

“The Rewards of Righteousness”
Elder Quentin L. and Sister Mary G. Cook

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SISTER MARY G. COOK: Sacred music brings a spirit of peace to my heart. Thank you, Sister Pedersen, Professor Holman and Sister Woods, for sharing your beautiful gifts of music with us.

Dear sisters, you are an incredible sight, and I feel such love for the sisters in the gospel. I realize that you are here today because you love the Lord. You love His gospel. And you want to be involved in the kingdom. I, like you, know that we are daughters of our Heavenly Father. His marvelous plan of happiness is to receive the ordinances and covenants here in mortality that will make it possible for us to return to His presence.

I don’t know when it was that I knew the restored gospel was true. For me it was a gradual thing. I do know that as I grew up in the Church, attended Primary and all the other meetings, read my scriptures, prayed to Heavenly Father, and sang the songs of the gospel, I knew it was true in my heart, and I never doubted.

Shortly after I was baptized, my parents filed for divorce. Part of it involved disputes over Church commitment and conduct incompatible with the gospel. My mother, sister, brother and I went to live with our grandmother, our mother’s mother. She was a widow, and I can’t imagine how she dealt with three lively children for two years.

I attended my third and fourth grades during this time, and when I think back over those years, I was feeling a little insecure about my family situation. And I remember an experience I had as I was walking home from midweek Primary one day. I remember it was springtime. The flowers were in bloom, and I had to walk through a neighbor’s yard into her backyard and into the backyard of my grandmother’s in order to get home. And the hollyhocks were as tall as I was. I remember the bees were humming throughout the garden. But I suddenly felt the most overwhelming power of love—it just enveloped me. I felt that the Lord knew me and that I was important to Him. It was the first time I recognized the power of the Holy Ghost in my life. And I realized that we make our own

happiness, no matter what trials, tribulations or sorrows we face in this life. We choose, based on our faith in Jesus Christ, to be of good cheer.

The Savior has said, as recorded in the Doctrine and Covenants, section 78, “Be of good cheer, for I will lead you along. The kingdom is yours and the blessings thereof are yours, and the riches of eternity are yours.”¹ This situation in my family, as well as experience that I had, taught me three basic things: First, the blessing of having the Holy Ghost as a constant companion and the comfort provided when we are especially in need. Second, living the commandments brings happiness and joy. And third, I knew I wanted to have a happy family life. My parents actually resolved most of their differences, and after two years of separation we reunited as a family. Things weren’t always great, but years later, when I was a wife and mother myself, my parents were sealed in the temple and I was able to be sealed to them. With the gospel knowledge we have, we should be the happiest people in the world. We can’t let the sorrows, the tribulations of mortality, deflect us from the promise of a better, glorious and magnificent eternal life.

President Thomas S. Monson has quoted Charles Swindoll from *Lessons for Living* on the subject of attitude. “Attitude to me is more important than the past, than money, than circumstances, than failures, than successes, than what people think or say or do. It is more important than appearance, giftedness, or skill.”² And President Monson added, “We can choose to be happy and positive regardless of what comes our way.”³

Alma speaking to his son Corianton, explains that men will be judged according to their works, “raised to endless happiness to inherit the kingdom of God, or . . . endless misery to inherit the kingdom of the devil.”⁴

Having a happy heart, desiring to be happy, turns many a trying day into a tolerable one. Being able to laugh at a mistake or a disappointment—it keeps you going, and not giving in or succumbing to feelings of depression or loneliness. More than once I’ve told myself, “This too shall pass.” And it does! A wise person once said, “Today is a gift! That is why they call it ‘the present’!”⁵

We need to cherish the gift of each new day and be happy therein. In the gospel we sing about happiness. I learned this in Primary: “When we’re helping we’re happy, And we sing as we go.”⁶ I also learned, “If you’re happy and you know it, clap your hands.”⁷ I clapped as loud as I could.

In the hymn “Let Us All Press On,” we sing, “If we do what’s right we have no need to fear, for the Lord, our helper, will ever be near; In the days of trial his Saints he will cheer, And prosper the cause of truth.”⁸ My dear sisters, come what may, we can be of good cheer.

As Victor Hugo said, “Be like the bird who, pausing in her flight awhile on boughs too slight, feels them give way beneath her and yet sings, knowing she hath wings.”⁹ The Savior, our “sun and shield,”¹⁰ has given us wings to fly and the covenant pathway to soar, as we suffer the sorrows and joys of mortality. Let us keep our eyes focused on the

prize. Be of good cheer. We know the outcome. We know the truth. We know the Savior and His infinite Atonement in our behalf. We know the Father's plan of happiness. As the Prophet Joseph Smith said, "Happiness is the object and design of our existence."

I testify of these truths in the name of Jesus Christ, amen.

ELDER QUENTIN L. COOK: Sisters, I'm pleased to be able to participate in one of the first major BYU events with President Kevin Worthen as the new president of Brigham Young University. I also welcome Sister Peggy Rae Worthen to her added responsibilities. They are both capable and righteous. I extend my congratulations to them.

You have just heard from my precious wife Mary. She is the love of my life, my best friend, and we have collaborated as equal and complementary partners in this marvelous venture we call life for over 50 years. I have been blessed with exceptional women in my life, beginning with an incredible mother. My appreciation for all the women who have been such an influence on me is beyond my ability to adequately communicate. They have sought excellence in every aspect of their lives.

Elder Jeffrey R. Holland interviewed our children to write an article for the *Ensign* magazine when I was appointed to the Quorum of the Twelve. Our only daughter Kathryn said some very nice things about me and concluded, "I adore everything about him. But my mother is a saint."¹¹ I concur with that assessment of Mary. Kathryn, our daughter, also fits that description. Both of them accomplish amazing things and never feel like they have done enough. I asked my daughter to comment on parts of this talk. Her helpful email was sent at 2:30 a.m. She is probably like many of you and never gets enough sleep. I chuckled the other day as I read the heading of a blog post of a faithful member working on family history. That entry was posted at 2:21 a.m. and was titled, "I'm sorry, Elijah, but I really need to get some sleep."¹²

I feel a great responsibility in speaking to you wonderful women. You have my love and admiration for who you are and what you accomplish in this difficult world. Dear sisters, please do not underestimate the power and impact of your capable, loving, and sensitive influence on those with whom you associate. You bless many as they pass through the vicissitudes of life. It seems to be part of your special natures to feel that no matter how hard you work and what you do, it is never enough. Sometimes despite the fact that everyone else feels you have been spectacular, you may feel inadequate and ineffective. Yet the excellent work you do, the kindness you show, and the love you exhibit are blessings beyond measure to those who have the privilege of associating with you. And it *is* enough.

Our theme for this Women's Conference includes the scriptural promise, "No good thing will [b]e withh[e]ld from them that walk uprightly."¹³ My purpose today is to identify some of the rewards of righteousness and point out ways in which we can be and are now blessed in these turbulent times. Before doing so, I will mention some difficult circumstances that we face today. The world is literally in commotion. Many of the challenges are in the spiritual realm. They are societal issues we as individuals cannot

necessarily resolve but nevertheless concern us. After I have briefly discussed these troubling issues, I will highlight practical rewards we can as individuals achieve even at a time when righteousness across the world is in decline.

The very idea of rewards of righteousness is a concept that is under siege in today's world. Convincing people to choose righteousness is an age-old challenge. "The natural man is an enemy to God."¹⁴ There has always been "opposition in all things."¹⁵ The difference today is that the "great and spacious building"¹⁶ skeptics are louder, more contentious, and less tolerant than at any time during my life. They evidence their diminished faith when on many issues they are more concerned with being on the wrong side of history than on the wrong side of God. There was a time when the vast majority of people understood they would be judged by God's commandments, not by the prevailing views or dominant philosophies of the day. Some are more concerned about being mocked than they are with being judged by God. It isn't that the battle between good and evil is new, but today a much higher percentage of people are willing to mistakenly conclude that there is not a moral, righteous standard to which all people should adhere. A few examples might help you understand the progression of changes that give rise to my concern.

First, David Brooks, writing in *The New York Times*, has chronicled the decline in the use of moral words.¹⁷ Researchers can use a Google database of 5.2 million books published between the year 1500 and 2008. They can type in a search word and find out how frequently the word was used in different epochs of time. One example Brooks cites is a long decline of usage in terms like *faith*, *wisdom*, *evil*, and *prudence*, and a sharp rise in social science terms like *subjectivity*. Brooks notes that the frequency of words like *thankfulness*, *appreciation*, *modesty*, *humbleness*, *kindness*, *helpfulness*, has dropped approximately 50 percent.

Second example. At one time, Christian themes undergirded or figured into most fiction. One prominent writer points out that fiction has now lost its faith. "Today Christian belief figures into literary fiction . . . as something between a dead language and a hangover."¹⁸ Third example. A host of writers and researchers have established the decline in institutions such as marriage and religion, and the increase in out-of-wedlock births, poverty, and other factors that adversely impact society.

Notwithstanding all that I have mentioned, the Church has never had more faithful members. Members of The Church of Jesus Christ of Latter-day Saints, together with others who have similar moral values, represent an island of faith in a sea of doubt and disbelief. We know, as the prophet Alma declared, "wickedness never was happiness."¹⁹ The Father's plan for his children is a plan of happiness. My desire is to chronicle some ideas that may help you individually and your families to better understand and achieve the rewards of righteousness.

First is the reward of spirituality. A question many have raised is, "How do I put material concerns in the proper perspective as I attempt to achieve spiritual progress?" We are so much a part of this world, the material aspects of day-to-day living are a specific

challenge. Society tends to look at everything through the lens of worldly rewards. With modern communications we are bombarded with advertising for products that were not even dreamed of in prior generations, and images of glamorous people who appear to be living comfortable, frustration-free lives.

In the preface to the Doctrine and Covenants, this very problem is highlighted to warn us of dangers and give us guidance to prepare and protect ourselves now and in the future. Section 1 of the Doctrine and Covenants provides significant insight on this subject. “They seek not the Lord to establish his righteousness, but every man walketh in his own way, and after the image of his own god, whose image is in the likeness of the world, and whose substance is that of an idol.”²⁰

President Spencer W. Kimball taught that idols can include credentials, degrees, property, homes, furnishings, and many other material objects. He pointed out that when we elevate these otherwise worthy objectives in a way that diminishes our worship of the Lord and weakens our efforts to establish His righteousness and perform the work of salvation among Father in Heaven’s children, we have created idols.²¹ The creation of idols has always been a serious concern.

Sometimes the lens of the world causes us to focus on issues not quite as traumatic as aspiring to great wealth but that nonetheless take us away from deep spiritual commitment.

Many years ago I was made aware of an interesting display that had several unique scenes. The different scenes were underneath a large banner that read, “If Christ came tonight, to whom would He come?” If I remember the depictions correctly, they contained the following situations. One was of an elderly woman in bed being attended by a nurse. She appeared to be very ill. The second was of a young mother with a newborn baby. Joy radiated from her face. A third scene displayed a family with crying children; it was clear that there was not enough to eat. A fourth scene showed an obviously wealthy family. A fifth scene was a sweet but humble family with many children joyously singing together.

As I thought about the five scenes and the banner, “If Christ came tonight, to whom would He come?” several thoughts went through my mind. First, we know that when the Savior comes the second time, we will not know the day or the hour. We also know that as Christians we care for the poor and needy and the widow and the orphan. Nevertheless, the banner would have been more accurate if it had read, “If Christ came tonight, who would be prepared to greet Him?”

My second thought was that the scenes told us everything about the physical condition of the people but nothing about their spiritual condition. We could infer from the various scenes that some were old and sick and some were healthy and newborn. Some were rich and some poor. But these facts don’t tell us what is most important, which is the condition of their spirits.

The baseline or starting point for reviewing our life and commitment to the gospel of Jesus Christ is baptism. The spiritual nature and requirements for baptism are set forth in the Doctrine and Covenants, section 20, verse 37. It reads in part, “All those who humble themselves before God, and desire to be baptized, and come forth with broken hearts and contrite spirits, and witness before the church that they have truly repented of all their sins, and are willing to take upon them the name of Jesus Christ . . . shall be received by baptism into his church.”

For many of us, except for new converts and the very young, our baptisms were many years ago. The great prophet Alma speaks eloquently to us when he states, “And now behold, I say unto you, my brethren, if ye have experienced a change of heart, and if ye have felt to sing the song of redeeming love, I would ask, can ye feel so now?”²²

Alma continues with a profound message that is completely relevant to our day. He essentially asks the Saints, if they were called to die, would they be prepared to meet God? Alma then emphasizes four qualities in order to be blameless before God. First, are we sufficiently humble? In a sense, this is a return to the requirement for baptism, humbling ourselves and having broken hearts and contrite spirits. Second, are we stripped of pride?²³ In speaking of pride, Alma warns against trampling the Holy One under our feet and being puffed up in pride, setting our hearts upon the vain things of the world and upon riches, supposing we are better than one another, persecuting those who are humble.²⁴

Third, are we stripped of envy?²⁵ For those who have great blessings but do not feel gratitude because they can only focus on what others have, envy can be most pernicious. Lifestyle envy has increased as fame and fortune have replaced faith and family as a core aspiration for much of society.

Fourth, do we mock or persecute a brother or sister?²⁶ In today’s world we would probably call this bullying. Could anything be more relevant to the issues that exist in our own day than this message about pride, envy, and persecutions? The great debate across much of the world is about temporal, day-to-day economic issues. Yet there is very little discussion about returning to Christlike principles focused on preparation to meet God, and the condition of our spirits. We need to focus our lives and increase emphasis on spiritual matters.

The second is the reward of righteous families. The question often asked is should we be raising our families in areas where there are few members of the Church and we are surrounded by much evil, contention, and opposition to righteousness? It should be noted that today no community is immune from evil, contentions, and unrighteous temptations.

My wife and I had these concerns as we were beginning to raise our children in the San Francisco, California, Bay Area in the late 1960s. The Latter-day Saint population was relatively small, but while the vast majority of people were wonderful, the Bay Area had become a magnet for drug usage and all manner of promiscuous and sinful conduct. The Haight-Ashbury area in San Francisco was one of the first places where a drug culture

became significant. Civil unrest and demonstrations became prevalent in the schools and universities. The change in society was significant enough that a concerned stake president asked the leadership of the Church if he should encourage Church members to remain in the San Francisco Bay Area. Elder Harold B. Lee, then a senior member of the Quorum of the Twelve, was assigned to address the issue. He explained that the Lord had not inspired the construction of a temple in our area only to have the members leave. His counsel to us was simple but profound. First, create Zion in our hearts and homes.

Second, be a light to those among whom we live. And third, focus on the ordinances and principles taught in the temple. We cherished Elder Lee's counsel and tried to follow it in our family. In building Zion in our hearts and homes, we need to emphasize religious observance in the home by having daily family prayer and scripture study and holding weekly family home evening. In this context we can teach and train our children. We do this with love and kindness, avoiding undue criticism of both our children and our spouses. Errors children make should not be treated as sins but as mistakes to be corrected. Only sins require repentance.

Regardless of where we live and even if we do everything right, some children may make unwise choices that lead to forbidden paths. Accordingly, it is important to help our young people determine in advance what they will say or do when improper or immoral conduct is proposed. Our children attended schools where there were only two or three LDS children. At the beginning of each school year and before school activities, we discussed in family home evening appropriate responses if they found themselves in compromising situations. We asked them what they would say to friends who might tell them, "Don't be silly, everyone does it," "Your parents won't know," or "Just once won't matter." We talked about our accountability to the Lord. We reviewed one of my favorite stories of the boy who was going to steal some merchandise and looked around to make sure no one was watching, and then his friend said, "You forgot to look up." We pointed out that we follow Christ's example, when we dress modestly, use clean and appropriate language, and avoid pornography—which, by the way, now needs to be taught even to Primary-age children so that they can have pure lives. We talked about Joseph of Egypt, who found it necessary to flee when confronted with inappropriate attention from Potiphar's wife.

Each of our children had at least one experience where this preparation was essential. But most of the time their friends protected them because they knew their standards and beliefs. Our daughter pointed out that after she was away at school, when she talked with her mother on the phone, Mary would tell her something she loved about the Savior. Mary constantly used His example or character to help with the problem Kathryn had called to discuss.

I personally believe we can raise righteous children in almost any part of the world if they have a firm foundation of Jesus Christ and His gospel. As Nephi described teaching his family, "We talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for the remission of their sins."²⁷ If we do this, when our children

make unwise choices they will know that all is not lost, and they can find their way home.

I'm thrilled with the new youth curriculum and the reports on what it is accomplishing in the lives of our young people. As they purify their lives, the Spirit will guide them. I want to assure you that you and your family will be blessed as you strive to strengthen each member of your family through faith in the Lord Jesus Christ. If we follow Elder Lee's counsel to be a light to those among whom we live, we cannot be in camouflage as to who we are. Our conduct should reflect our values and beliefs. Where appropriate, we should participate in the public square.

When Elder Lee was teaching us, there were only a handful of temples. Today there are temples spread across the world. This weekend the 143rd operating temple will be dedicated in South Florida. Living worthy of a temple recommend, receiving temple ordinances, and living true to our covenants gives us the focus and vision to stay on the covenant pathway. When our youth live worthy to perform baptisms for the dead, their lives will be in order.

My counsel is that we need to focus our energy on strengthening our families by talking, rejoicing, preaching and prophesying of Christ that we may enjoy the reward of righteous families so we can be eternal families.

Now for those who are single at this time but living righteous lives, our doctrine is reassuring. Handbook 2 section 1.3.3 declares, "Faithful members whose circumstances do not allow them to receive the blessings of eternal marriage and parenthood in this life will receive all promised blessings in the eternities, provided they keep the covenants they have made with God."

Third is the reward of happiness. The question raised here is, how do I provide enough advantages for my children to be happy and successful in life? Lucifer has created a counterfeit or illusion of happiness that is inconsistent with righteousness and will mislead us if we are not vigilant. Many of the problems across the world are occurring because the secular world has been pursuing an incorrect definition of happiness. We know from the Book of Mormon that this problem has existed throughout all generations. We also know the blessings that come from living the commandments. In King Benjamin's marvelous address, he states, "I would desire that ye would 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 might 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."²⁸

Over many years I've followed a research project that commenced in the 1940s. Initially there were 268 men in a premier university who were periodically studied over their entire lives. Later, additional groups were included as women became part of the study. The study covered approximately 70 years. The doctors had continuous interviews with

these men and women. The goal of the original study was to find out as much as possible about success and happiness. The study showed that college entrance scores and grade averages did not predict either success or happiness in later life. One area where there was a high correlation was childhood family happiness. The successful, happy adult usually reported that their mother in particular verbally expressed love and affection and did not use severe discipline. Both parents were demonstratively affectionate with each other and available and accessible to their children, with whom they had warm and emotionally expressive relationships. The parents created a stable family environment and were believed to have respected the autonomy of their children.

A concluding book on the study, published in 2012, reports: “Many measures of success throughout life are predicted less reliably by early financial and social advantage than by a loved and loving childhood.”²⁹ A warm childhood correlates with achievement more than intelligence, social class, or athleticism. The study also found that what goes right in childhood predicts the future far better than what goes wrong. The study as a whole indicates that even when there are significant challenges and some things go very wrong, most children are very resilient, and the trust that is built by loving relationships with parents, especially the mother, can result in lasting lifetime happiness.

What was interesting to me, but not surprising, was that the study was completely in line with what the scriptures and the Church have taught about the family. The emphasis the Church has made on family home evening, family prayer, expressions of love, family togetherness, and family traditions are the very kind of activities that the study indicated would produce happy, successful adults. While Nephi begins the Book of Mormon expressing gratitude for goodly parents, the real lesson to be learned is that we each determine what we will be so that our posterity can happily report that they were born of goodly parents.

Dear sisters, the most important thing you can do is to make sure your children and those you nurture know that you love them. Love is the key ingredient to happiness. Fourth is the reward of prospering in the land. The question here is: Our family is not achieving significant material success. Is that because we are not righteous enough? Let me assure you that prospering in the land is not defined by the size of your bank account. It has a much fuller meaning than that. The scriptures are clear that living the commandments allows us to prosper in the land. The prophet Alma, speaking to his son Helaman, teaches, “Inasmuch as ye shall keep the commandments of God ye shall prosper in the land; and ye ought to know also, that inasmuch as ye will not keep the commandments of God ye shall be cut off from his presence.”³⁰ Accordingly, having the Spirit in our lives is the primary ingredient in prospering in the land.

We also have certain specific promises. Doctrine and Covenants section 89 promises that in living the Word of Wisdom we will have health blessings and great treasures of knowledge. Isolating one element of the Word of Wisdom, avoiding alcohol, is instructional. The longitudinal study I mentioned earlier found that alcohol abuse touches one American family in three, is involved in a quarter of all admissions to general

hospitals, and plays a major role in death, divorce, bad health, and diminished accomplishment.

Another long-term study of active Church members in California found that women live on average 5.6 years and men 9.8 years longer than comparable US females and males.³¹ The study noted that these total death rates are among the lowest ever reported for those followed for 25 years. The physicians indicated at least one reason was adherence to the Word of Wisdom. Truly living the Word of Wisdom allows us to prosper in the land.

In a conversation I had with President Gordon B. Hinckley on a flight to a temple dedication, he joyfully reported that the Church had the funds to increase the number of temples because the Latter-day Saints had prospered in the land. As faithful tithe payers, they had provided the resources to build temples where sacred ordinances could be performed. Prospering and being wealthy are not necessarily synonymous. A much better gospel definition of prospering in the land is having sufficient for our needs while having the abundant blessing of the Spirit in our lives. When we provide for our families and love and serve the Savior, we will enjoy the reward of having the Spirit and prospering in the land.

The final reward I will mention is peace. The ultimate promised reward of righteousness is set forth clearly in Doctrine and Covenants, section 59, verse 23: “But learn that he [or she] that doeth the works of righteousness shall receive his [or her] reward, even peace in this world, and eternal life in the world to come.”

Thirty-five years ago, President Spencer W. Kimball taught that major growth would occur in the Church because many good women will be drawn to the Church in large numbers. He declared, “This will happen to the degree that the women of the Church reflect righteousness and articulateness in their lives and are seen as distinct and different in happy ways from the women of the world.”³² This has truly happened and will continue to do so in the future.

As we have been taught so beautifully in this Women’s Conference these last two days, the Lord God is indeed a sun and shield and will give grace and glory. No good thing will be withheld from them that walk uprightly.³³ I have mentioned a few of the rewards of righteousness: the reward of spirituality, the reward of righteous families, the reward of happiness, the reward of prospering in the land, and the reward of peace. My prayer and my blessing for you wonderful sisters who have spent your time being blessed by this conference is that you will reap these rewards as you faithfully follow the Lord and Savior Jesus Christ. I testify of the reality of the Atonement and the divinity of the Savior, in the name of Jesus Christ, amen.

¹ D&C 78:18.

² Charles Swindoll, quoted in Daniel H. Johnston, *Lessons for Living: Simple Solutions for Life's Problems*, Dagali Press [2001], 29.

³ "Messages of Inspiration from President Monson," *Church News*, Sept. 2, 2012, 2.

⁴ Alma 41:4.

⁵ Bil Keane. BrainyQuote.com, Xplore Inc, 2014.

<http://www.brainyquote.com/quotes/quotes/b/bilkeane121860.html>, accessed September 30, 2014.

⁶ "When We're Helping," *Children's Songbook*, 198.

⁷ "If You're Happy," *Children's Songbook*, 266.

⁸ *Hymns*, no. 243.

⁹ Victor Hugo. BrainyQuote.com, Xplore Inc, 2014.

<http://www.brainyquote.com/quotes/quotes/v/victorhugo122048.html>, accessed September 30, 2014.

¹⁰ Psalm 84:11.

¹¹ Jeffrey R. Holland, "Elder Quentin L. Cook: A Willing Heart and Mind," *Ensign*, April 2008.

¹² <http://middleagedmormonman.com/home/2014/04/im-sorry-elijah-but-i-really-need-to/>, accessed September 30, 2014.

¹³ See Psalm 84:11.

¹⁴ Mosiah 3:19.

¹⁵ 2 Nephi 2:11.

¹⁶ 1 Nephi 8:26.

¹⁷ David Brooks, "What Our Words Tell Us," *The New York Times*, May 20, 2013.

¹⁸ Paul Elie, "Has Fiction Lost Its Faith?" *The New York Times Sunday Book Review*, December 19, 2012.

¹⁹ Alma 41:10.

²⁰ D&C 1:16.

²¹ Spencer W. Kimball, *The Miracle of Forgiveness* [1969], 40, 41–42.

²² Alma 5:26.

²³ See Alma 5:27–28.

²⁴ Alma 5:53–54.

²⁵ Alma 5:29.

²⁶ Alma 5:30.

²⁷ 2 Nephi 25:26.

²⁸ Mosiah 2:41.

²⁹ George E. Vaillant, *Triumphs of Experience: The Men of the Harvard Grant Study*. Belknap Press [Oct. 30, 2012], 109.

³⁰ Alma 36:30.

³¹ "UCLA study proves Mormons live longer," *Deseret News*, April 13, 2010.

³² "The Role of Righteous Women," *Ensign*, November 1979.

³³ See Psalm 84:11.