

He SAID

HIGHLIGHTED MESSAGES FROM CHRIST

*“My sheep hear my voice, and I know them,
and they follow me:”*

(John 10:27)

We believe daily scripture study is central to our search for Christ. The scriptures are the best place to learn of him and feel the peace He has to offer. In our daily lives, we must look for ways to apply Christ’s teachings. When our minds and hearts are open to instruction He offers hope, instruction and directions how to return to our Father in Heaven.

HE... IS OUR LORD AND SAVIOR, THE SON OF GOD, OUR BROTHER, OUR MESSIAH, OUR EXEMPLAR, OUR MEDIATOR AND ADVOCATE WITH THE FATHER.

WE... ARE INDEBTED TO HIM, WE LEARN FROM HIS EXAMPLE, WE NEED HIS ATONING SACRIFICE. WE LOOK TO HIM FOR OUR SALVATION.

“Oh, my brethren, let us not treat lightly the great things we have received from the hand of the Lord! His word is one of the most valuable gifts He has given us. I urge you to recommit yourselves to a study of the scriptures. Immerse yourselves in them daily so you will have the power of the Spirit to attend you in your callings. Read them in your families and teach your children to love and treasure them. Then, prayerfully and in counsel with others, seek every way possible to encourage the members of the Church to follow your example. If you do so, you will find, as Alma did, that “the word [has] a great tendency to lead people to do that which [is] just—yea, it [has] more powerful effect upon the minds of the people than the sword, or anything else, which [has] happened unto them.” (Alma 31:5.) Ezra Taft Benson, “The Power of the Word,” *Ensign*, May 1986, p 79.

The words to “Learn of Me” by Ardeth Kapp Perry and Joy Saunders Lundberg (1986) which was written for the Young Women represent feelings we have when we learn of the Savior and his teachings.

***“My life is blessed to have His sacred word, to feel His love and know my prayers are heard.
Within my soul His light has found a place, it leads the way as I receive His grace.
The peace I feel, my joy in sacred things, surpasses all the world could ever bring.
With humble heart I take a valiant stand, I will obey this gentle sweet command.***

***Learn of Me, and listen to My words,
Walk in the meekness of My light
And I shall give you peace, My love will never cease
For I am Jesus Christ”***

Sister Anne Wirthlin said “The Savior has given us a pattern to follow as we study the scriptures. We HEAR the word, we PONDER upon its meaning, we ASK our Heavenly Father to help us to understand, and then our minds and hearts are PREPARED to receive the promised blessings. Pondering is more than reading words; it is searching for meaning that will help us as we relate to one another and as we make choices in our lives. It is allowing the word to move from our minds to our hearts. The spirit bears witness to our hearts as we prayerfully seek to know the things of our Heavenly Father. When we have that witness and knowledge, we think and live and relate to each other in more Christlike ways.” *Ensign*, May 1998, p 9.

The following are selected scriptural quotes from the Savior, quotes from prophets and apostles with possible application to our lives. There are many interpretations and applications to your own lives. Seek out how each scripture applies to your life now, record your thoughts by answering questions posed with each scripture. Christ’s teachings are meant for all, for He is the Savior of us all.

He SAID, “Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.”(Mathew 18:4)

“Many of us live or work in an environment where humility is often misunderstood and considered a weakness. Not many corporations or institutions include humility as a value statement or a desired characteristic of their management. Yet as we learn about the workings of God, the power of a humble and submissive spirit becomes apparent. In the kingdom of God, greatness begins with humility and submissiveness. These companion virtues are the first critical steps to opening the doors to the blessings of God and the power of the priesthood. It matters not who we are or how lofty our credentials appear. Humility and submissiveness to the Lord, coupled with a grateful heart, are our strength and our hope.”

Humbly submitting our will to the Father brings us the empowerment of God—the power of humility. It is the power to meet life’s adversities, the power of peace, the power of hope, the power of a heart throbbing with a love for and testimony of the Savior Jesus Christ, even the power of redemption. To this end, the Savior is our supreme example of the power of humility and submissiveness. After all, His submitting His will to the Father brought about the greatest, and even the most powerful, event in all of history. Perhaps some of the most sacred words in all the scriptures are simply, “Not my will, but thine, be done” ([Luke 22:42](#)).

So we have the thousands, even millions, of throbbing hearts—heroes, I suspect we could say, but perhaps a more appropriate description is merely humble followers of the Savior Jesus Christ. And, as President Hinckley has asked of each of us, they are just doing their best—one day at a time.

Richard C Edgley, “The Empowerment of Humility,” *Ensign*, Nov 2003 p 97.

What actions can I take to become more humble?

He SAID, “Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. For where you treasure is there will your heart be also.” (Matthew 6:19-21)

“The promised reward was not a treasure of ivory, gold, or silver. Neither did it consist of acres of land or a portfolio of stocks and bonds. The Master spoke of riches within the grasp of all—even joy unspeakable here and eternal happiness hereafter.” Thomas S. Monson, “Treasure of Eternal Value,” *Ensign*, Apr 2008, pp 4-9.

What peace do I feel in sacred things?

He SAID, “Therefore, what manner of men ought ye to be? Verily I say unto, even as I am.”

(3 Nephi 27:27)

The validation of our worth really comes from knowing *who we are*, not solely from *what we do*. Jesus’ searching words remain: “What manner of men [and women] ought ye to be? Verily I say unto you, even as I am” (3 Ne. 27:27; see also Matt. 5:48; 3 Ne. 12:48).

Of course, worthwhile doing enhances our character and capacity, but mortal circumstances and opportunities differ so greatly. But amid these differences, we can still become more like Christ in our capacity *to be*—more loving, meek, patient, and submissive.

“By paying more attention to what *we are* rather than exclusively to what *we do*, our public and our private persons will be the same—the man or the woman of Christ. Our intrinsic value is *not dependent* upon mortal acclaim anyway; in fact, the world may actually see us as weak and foolish (see 1 Cor. 1:27). Countering, however, are divine affirmations, including this one: “The Spirit itself beareth witness with our spirit, that we are the children of God” (Rom. 8:16).

“**G**od is infinitely more interested in our having a place in His kingdom than with our spot on a mortal organizational chart. We may brood over our personal span of control, but He is concerned with our capacity for self-control. Father wants us to come home, bringing our real résumés, ourselves!” Neil A Maxwell, “The tugs and pulls of the world: ”*Ensign*, Nov 2000 pp 35-37.

He SAID, *“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)*

“**H**e that ascended up on high, as also he descended below all things, in that he comprehended all things, that he might be in all and through all things, the light of truth. Which truth shineth. This is the light of Christ. As also he is in the sun, and the light of the sun, and the power thereof by which it was made. ..

“And the light which shineth, which giveth you light, is through him who enlighteneth your eyes, which is the same light that quickeneth your understandings:

“Which light proceedeth forth from the presence of God to fill the immensity of space.

“The light which is in all things, which giveth life to all things, which is the law by which all things are governed, even the power of God who sitteth upon his throne, who is in the bosom of eternity, who is in the midst of all things.”(D & C 88:6,7,11,12,13)

Has his light found a place within my soul?

He SAID, *“Then Jesus said unto them, ‘Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven. For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. 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.” (John 6:32-35)*

ELDER JAMES E FAUST, said in a 1994 Conference Report:

“**M**any nameless people with gifts equal only to five loaves and two small fishes magnify their callings and serve without attention or recognition, feeding literally thousands....These are the hundreds of thousands of leaders and teachers in all of the auxiliaries and priesthood quorums, the home teachers, and the Relief Society visiting teachers. A major reason this church has grown from its humble beginnings to its current strength is the faithfulness and devotion of millions of humble and devoted people who have only five

loaves and two small fishes to offer in the service of the Master. They have largely surrendered their own interests and in so doing have found 'the peace of God, which passeth all understanding' (Philippians 4:7).

What services can I offer to the Lord as I surrender my own?

What am I devoted to and who am I feeding interests?

He SAID, "Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of Man." (Luke 21:36)

The object of prayer is not to change the will of God, but to secure for ourselves and for others blessing that God is already willing to grant, but that are made conditional on our asking for them". (Bible dictionary, prayer, pg73) Our communication with God allows us to receive inspiration for our own lives. Scripture reading leads us to inspiration and personal revelation. Because as we read, ponder, and search for answers, we can be assured an answer.

Do I ponder before I pray?

He SAID, "...Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."(Matthew 25:40)

We are the Lords hands when we serve others with a kind and gentle heart, when we bear one another's burdens, when we care for the down trodden, we serve him. "Like Jesus, we can decide, daily or instantly, to give no heed to temptation (see [D&C 20:22](#)). We can respond to irritation with a smile instead of scowl, or by giving warm praise instead of icy indifference. By our being understanding instead of abrupt, others, in turn, may decide to hold on a little longer rather than to give way. Love, patience, and meekness can be just as contagious as rudeness and crudeness." Neil a Maxwell, "The Tugs and Pulls of the World," *Ensign*, Nov 2000 pp 35-37.

How have I lifted another today?

He SAID "I will be a light unto them forever, that hear my words." (Nephi 10:14)

*W*hen our Lord says, “I am the light, and the life, and the truth of the world” (Ether 4:12), he is teaching that he is the source of life, light, and truth; that he sets the perfect example in their use; and that all men must look to him for these things. “Behold, I am the law, and the light. Look unto me, and endure to the end, and ye shall live; for unto him that endureth to the end will I give eternal life.” (3 Nephi 15:9) “Behold I am the light; I have set an example for you.” (3 Nephi 18:16) Those who gain eternal life shall walk in the light of their Lord forever. (Isaiah 60: 19-20) Mormon Doctrine, p. 448

How am I being a light to others?

Can people see the light of Christ IN me?

Am I living by the light or creating my own dark path that has no light?

He SAID “It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are Spirit, and they are life.” (John 6:63)

Spiritual knowledge is available to all who study and search the scriptures.

“*T*here are still many of the Saints who are not reading and pondering the scriptures regularly, and who have little knowledge of the Lord’s instructions to the children of men. Many have been baptized and received a testimony, and have “gotten into this straight and narrow path,” yet have failed to take the further required step—to “press forward, *feasting upon the word of Christ*, and endure to the end.” (2 Ne. 31:19, 20; italics added.)

“Only the faithful will receive the promised reward, which is eternal life. For one cannot receive eternal life without becoming a “doer of the word” (see [James 1:22](#)) and being valiant in obedience to the Lord’s commandments. And one cannot become a “doer of the word” without first becoming a “hearer.” And to become a “hearer” is not simply to stand idly by and wait for chance bits of information; it is to seek out and study and pray and comprehend. Therefore the Lord said, “Whoso receiveth not my voice is not acquainted with my voice, and is not of me.” (D&C 84:52.)

“The years have taught me that if we will energetically pursue this worthy personal goal [to study the scriptures] in a determined and conscientious manner, we shall indeed find answers to our problems and peace in our hearts. We shall experience the Holy Ghost broadening our understanding, find new insights,

witness an unfolding pattern of all scripture; and the doctrines of the Lord shall come to have more meaning to us than we ever thought possible. As a consequence, we shall have greater wisdom with which to guide ourselves and our families.¹⁰

“I ask all to begin now to study the scriptures in earnest, if you have not already done so.”

Discovering the Scriptures for Ourselves,” Teachings of Presidents of the Church: Spencer W. Kimball,(2006),59

*A*s we immerse ourselves in the scriptures, we come to know and love Heavenly Father and Jesus Christ. I find that when I get casual in my relationships with divinity and when it seems that no divine ear is listening and no divine voice is speaking, that I am far, far away. If I immerse myself in the scriptures the distance narrows and the spirituality returns. I find myself loving more intensely those whom I must love with all my heart and mind and strength, and loving them more, I find it easier to abide their counsel. I find that all I need to do to increase my love for my Maker and the gospel and the Church and my brethren is to read the scriptures. I have spent many hours in the scriptures. ... I cannot see how anyone can read the scriptures and not develop a testimony of their divinity and of the divinity of the work of the Lord, who is the spokesman in the scriptures. Few of the billions [on] earth can walk with God as did Adam and Abraham and Moses, yet, in the world in which we live, the scriptures are available to nearly every soul, and, through them, men can become intimately acquainted with their Heavenly Father, his Son Jesus Christ, and with conditions and opportunities and expectations of life eternal. No amount of human study can find out God, but he has revealed himself to his servants the prophets, and they have taught us of his nature. We can each have a confirmation of the truth through our own fasting and prayer. The theological storms around us find us calm in the center of tempest with a simple, sure knowledge of the Father and the Son derived from the ancient and modern scriptures and affirmed by the Spirit. In this knowledge we have hope of eternal life. *Discovering the Scriptures for Ourselves,” Teachings of Presidents of the Church: Spencer W. Kimball,(2006),pp 59–68*

He SAID, “Jesus said unto her, I am the resurrection and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die. *Believest thou this?*”
(John 11:25-26)

The “lively hope” we are given by the resurrection is our conviction that death is not the conclusion of our identity but merely a necessary step in the destined transition from mortality to immortality. This hope changes the whole perspective of mortal life. The assurance of resurrection and immortality affects how we look on the physical challenges of mortality, how we live our mortal lives, and how we relate to those around us.

The assurance of resurrection gives us the strength and perspective to endure the mortal challenges faced by each of us and by those we love, such things as the physical, mental, or emotional deficiencies we bring with us at birth or acquire during mortal life. Because of the resurrection, we know that these mortal deficiencies are only temporary!

The assurance of resurrection also gives us a powerful incentive to keep the commandments of God during our mortal lives. Resurrection is much more than merely reuniting a spirit to a body held captive by the grave. We know from the Book of Mormon that the resurrection is a *restoration* that brings back “carnal for carnal” and “good or that which is good” (Alma 41:13; see also Alma 41:2–4 and Hel. 14:31). The prophet Amulek taught, “That same spirit which doth possess your bodies at the time that ye go out of this life, that same spirit will have power to possess your body in that eternal world” (Alma 34:34). As a result, when persons leave this life and go on to the next, “they who are righteous shall be righteous still” (2 Ne. 9:16), and “whatever principle of intelligence we attain unto in this life ... will rise with us in the resurrection” (D&C 130:18). Elder Dallin H. Oaks, “Resurrection,” *Ensign*, May 2000 p 14

How can I personalize the resurrection so it has greater meaning to me?



“Jesus Christ is the Way. He is Light and Life, Bread and Water, the Beginning and the End, the Resurrection and the Life, the Savior of the world, the Truth, and the Way.

“There is only one way to happiness and fulfillment. He is the Way. Every other way, any other way, whatever other way is foolishness.

“He offers a well of living water. Either we drink and never thirst more, or we don’t and foolishly remain thirsty still.

“He is the Bread of Life. Either we eat and hunger no more, or we don’t and foolishly remain weak and hungry still.

“He is the Light of the World. Either we follow Him and see clearly, or we don’t and foolishly remain blind and in darkness still.

“He is the Resurrection and the Life. He said, “The words that I speak unto you they are spirit, and they are life. (John 6:63) Either we learn of Him and have life more abundantly, or we don’t and foolishly remain dead still.

“He is the Savior of the world.

“Either we accept the blessing of His Atonement and are made clean and pure, worthy to have His Spirit, or we don’t and foolishly remain alone and filthy still.

“He is the way!”

Elder Lawrence E Corbridge, *Ensign* Oct 2008, p 34,35

My testimony of Jesus Christ: