

9 July 2023

Spiritual Power

Dear Sisters and Elders,

On page 3 of the second edition of Preach My Gospel (PMG II), there is a section on Spiritual Power. Sister Kunz and I think it is amazing and want to share with you some of our own insights using the instruction provided on that page. Perhaps the most important statement on this page is this: *"In addition to authority, you need spiritual power to fulfill your calling"*. We all received the needed authority on the day we were set apart as full-time missionaries. The spiritual power, however, is something we each must obtain on our own. Only God can give us this spiritual power, and it takes significant effort on our part to receive it. Again, quoting PMG II it says, *"God gives spiritual power as you consistently work to strengthen your testimony of Him, Jesus Christ and the gospel truths you teach."* How do we do this? We *"pray, study the scriptures, and seek to fulfill our missionary purpose. He grants spiritual power as [we] strive to keep his commandments and the covenants [we] made when [we] received the ordinances of salvation."* As a reminder, there are 5 ordinances of salvation: 1) baptism, 2) confirmation, 3) Melchizedek priesthood ordination (men), 4) endowment, and 5) sealing. All 5 are required if we want to return to Heavenly Father. Each of you have received all that you can up until this point. Receiving the sealing ordinance to a worthy spouse is still ahead of you.

We believe that every one of you have experienced some degree of this spiritual power; and we believe we can all receive even more. How can we measure how much of this spiritual power we have already received? Based again on PMG II p. 3, we have developed a short assessment that you can use to judge the spiritual power you are experiencing right now. Each question should be answered with: 0=Never 1= Sometimes 2=Almost Always 3=Always.

#	Description	Score
1	When I teach people, I use the scriptures effectively to help them understand and apply gospel truths.	
2	Before I speak, I seek the Spirit's guidance on what I should say.	
3	When we go out of the apartment, the Spirit is leading us to where we should go and what we should do.	
4	When I share my testimony, it is confirmed by the witness of the Spirit.	
5	I have a strong desire to participate in the ordinances of salvation for myself and others and I do whatever is necessary that is right to repeatedly have these experiences.	
6	As an elder, I look for opportunities to give priesthood blessings that are dictated by the Spirit.	
7	I look for every opportunity possible to pray with the people we meet, teach, and serve.	
8	I express love and gratitude every day for the Lord, my family, my companion, other missionaries, and the people I serve.	
	TOTAL	?

A perfect score would be 24. Be honest with yourself. Use this self-assessment to set some personal goals about things you want to stop doing, start doing, or do better than before.

As missionaries, growing in spiritual power is one of the most important things we do. In the Ghana Kumasi Mission, we emphasize constantly the importance of Powerful Personal Study, nourishing the word of God with our faith, and owning the word by in-depth study and memorization of scriptures. We also emphasize the importance of consistent meaningful prayer of at least 20 minutes every day.

How can you know if your spiritual power is sufficient and growing? Here are five easy tests.

1. I feel successful as a missionary and wake up every morning filled with joy.
2. I look forward with anticipation to my hour of Powerful Personal Study every day.
3. I speak with everyone I meet as I search out those who have been prepared to hear the message of the Restoration.
4. I am unified with my companion.
5. I am obedient to the commandments, my covenants, the 17 points, and the promptings I receive. In other words, I live and stay in the box.

On page 13 of PMG II, we learn *“Your success as a missionary is determined primarily by your desire and commitment to find, teach, baptize, and confirm converts and to help them become faithful disciples of Christ and members of His Church.”*

Our invitation to each missionary in the Ghana Kumasi Mission, is to increase your spiritual power. Wherever you find yourself regarding your level of spiritual power, we know there is more each of us can do. May we all *“come unto Christ and be perfected in Him”* denying ourselves of all ungodliness so that we can be *“sanctified in Christ by the grace of God”* (See Moroni 10:32-33).

All my love,

President Kunz