

## Life's Experiences

—Trials, Troubles, Afflictions, Successes, Failures, Health, Sickness, Unkindness, Kindness, Hope, Sorrow, Joys, Disappointments, Prosperity, Poverty, Tender Mercies, Favorable Circumstances, Loneliness, Difficulties of Every Kind

—Opportunities, Duties, Work, Service, Activities

—Entrenched Opinions, Narratives and Story Lines

—Narrow, Dogmatic, Rigid, Enmity

## Approaching Stillness: Mindful Living in a Turbulent World

### (Be Still) *Breathe, Settle, Rest, Observe*

—“Therefore, let your hearts be comforted concerning Zion; ***be still and know that I am God.***” (D&C 101:16)  
—The time before sacrament meeting begins is “***reserved for prayerful meditation.***” (Handbook 2, *Administering the Church*, 2010: 139)

### (Remember) *Simple Joys, Favorable Circumstances, Kindnesses of Others*

—“Come unto me, all ye that labour and are heavy laden, and ***I will give you rest.***” (Matt 11:28)  
—“Learn of me, and listen to my words; walk in the meekness of my Spirit, and ***you shall have peace in me.***” (D&C 19:23)  
—“I am the vine, ye are the branches: ***He that abideth in me, and I in him, the same bringeth forth much fruit....***” (John 15:5)  
—“Wherefore,...in this world ***your joy*** is not ***full***, but ***in me your joy is full.***” (D&C 101:36)  
—“I will not leave you comfortless: ***I will come to you.***” (John 14:18)  
—“Draw near unto me and ***I will draw near unto you....***” (D&C 88:63)  
—“***Look unto me in every thought***; doubt not, fear not.” (D&C 6:36)  
—“Behold, I stand at the door, and knock: if any man hear my voice, and open the door, ***I will come in to him***, and will sup with him, and he with me.” (Revelation 3:20)  
—“And behold, all things have their likeness, and all things are created and made to bear record of me....” (Moses 6:63)

### (Practice) *Suspend, Release*

—“And ye must ***practice virtue and holiness*** before me continually. Even so. Amen.” (D&C 46:33)  
—“I think we pay too little attention to the value of meditation, a principle of devotion. ***Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord.***” (President David O. McKay, *Teachings*, Chapter 4)

Gary A. Purse  
January 2018

## Responses to Life's Experiences

—“And the Lord provided for them that they should hunger not, neither should they thirst; yea, ***and he also gave them strength, that they should suffer no manner of afflictions, save it were swallowed up in the joy of Christ.***” (Alma 31:38)

—“And then ***may God grant unto you that your burdens may be light, through the joy of his Son.***” (Alma 33:23)

—“***Peace I leave with you, my peace I give unto you***: not as the world giveth, give I unto you. ***Let not your heart be troubled, neither let it be afraid.***” (John 14:27)

—Skillful, Joyful, Peaceful

