

CAMPUS EDUCATION WEEK 2007

SERIES: Protecting Our Loved Ones and Our Environment from the Onslaught of Pornography

THURSDAY LECTURE: Media, Modesty & Morality - Keeping the Holy Spirit As Our Guide

INSTRUCTOR: Sister Valerie Mills

Bold=Emphasis Added

The Holy Spirit As Our Guide

“I value **all things** as **nothing** in comparison with having the **Spirit of God** to guide me.”

--President Heber J. Grant

Teachings of the Presidents of the Church: Heber, J. Grant, p. 181

Media

“It is naive to believe that a steady diet of **blatant immorality**, played out nightly in our living rooms, has no effect on people. I am always curious when individuals insist that what they watch on television or in movie theaters doesn't affect them. . . . Are we really to believe that **hours, leading to years, of television viewing** will not **affect attitudes** about everything from **family life** to appropriate **sexual relations?**”

“Television is perhaps the greatest medium ever discovered to teach and educate and even to entertain. **But the filth, the rot, the violence, and the profanity that spew from television screens into our homes is deplorable.** It is a sad commentary on our society. The fact that a television set is on six or seven hours every day in most of the homes of America says something of tremendous importance.”

--President Gordon B. Hinckley

Standing for Something, pp. 41-42, 190

“Once in a while we should stop and ask ourselves, ‘In whose army are we fighting? Whose battle lines are we defending?’ **Do you have the courage to walk out of an off-color PG-rated movie**—or do you watch and listen and suggest to yourself, ‘This soon will pass,’ or ‘Everyone is doing it; it must be an acceptable type of entertainment.’ **Have you the courage to keep out of your home some television shows that are filled with suggestive sexual conversation—and even experiences?** Have you thought lately how effective these shows are in piercing even the strongest spirits? Brethren [and sisters] we must not feed ourselves a diet of trash!”

--H. Burke Peterson

C.R., Oct. 1980, p. 57

“**Whatever you read, listen to, or look at has an effect on you.** Therefore, choose only entertainment and media that uplift you. **Good entertainment** will help you to have **good thoughts** and make **righteous choices**. It will allow you to **enjoy yourself without losing the Spirit of the Lord.** . . . Have the courage to **walk out of a movie or video party, turn off a computer or television, change a radio station, or put down a magazine** if what is being presented does not meet **Heavenly Father's standards.** **Do these things even if others do not.** Let your friends and family know that you are committed to keeping God's standards. You have the gift of the **Holy Ghost**, which will give you **strength** and help you make **good choices.**”

--*For the Strength of Youth*, pp. 17-19

Modesty

“In our religious culture, we can't tell you publicly **we feel lust when your tight clothes, bare skin, and revealing clothing cause us to privately wrestle with our standards.** **Women, men need your help:** you must dress modestly to help us be true to our standards. . . . **And so I'm asking the women of the group to understand the almost instantaneous sexual response that is so apparent when you are dressed to where your skin can be seen and your clothes are tight and your bodily curves are very revealing.** This really is a very, very difficult thing for men to deal with, and then they feel guilty because they want to be true to their standards and their values and their beliefs.”

--Dr. James MacArthur

“Love versus Lust: Achieving Healthy Intimacy,” BYU Cyber Secrets Conf. 2003

“Through your **dress** and **appearance** you can show the Lord that **you know how precious your body is.** . . . Never lower your dress standards for **any occasion.** Doing so sends the message that you are **using your body to get attention.** . . . **Immodest clothing** includes **short shorts and skirts, tight clothing, shirts that do not cover the stomach** and **other revealing attire.** . . . Ask yourself, “Would I feel comfortable with my appearance if I were in the Lord's presence?”

--*For the Strength of Youth*, pp. 14-16

Morality

“Except for colds and flu, sexually transmitted diseases are the most common illness. There are some 15 million new cases per year. Some are curable and some result in death. Teenage girls with diseases collapse on my table in tears and ask, ‘**Why didn't anyone tell me that multiple partners could cause this?**’ Some may be able to have one child before I have to remove their uterus. They must be monitored throughout life.”

--Dr. Mary Beard, Salt Lake City OB/GYN

Notes from Legacy Law Foundation Seminar, 2006

“**Self-discipline is not necessarily easy.** It requires **effort** and **strength.** It requires **thought** and **prayer.** **In the long run, however, self-discipline is a far easier path than is blatant indulgence, which leads to a corrosion of heart and spirit.**”

--President Gordon B. Hinckley

Standing for Something, p. 39

Excerpts From
“THAT WE MAY ALWAYS HAVE HIS SPIRIT TO BE WITH US”

Elder David A. Bednar, *Ensign*, May 2006, pp. 28-31

Bold=Emphasis Added

The standard is clear. **If something we think, see, hear or do distances us from the Holy Ghost, then we should stop thinking, seeing, hearing, or doing that thing.** If that which is intended to entertain, for example, alienates us from the Holy Spirit, then certainly that type of entertainment is not for us. **Because the Spirit cannot abide that which is vulgar, crude, or immodest, then clearly such things are not for us.** Because we estrange the Spirit of the Lord when we engage in activities we know we should shun, then **such things definitely are not for us.**

Taking “the Holy Spirit for [our] guide” (D&C 45:57) is possible and is essential for our spiritual growth and survival in an increasingly wicked world. Sometimes as Latter-day Saints we talk and act as though recognizing the influence of the Holy Ghost in our lives is the rare or exceptional event. We should remember, however, the covenant promise is *that we may always have His Spirit to be with us*. This supernal blessing applies to every single member of the Church who has been baptized, confirmed, and instructed to “receive the Holy Ghost.”

The **Holy Ghost** operates in our lives precisely as the Liahona did for Lehi and his family, according to our **faith** and **diligence** and **heed**.

“Let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God. . . .

“The Holy Ghost shall be thy constant companion, and thy scepter and unchanging scepter of righteousness and truth” (D&C 121:45-46).

The Spirit of the Lord can be our guide and will bless us with direction, instruction, and spiritual protection during our mortal journey. We invite the Holy Ghost into our lives through meaningful personal and family prayer, feasting upon the words of Christ, diligent and exacting obedience, faithfulness and honoring of covenants and through virtue, humility, and service. **And we steadfastly avoid things that are immodest, coarse, crude, sinful, or evil that cause us to withdraw ourselves from the Holy Ghost.**

Other Resources:

- September 1996 First Presidency Message, “Four Simple Things to Help Our Families and Our Nations,” President Gordon B. Hinckley
- Standing for Something - 10 Neglected Virtues that Will Heal Our Hearts and Homes, Gordon B. Hinckley
- “Of Souls, Symbols and Sacraments,” Jeffrey R. Holland, BYU Devotional, January 12, 1988
- “How Will They Know Unless We Teach Them So?” Susan W. Tanner, 2003 Fall President’s Message
- “Greed, Selfishness, and Overindulgence,” Joe J. Christensen, *Ensign*, May 1999
- And They Were Not Ashamed, Laura M. Brotherson
- To Strengthen the Family, JoAnn Hibbert Hamilton