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Meditation
T. scott burton

And he arose and rebuked the winds and said unto the sea, "Peace, be still" and those was a great calm

## 2nephi 25.<sup>23, 26–27</sup>— Meditation

<sup>23</sup>For we labor diligently to write, to persuade our children, and also our brethren, to believe in Christ, and to be reconciled to God; for we know that it is by grace that we are saved, after all we can do.

<sup>26</sup>And 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 a remission of their sins. Wherefore, we speak concerning the law that our children may know the deadness of the law; and they, by knowing the deadness of the law, may look forward unto that life which is in Christ...

"You need to know, the law will kill you." How's that for an opening gambit in an inspiring FHE lesson? It is a lesson that Nephites often taught their children.

"Oh, trust me," Nephi says, "We speak to our children about the law. Like you, we can go on and on and on about it, almost ad nauseum. But, we do not go on and on and on as you probably imagine, or even as you do. We do not tell them how salvific it is. No, 'we speak concerning the law that our children may know the deadness of the law.' We tell them to do as well as they can, to be the best they can be, but to never think they will satisfy the law's requirements or, at least, feel that they are satisfying the law's requirements. Even when they have done their very best, it will not be enough, at least in their minds—'I could have, should have done better.'

"One of our most famous kings, said it like this: 'If ye should serve him who has created you from the beginning, and is preserving you from day to day, by lending you breath, that ye may live and move and do according to your own will, and even supporting you from one moment to another—I say, if ye should serve him with all your whole souls yet ye would be unprofitable servants." "1

"Maybe, then, you understand why we go on and on about Christ. Why we write about Christ. Why we talk of Christ. Why we rejoice in Christ. Why we preach of Christ. Why we prophesy of Christ. Because as much as our children need to know what they are supposed to do, they need even more to know what to do when they haven't done all that they know they are supposed to do. The latter will feel more frequent than the former. So, yes, we rejoice in Christ. You should too, for the same reason. And again, I say, 'Rejoice.'"

Even	so,	come,	Lord	Jesus!	
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<sup>&</sup>lt;sup>1</sup> Mosiah 2.<sup>21</sup>