STEADFAST AND IMMOVABLE IN FAITH
(SOLID AS A ROCK)

1. PRAY
Specific, regular, heartfelt, personal prayer will do more to steady us than almost any other thing. I wonder sometimes if we are a little like the Israelites who only had to look at the snake Moses held to be healed, but they would not. Prayer is our spiritual umbilical cord. It is the means of protecting us from spiritual anorexia. In any battle the enemy wins if he cuts communication between the troops and their leaders. The adversary knows this. Prayer is not an area we can afford to vacillate in. Prayer is our way of inviting our father to be with us. It is a way of filling our bucket to meet the demands of the day. Prayer is the energy, which fuels the work, which must always follow prayer. In a way we do not really understand, there is a protective factor from prayer that limits the adversary’s access to us. We cannot afford to disregard that kind of protection.

3 Ne. 18: 15, 18-19, 21
15 Verily, verily, I say unto you, ye must watch and pray always, lest ye be tempted by the devil, and ye be led away captive by him
18 Behold, verily, verily, I say unto you, ye must watch and pray always lest ye enter into temptation; for Satan desireth to have you, that he may sift you as wheat.
19 Therefore ye must always pray unto the Father in my name
21 Pray in your families unto the Father, always

2. BE CHEERFUL
Inevitably, when the prophets plead for the Lord’s help in the scriptures they receive a revelation that begins, “be cheerful” or “rejoice”. An attitude of cheerfulness reflects faith; faith that God will provide, faith that this too will pass, faith that God’s promises will be fulfilled. A cheerful attitude denotes, hope, optimism, and trust. When we are cheerful we lift ourselves, and others. Being steadfast and immoveable in faith is made easier, when we are cheerful and we are cheerful because we know in whom we have put our trust.

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. John 16: 33

3. USE THE ENABLING AND STRENGTHENING POWER OF THE ATONEMENT EVERY DAY
As sisters, we can take our feelings of frustration, and weakness to the Lord and have them replaced with grace and power. I don’t believe God wants us to feel discouraged, overwhelmed, or inadequate. There is untapped power available to us that maybe we disregard because we feel we need to white knuckle it, and do it ourselves. Any
negative feeling, emotion, or problem can be taken to the Lord. We can ask for the enabling power of the atonement to help us be more than we are on our own. The strength will come. God loves us. We are his daughters. If we ask for help, it will come. Daily access to the enabling power of the atonement will make us immovable.

“Thus, the enabling and strengthening aspect of the Atonement helps us to see and to do and to become good in ways that we could never recognize or accomplish with our limited mortal capacity. I testify and witness that the enabling power of the Savior’s Atonement is real”. (Elder Bednar, Nov. 94 Ensign)

“Yea, I know that I am nothing; as to my strength I am weak; therefore I will not boast of myself, but I will boast of my God, for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name forever.” (Alma 26:10–12.)

4. STUDY THE SCRIPTURES
How many of us have ever exclaimed, “I haven’t eaten for three days. I completely forgot.” Well, this certainly hasn’t happened in my life. Yet, how often do we ignore the needs of our spirit? We have been told to “try the virtue of the word of God”. (Alma 31:5) The word virtue can be replaced with power. Reading the scriptures will give us answers to our prayers, it will remind us that God delivers his people, and it will strengthen our love for God and Jesus Christ. We will gain power in our lives to do God’s will and to overcome the temptations of the adversary. We talk to God through prayer, but he often speaks to us through the scriptures.

5. ATTEND THE TEMPLE
Does the scripture below, imply that we need to stand in holy places all the time. Or does it mean if we stand in holy places nothing can move us? If we want to be immovable, then standing in Holy Places is wise counsel. The temples of God provide a respite from life’s storms. It is a house of revelation, a place of refuge. As we attend frequently we are imbued with spiritual strength. The yearning to return deepens. We seek the Lord, and we find Him.

Wherefore, stand ye in holy places, and be not moved…(D&C 87:8)

6. BALANCE
One of the greatest challenges we have as sisters is maintaining balance in our lives. Sisters in the church are my personal heroes. They accomplish so much for so many. A struggle we face, is balancing so many demands that we value. Our greatest asset in this area is the Holy Ghost. As we pray for this gift and act on it’s promptings, we can be guided in the best way to spend our time each day. If a relief society president sees 4 sisters in one week, would she be a better relief society president if she saw 8 or 12? The answer is that it depends. If we feed our spirit each day with prayer and scripture study we can be led to know what items take priority for the day. If it is a great deal, the Holy Ghost will help us to accomplish it. If some things are left undone, it will be okay
because we have been prompted to do so. Managing our lives this way eliminates anxiety and the perpetual feeling of being overwhelmed. These feelings are replaced with peace. Listening to the promptings of the spirit is the number one way to have balance in our lives.

7. SERVICE
As sisters we have a divine commission to “lift the hands that hang down and strengthen the feeble knees” D&C 81:5. In the process we gain an inner steadying to draw upon as we face our own challenges. As we serve others, our burdens are lightened, our capacity to love is deepened, and we are blessed with a peace that increases our ability to remain steadfast and immovable. As we serve with our hearts, not our hands, we come to know our Savior better.

Therefore, I would that ye should be steadfast and immovable, always abounding in good works, that Christ, the Lord God Omnipotent, may seal you his…(Mosiah 5:15)

And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God. (Mosiah 2:17)

8. LET NOT YOUR MIND TURN BACK (D&C 67:14)
Sometimes unsteadiness occurs as we allow our minds to turn back and reflect on hard times, trials, unfairness, hurt, betrayal, frustration or just better days. The scriptures are filled with verses about the mind. There is power in controlling our thoughts and having a firmness of mind, looking forward with an eye of faith.

Jacob 3:1-2
Look unto God with firmness of mind, and pray unto him with exceeding faith, and he will console you in your afflictions, and he will plead your cause, and send down justice upon those who seek your destruction. O all ye that are pure in heart, lift up your heads and receive the pleasing word of God, **and feast upon his love; for ye may, if your minds are firm, forever.**

9. BE GRATEFUL
The steadying influence of gratitude is powerful. Daily expressions of gratitude to God, spouse, children, neighbors and friends will lighten our burdens, deepen our faith, fill us with love and dispel gloom and despair from our lives. God does not ask us to be grateful because He needs the praise, He asks us to be grateful because of the change for good that it evokes within us.

“A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being”. (Faust, May 90 Ensign)
10. DAILY OBEDIENCE AND REPENTANCE
Obedience is the first law of heaven. As we keep the commandments, attend our meetings, and repent when we fall short, we qualify for the mercy and help of the Lord. We are not required to do all things. We are required to do our best and then to utilize all the Father has given us to succeed in our earthly journey. Sometimes the best-kept secret in the church is that we are enough. Where there is a lack, God will make up the difference if we ask. God is always available to us, and always willing to help.

1 Ne. 2: 10 And he also spake unto Lemuel: O that thou mightest be like unto this valley, firm and steadfast, and immovable in keeping the commandments of the Lord!

11. HEED THE WORDS OF THE PROPHETS
One of our greatest blessings today, is the guidance of prophets, seers and revelators. God provides us with a mouthpiece to speak his mind and will. Our adherence to their words is reflective of our gratitude for this great blessing. Just as a lit runway guides planes as they land, so to do our prophets provide safety parameters on the straight and narrow path. Listening and applying their inspired counsel keeps us safely centered on the straight and narrow path moving forward towards our Father in Heaven and our Savior Jesus Christ. Heeding the counsel of our living prophet will make us steadfast and immovable.

Our spiritual safety lies in turning to the clear voice of our living prophet. If we listen to his voice and obey his counsel, we will be able to live as Christ would have us live and endure to the end so that one day we, along with our families, will return back into the presence of our Heavenly Father and our Savior Jesus Christ. (Hales, Ensign May 1995)

“For his word ye shall receive, as if from mine own mouth, in all patience and faith” (D&C 21:4–5).

12. PARTAKE OF THE SACRAMENT
Partaking of the sacrament is an opportunity to be cleansed of our sins by the power of the spirit. This sanctification process fills us with strength and power. It is as if a funnel is placed on our heads and light and power is poured into our souls. Partaking of the sacrament occurs on Sunday, however, the effects remain with us always. Remaining unspotted from the world, aids us in our determination to be steadfast and immovable.

I have always looked upon this blessed privilege as the means of spiritual growth, and there is none other quite so fruitful in the achievement of that end as the partaking, worthily, of the sacrament of the Lord’s supper. We eat food to stimulate our physical bodies. Without the partaking of food we would become weak and sickly, and fail physically. It is just as necessary, for our spiritual body that we should partake of this sacrament and by it obtain spiritual food for our souls. We must come, however, to the sacrament table hungry. If we should repair to a banquet where the finest of earth’s
providing may be had, without hunger, without appetite, the food would not be tempting, nor do us any good. If we repair to the sacrament table, we must come hungering and thirsting for righteousness, for spiritual growth. (Melvin, J. Ballard New Era, Jan 1976)

13. **STUDY PATRIARCHAL BLESSING**

Patriarchal blessings are given through revelation and are best understood through revelation. As we read them regularly, we gain a strong conviction that God knows us personally; that he has a plan for us, and that we are capable. As we follow the counsel and admonitions in our blessings we find it becomes an earthly road map to accomplish what we were sent here to do. Our patriarchal blessing is God talking to us about us as his individual child, and we have a copy of His conversation. What an amazing gift.

President Packer says that our blessings are a “[paragraph] from the book of [our] possibilities.” President Monson calls our blessing “a Liahona of light.” (Julie Beck, May Ensign 2006)

14. **DO NOT TAKE COUNSEL FROM YOUR FEARS**

There is a great deal in life to weary our souls and create fear within us. Satan would have us take counsel from our fears. This is a sure way to create unsteadiness. Because faith and fear cannot exist together we must dispel fear by exercising our faith in Jesus Christ.

“That is the second lesson of the spirit of revelation. After you have gotten the message, after you have paid the price to feel His love and hear the word of the Lord, go forward. Don’t fear, don’t vacillate, don’t quibble, don’t whine….. With the spirit of revelation, dismiss your fears and wade in with both feet. In the words of Joseph Smith, “Brethren [and sisters], shall we not go on in so great a cause? Go forward and not backward. Courage, brethren; and on, on to the victory!” (Holland March 2000 Ensign)

15. **FORGIVE ALL PEOPLE**

Withholding forgiveness from those who have offended us may feel natural sometimes but it is a burden we cannot afford to carry. Carrying animosity for others can create unsteadiness that can lead to other parts of our life. It weakens our capacity to love, and to be forgiven. God is merciful. He will give us the strength to let go.

“I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men. (D&C 64:10)

16. **KEEP OUR EYE ON THE SAVIOR**

This is always the answer for remaining steady and immovable. We do not walk alone. We have been promised assistance to face our fears, weaknesses, challenges and heartaches. Even when we just feel like we are spread too thin, this is the answer.
Focusing our thoughts on the Savior, and accessing the atonement in our lives regularly, makes life simpler and sweeter. The Lord always invites us to come. He will reach to save us every time. We need to remain fixed on Jesus Christ in word and deed. We covenant each Sunday to “always remember Him” and if we do we “will always have His spirit to be with us”.

“Peter sprang over the vessel’s side and into the troubled waters. While his eyes were fixed upon the Lord, the wind could toss his hair and the spray could drench his robes, but all was well—he was coming to Christ. It was only when his faith wavered and fear took control, only when he removed his glance from the Master to look at the furious waves and the ominous black gulf beneath, only then did he begin to sink into the sea. In newer terror he cried out, “Lord, save me.” (Holland Ensign May 2006)

17. SUBMIT TO GOD’S WILL IN ALL THINGS
Why do we submit to God? Is it because we have to if we want to be considered obedient and righteous? No, we do it because we trust Him. We submit to God in all things because we believe that what He wants for us is the best thing. We even submit to God’s timing because we trust that what we cannot see ahead in the path is something that will absolutely be in our best interest. Submission is about trust.

Elder Neal A. Maxwell rightly said: “The submission of one’s will is really the only uniquely personal thing we have to place on God’s altar. The many other things we ‘give’ … are actually the things He has already given or loaned to us.” (Ensign, Nov. 95 24)

18. CAST NOT AWAY THEREFORE THY CONFIDENCE… (HEB. 10:35)
Sometimes in our lives we are given promises or assurances in areas that are important to us. As time passes, unfulfilled promises, or deepening trials cause us to forget those assurances. Just as scriptures are a record of God’s hand/deliverance, so are our journals. We need to remember God’s promises, and exercise faith in them; especially when it seems we are walking in the dark. We cannot afford to cast away the confidence we receive from the Lord.

“With any major decision there are cautions and considerations to make, but once there has been illumination, beware the temptation to retreat from a good thing. If it was right when you prayed about it, and trusted it, and lived for it, it is right now. Don’t give up when the pressure mounts. Certainly don’t give in to that being who is bent on the destruction of your happiness. Face your doubts. Master your fears. “Cast not away therefore your confidence.” Stay the course and see the beauty of life unfold for you”. (Holland March 2000 Ensign)

19. PATIENCE
Exercising patience daily can be evidence of our faith, and our trust in or Heavenly Father. As we patiently move forward in faith, we can humbly place our hand in our Fathers and “the Lord our God shall lead us by the hand and give us answers to our prayers. (D&C 112:10)

“Patience is tied very closely to faith in our Heavenly Father. Actually, when we are unduly impatient, we are suggesting that we know what is best—better than does God. Or, at least, we are asserting that our timetable is better than His” (“Patience,” Ensign, Oct. 1980, 28).

Alma 1: 25 Now this was a great trial to those that did stand fast in the faith; nevertheless, they were steadfast and immovable in keeping the commandments of God, and they bore with patience the persecution which was heaped upon them.

20. SACRIFICE
The word sacrifice means to make sacred or to render sacred. This is one reason why sacrifice is required in the church. We are becoming holy through the process. We can sacrifice our time, and talents, our sins and weaknesses, our money and our means.

“Let us here observe, that a religion that does not require the sacrifice of all things never has power sufficient to produce the faith necessary unto life and salvation; (Joseph Smith Lectures on Faith, 1985 69)

Elder Neal A. Maxwell of the Quorum of the Twelve Apostles said: “Real, personal sacrifice never was placing an animal on the altar. Instead, it is a willingness to put the animal in us upon the altar and letting it be consumed!” (“ ‘Deny Yourselves of All Ungodliness,’ ” Ensign, May 1995, 68).