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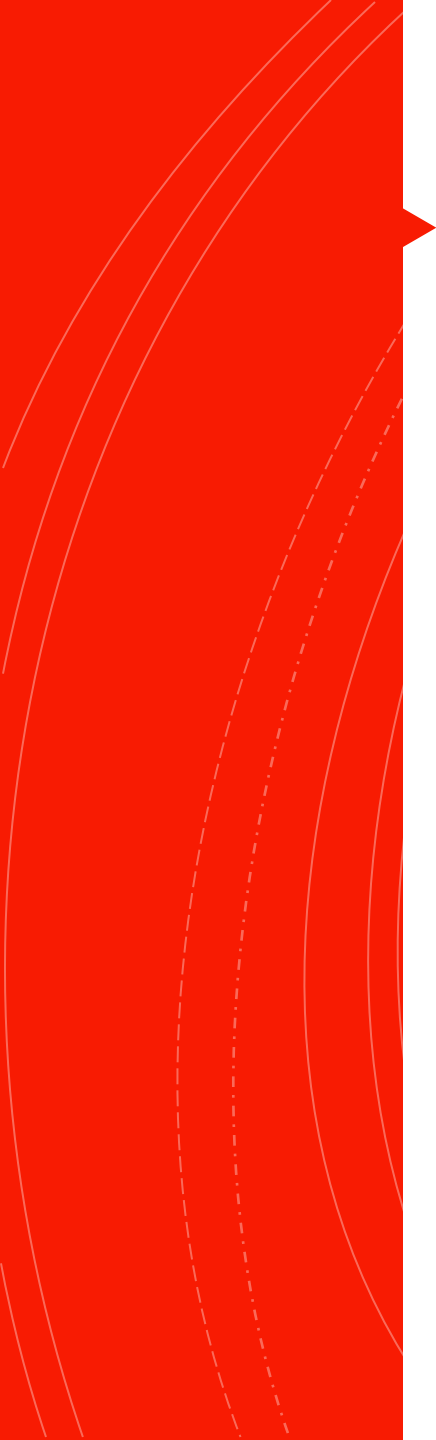
A Fulness of Joy

October Zone Conferences 2023

And moreover, I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness. O remember, remember that these things are true; for the Lord God hath spoken it.

--Mosiah 2:41

#1 Live the
gospel. Be
righteous



Ultimate happiness, true peace,
and anything even remotely close
to scriptural joy are found first,
foremost, and forever in living the
gospel of Jesus Christ.

-- Elder Holland

“Happiness is not easy to find running straight for it. It is usually too elusive, too ephemeral, too subtle. If you haven’t learned it already, you will learn in the years ahead that most times happiness comes to us when we least expect it, when we are busy doing something else. Happiness is almost always a by-product of some other endeavor.” -- Elder Holland

#2 Look Outward



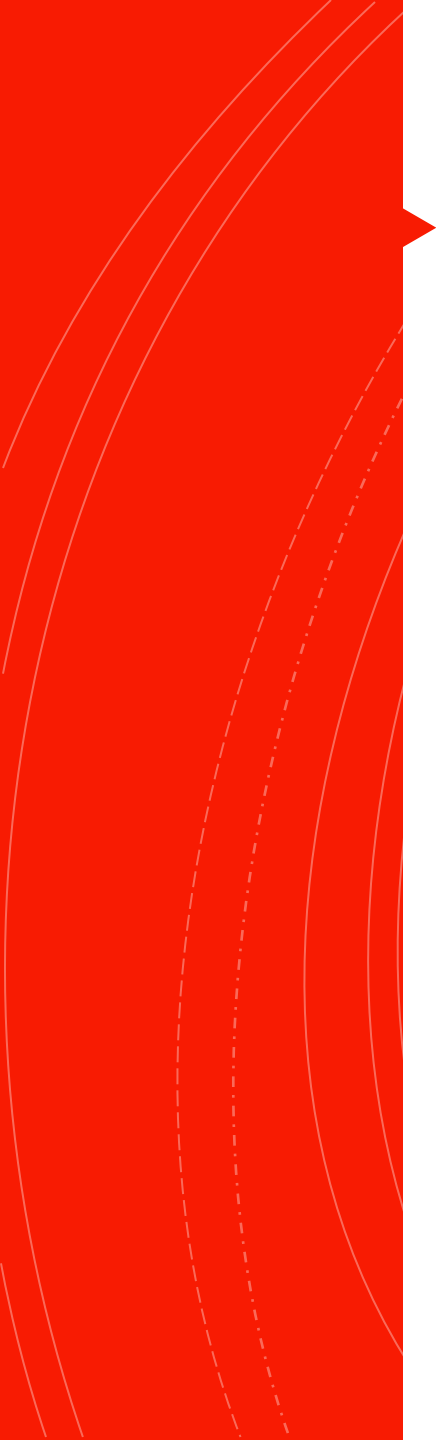
1 Nephi 3:7

“And it came to pass that I, Nephi, said unto my father:
I will go and do the things which the Lord hath
commanded. . .”

Make a difference in your portion of the world where you
are. Fulfill your church callings, be the very best you can
be. Be honest with your fellow men and with God.

Ephesians 4:32 And be ye kind one to another tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

#3 Be kind to your companion and others

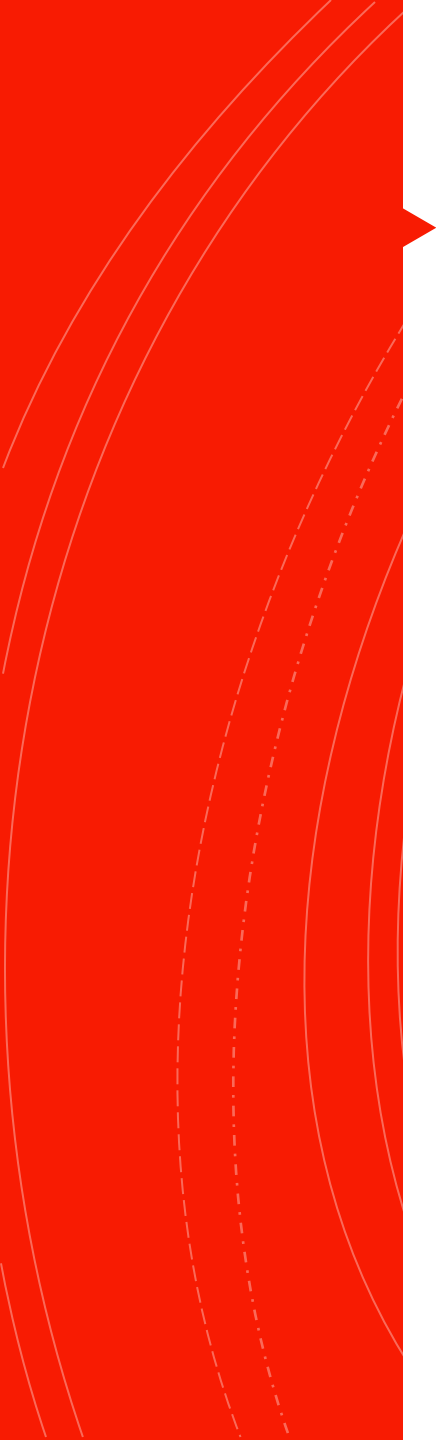


Recently a General Authority was my partner for mission tours to dusty places. On occasion, when I returned from a morning shower, I found to my surprise that this considerate companion had shined my shoes. Gratefully I wondered if each of the thirty thousand missionaries now laboring in the Lord's service would have, and be, as kind a friend as he was to me, thoughtfully rendering simple acts of courtesy to a companion.

-- Elder Nelson

Alma 37:37 Counsel with the Lord in all thy doings, and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day.

#4 Choose
to be
Grateful



Forbes magazine reports,
“Cultivating gratitude doesn’t cost any
money and it certainly doesn’t take much
time, but the benefits are enormous.”

“4 He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

5 He shall receive the blessing from the Lord, and righteousness from the God of his salvation.”

Psalms 24:4-5

#5 Be pure
and clean



Think Celestial!

President Nelson

“If you are paying more attention to feeds from social media than you are to the whisperings of the Spirit, then you are putting yourself at spiritual risk—as well as the risk of experiencing intense loneliness and depression.”

-- President Nelson

#6 Put
Aside the
World



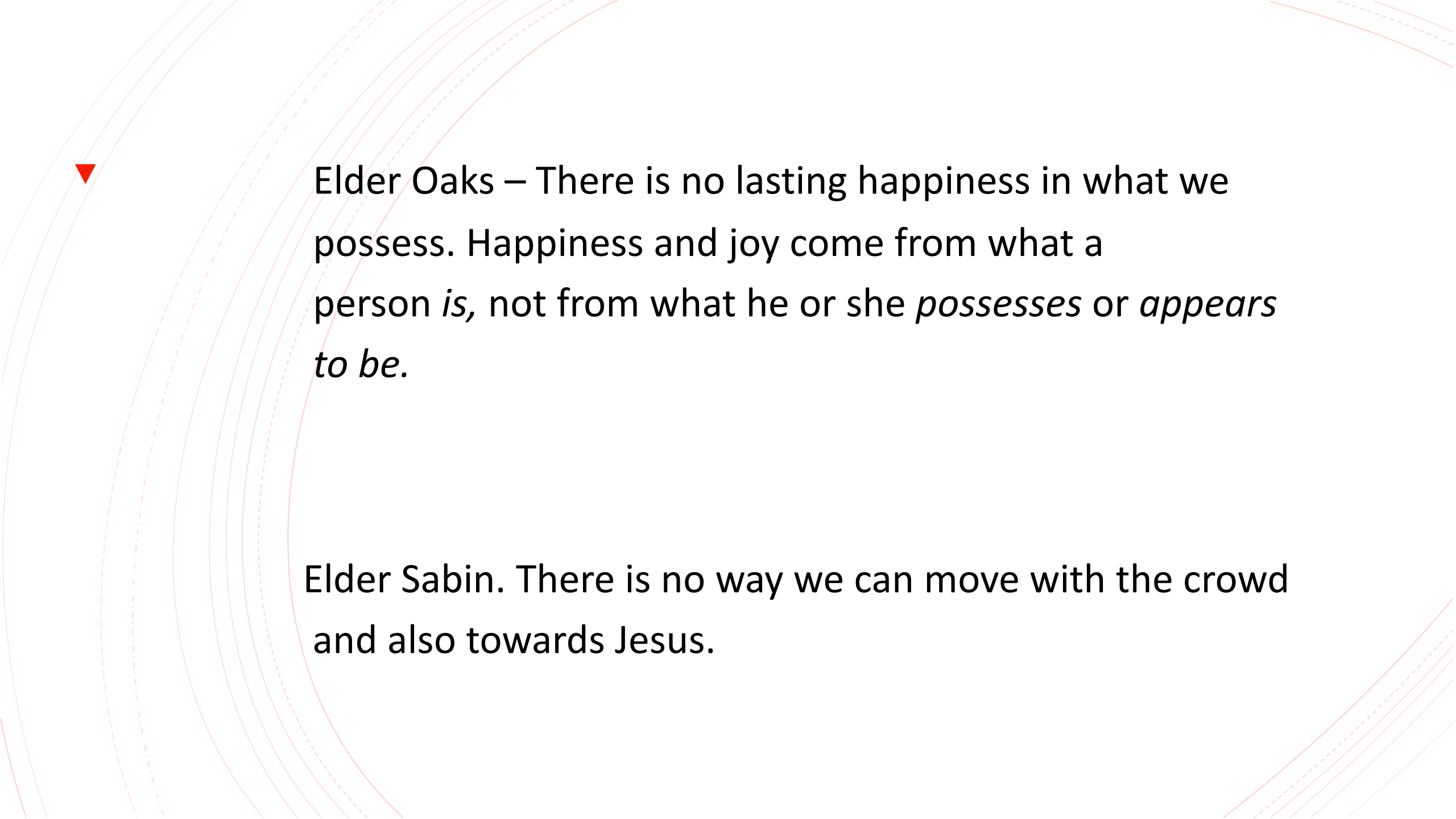
There is a distinct contrast between righteous joy and worldly fun.

Joy comes from exercising faith in the Lord Jesus Christ, worthily receiving and faithfully honoring sacred ordinances and covenants, and striving to become deeply converted to the Savior and His purposes.

Fun is the result of amusement, playful and often boisterous action or speech, or pleasurable diversion.

Joy primarily is spiritual; fun primarily is temporal. Joy primarily is enduring; fun primarily is temporary. Joy primarily is deep and rich; fun primarily is shallow. Joy is whole and complete; fun primarily is partial. Joy primarily pertains to mortality and eternity; fun pertains only to mortality.

How important it is for us to never confuse or trade the enduring, deep joy of devoted discipleship for temporary and shallow fun. -- Elder Bednar

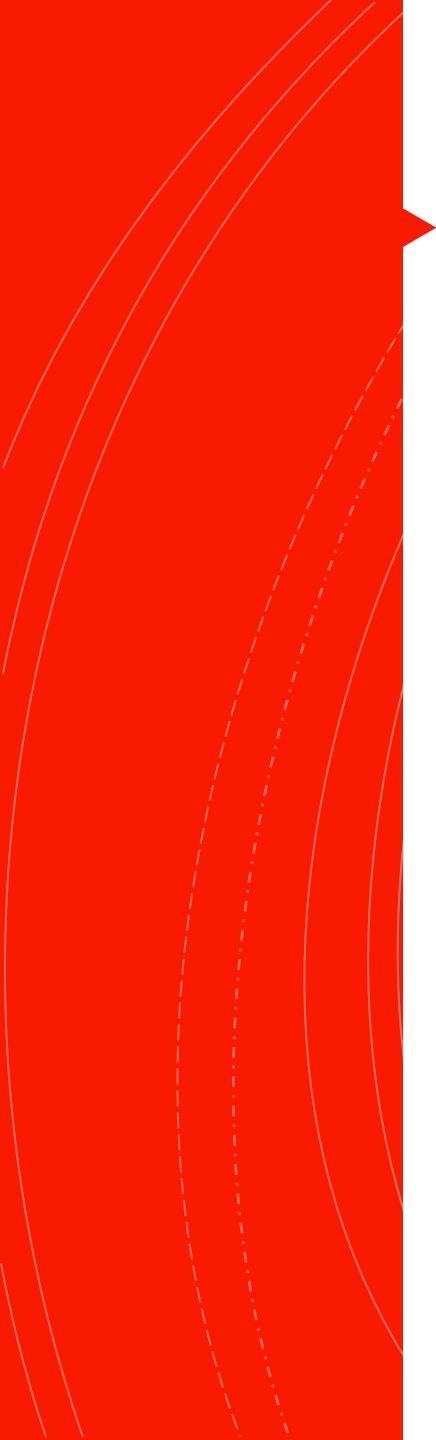


Elder Oaks – There is no lasting happiness in what we possess. Happiness and joy come from what a person *is*, not from what he or she *possesses* or *appears to be*.

Elder Sabin. There is no way we can move with the crowd and also towards Jesus.

Helaman 3:35. Nevertheless they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God.

#7 Become
who the
Lord wants
you to
become

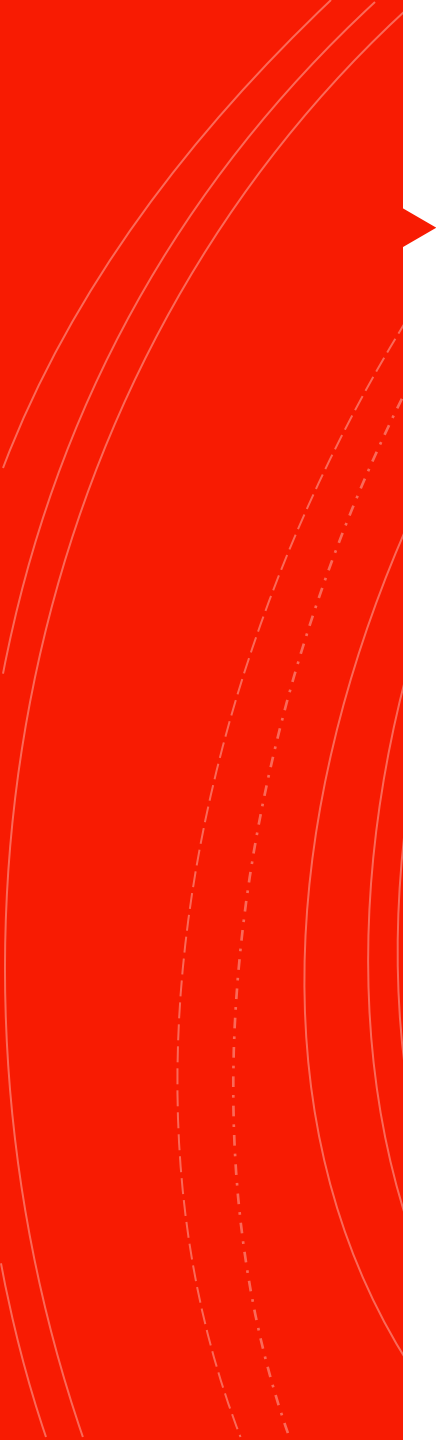


Elder Kacher -- Happiness is not a place or a goal.
It is a desire to become like God

Prophet Joseph Smith --Happiness is the object and design of our existence; and will be the end thereof, if we pursue the path that leads to it.”

I, the Lord, am bound when
ye do what I say; but when
ye do not what I say, ye have
no promise” D & C 82:10

#8 Trust in
God's
promises



Our success and happiness in life depend in great part on the faith and trust we have that the Lord will lead and guide us to fulfill our destiny.

The fulfillment of God's promises is always tied to obedience to the laws attached to them.

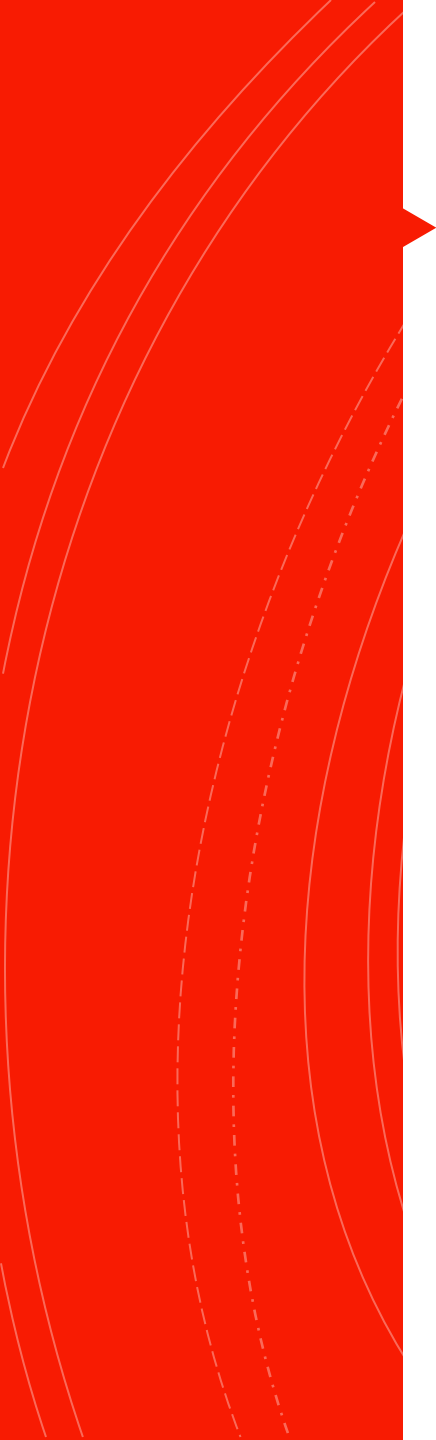
On the other hand, these promises do not ensure that everything that happens in our life will be in accordance with our expectations and desires. Sometimes unexpected trials will present themselves that we must overcome; sometimes promised blessings will be long delayed. But the time will come when we will know that these trials and these delays can be turned for our good and our eternal progression.

-- Bishop Causse'

Alma 12: 10-11 And therefore, he that will harden his heart, the same receiveth the lesser portion of the word; and he that will not harden his heart, to him is given the greater portion of the word, until it is given unto him to know the mysteries of God until he know them in full.

And they that will harden their hearts, to them is given the lesser portion of the word until they know nothing concerning his mysteries; and then they are taken captive by the devil, and led by his will down to destruction. Now this is what is meant by the chains of hell.

#9 Align your
will with
God's



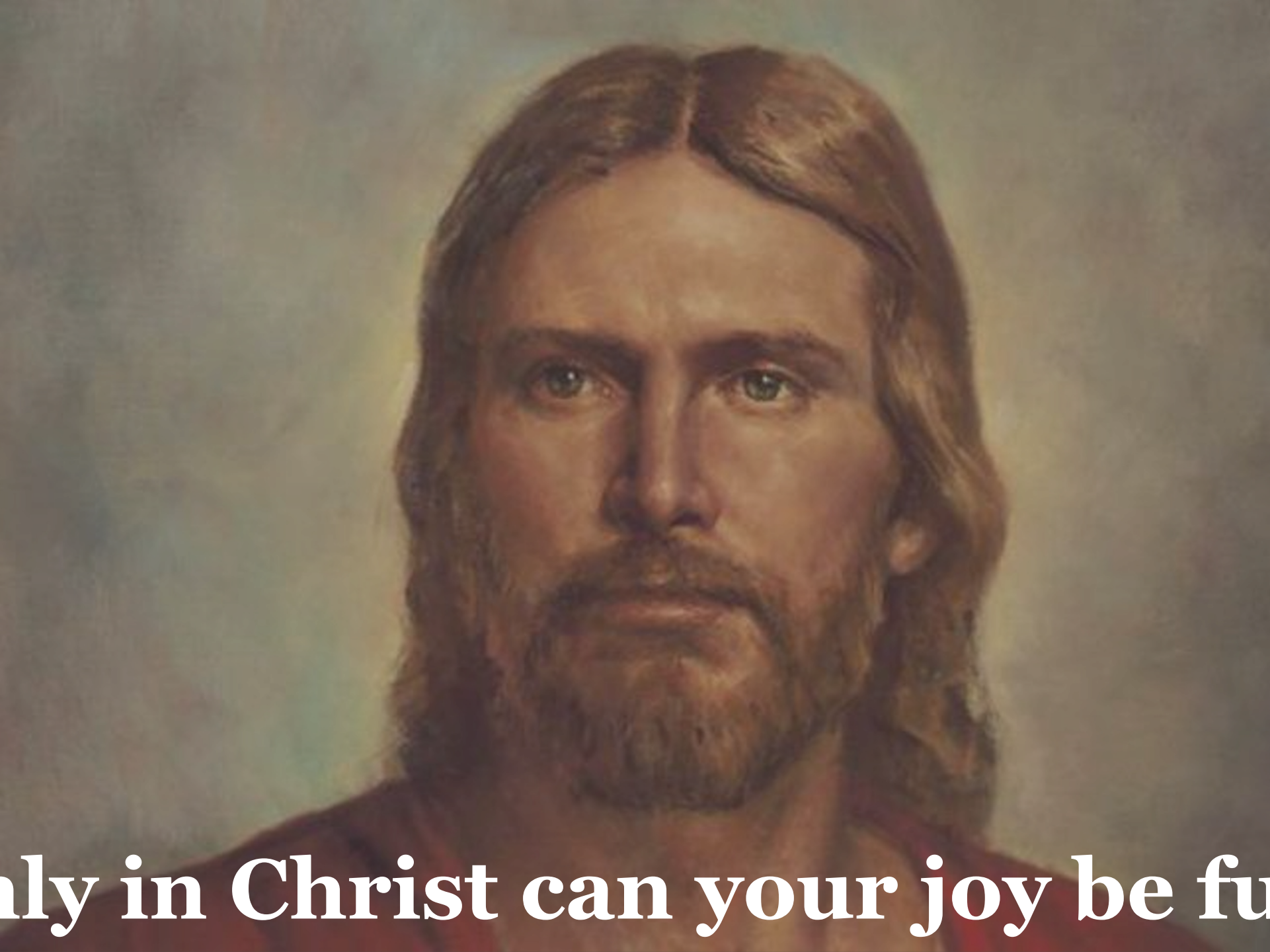
Only by aligning our wills with God's is full happiness to be found. Anything less results in a lesser portion . . . So many of us are kept from eventual consecration because we mistakenly think that, somehow, by letting our will be swallowed up in the will of God, we lose our individuality . . . He is only asking us to lose the old self in order to find the new self. It is not a question of one's losing identity but of finding his true identity! . . . Progression toward submission confers another blessing: an enhanced capacity for joy. Counseled President Brigham Young, "If you want to enjoy exquisitely, become a Latter-day Saint, and then live the doctrine of Jesus Christ". -- Elder Maxwell

- #1 Live the Gospel. Be Righteous
- #2 Look Outward
- #3 Be Kind to Your Companion and Others
- #4 Choose to Be Grateful
- #5 Be Clean and Pure
- #6 Put Aside the World
- #7 Become Who the Lord Wants You to Be
- #8 Trust in God's Promises
- #9 Align Your Will with God's

Summary: Temporal happiness vs. eternal happiness

- Temporal happiness does not last, it never does
- Eternal happiness is never-ending happiness
- Happiness takes effort, but the effort is worth it

Elder Uchtdorf – The older we get, the more we look back and realize that external circumstances don't really matter or determine our happiness. We determine our happiness.



Only in Christ can your joy be full!