



Type: Magazine Article

Book of Mormon Gems of Truth: Lesson 30

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Source: *Relief Society Magazine*, Vol. 41, No. 12 (December 1954), pp. 845–846

Published by: The Church of Jesus Christ of Latter-day Saints

Abstract: Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 30: “. . . As Ye Have Begun to Teach the Word Even So I would That Ye Should Continue to Teach Use Boldness, But Not Overbearance; and Also See That Ye Bridle All Your Passions, That Ye May Be Filled With Love . . .” (Alma 38:10, 12).

Leone O. Jacobs

For Tuesday, March 1, 1955

Objective: To show the need of being courageous in teaching the word of God and being filled with love.

ALMA, in this passage, gives counsel to his son concerning his conduct and its relation to the successful teaching of the gospel of Christ. We are all teachers — if not directly, then indirectly, by the lives we live, the examples we set before others. And thus Alma’s advice can well apply to each of us. In showing another a better way of life, it is well to be courageous in its defense, but never should one approach the point of being arrogant or dictatorial. Love must fill the heart.

Love is the greatest force in the world. More good can be accomplished through its use than by any other medium. It is the most effective tool in combating evil. If wisely given, it may often change the most wayward or stubborn heart. Love is constructive in nature; it lends encouragement, builds and ennobles. As President George Albert Smith often said, “People can be loved into doing good. They cannot be forced.” Love is not compatible with anger, hatred, or vice. These must be ruled out of life if one is to be consistently filled with love. Either we learn to control our

passions or our passions will crowd out much of the love which should be in our hearts.

How may we bridle our passions, as Alma advised? It is suggested by some that we concentrate on one weakness at a time, determine to control it one day at a time, and soon, under this schedule, the weeks and months will give evidence of victory. President Brigham Young gives concrete advice on conquering one’s temper:

There is not a man in the world who cannot overcome his passion, if he will struggle earnestly to do so. If you find passion coming on you, go off to some place where you cannot be heard; let none of your family see you or hear you, while it is upon you, but struggle till it leaves you; and pray for strength to overcome . . . If you first gain power to check your words, you will then begin to have power to check your judgment, and at length actually gain power to check your thoughts and reflections (*Discourses of Brigham Young*, 1946 Edition, chapter XXIII, page 267).

In order to be filled with love, one must devote some time to its development. In this busy day, we are very conscious of time. With each passing hour certain appoint-

ments and duties must be performed. But how much time are we devoting to loving one another? Are we taking enough time to dispense this priceless commodity? Is there time for us to be patient, kind? If not, then we are not using time judiciously, for love is the most needed corrective for this world's ills. The Savior said:

A new commandment I give unto you, That ye love one another; as I have

loved you, that ye also love one another (John 13:34).

In the Church there are numerous opportunities afforded us to show our love for one another, and the more of these opportunities we accept, the greater will be our capacity for love. "As we love, we serve, and as we serve, our love is increased." In a spirit of love we can truly teach the word of God to others.

Work Meeting—Selection, Care, and Use of Household Equipment

(A Course Recommended for Use by Wards and Branches at Work Meeting)

Lesson 6—Home Freezers and Refrigerators

Rhea H. Gardner

For Tuesday, March 8, 1955

MODERN home refrigeration equipment has done as much or more to improve standards of living and add to the pleasantness of life than any other kind of household equipment. Home freezers and refrigerators have made it possible for isolated farm families to enjoy garden fresh fruits and vegetables the year around. A continuous supply of fresh meat and other foods, stored in the home freezer or nearby locker plant, has made possible appetizing and nutritious meals during all seasons of the year.

Before you buy a home freezer you would do well to have definite plans for securing food to put into it. The wisdom of buying fresh fruits and vegetables from the regular retail market is questionable. Unless one can raise his own vegetables

and fruit or secure them in quantity directly from a grower, it may pay to buy a freezer just large enough for meat and cooked foods. Frozen fruits and vegetables are now available at most grocery stores at a fair price.

If one intends to fill the freezer with home produced foods, plans for increased amounts and varieties best suited to freezing should be made prior to planting time.

Homemakers should be sure they have sufficient room in their homes for a freezer and they would do well to understand what the total cost of owning a home freezer will be before actually making the purchase. This includes interest on the money invested, cost of repairs and upkeep (approximately two per cent of cost per year), electricity to