

Come Follow Me Podcast  
Elo Viz production  
Week 49  
Moroni 1-6

In October 2022 General Conference, Kevin Pearson started his talk with this story:  
“One Sunday, while I was preparing to partake of the sacrament after several weeks of stake conference assignments, an interesting and powerful thought passed through my mind.

As the priest began offering the blessing on the bread, words I had heard so many times before pressed forcefully upon my mind and heart. “*And witness unto thee, O God, the Eternal Father, that they are willing to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; that they may always have his Spirit to be with them.*”<sup>1</sup> How many times have we witnessed unto God that we are willing?

As I pondered the significance of those sacred words, the word *willing* impressed me as never before. A flood of sweet and sacred experiences filled my mind and heart with love and gratitude for the atoning sacrifice of the Savior and His crucial role in the Father’s plan of redemption for my family and me. Then I heard and felt the penetrating words of the prayer on the water: “That they may witness unto thee . . . that they do always remember him.”<sup>2</sup> I understood clearly in that moment that keeping my covenants must be more than good intentions.”

<https://www.churchofjesuschrist.org/study/general-conference/2022/10/33pearson?lang=eng>

I believe this is evidence or proof of someone that is turning their heart to God. Being willing is an important step. In the revelation given through Joseph Smith in Kirtland Ohio to the Elders of the church God said: “**34** Behold, the Lord **requireth** the **heart** and a **willing** mind; and the willing and **obedient** shall **eat** the good of the land of Zion in these last days.”  
(D&C 64:34)

I have to admit that this is a struggle for me sometimes. But, I have found that it goes a long way. The other night we had a family get together. Which hasn't happened in a long time. Mainly because of some hurt feelings and people getting offended. But it was our Mothers birthday so we planned this event where everyone would come. I was very impressed that most of my siblings were “willing” to try and mend relationships. That they were willing to lay aside past grievances and forgive, and move on. I believe there was healing in this environment of love.

In April 2021 Elder Gary Stevenson shared this story:

“In the 1970s, researchers set up an experiment to examine the effects of diet on heart health. Over several months, they fed a control group of rabbits a high-fat diet and monitored their blood pressure, heart rate, and cholesterol.

As expected, many of the rabbits showed a buildup of fatty deposits on the inside of their arteries. Yet this was not all! Researchers had discovered something that made little sense. Although all of the rabbits had a buildup, one group surprisingly had as much as 60 percent less than the others. It appeared as though they were looking at two different groups of rabbits.

To scientists, results like this can cause lost sleep. How could this be? The rabbits were all the same breed from New Zealand, from a virtually identical gene pool. They each received equal amounts of the same food.

What could this mean?

Did the results invalidate the study? Were there flaws in the experiment design?

The scientists struggled to understand this unexpected outcome!

Eventually, they turned their attention to the research staff. Was it possible that researchers had done something to influence the results? As they pursued this, they discovered that every rabbit with fewer fatty deposits had been under the care of one researcher. She fed the rabbits the same food as everyone else. But, as one scientist reported, “she was an unusually kind and caring individual.” When she fed the rabbits, “she talked to them, cuddled and petted them. ... ‘She couldn’t help it. It’s just how she was.’”<sup>1</sup>

She did more than simply give the rabbits food. She gave them love!

At first glance, it seemed unlikely that this could be the reason for the dramatic difference, but the research team could see no other possibility.

So they repeated the experiment—this time tightly controlling for every other variable. When they analyzed the results, the same thing happened! The rabbits under the care of the loving researcher had significantly higher health outcomes.”

<https://www.churchofjesuschrist.org/study/general-conference/2021/04/15stevenson?lang=eng>

Though it may be hard, and at times seemingly impossible, are we willing to love and care for those that God has placed around us?

During this Christmas season are you willing to forgive those that have offended, or annoyed you? That is what we promise to do each week as we partake of the sacrament. It is interesting that we do it so often that most of the time we don't even really focus on what we are covenanting to do. Even as we take the torn piece of bread and put it to our lips we are breaking the covenant that the sacrament represents.

“that they may eat in remembrance of the body of thy Son,” (Moroni 4:3)

If we are being honest with ourselves, how many of us are remembering Him as we partake of the sacrament? Because as we do we are “witness[ing] unto [Him], [our] God, the Eternal Father, that [we] are willing to take upon [us] the name of [His] Son, and always remember him, and keep his commandments which he hath given [to us],” (Moroni 4:3)

That is our part, and His part is that He promises to us that “[we] may always have his Spirit to be with [us].” (Moroni 4:3)

When viewing this covenant in this way, it is pretty incredible. How much more impactful would sacrament meeting be if we understood more fully the sacramental covenant that we just made.

I pray that we can focus just a little more, that we are willing to see Christ in this sacred ordinance, and that it transfers powers into our daily lives.

In the sacred name of Jesus Christ, Amen.