

# Heartbeats

The Official Newsletter of  
Heart t' Heart

July/August 2007

A Twelve Step Support Group for the LDS Community

Volume 17 – Issue 7

## The Twelve Steps of *Heart t' Heart*

1. We admitted we were powerless over compulsive/addictive behaviors--that our lives had become unmanageable. (*Mosiah 4:5; Alma 26:12*)
2. Came to believe that a Power greater than ourselves could restore us to sanity. (*Mosiah 4:9; Alma 26:12*)
3. Made the decision to turn our will and our lives over to the care of God as we understood Him. (*2 Ne. 10:24; Omni 1:36; Mosiah 3:19; 2 Nephi 4:34*)
4. Made a searching and fearless moral inventory of ourselves. (*Alma 15:17; Mosiah 4:2; Jacob 4:6-7; Ether 12:27*)
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. (*Mosiah 26:29; Alma 22:18*)
6. Were entirely ready to have God remove all these defects of character. (*Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20-21*)
7. Humbly asked Him to remove our shortcomings. (*Alma 36:18; Alma 38:8; Moroni 10:32; Mosiah 5:2; Alma 34:15-16*)
8. Made a list of all persons we had harmed and became willing to make amends to them all. (*3 Nephi 12:9, 24, 44-45.*)
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. (*Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30*)
10. Continued to take personal inventory and when we were wrong promptly admitted it. (*2 Nephi 4:18; 2 Nephi 10:20; Mosiah 26:30*)
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. (*2 Nephi 32:3; Alma 37:37; Helaman 10:4*)
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others still suffering from the effects of compulsive behaviors and to practice these principles in all our affairs. (*Mosiah 27:36-37; Alma 5:7; Moroni 7:3*)

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## Dearest Friends,

As I begin to write, this morning, it comes to me with great clarity and honesty that this needs to be the final, front page “Dearest Friends,” column. This opening article for *Heartbeats* began, in 1990, in the first issue, literally as a letter to about a dozen other Heart t' Heart members. I knew them all by name. I met with them all, at least once a week in LDS 12 Step meetings that didn't even have a name yet.

That was 17 years ago. Seventeen! How things have changed!

Just a little over two weeks ago, we held our 16<sup>th</sup> annual conference. Sixteenth! As always, the Spirit of Love and Truth were there in abundance and in harmony. As always the conference was a wellspring of faith in our Savior above all other sources of hope and peace. The messages from all the speakers were those of testimony of the Restoration of His Church, but with all the emphasis focused on the personal experience of finding His personal, *living* presence to be the key to addiction recovery. Maybe, it would be even better—more inclusive for sure—to say that the experience of His living reality is the key to recovery from mortality and all its challenges, disappointments and shortfalls.

One of the General Service Boards highest priority assignments for this new year (conference to conference), is to contact every single group on our meeting list (posted on the website), and delete all those that are no longer functioning. There was a lot of great “official business,” accomplished at the Official Business Assembly, this year. A more complete report will be forthcoming in the August issue of *Heartbeats*. There were several new board members seated and several “job descriptions” clarified. The “Order Fulfillment” work (receiving literature orders, donations, etc.) was reassigned to Andrea L. who lives in Oregon.

The conference was chaired this year by Mary S., a resident of Manitoba, Canada, who also serves as the Vice President of the General Service Board. She and Peg W., did a wonderful job of taking care of the many pre-conference arrangements that have to be made, organizing the workshops, coordinating and arranging for the facilities, etc.

### **(Dearest Friends, continued from p. 1)**

Two-thirds of those in attendance at the Official Business Assembly were from outside of Utah. Truly, Heart t' Heart is becoming a national and even international resource for faith LDS members seeking a 12 Step recovery support system.

And so, I am feeling very strongly that it is time to give the front page of *Heartbeats* up, so that it can represent lead articles by various authors in the future. Since I will remain "Editor-in-Chief" for a while yet, I will continue to contribute an editorial that will be placed at the end of each issue.

Heart t' Heart is in transition and you can be sure that all of us who are serving the fellowship are doing all we can to be prayerful and inspired in the adjustments we are making. It is exciting to see the new leadership emerging from all around the country. We who have been serving since 1991, when this effort began, are so grateful for those who are stepping forward to carry on with the program. We may be small, but our focus remains on the Savior and His Atonement as the ultimate antidote for addiction and the trauma it causes and the trauma that caused it.

I remain ever your fellow servant in His service and love,

Colleen ☐

## **PUTTING IT DOWN IN WRITING**

**T**he HtH Conference inspired me to do better about counseling with the Lord "in writing"

Through His Grace, and I really mean through His Grace, I have not missed a day since the HtH Conference ended. I don't think I have been this consistent since I first learned about the concept of this "kind" of writing about 2 years ago as discussed in CHPH.

I can only speculate on what has "made the difference" for me "this time" around. I think perhaps part of it has been...I finally hit bottom concerning my writing -- concerning my hunger to have a real relationship with the Lord. I just could not STAND IT any longer...my lack-luster relationship with my Jesus.

In essence, like Enos, I think my soul finally, deeply

really "hungered" to know if this "tool of our recovery" really could deliver on the promises given by the Lord, and by proxy, given through Phil at one of his workshops.

Well, it does "deliver" -- and more profoundly and more sweetly than I ever dreamed.

I'm giving so much more to Him now, in my writing. I have found that if I can just find the courage to get it DOWN in writing, in my journal -- if I can just give it to Him in this manner.....I can find access to the power of the Atonement. Once I put it down in writing - well, then at that point it is indeed "given" to Him. From that point on He can begin to work with me on it. I guess what I am describing is confession, but there is something about getting it down on paper, versus just thinking to myself "Hey, I need to involve the Lord on this" and then (usually) forgetting to do it -- that really makes a difference. Like I have heard it said, "A goal that is not written down is just a wish" Writing them down brings my struggles into "reality" so to speak. It is a real, tangible thing. I can go back, even after a few weeks, and see, recorded for myself and my posterity, real tangible proof that the Lord hears our cries and replies "Here I am!"

And as Phil said, there are some things you learn about the Lord through counseling with Him. He is meek. He is good. He is kind. And yes, He looks forward to when we can talk about stuff together. To feel that, when I begin to put pen to paper, gives me chills...the good kind. All of the promised "fruits" have come true for me, including more god-given strength to withstand the evil one and his mean-spirited attacks and whispers. Of a truth, Satan rewardeth us "no good thing."

I also take my journal to work with me. As appropriate to the situation, we can involve the Lord in our work-day as well!! He loves us and is already involved in all aspects of our lives, including what we do to pay the bills. As I run into problems during the day, I write them down and invite the Lord to be with me as I ponder them and try to solve them. There is no aspect of my life that is "out of bounds".

I wanted to share my excitement, and I hope that I can inspire others through this sharing.

Tom K ☐

## LEARNING TO "JUDGE RIGHTEOUS JUDGMENT"

I've been working on my 8th step for a while now. A few weeks ago I realized that just like the 4th step, it's something I need to ask the Lord's help on, because I've been stuck there for so long. As a codependent, I've been prone to apologize my whole life. And so when it comes to the process of making amends, what can I do? It can be confusing, because apologizing is a symptom of my disease. And besides, I think to myself, who have I really injured in this life?

Well, I still may not be ready to answer that question in full honesty, but one thing I can say is that I have been very judgmental and umbrageous (prone to take offense) throughout my life. I have hidden these things, so I knew they were wrong, beneath an icing layer of apologies and "fine" ness.

I have been the "good" son, who received the report of his brother's return. Well of course he knew that before the feasting, the brother had returned wretched having wasted his inheritance. (It's a parable, so I hope it's okay to pretend what I would have thought in his situation.) When a messenger came to tell me about it, I would have been glad, felt vindicated to hear of the wretchedness I could have predicted his impulsiveness brought upon him. But as the messenger continued talking, what is this I hear? Father has forgiven him? Is there no justice in the world? Will I come to the feast? Are you kidding?

The Lord has said both "Judge not, that ye be not judged". I used to look and this and try to repress the judgments I felt. But he also says, later in John, "Judge not according to the appearance, but judge righteous judgement". How do I really want to be judged? As I looked at it this way, I realized I want to be judged by the desires of my heart and not my results. The spirit affirmed to me that that is how God judges, and how I may judge my fellow men.

Of course, we don't know the desires of the heart in most cases, but I can use my imagination, and not in the direction of "surely he had to know how that would make me feel" but "what do his words indicate he intended?"

Here are a couple of the questions that come to my mind as I try to inventory (be more honest with myself) about this issue:

How many apologies have I not heard (believed) from others, because I have been projecting unto them my tendency for the safety of false apologies?

When I have apologized, have I thought of mercy as coming from myself, or from God?

Tricia V ☐

## RECEIVING PEACE TO MY SOUL THROUGH THE TOOL OF MUSIC

I wanted to share how the tool of music helped me recently. I am grateful that every now and then, the Lord brings a song to my heart and mind and I receive strength from it. Recently the following came to my mind:

"Master the tempest is raging. . . The wind and the waves will obey thy will. Peace, be still."

I realize how much I really love that song! It is not speaking of a Pollyanna world, but a real battle against the forces of darkness. Part of my spiritual awakening and recovery has been an awakening to the spiritual warfare in my life. Sometimes I feel so crazy because I feel a spiritual war going in my life. I have a false belief system that if I just DO (note the emphasis on MY performance) what I am supposed to, "all,[will be] well in Zion." The "all is

**"Master, the tempest is raging," but  
thank heaven, you are always there to  
still my soul.**

well in Zion," belief system torments my spirit. It tells me something is wrong with me if I am engaged in a daily spiritual battle. It tells me that I need to make things in my life look good, to attain the "honors of men" so I can be a "good missionary," or a "good example." I cannot discern

without the Lord's help when I have crossed the line and when my need to do good and look good becomes a distraction and sinful. I was contemplating the "mists of darkness," and I realize that denial is darkness. I believe the Lord wants me to understand the "mists of darkness" as a metaphor for the denial systems in my life. It is so easy to let the "honors of men," making things look good, overshadow the importance of coming to the plain truths in my life.

I need to understand how Satan works, but I don't want to get fixated upon him either. That just puts me into fear-based thinking. He is good at what he does. He is so subtle it amazes me. He knows how to use my most basic needs, the need to love and be loved and the desire to do the right things to lead me off course. He uses my need for the "honors of men" to distract me from a personal walk with Christ, from the need for rigorous honesty and a continual fearless moral inventory. He makes me think that if I just do what I'm supposed to, my problems will be solved; but, my problems can't be solved until I get to the core truths of them through rigorous honesty in the hands of a living, loving, safe God.

I am deceived so subtly, that I can't escape being deceived some time or another. It's everyone's struggle, because wanting fellowship and belonging is an honest need, both of the spirit and the natural man. Getting off course is going to be inevitable. The idea that I am not going to sin, not going to make mistakes if I just try hard enough is not realistic at all. It's Pollyanna. It's "all is well in Zion," thinking. With all my best efforts, I am not going to avoid getting deceived and needing to repent. I am going to need to repent and repent often. It's repentance (conscious contact, fearless moral inventory, rigorous honesty) that needs to be the focus, not avoiding sin and doing all the right things. I am going to sin, not because I want to, but because I'm a fallen mortal in a fallen world. And because I'm in a spiritual war and because Satan is so subtle and effective. Repentance keeps me from more sin. It leads me back to the path and back to the humility of my need for complete surrender and dependence on my Savior.

"Master, the tempest is raging," but thank heaven, you are always there to still my soul.

PeggyM ☐

## ENTERING INTO THE JOY OF THE LORD

I have never had the energy to pursue anything as long as I've pursued this relationship I seek with the Lord. Every effort I ever made at "self-improvement" only lasted a couple of weeks, at best. One longer period of weight loss was a white-knuckled effort powered by fear, but I got caught up in pride over my success and then regained nearly every pound I had lost.

With recovery, there's a different kind of energy in everything I do that is very difficult to describe. I feel like I've been reeled in, gathered home, embraced and nurtured along. I have a sense that when I dropped to my knees, desperate, and then fell apart emotionally after my last white-knuckled effort, the advice I was given by a friend to seek out a Twelve-Step group was sent through her from the Lord. She was not even what I would consider a very spiritually-minded person, but she was inspired, and somehow I recognized the inspiration in her words. In the temple, I prayed with more sincerity to know the Lord's will than I'd ever felt before, that October 1<sup>st</sup> in 2004.

**It's His work and His glory to save me, and amazingly, it is also His greatest will and pleasure to do so!**

In my mind's eye, I can see the Lord and our Father in Heaven shouting for joy and dancing about. WOOHOO! SHE'S FINALLY READY! I hear a few drums banging and cymbals clashing—bringing out the band to celebrate. I feel Their pure delight, watching me read the first few pages of HDDMFB, and whispering to me in a barely recognizable voice, "THIS WAS WRITTEN FOR YOU, PEG."

I can picture Them, consulting together: WHAT WOULD BE THE BEST WAY TO ENSURE SHE KNOWS WE WANT HER TO PURSUE THIS? REMEMBER HOW SHE'S WORRIED ABOUT NOT EVER FEELING THE BURNING IN THE BOSOM? YES. THAT SHOULD DO IT. LET'S GIVE HER FIRE WHEN SHE ASKS.

With every tiny effort I've made to bring my will, I

sense a response from Heaven with joy, delighted laughter, and clapping hands. SHE'S COMING! LOOK, SHE'S STILL COMING! The Lord has held out His arms and called to me: "COME, PEG, COME. JUST A FEW MORE STEPS. OH, JOY, FATHER! LOOK AT HER. SHE'S SMILING, COMING, ALMOST RUNNING ON TIPTOES — DANCING." When I fall down, He tenderly wipes away my tears, gives me a big hug, and whispers words of love. I LOVE YOU, PEG. EVERYTHING WILL BE ALL RIGHT. I'M HERE, AND I WON'T LET YOU GO.

I am certain that any progress I've made in recovery has not been mine, but the Lord's. It's His work and His glory to save me, and amazingly, it is also His greatest will and pleasure to do so! Pure love and joy in me as His child is the meaning and motive of grace. I am the prodigal daughter, coming home, and He has placed a ring (my pearl) on my finger, has dressed me in the best robe (my pink suit), has invited my feet to dance with Him, and is throwing me a party every day.

What joy, Lord! How great Thou art!

Peg W ☐

## WHEN WE FINALLY REALIZE THAT THE LABOR IS HIS--NOT OURS

All the time that we are trying to change ourselves, still thinking that we have to or that we can--this is the attitude, the belief, the mind set of the person who is *becoming* ready to give the job 100% to Christ and let Him take their sins upon Himself, so that they can bear a song away.

It is hard labor to make yourself worthy. A labor that you will inevitably fail at over and over and over and over again. That's what Benjamin was trying to tell us in Mosiah 2:21-25:

21 I say unto you that 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.**

23 And now, in the first place, he hath created you, and granted unto you your lives, for which ye are indebted unto him.

24 . . . And ye are still indebted unto him, and are, and will be, forever and ever; therefore, of what have ye to boast?

It is hard labor, trying to perfect yourself, trying to forsake your sins without Him, trying to run ahead of Him and get the job done to be worthy of Him. It is one meaning of the idea to run faster than you are able.

And so you fail over and over and over and over. Or you keep up a good out-ward appearance, but inside you have no sense of His peace, of having entered into His rest.

Finally you turn to Him and He shows you the truth of your weakness. You are about to cringe away, but before you can, He encircles you about in the robe of HIS righteousness (as in 2 Nephi 4). He throws His arms around you and weeps over you FINALLY coming to Him and letting Him take your sins upon Him.

As you come to Him to give Him your sins, you can't close your eyes or look away. You have to consciously face each of them as you lay them upon His shoulders. But then, He takes them, and leaves you washed clean in the blood of the Lamb—in His last and great sacrifice.

It is a very painful experience—to face how much I have contributed to His burden in Gethsemane. But, you know, that's part of the reality of it. It happened already, in Gethsemane. I'm not keeping the price down by trying to do any of my clean-up work first, myself, before taking the Ether 12:27 leap of humility and faith IN CHRIST.

WHAT IS YOUR PART IN GETTING SAVED—OF KEEPING YOURSELF SAFE FROM TEMPTATIONS WHEN THEY COME?

The answer is in **Jacob 6:5**. Your part is to *cleave* unto Christ as He cleaveth unto you.

The answer is in **Alma 36:18**. It is to cry out to Jesus Christ IN YOUR HEART, in the moment of

your temptation. It is to admit to Him as often as you need to, “Dear Lord, I am here again! I am being attacked again with tempting thoughts, with craving, with lust. O Jesus, Thou Son of God, have mercy on me!”

We must get past the misconception that we offend the Father when we address our thoughts to His Son, our Savior Jesus Christ in our hearts and minds. This is not praying to Christ instead of the Father. This is crying out to Christ to apply His atoning blood for our sakes—to put into effect His atonement in wrapping us about in His robes and coming between us and the lie of the craving spirit that is attacking us.

The Father knows you are addressing your thoughts and feelings to Christ. (See 3 Nephi 19:20-23:

20 Father, I thank thee that thou hast given the Holy Ghost unto these whom I have chosen; and it is because of their belief in me that I have chosen them out of the world.

21 Father, I pray thee that thou wilt give the Holy Ghost unto all them that shall believe in their words.

22 Father, thou hast given them the Holy Ghost because they believe in me; **and thou seest that they believe in me because thou hearest them,** and they pray unto me; and they pray unto me because I am with them.

23 And now Father, I pray unto thee for them, and also for all those who shall believe on their words, that they may believe in me, that I may be in them as thou, Father, art in me, that we may be one.

Did you hear what the Savior just said to the Father? Father, you hear them when they pray to me. There’s no offense here, because the truth is there is *no difference* here. Why? Because the Father and the Son are as one with each other. You cannot address either of them without addressing both of Them. “That they may believe in me, that I may be IN THEM AS THOU, FATHER, ART IN ME—*THAT WE MAY BE ONE.*”

This is the meaning of the at-one-ment. The Atonement of Christ. This is the “Doctrine of Christ.” It is that we might be one in heart and in mind—have the pure love (heart) of Christ and the mind of Christ, by seeking to be perfected in His

revelations to us.

Joseph said it this way:

“The Spirit of Revelation is in connection with these blessings [he had just spoken of receiving the Second Comforter, ‘no more or less than the Lord Jesus Christ Himself’]. . . and thus by learning the Spirit of God and understanding it, you may grow into the principle of revelation, until you become perfect in Christ Jesus.”  
(*Teachings of the Prophet Joseph Smith*, 151.)

Invite Christ into your “midst.” This is what we are doing through taking all of the actions outlined in the Steps, and by going over and over the beliefs each Step is grounded in. By seeking the character traits each Step encourages.

Invite Him into your midst, into your HEART in other words.

Let His thoughts come into your mind and let Him converse with you as the most intimate and honest loved one and friend.

We must seal ourselves (cleave) to Jesus Christ, as one with Him—even as He has sealed Himself to us by His last and great sacrifice in our behalf.

Colleen H ☐



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Heart t' Heart  
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Fax: (801) 796-0923  
Toll Free: (888) 790-7040  
Mon. - Fri., 9 a.m. - 1 p.m. (MST)  
e-mail: [hthorder@hotmail.com](mailto:hthorder@hotmail.com)  
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Editor's Note: Please remember, the opinions shared in Heartbeats are of the person sharing. We hope and pray that you will read, ponder and pray for direct inspiration and counsel from the Lord. Take what you feel confirmed in your own heart concerning the sharing and toss the rest.

### Online Meetings

To attend one of the online meetings go to:

<http://www.heart-t-heart2.org/chat>

(Note: New address)

All are welcome to attend. If this is your first time, review the information on the regular Heart t' Heart webpage:

<http://www.heart-t-heart.org>

**OL-04 - Sunday through Friday:** Every morning, 6:30 a.m. - 7:30 a.m. General

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- 1 In-depth study/analysis of principles found in Steps or Traditions
- 2 Personal experiences with the Steps, Traditions, Tools – how they work in your life
- 3 Capturing from the scriptures, *Big Book* or *He Did Deliver Me From Bondage*
- 4 Open sharing with positive recovery messages
- 5 Program from the Prophets – quotations from modern prophets with a “recovery” message
- 6 Short quotes, thoughts or one-liners

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## What's Inside *Heartbeats* ...

Dearest Friends – It comes to me with great clarity and honesty that this needs to be the final, front page “Dearest Friends,” column. -- p. 1

PUTTING IT DOWN IN WRITING –The HtH Conference inspired me to do better about counseling with the Lord "in writing" p. 2

LEARNING TO JUDGE RIGHTEOUS JUDGMENT-- How do I really want to be judged? As I looked at it this way, I realized I want to be judged by the desires of my heart and not my results. -- p. 3

RECEIVING PEACE TO MY SOUL THROUGH THE TOOL OF MUSIC -- I am grateful that every now and then, the Lord brings a song to my heart and mind and I receive strength from it. -- p. 3

ENTERING INTO THE JOY OF THE LORD –Pure love and joy in me as His child is the meaning and motive of grace. – p. 4

WHEN WE FINALLY REALIZE THAT THE LABOR IS HIS–NOT OURS – What is your part in getting saved–of keeping yourself safe from temptations when they come? – p. 5

