I realized that the tiny snake was growing . . . growing rapidly. But I was too interested with other things to pay much attention to the snake. "I'll get back to it later," I told myself. The snake continued to grow and was becoming difficult to control. Soon both my hands were required to control the little snake. Although irritated, I thought to myself, "I'll get to it in a minute."

Soon, the snake's wiggling required all my strength to keep from losing it. So reluctantly, I turned to see my snake. In total shock, I was not faced with a friendly little snake but a full grown and dangerous cobra! Desperately I held on. I wanted to let go, to run, but didn't dare loosen my grip in fear that the Cobra would bite me. I then realized that I too had grown, and now as an adult, was struggling with a powerful enemy. My playful little snake, at one time so easily controlled, was now deadly serious in its attempt to take my life.

Just then, I suddenly awoke, sat up in bed, and looked quickly around my room to make sure I was safe. While still breathing rapidly, I thanked my Heavenly Father that the Cobra was only a dream.

~ ~ ~

A habit is a frequent behavior that doesn't required conscious effort to perform. Many habits, formed in our youth, stay with us for the rest of our life. Most prove to be good for us, yet some, prove to be harmful. Good habits remain true servants. Bad habits become demanding masters we call addictions. For most people, tying their shoes becomes a good habit and they appreciate not thinking about each loop of the string. On the other hand, bad habits can destroy our happiness and even our life.

Positive and healthy habits
can be used to replace
negative and unhealthy ones.

Replace bad habits with good ones!

Additional Resources

[Remembering, Repenting, and Changing](#)

Julie B. Beck

[Thinking Habits and Dispositions](#)

Richard R. Sudweeks

[Bad Habits and Miracles](#)

Alma J. Yates

Change



*And now behold,
I ask of you, my brethren of the church,
have ye spiritually been born of God?
Have ye received his image in your countenances?
Have ye experienced this mighty change in your hearts?"*
[Alma 5:14](#)

"Prophets and apostles provide hope that through the Atonement of Jesus Christ, all of God's children are capable of changing for the better."

[We Can Change!](#)

Perhaps fathers can best teach this principle to young children through story. Ask your child this question, "Are you like Randy Raccoon who thinks you can't change the way things are?" Then read or tell them the following story.

[Different Views](#)

by Scott B Froerer

Randy Raccoon wasn't trying to upset Beverly Beaver. They had become instant friends when they first met in the Spring. And now, as the Autumn leaves began turning brilliant red and gold, Randy felt a new urgency to have Beverly understand.

"We can't change our world," said Randy. "It's too big, too powerful."

"I disagree," said Beverly. "We can build the kind of world we want to live in."

Now this wasn't their first disagreement and in many ways Randy enjoyed Beverly's different views. He yearned to explore, to investigate, and to sample everything. He couldn't understand why Beverly saw things so differently, why she was so set in her thinking.

"No way," said Randy. "Why should we waste our time trying to change the world? We can't make any real difference."

Beverly agreed that trying to control the forces in life wasn't easy and that there would be setbacks.

"Instead of trying to change our world we must learn to live with it," continued Randy. "We've got to learn new ways of doing things and be ready to move on or out of the way when we have to. We must out-smart life and be more clever than our challenges. Don't you see," asked Randy? "We can't change the way things are?"

"I don't agree," said Beverly. "We can work hard and make our world what we want it to be."

Suddenly, Mother Beaver slapped her tail and Beverly knew she had been talking much too long. She said good-bye and hurried off. Randy was sorry she couldn't stay.

Before leaving though, Randy washed his hands one more time in the ever deepening beaver pond. As he dipped his hands into the cool water, Randy noticed the reflection of an eagle silently gliding overhead. Looking up, he said to himself, "I wonder what the eagle would say?"

Beverly Beaver, and her family, were busy changing their world.

Fathers, you can make a difference!

Changing the world is one thing and changing our self is yet another. It seems to me that before we can change the world we must first change ourselves. If we want a better world we must first be a better self.

Listen to what Remington Nelson said at her recent missionary farewell. *"I'm not perfect, so I make changes all the time."* At first, Remington wasn't going to serve a mission for The Church of Jesus Christ of Latter-day Saints. When asked what changed her mind she said, *"The change in my mind is due to the change in my heart."*

I like what she said. I want to change and become a better person...a better husband, father, and grandfather. Hopefully I'll be a better neighbor, friend, and citizen too. I believe I can make a better world, so I'm trying to have a 'mighty change' in my heart.



Additional Resources

[Your Mission Will Change Everything](#)

David F. Evans

[Perspectives on Change](#)

Randy J. Olsen

[I'm Trying To Be Like Jesus](#)

video, Emily Brown

Posted 11th September 2015 by Scott B Froerer

[Return to Index](#)

Prepare !



This is a Warning, a Promise, and a Calling.

Wise fathers who seek to prepare themselves
and their family for the future
will search the scriptures for direction.

A Warning

[Alma 5:28](#)

28 Behold, are ye stripped of pride? I say unto you, if ye are not ye are not prepared to meet God. Behold ye must prepare quickly; for the kingdom of heaven is soon at hand, and such an one hath not eternal life.

29 Behold, I say, is there one among you who is not stripped of envy? I say unto you that such an one is not prepared; and I would that he should prepare quickly, for the hour is close at

hand, and he knoweth not when the time shall come; for such an one is not found guiltless.

30 And again I say unto you, is there one among you that doth make a mock of his brother, or that heapeth upon him persecutions?

31 Wo unto such an one, for he is not prepared, and the time is at hand that he must repent or he cannot be saved!

[Ether 12:32](#)

32 And I also remember that thou hast said that thou hast prepared a house for man, yea, even among the mansions of thy Father, in which man might have a more excellent hope;

wherefore man must hope, or he cannot receive an inheritance in the place which thou hast prepared.

[1 Nephi 15:34](#)

34 But behold, I say unto you, the kingdom of God is not filthy, and there cannot any unclean thing enter into the kingdom of God; wherefore

there must needs be a place of filthiness prepared for that which is filthy.

[Doctrine and Covenants 78:10](#)

10 Otherwise Satan seeketh to turn their hearts away from the truth, that they become

blinded and understand not the things which are prepared for them.

[Ether 12:34](#)

34 And now I know that this love which thou hast had for the children of men is charity; wherefore, except men shall have charity they

cannot inherit that place which thou hast prepared in the mansions of thy Father.

[1 Nephi 15:35](#)

35 And there is a place prepared, yea, even that awful hell of which I have spoken, and the

devil is the preparator of it; wherefore the final state of the souls of men is to dwell in the

kingdom of God, or to be cast out because of that justice of which I have spoken.

Doctrine and Covenants 88:92

92 And angels shall fly through the midst of heaven, crying with a loud voice, sounding the trump of God, saying: Prepare ye, prepare ye, O

inhabitants of the earth; for the judgment of our God is come. Behold, and lo, the Bridegroom cometh; go ye out to meet him.

Mormon 3:22

22 And I would that I could persuade all ye ends of the earth to repent and prepare to

stand before the judgment-seat of Christ.

Alma 34:32

32 For behold, this life is the time for men to prepare to meet God; yea, behold the day of this

life is the day for men to perform their labors.

Alma 34:33

33 And now, as I said unto you before, as ye have had so many witnesses, therefore, I beseech of you that ye do not procrastinate the day of your repentance until the end; for after this day

of life, which is given us to prepare for eternity, behold, if we do not improve our time while in this life, then cometh the night of darkness wherein there can be no labor performed.

Alma 7:9

9 But behold, the Spirit hath said this much unto me, saying: Cry unto this people, saying—Repent ye, and prepare the way of the Lord, and

walk in his paths, which are straight; for behold, the kingdom of heaven is at hand, and the Son of God cometh upon the face of the earth.

Alma 9:28

28 Therefore, prepare ye the way of the Lord, for the time is at hand that all men shall reap a reward of their works, according to that which they have been—if they have been righteous they shall reap the salvation of their souls, according

to the power and deliverance of Jesus Christ; and if they have been evil they shall reap the damnation of their souls, according to the power and captivity of the devil.

A Promise

Doctrine and Covenants 38:30

30 I tell you these things because of your prayers; wherefore, treasure up wisdom in your

bosoms, ...but if ye are prepared ye shall not fear.

Alma 41:8

8 Now, the decrees of God are unalterable; therefore, the way is prepared that whosoever

will may walk therein and be saved.

Doctrine and Covenants 72:4

4 For he who is faithful and wise in time is accounted worthy to inherit the mansions

prepared for him of my Father.

1 Corinthians 2:9

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of

man, the things which God hath prepared for them that love him.

Doctrine and Covenants 105:12

12 For behold, I have prepared a great endowment and blessing to be poured out upon

them, inasmuch as they are faithful and continue in humility before me.

[Doctrine and Covenants 81:6](#)

6 And if thou art faithful unto the end thou shalt have a crown of immortality, and eternal

life in the mansions which I have prepared in the house of my Father.

[1 Nephi 2:20](#)

20 And inasmuch as ye shall keep my commandments, ye shall prosper, and shall be led to a land of promise; yea, even a land which I

have prepared for you; yea, a land which is choice above all other lands.

[Isaiah 64:4](#)

4 For since the beginning of the world men have not heard, nor perceived by the ear, neither

hath the eye seen, O God, beside thee, what he hath prepared for him that waiteth for him.

[Matthew 25:34](#)

34 Then shall the King say unto them on his right hand, Come, ye blessed of my Father,

inherit the kingdom prepared for you from the foundation of the world:

[Doctrine and Covenants 98:18](#)

18 Let not your hearts be troubled; for in my Father's house are many mansions, and I have

prepared a place for you; and where my Father and I am, there ye shall be also.

[1 Nephi 10:18](#)

18 For he is the same yesterday, today, and forever; and the way is prepared for all men

from the foundation of the world, if it so be that they repent and come unto him.

[Ether 12:8](#)

8 But because of the faith of men he has shown himself unto the world, and glorified the name of the Father, and prepared a way that

thereby others might be partakers of the heavenly gift, that they might hope for those things which they have not seen.

[Ether 3:14](#)

14 Behold, I am he who was prepared from the foundation of the world to redeem my people. Behold, I am Jesus Christ. I am the Father and the Son. In me shall all mankind have life, and

that eternally, even they who shall believe on my name; and they shall become my sons and my daughters.

[Helaman 3:29](#)

29 Yea, we see that whosoever will may lay hold upon the word of God, which is quick and powerful, which shall divide asunder all the cunning and the snares and the wiles of the devil,

and lead the man of Christ in a strait and narrow course across that everlasting gulf of misery which is prepared to engulf the wicked—

[2 Nephi 9:18](#)

18 But, behold, the righteous, the saints of the Holy One of Israel, they who have believed in the Holy One of Israel, they who have endured the crosses of the world, and despised the shame of

it, they shall inherit the kingdom of God, which was prepared for them from the foundation of the world, and their joy shall be full forever.

[Enos 1:27](#)

27 And I soon go to the place of my rest, which is with my Redeemer; for I know that in him I shall rest. And I rejoice in the day when my mortal shall put on immortality, and shall stand

before him; then shall I see his face with pleasure, and he will say unto me: Come unto me, ye blessed, there is a place prepared for you in the mansions of my Father. Amen.

[1 Samuel 7:3](#)

3 ¶And Samuel spake unto all the house of Israel, saying, If ye do return unto the Lord with all your hearts, then put away the strange gods and Ashtaroth from among you, and prepare

your hearts unto the Lord, and serve him only: and he will deliver you out of the hand of the Philistines.

[Doctrine and Covenants 132:49](#)

49 For I am the Lord thy God, and will be with thee even unto the end of the world, and through all eternity; for verily I seal upon you your

exaltation, and prepare a throne for you in the kingdom of my Father, with Abraham your father.

A Calling

[Hebrews 11:7](#)

7 By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he

condemned the world, and became heir of the righteousness which is by faith.

[Alma 48:10](#)

10 And thus he was preparing to support their liberty, their lands, their wives, and their children, and their peace, and that they might

live unto the Lord their God, and that they might maintain that which was called by their enemies the cause of Christians.

[Doctrine and Covenants 88:119](#)

119 Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of

faith, a house of learning, a house of glory, a house of order, a house of God;

[Doctrine and Covenants 132:3](#)

3 Therefore, prepare thy heart to receive and obey the instructions which I am about to give

unto you; for all those who have this law revealed unto them must obey the same.

[Doctrine and Covenants 95:1](#)

1 Verily, thus saith the Lord unto you whom I love, and whom I love I also chasten that their sins may be forgiven, for with the chastisement I

prepare a way for their deliverance in all things out of temptation, and I have loved you—

[1 Nephi 3:7](#)

7 And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of

men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

Prepare!
You have nothing to fear!!

[Additional Resources](#)

[Prepare for the Days of Tribulation](#)

President Ezra Taft Benson

[Now Is the Time to Prepare](#)

President Russell M. Nelson

Life's Burdens



Life's burdens come in all sizes. At different times in our lives, trials and difficulties may seem overwhelming. Fathers, here's how to defeat your fears and overcome your trials:

- **See things from an eternal perspective!**

We lived before mortality and we will live on into eternity. We have a loving Heavenly Father who has a plan of happiness for each of us. Believe that there will be a better tomorrow.

- **Remember that Jesus Christ lives!**

His tomb is empty. He was resurrected. Through Him, we can overcome all of our trials. *"We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel."* - [3rd Article of Faith](#) Fathers, your faith can change the world, especial within the walls of your own home.

- **Pray for strength to carry your burdens!**

Your Heavenly Father knows and loves you. Pray to learn from your challenges. Pray to thank God for His grace (enabling power) and for His mercy. Pray with and for your wife and children. Ask for guidance. Ask how to better serve Him. As the familiar hymn suggests, your prayer will change the night to day.

Did You Think to Pray?

Ere you left your room this morning,
Did you think to pray?
In the name of Christ, our Savior,
Did you sue for loving favor
As a shield today?

(Chorus)
Oh, how praying rests the weary!
Prayer will change the night to day.
So, when life gets dark and dreary,
Don't forget to pray.

When your heart was filled with anger,
Did you think to pray?
Did you plead for grace, my brother,
That you might forgive another
Who had crossed your way?

When sore trials came upon you,
Did you think to pray?
When your soul was full of sorrow,
Balm of Gilead did you borrow
At the gates of day?

Text: Mary A. Pepper Kidder, 1820-1905
Music: William O. Perkins, 1831-1902

- **Keep God's commandments and live true to the covenants you make with Him!**

Hold on. Hold on. Hold on. [Do What is Right](#); and let the consequence follow! Didn't Jesus say, *"If ye love me, keep my commandments."* - [John 14:15](#) Fathers, you will never regret the keeping of God's commandments. Trust Him.

- **Remain cheerful and patience!**

The Book of Mormon - Another Testament of Jesus Christ relates the experience of Alma and his people. They were persecuted and became enslaved by a wicked people, led by a man named Amulon who "*put tasks upon them, and task-masters over them*". And like the children of Israel in the Old Testament of the Bible, "*they began to cry mightily to God*" for deliverance.

"And now it came to pass that the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord." - [Mosiah 24:15](#)

The Lord answered their cry and He will answer you. Although fathering is challenging, it is also rewarding.

~

Fathers, trust the Lord.
He will help you bear your life's burdens.

Additional Resources

[Pray Not for Light Burdens but for Strong Backs](#)

Ardeth G. Kapp

[Choices and Changes, Burdens and Blessings](#)

Dana T. Griffen

[Stay in the Boat and Hold On!](#)

President M. Russell Ballard

[Peace and Happiness](#)

Franklin D. Richards

[The Great Test of Life is Obedience](#)

President Thomas S. Monson

[Spiritual Preparedness: Start Early and Be Steady](#)

Henry B. Eyring

Guest Resource

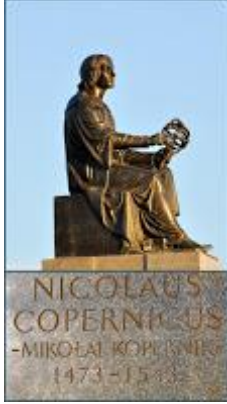
[Why Strive and Yet Not Receive?](#)

Katherine Celaya

Posted 28th August 2015 by Scott B Froerer

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Unchanging Truth



Nicolaus Copernicus was a Polish Renaissance mathematician and astronomer, of a Prussian descent, who formulated a model of the universe that placed the Sun rather than the Earth at the center of the universe. ([Wikipedia](#)) His heliocentric model, with the earth revolving around the sun, forever changed scientific thought and the way man sees himself.



Nicolaus Copernicus

[25th Anniversary of the Hubble Telescope](#)

Today, nearly 500 years later, we realize that the sun is not the center of the universe. In fact, the universe is much more expansive than we can even begin to imagine. The “Hubble (telescope) has completely transformed our view of the universe, revealing the true beauty and richness of the cosmos” said John Grunsfeld, astronaut and associate administrator of NASA’s Science Mission Directorate.

Moses chapter 1 was revealed to Joseph Smith the Prophet, June 1830 and was first published in Nauvoo in the Church periodical Times and Seasons, January 1843, pp. 71–73. ([Ensign, January 1986](#))

*"And worlds without number have I [God] created;
and I also created them for mine own purpose;
and by the Son I created them,
which is mine Only Begotten." [Moses 1:33](#)*

Passionate arguments, firm opinions, and partial information can not change truth. Truth will never change. One of life's great adventures is finding and living by truth. As a father, we have the amazing opportunity to demonstrate to our children our commitment to truth by the way we pursue and conduct our life according to truth.

"I have no greater joy than to hear that
my children walk in truth."

[3 John 1:4](#)

Additional Resources

[Receiving a Testimony of Light and Truth](#)

Dieter F. Uchtdorf

[Filling Our Homes with Light and Truth](#)

Cheryl A. Esplin

Sacred Music



Sacred music is like a refreshing spray of pure water to a thirsting soul and a bouquet of cheerfulness to an overcast mind.

Here are a few sacred hymns which fathers can share with their family

[God Loved Us, So He Sent His Son](#)

Text: Edward P. Kimball, 1882-1937

Music: Alexander Schreiner, 1901-1987. (c) 1948 IRI

[The Lord is My Light](#)

Text: James Nicholson, 1828-1876

Music: John R. Sweney, 1837-1899

[Know This, That Every Soul Is Free](#)

Text: Anon., ca. 1805, Boston. Included in the first LDS hymnbook, 1835.

Music: Roger L. Miller, b. 1937. (c) 1985 IRI

[Lord, I Would Follow Thee](#)

Text: Susan Evans McCloud, b. 1945. (c) 1985 IRI

Music: K. Newell Dayley, b. 1939. (c) 1985 IRI

[How Gentle God's Commands](#)

Text: Philip Doddridge, 1702-1751

Music: Hans Georg Nägeli, 1773-1836; arr. by Lowell Mason, 1792-1872

[O God, Our Help in Ages Past](#)

Text: Isaac Watts, 1674–1748. Included in the 1st LDS hymnbook, 1835.

Music: William Croft, 1677–1727

Fathers, how has sacred music provided strength and comfort to your mind and heart?

Please share your story:
fathering.leadership@gmail.com

[Additional Resources](#)

[In Tune with the Music of Faith](#)

[Quentin L. Cook](#)

[Worship through Music](#)

[Dallin H. Oaks](#)

[Music](#)

LDS.org

[Mormon Tabernacle Choir - Streaming Online](#)

[Mormon Music Channel 24/7](#)

Celebrate Success

Fathers, do you ever get **jealous** when others succeed? Do you **envy** someone whose career, talent, or wealth lifts off, leaving you far below? Does your family feel your disappointment? Or... have you learned to celebrate the success of others?

Learning to celebrate the success of others, inclusively and without hesitation, will help you and your children see the world in a more positive way. Secure, meaningful, and lasting friendships will more easily be developed. Celebrating the success of others shows **humility** and **maturity**.



Jesus and His disciples were invited to a marriage in Cana. Mary, the mother of Jesus, noticed there was no wine for the guests to celebrate the couple's wedding and she instructed the servants, *"Whatsoever he [Jesus] saith unto you, do it. whence it was: (but the servants which drew the water knew;) the governor of the feast called the bridegroom,*

Jesus saith unto them [the servants], Fill the waterpots with water. And they filled them up to the brim.

And he saith unto them, Draw out now, and bear unto the governor of the feast. And they bare it. When the ruler of the feast had tasted the water that was made wine, and knew not

And saith unto him, Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse: but thou hast kept the good wine until now." ([John 2:1-11](#))

Without drawing attention to themselves, Mary and Jesus saw a need to help, and they helped. The success of their friend's marriage was more important than drawing attention to themselves. A traditional Jewish marriage ceremony includes the rich symbolism of wine. To be without wine at their wedding would have been a huge embarrassment for the bridegroom, bride, and their families. Mary and Jesus helped the bridal couple's celebration of marriage to be a success.

Sometimes personal sacrifice will be required. Jesus sacrificed His life for us that we might succeed.

"I am the good shepherd, and know my sheep, and am known of mine.

As the Father knoweth me, even so know I

the Father: and I lay down my life for the sheep." ([John 10:14-15](#))

As you follow the example of Jesus and teach your family to love one another more than self, even the sorrow of sacrifice will be replaced with heaven's joy.

"And ye now therefore have sorrow: but I will see you again, and your heart shall

rejoice, and your joy no man taketh from you. ([John 16:22](#))

Fathers, you usually don't have to look far for examples of sacrifice, just look to the mother of your children and to your own mother. Fathers who want their children to succeed in life will teach them to share, take turns, and celebrate the success of others!

Additional Resources

[Labor for the Happiness of Others](#)

President Heber J. Grant

[Reflections on a Consecrated Life](#)

D. Todd Christofferson

Enabling Power

The historic Provo City Tabernacle caught fire on December 17, 2010 and was severely damaged. Many gave up on it ever coming back. Then, on October 1, 2011, LDS Church president [Thomas S. Monson](#) announced that the Provo Tabernacle would be rebuilt, not as a tabernacle but as a temple! It's transformation has been miraculous.



Even more miraculous is the change an individual is able to make with God's enabling power. The Holy Bible tells of a man name Saul of Tarsus who persecuted the followers of Jesus until he was miraculously converted and became the faithful apostle known as Paul (see [Guide to the Scriptures, Paul](#)). The Book of Mormon ~ Another Testament of Jesus Christ tells a similar account of a man named Alma, the son of Alma, who was also converted even though he and his friends were described as "the very vilest of sinners" (see [Mosiah 28:4](#) & [Guide to the Scriptures, Alma, Son of Alma](#)).

Sometimes fathers feel they need a miracle to change themselves or a family member they love.

Change is possible. From the ashes, from the smell of smoke, and from the damage caused by the fire of sin, change can come. A miraculous transformation is possible when the Master Builder receives our approval and willing heart. In fact, our tabernacle can be transformed into a holy temple, fortified and dedicated to God.

A Man

by Scott B Froerer

"Oh please, teach me how to be more like you,"
said the young boy to his father tall.
"Teach me how to jump, and run,
and how to climb a wall."
The father took his son by hand,
and said, "Come with me."
Kneeling down alongside the bed,
both heads were bowed in prayer.
"Heavenly Father, teach our son,
and make of him...and of me,
a man more like thee."

Additional Resources

[Alma, Son of Alma](#)

Jeffrey R. Holland

[Returning to Faith](#)

by Rosemary M. Wixom

[Repentance](#)

LDS.org

[Forgiveness](#)

LDS.org

Let Us Rejoice



The LDS Hymn, [*Now Let Us Rejoice*](#), text by William W. Phelps and music by Henry Tucker, provides a cheerful family and worldview.

*We'll love one another and never dissemble
But cease to do evil and ever be one.
And when the ungodly are fearing and tremble,
We'll watch for the day when the Savior will come,
When all that was promised the Saints will be given,
And none will molest them from morn until ev'n,
And the earth will appear as the Garden of Eden,
And Jesus will say to all Israel, "Come home."*

There are three noteworthy elements for fathers to teach their family:

Care "love one another and never dissemble"
Prepare "cease to do evil and ever be one"
Share "the Savior will come"

"Christ will reign personally upon the earth; and,...
the earth will be renewed and receive its paradisiacal glory."
([Articles of Faith 1:10](#); see also [Moses 7:61-67](#))

Fathers, be cheerful! Your example will help calm and steady your family in times of difficulty and through the troubled waters that lie ahead. Teach them to **Care**, to **Prepare**, and to **Share**. By doing so, they will feel the Spirit and the Spirit will strengthen them.

Additional Resources

[You Are the Savior's Hands](#)

Dieter F. Uchtdorf

[Preparing the World for the Second Coming](#)

Neil L. Anderson

[Preparing to Serve](#)

LDS Missionary Preparation

[How Firm a Foundation](#)

LDS Hymnal, #85

Independence Day

"Will I wake up?" - I don't know any young child who has ever asked their father this question, yet, they so often fight closing their eyes and resist going to sleep. On the other hand, aged philosophers have asked this very question as they ponder the purpose of life and muse over the question "Is there life after death?"



What does waking up, or not waking up, have to do with Independence? Surprisingly quite a bit.

True independence goes beyond being politically free to vote for whomever you want. Complete independence means you aren't being controlled or ruled by others, you aren't owned or enslaved by someone or something, and you aren't being told what you can and can't do. In short, you are free to choose your own destiny.

Now, back to the questions, "Will I wake up?" or "Is there life after death?" If you can't answer these questions then you're not free. You aren't free from fear or doubt, you aren't knowledgeable enough to act in your future's best interest, and you aren't able to walk in truth's light toward greater happiness.

"30 All truth is independent in that sphere in which God has placed it, to act for itself, as all intelligence also; otherwise there is no existence.

here is the condemnation of man; because that which was from the beginning is plainly manifest unto them, and they receive not the light." ([D&C 93](#))

31 Behold, here is the agency of man, and

Agency is the ability and privilege God gives us to choose and to act for ourselves. ([Agency](#))

"32 The Lord said unto Enoch: Behold these thy brethren; they are the workmanship of mine own hands, and I gave unto them their

knowledge, in the day I created them; and in the Garden of Eden, gave I unto man his agency;" ([Moses 7](#))

Until you choose to follow God, you aren't truly independent. Only God is omniscient, omnipresent, omnipotent, and holy. Only God has complete agency because He is all knowing, is all seeing, is all powerful, and is holy and free from the enslaving consequences of sin.

35 Behold, I am God; Man of Holiness is my name; Man of Counsel is my name; and

Endless and Eternal is my name, also. - ([Moses 7](#))

With God's enabling power, man has eternal potential.

"39 For behold, this is my work and my glory—to bring to pass the immortality and

eternal life of man." ([Moses 1](#))

Your true **Independence Day** is the day you choose to follow Jesus Christ and begin acting in all righteousness. From that day on, Christ will begin making something great out of you! He has already freed you from physical death and He will begin freeing you from spiritual death—ignorance, evil, and bondage.

Fathers, the answers are Yes, Yes
Yes, you will wake up. Yes, there is life after death.

Additional Resources

[The Origin and Destiny of Mankind](#)

President John Taylor

[Our Destiny](#)

L. Aldin Porter

[Choose You This Day](#)

President Thomas S. Monson

Posted 26th June 2015 by Scott B Froerer

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Father's Day

Jon was adopted. He writes, "I was born in Korea, perhaps [Incheon](#). I don't remember my mother's name. I do know she was a hard worker. One time I went to see her at work. She was in construction and I saw her carrying cement. One time she gave me a banana to eat. I still vividly remember how good it tasted."

Jon's early life wasn't easy. "One day [my mother] woke us up, went out doors, started throwing up, laid down, and passed away." With no one to care for he and his sister, the town mayor sent them to an orphanage. "At first, I didn't know anyone or what the rules were. A bell rang for breakfast, lunch, and dinner. The first time the bell rang everyone ran in and left their shoes in the stairwell. I followed them. There were hundreds of shoes. After eating I went back for my shoes but they were gone."

"My sister was 5 or 6 years older than me. We were always together until one day she said: 'I'll be going to work, I'll be back.' We were separated and I never saw her again."

Jon was about five years old when he was adopted. "I remember leaving the orphanage, going to the airport, and boarding the airplane. An older lady traveled with us, a baby and me. I got sick on the flight and had to throw up. I threw up in a businessman's briefcase. The lady apologized and the man was okay about it. In Los Angeles I was shocked to see so many different looking people."

Today, Jon lives with his wife and three children...American through and through. They celebrate the 4th of July, Christmas, and Father's Day. Their children have never known want, have never been without a warm bed to sleep in, and have never gone without shoes to wear. They give thanks to their Heavenly Father at every meal.

Though Jon has protected Presidents of the United States of America and their families and would have given his life for them, on this coming Father's Day, he cherishes his wife and children above everything else. He lives to love, protect, and honor them. They love, cherish, and honor him. I salute this American veteran and honorable father! I give thanks for the way he chooses to live his life.



Happy Father's Day

[Additional Resources](#)

[My Father Taught Me](#)

Living Prophets and Apostles

Posted 19th June 2015 by Scott B Froerer

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Overcoming Fear



Fathers are often called upon to calm a child's fears. As a child, I was afraid of the dark. My bed was adjacent to my parent's bedroom and when I got scared I would holler and pound on the wall to bring a parent (usually my mom) to my rescue. This occurred many times until I had an amazing experience.

Being afraid of the dark, or rather what monsters could be hiding there, had overcome my courage many times. Once I held onto my bedroom's light switch ready to run for mom if a monster could be caught sneaking out from a hiding spot, by my turning the light off for an instant and then quickly turned it back on. After several attempts, I figured it was safe to jump up on my bed.

Once, long after going to bed, I awoke and saw two yellow eyes staring at me from down the hall. I instantly turned to the wall but then paused. I thought to myself, if they move closer I'll start to yell and pound on my wall. But they didn't move, so I stayed very still. Then, somehow I got the courage to move slowing to the end of my bed, keeping my eyes fixed and my legs ready to run. That's when I realized these eyes didn't seem to have a body, just bright yellow eyes. I moved closer. As I inched closer, one eye blinked and I jumped back and the eye immediately shown bight again. I lifted my hand over my head until a yellow spot appeared on the back of my hand. I began walking backward, keeping the yellow spot centered on my hand, until I discovered the street light shining through my parent's blind was the source of these yellow monster eyes.

Shortly after this experience is when my life changed forever. I was lying in bed when an unseen evil enemy came upon me. It was so overwhelming that I couldn't move or call out. Though unseen, its power was real. I quickly realized that neither I nor my parents could intervene in stopping my complete destruction. That's when a thought came to me to pray. I desperately began to pray.

Suddenly a feeling of hope came towards me and, beginning at my feet, moved through and over my body until it penetrated through and over my head. The relief and contrast was beyond words. My helpless and certain doomed condition was replaced by complete deliverance and empowerment. I absolutely knew nothing could harm me and felt I could accomplish whatever I wanted to. I knew I had nothing to fear.

To my surprise, the feeling of hope began to withdraw from me, starting at my head. I immediately plead for its return, and it did. I never wanted to lose this marvelous feeling and protection. That's when words came into my mind. I understood that my desire wasn't right and that I needed to go through this life without this great power. Then it began to withdraw once more. I let it go.

I learned that evil is permitted its short day to torment us and then deliverance will come. I learned that God is all powerful and all good. I learned that Joseph Smith spoke the truth when he testified about his experience with evil and with heaven's infinite power and love. I learned that overcoming fear is found in prayer.

Additional Resources

["You Have Nothing to Fear From the Journey"](#)

M. Russell Ballard

[The Testimony of the Prophet Joseph Smith](#)

LDS Pamphlet

[Fear Not, I Am with Thee"](#)

Jean A. Stevens

[Seeking Rescue](#)

Connie Goulding

Covenant Relationship

A covenant relationship is quite crowded. A covenant relationship includes Heavenly Father, His Son Jesus Christ, and the Holy Ghost – not just a husband and wife. In fact, it also includes every future naturally born or adopted child in a loving family circle. Ideally, this covenant relationship will continue eternally.

As we draw closer to Jesus Christ
we will draw closer to each other.

A covenant relationship starts when an individual gives their personal promise to Heavenly Father, through the atonement of His Son Jesus Christ and by the sealing power of the Holy Ghost, to care for their spouse, and to cherish and love them. A promise is a promise and our Eternal God expects us to keep our promise with Him.

My promise to God was given in 1971. Oh, I wish I were a better husband to my dear wife! Still, I am trying and I have never forgotten my promise. Fortunately, through the atonement of Jesus Christ and the Holy Spirit's influence, I can repent and begin being a better person each sabbath as I renew my sacramental covenant.

A covenant relationship requires sacrifice. I know that whatever sacrifice is required of me, it is a pittance compared to what Jesus Christ has already given for me. I strive to always remember that the way I treat my wife and children is a reflection of my gratitude for His supreme and unmatched sacrifice for me.



A father must be willing to make and keep his promise with God
to secure his covenant relationship as an eternal family.

He must be willing to say, as did Jesus Christ,
"O my Father...thy will be done."

[Matthew 26:42](#)

Additional Resources

[Marriage Is Essential to His Eternal Plan](#)

David A. Bednar

[Covenant](#)

LDS Topics

[Revealed Truths of the Gospel](#)

LeGrand Richards

[Lord, Accept Our True Devotion](#)

LDS Hymnal, #107

The Key

, C M NT CHR ST ND B P RF CT D N H M ND D N RS LV S F
LL NG DL N SS ND F SH LL D N RS LV S F LL NG DL N SS,
ND L V G D W TH LL R M GHT, M ND ND STR NGTH, TH N S H S
GR CES FFC NT F R , TH T B H S GR C M B P RF CT N CHR ST;
ND F B TH GR C F G D R P RF CT N CHR ST, C N N N W S
D N TH P W R F G D. (M R N 10:32)

Having trouble reading this?

Try reading the message with the vowels!

YEA, COME UNTO CHRIST, AND BE PERFECTED IN HIM, AND DENY YOURSELVES OF ALL UNGODLINESS; AND IF YE SHALL DENY YOURSELVES OF ALL UNGODLINESS, AND LOVE GOD WITH ALL YOUR MIGHT, MIND AND STRENGTH, THEN IS HIS GRACE SUFFICIENT FOR YOU, THAT BY HIS GRACE YE MAY BE PERFECT IN CHRIST; AND IF BY THE GRACE OF GOD YE ARE PERFECT IN CHRIST, YE CAN IN NOWISE DENY THE POWER OF GOD. ([MORONI 10:32](#))

Fathers, you need to understand that satan is trying to steal the meaning of your life, from you and from your wife and children. He wants to keep you in the dark and subject you to his mean purposes. Like stolen vowels, your purpose in life can be stolen.

The key to understanding your true purpose in life is by living a Christ-like life.

Don't lose your...

A ~ Faith in Jesus Christ E ~ Hope in the future I ~ Charity for others

O ~ Effort to be self-reliant U ~ Virtue and pure intent Y ~ Family covenant living

Life becomes meaningful and clear when you choose to live Christ's teachings. With heaven's help and your intentional obedience, you will become clean and undefiled.

First, you must

- Come unto Christ
- Deny yourself of all ungodliness
- Love God with all your might, mind and strength

Then

- You will receive God's enabling power to see things clearly and become like Him.

Additional Resources

[Come Unto Christ](#)

President Ezra Taft Benson

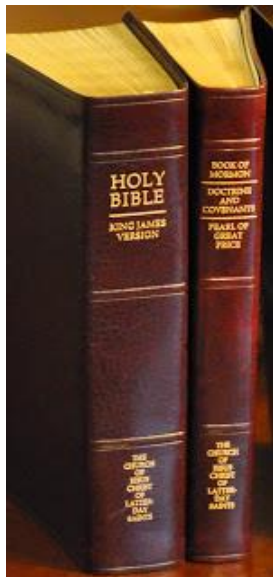
[Come Unto Christ: 2014 Theme Song](#)

LDS Youth

[Go Forth With Faith](#)

LDS Hymnal #263

Prayer & Revelation



Scriptures reveal that God is a caring Heavenly Father who has power to bless and protect His children. They contain revelations from God and are often the result of sincere prayer.

Old Testament

“17 For the Lord your God is God of gods, and Lord of lords, a great God, [and] mighty...” ([Deuteronomy 10](#))

New Testament

“31 When Moses saw it [the burning bush], he wondered at the sight: and as he drew near to behold it, the voice of the Lord came unto him,

“32 Saying, I am the God of thy fathers, the God of Abraham, and the God of Isaac, and the God of Jacob.” ([Acts 7](#))

“16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.” ([1 John 4](#))

Book of Mormon - Another Testament of Jesus Christ

“35 Now have we not reason to rejoice? Yea, I say unto you, there never were men that had so great reason to rejoice as we, since the world began; yea, and my joy is carried away, even unto boasting in my God; for he has all

power, all wisdom, and all understanding; he comprehendeth all things, and he is a merciful Being, even unto salvation, to those who will repent and believe on his name.” ([Alma 26](#))

Doctrine & Covenants

“61 If thou shalt ask, thou shalt receive revelation upon revelation, knowledge upon knowledge, that thou mayest know the

mysteries and peaceable things—that which bringeth joy, that which bringeth life eternal.” ([D&C 42](#))

Joseph Smith was a recipient and witness of God's glory, power, and love for us.

Pearl of Great Price

“15 After I had retired to the place where I had previously designed to go, having looked around me, and finding myself alone, I knelt down and began to offer up the desires of my heart to God. I had scarcely done so, when immediately I was seized upon by some power which entirely overcame me, and had such an astonishing influence over me as to bind my tongue so that I could not speak. Thick darkness gathered around me, and it seemed to me for a time as if I were doomed to sudden destruction.

“16 But, exerting all my powers to call upon God to deliver me out of the power of this enemy which had seized upon me, and at the very moment when I was ready to sink into despair and abandon myself to destruction—not

to an imaginary ruin, but to the power of some actual being from the unseen world, who had such marvelous power as I had never before felt in any being—just at this moment of great alarm, I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me.

“17 It no sooner appeared than I found myself delivered from the enemy which held me bound. When the light rested upon me I saw two Personages, whose brightness and glory defy all description, standing above me in the air. One of them spake unto me, calling me by name and said, pointing to the other—This is My Beloved Son. Hear Him!” ([Joseph Smith - History 1](#))

Like Joseph Smith, we can only come to personally know God through revelation. Revelation reveals God's goodness and His will. We call instructions from God 'commandments.'

Jesus taught:

“10 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love.” ([John 15](#))

We are blessed when we follow the Savior and keep His commandments.

“17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world. casteth out fear: because fear hath torment. He that feareth is not made perfect in love.”

“18 There is no fear in love; but perfect love ([1 John 4](#))

The next time you are faced with anxiety or fear, stop and remember God's love for you and how He has previously delivered and healed you. Also, remind yourself that you trust and love God.

- Calm yourself
- Call upon God and ask for His love to surround you
- Hold tight to the love and gratitude you have for your Savior

The Savior's ancient apostles, during a fierce storm:

“24 ...came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm. faith? And they being afraid wondered, saying one to another, What manner of man is this! for he commandeth even the winds and water, and they obey him.” ([Luke 8](#))

25 And he said unto them, Where is your

It is my testimony that God hears and answers prayers. May we, like Joseph Smith, find ourselves saying:

“17 I found myself delivered from the enemy which held me bound.” ([Joseph Smith - History 1](#))

And, like the ancient Apostle Paul calmly testified:

“7 I have fought a good fight, I have finished my course, I have kept the faith....” ([2 Timothy 4](#))

**Prayer and Revelation
will strengthen fathers to performing their best.**

[Additional Resources](#)

[What is Prayer?](#)

LDS Topics

[Using the Supernal Gift of Prayer](#)

Richard G. Scott

Posted 18th May 2015 by Scott B Froerer

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Word of Wisdom



My wife's great aunt, Elizabeth Souter, once said, "It would be worth joining the Mormon Church even if it was only because of the Word of Wisdom."

"The Word of Wisdom is a law of health revealed by the Lord for the physical and spiritual benefit of His children. On February 27, 1833, as recorded in section 89 of the Doctrine and Covenants, the Lord revealed which foods are good for us to eat and which substances are not good for the human body. He also promised health, protection, knowledge, and wisdom to those who obey the Word of Wisdom." ([Word of Wisdom](#))

Many have asked me, "Why? Why don't you smoke?
Why don't you drink alcohol? Why don't you drink coffee or tea?"

There is a short list of reasons. First, I want to be free from physical addictions. Second, I appreciate the financial savings. Third, as a father, I want to be a good example for my children.

Sometimes people follow-up with a statement, "But a little won't hurt you" or "They have found that a little wine (or coffee, etc.) is even good for you."

Okay, there are two other reasons why I'm determined to live the Word of Wisdom. Fourth, I believe God has revealed these physical health rules to prepare us to enter His holy house. To



fully appreciate the temple, He wants us to be healthy, to be free from controlling appetites, and to be clean in mind and body. Fifth, our physical body is a temple, a temple for our spirit which was born in heaven before coming to this earth. *"The physical body is a gift from God and should be properly cared for and respected."* ([Health](#))

The Word of Wisdom is outlined in [Section 89](#) of the Doctrine and Covenants. Verse 4 reads: *"Behold, verily, thus saith the Lord unto you: In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation—"*

Like any wise and caring father, our Heavenly Father wants the best for us, His children. How much heartache and suffering would be avoided if we all lived by this basic law of health? How many lives would be saved? I know my grandfather who quit smoking and drinking alcohol would agree. (see post: [My Hero](#))

Fathers,
Keep the **Word of Wisdom!**

[Additional Resources](#)

[The Word of Wisdom: The Principle and the Promise](#)

Boyd K. Packer

[Observing the Word of Wisdom](#)

Teachings of Presidents of the Church; Heber J. Grant, Chapter 21

Universal & Eternal



'Family' can be described or defined in many different ways.

Universal Family

For me, a universal family refers to our premortal or pre-physical life in heaven where all people were spiritually created by God, making us all brothers and sister. As such, everyone born into this mortal or physical life on earth are spiritually related and part of a universal family.

"All human beings—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny."

[\(The Family: A Proclamation to the World\)](#)

Eternal Family

For me, an eternal family refers to our post-mortal or physically resurrected state and, through the atonement of Jesus Christ and by obedience to His laws, we will continue as wife and husband forever with our children as a family.

"The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally."

[\(The Family: A Proclamation to the World\)](#)

Mortal Family

Mortal families are following a divine family pattern. Understanding the family pattern transforms our current fathering role into something so much more significant than a simple biological or socializing expectation. This knowledge allows us to know why we are here and who we are able to become. We were Divinely created within a universal family. Following this life, we have the potential of forming an eternal family.

[I Am a Child of God](#)

1. I am a child of God,
And he has sent me here,
Has given me an earthly home
With parents kind and dear.
2. I am a child of God,
And so my needs are great;
Help me to understand his words
Before it grows too late.
3. I am a child of God.
Rich blessings are in store;
If I but learn to do his will,
I'll live with him once more.
4. I am a child of God.
His promises are sure;
Celestial glory shall be mine
If I can but endure.

Chorus:

Lead me, guide me, walk beside me,
Help me find the way.
Teach me all that I must do
To live with him someday.

Words: Naomi Ward Randall, 1908-
2001. (c) 1957 IRI. Fourth verse (c) 1978 IRI
Music: Mildred Tanner Pettit, 1895-
1977. (c) 1957 IRI. Arr. by Darwin Wolford,
b. 1936. Arr. (c) 1989 IRI

Additional Resources

[The Importance of the Family](#)

L. Tom Perry

[Plan of Salvation](#)

LDS Topics

[Becoming Like God](#)

LDS Topics

Posted 7th May 2015 by Scott B Froerer

Revised 11th October 2020

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Can You Imagine?

I am a father. My wife and I have five biologically conceived children. They each have conceived children, eighteen grandchild to date. I grew up in a biological family and spent hours with my biological grandparents. That's the way it was, and that's okay with me. I like to call this a generational family.

My grandparents helped establish my parents and their sibling families. My parents helped establish me and my sibling families. My wife and I have tried to help establish our children's families. Each generation has had a boost from the previous generation. The best part of a generational family is their caring and sharing.

- Can you imagine how great the world would be if every child grew up in a caring and generational family?
- Can you imagine what would happen if society stopped giving a boost to such self-sustaining units in their communities?
- Can you imagine the loss to humanity if a safe harbor weren't provided for these generationally self-renewing families?

Marriages which can “multiply and replenish the earth” [[Genesis 1:28](#)] should have added protection and be given a boost by our society so that our “Posterity” may prosper. It's not equal, but prudent. It's not disrespectful, but deferential. It's not perfect, but who is? I feel our country's Founding Fathers would agree.

“We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.” – [Preamble to the U.S. Constitution](#)

***God Bless the United States of America...
and our children!***

Additional Resources

[A Witness and a Warning](#)

President Ezra Taft Benson

[God's Hand in the Founding of America](#)

L. Tom Perry



Posted 7th May 2015 by Scott B Froerer

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"Love Peace"

Martin Luther King Jr. boldly said, in his [Nobel Lecture](#),

"When the "without" of man's nature subjugates the "within", dark storm clouds begin to form in the world."

He explains:

"Every man lives in two realms, the internal and the external. The internal is that realm of spiritual ends expressed in art, literature, morals, and religion. The external is that complex of devices, techniques, mechanisms, and instrumentalities by means of which we live. Our problem today is that we have allowed the internal to become lost in the external. We have allowed the means by which we live to outdistance the ends for which we live"

He concluded his lecture with these words:

"All that I have said boils down to the point of affirming that mankind's survival is dependent upon man's ability to solve the problems of racial injustice, poverty, and war; the solution of these problems is in turn dependent upon man squaring his moral progress with his scientific progress, and learning the practical art of living in harmony."

"Love is somehow the key that unlocks the door which leads to ultimate reality. This Hindu-Moslem-Christian-Jewish-Buddhist belief about ultimate reality is beautifully summed up in the First Epistle of Saint John: Let us love one another: for love is of God; and everyone that loveth is born of God, and knoweth God. He that loveth not



knoweth not God; for God is love. If we love one another, God dwelleth in us, and His love is perfected in us." (1 John 4)

"Let me close by saying that I have the personal faith that mankind will somehow rise up to the occasion and give new directions to an age drifting rapidly to its doom. In spite of the tensions and uncertainties of this period something profoundly meaningful is taking place."

"Here and there an individual or group dares to love, and rises to the majestic heights of moral maturity. So in a real sense this is a great time to be alive." - The Nobel Lecture was presented on 11 December 1964

~

***"We still have a choice today:
nonviolent coexistence or violent coannihilation."***

[Beyond Vietnam -- A Time to Break Silence](#)

Delivered 4 April 1967, Riverside Church, New York City

~

As fathers, our hearts and homes must hold fast to principles of peace and treasure the virtue of forgiveness, while at the same time stand ready to protect our family and liberty. The Maori people of New Zealand demonstrated this balance of protecting and welcoming through ceremony (as presented at the [Polynesian Cultural Center](#)).

If a stranger approached their village, the guard in the watch tower would blow a large wooden trumpet to warn the people. A scout/warrior would be sent to the gate to see if the stranger came in peace or war.



The scout/warrior would demonstrate a "wero" or challenge. After making a fierce face and threatening actions, he would place a small ceremonial token such as leaves on the ground. If the stranger picked up the token, it signified he came in peace. The scout/warrior would then invite the visitor into the village. Following admittance, a formal Maori ceremony would welcome the stranger into their village, including the touching of foreheads to celebrate the new friendship. If the token was refused by the stranger, it meant a declaration of war.

Let's pray for peace and friendship. Let's sincerely behave as closest friends would. Let's love one another. Let's treat each other as we want to be treated. May we and our family be protected against evil.

May we **"Love Peace"**,
Celebrate Friendship, and
Keep Evil from Entering Our Heart or Home.

Additional Resources

["Blessed Are the Peacemakers"](#)

President Russel M. Nelson

[The Fruits of Peace](#)

Patricia T. Holland

[Polynesian Cultural Center Promotes Peace](#)

Church News

Posted 28th April 2015 by Scott B Froerer

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"Oh, My Father"



The sculpture, "Oh, My Father" by [Angela Johnson](#) located at [Light of the Word Garden](#), captures Jesus' reverence for and reliance upon His Heavenly Father.

Jesus taught ([Matthew 6](#)):

9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

10 Thy kingdom come. Thy will be done in earth, as it is in heaven.

The LDS Bible Dictionary says this about [Prayer](#):

"As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are His children), then at once prayer becomes natural and instinctive on our part ([Matt. 7:7–11](#))." It continues, *"[we] are taught to pray in Christ's name ([John 14:13–14](#); [15:7, 16](#); [16:23–24](#))."*

We, as fathers, have limited knowledge, limited presence, and limited power to protect our loved ones. Our Heavenly Father and our Lord Jesus Christ are unlimited in their knowledge, presence, and power. We, as fathers, have the privilege and the responsibility to teach our families to pray. We can teach them to thank our Heavenly Father, to ask our Heavenly Father, and to do His will. Following the example and teachings of Jesus is always the right thing to do. Fathers, pray for the welfare of your wife and children.

As a 19 year old missionary, a simple comment by Joseph Millett threatened to embarrass the church he loved. His diary entry on June 30, 1853 records:

"At the Brothers Bagnal's they were starting out to fish. I said, "Success to you; you must catch a whale," just in a foolish, joking way, and thought no more about it until I went down to Brother John McGilvery's. After a while one of the girls came down and said that Brother Millett had promised that Uncle Joseph's folks would get a whale and the Gentiles said that now you see he is a false prophet, for any fool would know that they can't get a whale. I overheard the girls talking about the whale. It then came to my mind what I had said. I then ran to the woods and thought how foolish I was to say such a thing. I prayed the Lord to forgive, that I desired to do right. I felt the position we were in. I couldn't keep back the tears. I called on the Lord to help me in his cause.

"About one o'clock P.M. the people noticed six boats coming in the Bay towing something. Some said it was the hull of a schooner; others said no, that it was the whale that the Mormon promised about.

"The brothers Bagnal's was the first boat going out of the Bay. They heard the report of a cannon and saw the flag and topmast of the packet steamer circling around, [which] fired their third gun as soon as they saw that the fishermen were coming; the steamer went on and Brother Bagnal was the first to the prize.

"And it was a lucky day for all of them that assisted in getting the prize in. The whale I believe was above 70 feet long, the biggest fish I ever saw. ... I never have ceased to thank the Lord for his goodness." ([Joseph Millett's Diary](#))

You too may pray
"Oh, My Father - In the Name of Jesus Christ,
Help Me in My Need".

~

I know He will hear your thankful prayer.

Additional Resources

[Using the Supernal Gift of Prayer](#)

Richard G. Scott

[Counsel with the Lord in All Thy Doings](#)

Church News

[Joseph Millett Story](#)

LDS Video

[Without Purse or Scrip: A 19-Year-Old Missionary in 1853](#)

Excerpts from Joseph Millett's diary

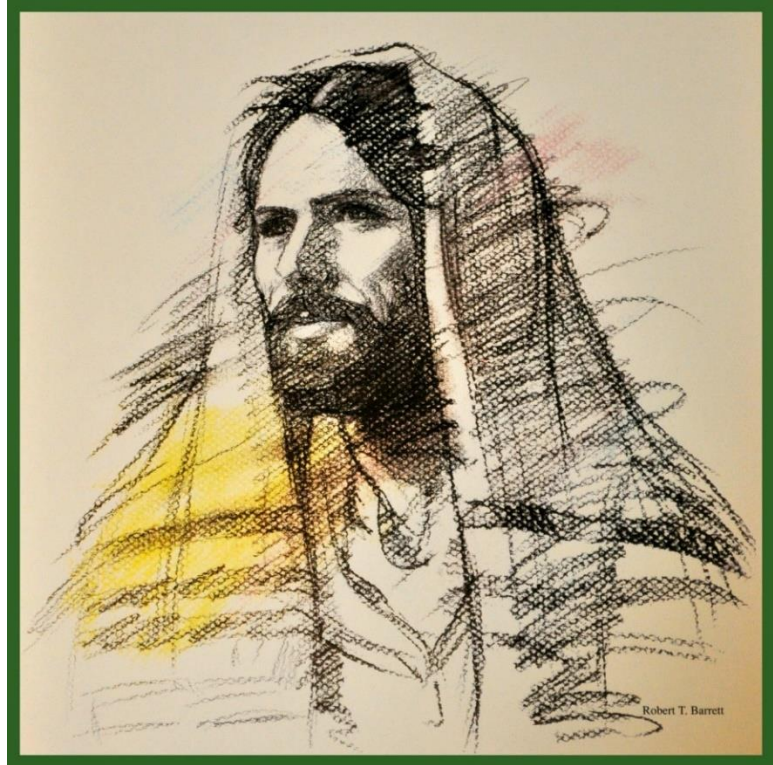
Posted 23rd April 2015 by Scott B Froerer

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Manageable Steps

The artist, [Robert T. Barrett](#), kindly shared the following response to my request for background information and permission to use his illustration, **The Prince of Peace** in my **Fathering Leadership** blog. His reply included the following:

"As you may know, I have completed several paintings of Christ. Someone once asked if I pray before I do my religious themed work. My response was that I pray before I complete any creative work always hoping I can do my best. To create a painting of the Savior can be daunting but many artists have done it and several of those paintings have become masterpieces. Carl Bloch, Franz Schwartz, and Heinrich Hoffman (recently featured at the [BYU Museum of Art](#)) are just a few.



"Like great musicians or writers, we all have our heroes and influences but also find they may change along the way. When I studied art for a year in Berlin, I was particularly influenced by Rembrandt. His color, light, and sensitivity were influential on my work.

"I also love what different leaders of the Church have said along the way about our creative endeavors. President Packer and President Kimball have been particularly influential in the advise they have given to artists. President Packer has said that the desire to paint religious subject matter is not enough - one also needs to receive training so that the work will be credible.

"Learning about the human figure and it's divine origins has been another big influence for me. I so admire the work and teachings of Michelangelo and da Vinci as well as other great draftsmen such as Albrecht Durer. And, I am awe struck by the work of many of the great American illustrators including Howard Pyle, N C Wyeth, Dean Cornwell, Robert Fawcett, Norman Rockwell, and Arnold Friberg, etc. Da Vinci's work especially taught me about the concept of strengthening and clarifying an idea or concept through a series of studies, sketches, or comprehensive studies.

"Difficult things can be accomplished in a variety of disciplines when broken down into manageable steps. That same process is something I adhere to. The first painting I ever completed of Christ evolved through a series of value and color studies - each one helping me to clarify my concept.

"So, with that preparation in place, I also seek the spirit in what I do and rely on my inner feelings of whether or not my painting is conveying the concept and emotion I want it to convey. It would be difficult for me to paint Christ as the Savior without an inner conviction that he really was who he said he was.

"I also often ask family members, many who have trained as artists and designers, for their input and opinions to see if they are able to discern the things I am trying to communicate. Having another pair of eyes can be extremely helpful in restoring objectivity to one's work.

"I hope these comments are helpful to you. I do know the Savior is real and that he lives and that he desires for us to be happy and to find peace in our lives regardless of the challenges we may all face together and especially individually." - April 12, 2015

Highlight Statements

"I pray before I complete any creative work"

*"Difficult things can be accomplished in a variety of disciplines
when broken down into manageable steps."*

"I also seek the spirit in what I do"

"I do know the Savior is real and that he lives"

~

I express my deep appreciation to Robert T. Barrett for his inspiring contributions ([check out his video](#)). Fathering responsibilities can be daunting. As we seek and follow Jesus, we will find the strength and peace we need to accomplish our work. Jesus is our Prince of Peace, for He sought to do His Father's will and is the giver of all good gifts.

Additional Resources

[Becoming a Work of Art](#)

Ulisses Soares

Posted 13th April 2015 by Scott B Froerer

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Overcome Jealousy



The scriptural account of Jacob marrying two sisters seems like a perfect storm. Jealousy, comparing, and envy could be the only outcome, right?

Jacob had clearly chosen Rachel over Leah and labored seven years to obtain her hand in marriage. We read, "*And Jacob served seven years for Rachel; and they seemed unto him but a few days, for the love he had to her.*" ([Genesis 29:20](#))

But the father-in-law, Laban, tricked Jacob into marrying his eldest daughter Leah. An agreement was reached and Jacob married Rachel the following week after he agreed to work another seven years.

"I'm Your Favorite" NO "I'm Your Favorite"

Jacob's posterity, the Twelve Tribes of Israel, continually struggled with jealousy and envy. In fact, history can attest to the fact that this jealousy has perpetually plagued mankind the world over. Isn't it always the right time to put away jealousy and contention? Isn't it always the right time to love one another more sincerely?

A few years ago a gentleman by the name of Arthur V. ZoBell gave me a letter he wrote entitled:

To Jacob from Leah

I am not as pretty as Rachel

But I am as nice.

My eyes shine tender in love for you.

Perhaps you looked to our outwardness

When the inwardness of our loveliness is one of equality.

Both Rachel and I gave you special sons,

Through whom all nations of the earth are being blessed.

Through me came Judah,

Through whom came the Savior, the scepter of righteousness. ([Genesis 49:10](#))

Like me, there is no beauty that He should be desired. ([Isaiah 53:2](#))

Through Rachel came Joseph,

Through whom the gospel is being taken to the nations. ([Genesis 49:22-26](#))

Jacob, you are our husband.

Because you prevailed with God

Your name was changed to Israel. ([Genesis 32:28](#))

I am Leah, my sister is Rachel.

We be true sisters and loyal wives to you.

I know I have prevailed with you

For in your eyes I now see tenderness in love for me.

"Tenderness in love" is certainly an antidote for jealousy. Husbands, no matter what the cause, alleviate jealousy. Be faithful and loyal to your wife and pray that she, and you, might Overcome Jealousy. *Bridle all your passions, that ye may be filled with love.* ([Alma 38:12](#))

Additional Resources

Does Heavenly Father love others more than He loves me?

Jeffrey R. Holland

The Merciful Obtain Mercy

Dieter F. Uchtdorf

"Some Have Compassion, Making a Difference"

Robert D. Hales

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Honor Thy Mother



Fathers, do you remember when you were young and needed comforting? Perhaps because of a fall, or teasing, or a bee sting...we would run to our mother. We knew mom would make it better.

Because mothers care and are tenderhearted, they are vulnerable.

Because mothers care...

- they lose sleep, personal time, and financial resource for us.

- their bodies are swollen, bruised, and forever changed for us.

- their confidence, self-esteem, and self-image are susceptible to doubt because of us.

When we failed to be brilliant, were unkind, or got caught doing wrong, it was our mother who asked "Where did I go wrong?" Simply because she cares.

Because mothers care, they often cry. Because mothers care, they are the first to set us straight. Because mothers care, they over do. Because mothers care, we should honor them.

No, mothers aren't perfect. Sometimes they speak too harshly, they don't let you choose for yourself, and they aren't willing to listen to what you have to say. Still, fathers need to teach their children to honor their mother...anyway. Fathers, teach your children to follow your loving example...always honoring their mother.

Jesus taught:

Thou knowest the commandments,

Do not commit adultery,

Do not kill,

Do not steal,

Do not bear false witness,

Honour thy father and thy mother.

- [Luke 18:20](#)

Additional Resources

[Honor Thy Father and Mother](#)

Dallin H. Oaks

["Behold Thy Mother"](#)

President Thomas S. Monson

A Door is Essential

As fathers try to safeguard and shield their family from unwanted strangers and harmful weather, a door shields and protects their loved ones. At the same time, a door helps hold little children from wandering into danger or possibly becoming lost. Every caring father secures their home with a door.

Children should feel secure and safe in their home. Contention and discord should be left at the door. Respect and kindness should be welcomed in. Love and sharing will turn the most modest home into a palace.



"7 And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom, seek learning even by study and also by faith;

"8 Organize yourselves; prepare every

"15 And inasmuch as my people build a house unto me in the name of the Lord, and do not suffer any unclean thing to come into it, that it be not defiled, my glory shall rest upon it;

needful thing, and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God;"
[\(Doctrine & Covenants 109:7-8\)](#)

"16 Yea, and my presence shall be there, for I will come into it, and all the pure in heart that shall come into it shall see God."
[\(Doctrine & Covenants 97:15-16\)](#)

Fathers should stand ready, ready to shut or open their home's door. Fathers should close their door to the blowing storms that can harm their family's peace. Fathers should open wide their door to beauty, truth, and people of good will.

Fathers, A door is essential
so stand for righteousness
and be ready to swing into action.

Additional Resources

Peace Within

Joseph B. Wirthlin

Personal Protection

Dallin H. Oaks

The Key to Spiritual Protection

Boyd K. Packer

Life After Mortality



"Welcome Home"

"If a man die, shall he live again?" asked Job. ([Job 14:14](#))

What compassionate father hasn't asked this same question? Perhaps he pondered this question for his wife as she labored through their child's birth. Perhaps he asked himself this question while holding their precious child's fevered body. Or perhaps he sought an answer as he gazed upon himself in the mirror, all too soon weakened and wrinkled with aged.

Job answered his own question: "*For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth: And though after my skin worms destroy this body, yet in my flesh shall I see God.*" ([Job 19:25-26](#))

A father's faith in Christ restores peace of mind, for all will be resurrected!
But what happens between death and the resurrection?
Do we lie entombed in the grave until that rebirth?

The prophet Alma spoke to his son Corianton these words:

"Now, concerning the state of the soul between death and the resurrection—Behold, it has been made known unto me by an angel, that the spirits of all men, as soon as they are

departed from this mortal body, yea, the spirits of all men, whether they be good or evil, are taken home to that God who gave them life." ([Alma 40:11](#))

Prophet Alma further explained the condition between those who chose good and those who chose evil:

"And then shall it come to pass, that the spirits of those who are righteous are received into a state of happiness, which is called paradise, a state of rest, a state of peace, where they shall rest from all their troubles and from all care, and sorrow.

"And then shall it come to pass, that the spirits of the wicked, yea, who are evil—for behold, they have no part nor portion of the Spirit of the Lord; for behold, they chose evil works rather than good; therefore the spirit of the devil did enter into them, and take possession of their house—and these shall be cast out into outer darkness; there shall be weeping, and wailing, and gnashing of teeth, and this because of their own

iniquity, being led captive by the will of the devil.

"Now this is the state of the souls of the wicked, yea, in darkness, and a state of awful, fearful looking for the fiery indignation of the wrath of God upon them; thus they remain in this state, as well as the righteous in paradise, until the time of their resurrection." ([Alma 40:12-14](#))

"Now my son," the prophet Alma continues, "I would that ye should repent and forsake your sins, and go no more after the lusts of your eyes, but cross yourself in all these things; for except ye do this ye can in nowise inherit the kingdom of God. Oh, remember, and take it upon you, and cross yourself in these things." ([Alma 39:9](#))

This is the good news:
Those who have chosen to do good will be welcomed home, to paradise!

And this is a solemn warning:
Those who have chosen to do evil will return home but then be cast into outer darkness!

There is Life after Mortality!

Additional Resources

[“Because I Live, Ye Shall Live Also”](#)

President Ezra Taft Benson

[Life after Life](#)

President Russell M. Nelson

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Compassion



Compassion may be defined as a feeling of concern for another person's sorrow coupled with a desire to relieve their suffering. It's simple. When you have compassion, you care and you desire to help. You love treating others lovingly.

A compassionate father cares about his wife and children. A compassionate father wants to protect and help his family succeed. A compassionate father loves his family and wants them to be happy.

The scriptures use the word charity to describe the love our Heavenly Father has for us, His children. When you truly feel heaven's love, your heart is changed and you make corrections in your own life. You enthusiastically want to help others feel the joy you feel.

From the Bible we read,

“1 Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

“2 And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

“3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

“4 Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

“5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

“6 Rejoiceth not in iniquity, but rejoiceth in the truth;

“7 Beareth all things, believeth all things, hopeth all things, endureth all things.

“8 Charity never faileth....”

[1 Corinthians 13:1-8](#)

Let's decide to feel and behave with a pure love, with charity.

Let's strive to relieve the suffering of others.

Let's have Compassion!

Additional Resources

[Eternal Life-to know Our Heavenly Father and His Son Jesus Christ](#)

Robert D. Hales

[Cultivating Divine Attributes](#)

Joseph B. Wirthlin

[Lord, I Would Follow Thee](#)

LDS Hymnal #220

Text: Susan Evans McCloud

Music: K. Newell Dayley

Posted 16th March 2015 by Scott B Froerer

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Liberty and Justice

*I pledge allegiance
to the Flag of the United States of America,
and to the Republic for which it stands,
one Nation under God,
indivisible,
with liberty and justice for all.*



Fathers should adopt the highest standards of society and honor those who have fought to preserve liberty and justice for all.

Additional Resources

[I Love This Land](#)

The Clark Family (YouTube)

[God Bless the U.S.A.](#)

Lee Greenwood (YouTube)

LDS Resource

[God's Hand in the Founding of America](#)

L. Tom Perry

[America's Promise](#)

Marion G. Romney

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...It Is Up To Me



As soon as you announce you're getting married people want to give you advice, on every possible subject. It's as if they're saying, "If I had only known" or "I wish I knew then what I know now" or "If I could start over". They really are wishing you well as they share with you what they have found from personal experience to be helpful.

On my wedding day, Benjamin L. Bowring performed our marriage ceremony in the Salt Lake Temple. Prior to sealing our union for time and all eternity, he gave us suggestions for success. He emphasized one idea above all the others and asked us to memorize these Ten 2-Letter Words:

If It Is To Be It Is Up To Me*

These are words for success. It doesn't matter if you are getting married, starting a new job, or still in elementary school. Take charge of your life! Take responsibility for your own success! Make something of yourself! Don't give up! It doesn't matter where you are, only where you want to be! Others, seeing your example, will like what they see and perhaps follow your example!!

Fathers, teach your children, by example, that their success is up to them...and you will help.

* Attributed to William H. Johnson

Additional Resources

Eternal Marriage

F. Burton Howard

Formula for Success

President Thomas S. Monson

Free Forever, to Act for Themselves

D. Todd Christofferson

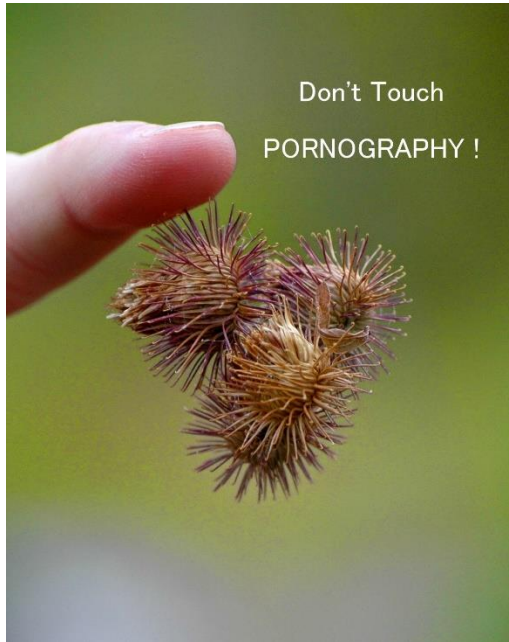
Can You Stand Success?

C. Brooklyn Derr

Posted 23rd February 2015 by Scott B Froerer

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Avoid Pornography



"Pornography is any material depicting or describing the human body or sexual conduct in a way that arouses sexual feelings." ~ [True to the Faith, \(2004\), 117–18](#)

Fathers who want the best for their family will avoid and immediately brush off all unintended contact with pornography. For if you don't, the Spirit of God will withdraw, those pure in heart around you will be hurt, and infectious sin can begin seeping into your very soul to destroy.

Scripture References: [Matthew 5:27–28](#); [Romans 6:12](#); [Alma 39:9](#); [D&C 42:23](#)

If unchecked, pornography will lead you away from the Lord's protective circle of peace and happiness. If unchecked, seemingly small and hidden transgressions will turn to spiritually life threatening and rebellious behavior against God. ([Pornography Unchecked](#))

Avoiding pornography is a powerful step in the right direction!

Don't let it go unchecked! Stay Clean!

Avoid Pornography!

Additional Resources

Chastity

“Chastity is sexual purity. Those who are chaste are morally clean in their thoughts, words, and actions. Chastity means not having any sexual relations before marriage.”

Overcoming Pornography | How to Stop a Porn Addiction and Get Help

Are you suffering because of a porn addiction? Overcoming pornography is challenging for everyone affected, but it's possible through the Atonement of Jesus Christ.

Chastity: What Are the Limits?

Latter-day Saint teens are counseled to stay sexually pure, but what exactly are the limits?

Using teachings of modern prophets, this presentation shows why that's the wrong question to ask and explains how we can find happiness and peace through staying chaste.

The Gift of Forgiveness

Addiction Recovery Program

Arm Your Kids for the Battle

BYU Today

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Additional Resources

Title	Blog Link	Author
<u>Be One</u>	<u>004</u>	40th Anniversary Celebration of the 1978 Revelation on the Priesthood
<u>Love One Another as He Has Loved You</u>	<u>015</u>	Alonso, Jose L.
<u>“Repent ... That I May Heal You”</u>	<u>031</u>	Andersen, Neil L.
<u>Preparing the World for the Second Coming</u>	<u>062</u>	Anderson, Neil L.
<u>A Time to Prepare</u>	<u>010</u>	Ardern, Ian S.
<u>Stay in the Boat and Hold On!</u>	<u>057</u>	Ballard, M. Russell
<u>"You Have Nothing to Fear From the Journey"</u>	<u>065</u>	Ballard, M. Russell
<u>Floods, Winds, and the Gates of Hell</u>	<u>048</u>	Bassett, Arthur R.
<u>Remembering, Repenting, and Changing</u>	<u>054</u>	Beck, Julie B.
<u>Clean Hands and a Pure Heart</u>	<u>002</u>	Bednar, David A.
<u>Meek and Lowly of Heart</u>	<u>013</u>	Bednar, David A.
<u>Be Honest</u>	<u>035</u>	Bednar, David A.
<u>Marriage Is Essential to His Eternal Plan</u>	<u>066</u>	Bednar, David A.
<u>Follow the Prophet</u>	<u>030</u>	Bennett, Randall K.
<u>A Mighty Change of Heart</u>	<u>031</u>	Benson, President Ezra Taft
<u>Honor</u>	<u>038</u>	Benson, President Ezra Taft
<u>Prepare for the Days of Tribulation</u>	<u>056</u>	Benson, President Ezra Taft
<u>Come Unto Christ</u>	<u>067</u>	Benson, President Ezra Taft
<u>A Witness and a Warning</u>	<u>071</u>	Benson, President Ezra Taft
<u>“Because I Live, Ye Shall Live Also”</u>	<u>078</u>	Benson, President Ezra Taft
<u>The Great Plan of Happiness</u>	<u>025</u>	Book of Mormon: Gospel Doctrine Manual
<u>I'm Trying To Be Like Jesus</u>	<u>055</u>	Brown, Emily
<u>Keeping the Sacred Covenant of Marriage</u>	<u>040</u>	Building An Eternal Marriage Teacher Manual
<u>Arm Your Kids for the Battle</u>	<u>082</u>	BYU Today
<u>Bless the Poor and the Needy</u>	<u>039</u>	Carmack, John J.
<u>Why Strive and Yet Not Receive?</u>	<u>057</u>	Celaya, Katherine
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<u>Chastity: What Are the Limits?</u>	<u>082</u>	Chastity - Latter-day Saint teens are counseled to stay sexually pure, but what exactly are the limits? Using teachings of modern prophets, this presentation shows why that's the wrong question to ask and explains how we can find happiness and peace through staying chaste.
<u>Chastity</u>	<u>082</u>	Chastity is sexual purity. Those who are chaste are morally clean in their thoughts, words, and actions. Chastity means not having any sexual relations before marriage.
<u>Book of Mormon Stories</u>	<u>024</u>	Children Scripture Video Stories
<u>Kindness Begins With Me</u>	<u>003</u>	Children's Songbook
<u>That They May Be One in Us</u>	<u>004</u>	Christofferson, D. Todd
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<u>Never, Never, Never Give Up!</u>	<u>020</u>	Cook, Mary N.
<u>Reverence the Sacrament</u>	<u>016</u>	Cook, Quentin L
<u>Prepare to Meet God</u>	<u>010</u>	Cook, Quentin L.
<u>What E're Thou Art, Act Well Thy Part</u>	<u>050</u>	Cook, Quentin L.
<u>In Tune with the Music of Faith</u>	<u>059</u>	Cook, Quentin L.
<u>Priceless Principles for Success</u>	<u>021</u>	Costa, Claudio R. M.
<u>Cherish Virtue</u>	<u>013</u>	Dalton, Elaine S.
<u>Can You Stand Success?</u>	<u>081</u>	Derr, C. Brooklyn
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<u>Filling Our Homes with Light and Truth</u>	<u>058</u>	Esplin, Cheryl A.
<u>Morality & Modesty</u>	<u>026</u>	Eternal Marriage Student Manual
<u>Problem Solving in Marriage</u>	<u>040</u>	Eternal Marriage Student Manual
<u>Your Mission Will Change Everything</u>	<u>055</u>	Evans, David F.
<u>"Come Unto Me"</u>	<u>008</u>	Eyring, Henry B.
<u>Spiritual Preparedness: Start Early and Be Steady</u>	<u>057</u>	Eyring, Henry B.
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<u>The Family: A Proclamation to the World</u>	<u>004</u>	First Presidency and Quorum of the Twelve Apostles
<u>Harmony among Grown Children</u>	<u>004</u>	Forbis, Dianne Dibb
<u>Our Savior's Love</u>	<u>032</u>	Free Sheet Music
<u>Ideas to Prepare</u>	<u>010</u>	General Conference
<u>Choose Goodness and Joy</u>	<u>027</u>	Gong, Gerrit W.
<u>Doctrines of the Gospel: Redemption of the Dead</u>	<u>025</u>	Gospel Doctrine Student Manual
<u>Be Kind</u>	<u>003</u>	Gospel Media
<u>Seeking Rescue</u>	<u>065</u>	Goulding, Connie
<u>Labor for the Happiness of Others</u>	<u>060</u>	Grant, President Heber J.
<u>Choices and Changes, Burdens and Blessings</u>	<u>057</u>	Griffen, Dana T.
<u>And This is Life Eternal</u>	<u>017</u>	Grow, C. Scott
<u>The Covenant of Baptism: To Be In the Kingdom and Of the Kingdom</u>	<u>036</u>	Hales, Robert D.
<u>"Some Have Compassion, Making a Difference"</u>	<u>075</u>	Hales, Robert D.
<u>Eternal Life-to know Our Heavenly Father and His Son Jesus Christ</u>	<u>079</u>	Hales, Robert D.
<u>The Heart and a Willing Mind</u>	<u>051</u>	Hallstrom, Donald L.
<u>New Temples to Provide "Crowning Blessings" of the Gospel</u>	<u>044</u>	Hinckley, President Gordon B.
<u>A Prayer for the Children</u>	<u>002</u>	Holland, Jeffery R.
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<u>Stay in Step with a New Parent</u>	<u>043</u>	Johnson, Lisa A.
<u>A Sin-Resistant Generation</u>	<u>002</u>	Jones, Joy D.
<u>Don't Give Up On Me</u>	<u>002</u>	Kacher, Larry S.
<u>Pray Not for Light Burdens but for Strong Backs</u>	<u>057</u>	Kapp, Ardeth G.
<u>Celebrate Holiness Restored</u>	<u>028</u>	Latter-day Celebration Choir
<u>Latter-day Saints Channel</u>	<u>059</u>	Latter-day Saints Channel - Music
<u>"This Shall Be Our Covenant"</u>	<u>029</u>	LDS Church History
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