

The background of the image is a clear blue sky. At the bottom, there are several wispy white clouds. A bright sunburst effect is visible, with rays of light emanating from a point just above the center of the bottom edge, creating a lens flare effect across the sky.

Our Father's Plan

by Thomas Lee Palmer

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FORWARD

The writing of this book has been inspired by:

**The wonder of the *love of Heavenly Father and His son, Jesus Christ*, in providing for us
the *Creation, the Fall, and the Atonement***

Prophetic invitation to *“think celestial”* (October 2023 General Conference)

and teachings of living prophets and apostles

A prophet’s invitation to all of us to teach the *Doctrine of Christ* to our children

Gretna’s love of nature and wonder of God’s creations throughout her life

Our children’s and grandchildren’s love of God’s creations and sharing that love with us

Our missions and the beauty of God’s creations in countries around the world

My love of being outdoors with my family among the creations of God

My love of the peace I have found being alone amidst God’s creations

Our Primary calling and the songs we sing with the children

Lyrics from songs and hymns that recognize the beauty of God’s creations

and the wonder of His Plan

Scriptures that reference God’s creations, the Fall and the Atonement of Jesus Christ

and the words of the Savior Himself

A love for capturing the beauty of God’s creations in photos – Jesus Christ as the creator of that beauty

The House of the Lord and ordinances performed therein

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Photos displayed in this book or as background were taken by me unless otherwise noted. I am grateful to family members who have shared photos and their wonder of God’s creations and His wonderful plan for us.

Introduction


In December 2023, Elder D.Todd Christofferson of the Quorum of the Twelve Apostles visited the Flagstaff Arizona Stake. I recorded in my personal journal that day a memory of his visit to the Stake when I was Stake President in 1994:

*“I remember well Elder Christofferson’s visit to our stake in 1994 when he presided at our stake conference as a relatively new member of the Seventy. I still remember a challenge he made to priesthood leaders to **write down our understanding of the Plan of our Father** - I did so and have continued to this day to amend and further refine my understanding. I made notes today that will be added to my on-going draft of **OUR FATHER’S PLAN.**”*

I continue to search for deeper understanding of Our Father’s Plan and pray that each member of our family will do the same – it is His plan for us! I have tried to capture in this book some of my feelings, impressions, and understanding of Our Father’s Plan, knowing that I still have much to learn.

This I know – **His Plan is for us**, a Plan that invites us to be with our Father and His Son exalted with our families forever.

I pray that our children and grandchildren will come to better understand the wonder of God’s Plan – the Creation, the Fall, and the Atonement and personally be blessed thereby.



Our Father's Plan
The Creation
The Fall
The Atonement

The three fundamental components of the Plan of our Father are:

1) The Creation, 2) The Fall, and 3) the Atonement.

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, April 2020 General Conference

“The *Creation of earth* came from God, mortality and death came into the world through the *Fall of Adam*, and immortality and the possibility of eternal life were provided by the *Atonement of Jesus Christ*.

The *Creation*, the *Fall* and the *Atonement* were planned long before the actual work of the creation began.” Elder Nelson, April 2020 General Conference

In this book, I will share photos, scriptures, quotes from prophets, lyrics of songs and hymns, and feelings that help express my gratitude for the *CREATION*, the *FALL*, and the *ATONEMENT*.



The Creation

Photo of sunrise by Addy

The Creation

**“Behold, I am Jesus Christ the Son of God.
I created *the heavens and the earth*, and
all things that in them are.”**

3 Nephi 9:15

The Heavens



All things that in them are



Quinn & Jaxxon

by Celeste



cottontail

in our yard



orchid

in Singapore

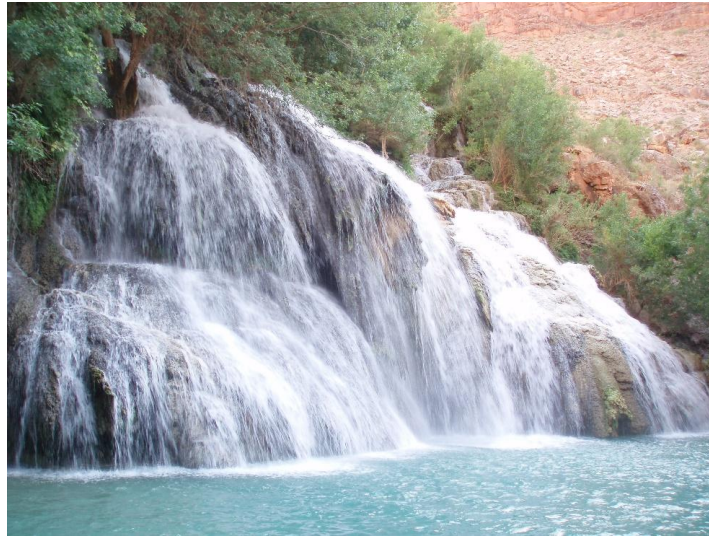
The Earth



I feel my Savior's love



sunrise at Cosnino



Navajo Falls in Havasupai Canyon



2023 sunset at Cosnino by Timmy



double rainbow at Cosnino

*"I feel my Savior's love
In all the world around me.
His Spirit warms my soul
Through everything I see.*

Children's Songbook, p. 74



beautiful sky over the mountain

Out of love for us, the Father and His Son, Jesus Christ, created this beautiful world for us to live in while in mortality



Beaver Falls in Havasupai Canyon

"I feel my Savior's love"

Children's Songbook, p. 7



Handies Peak, Colorado



Rainbow at Cosnino



August 2024 sunrise



August 2024 sunset

The Creation - 7 periods

In April 2000 General Conference, Elder Russell M. Nelson, of the Quorum of the Twelve Apostles, taught of the creation:

“Each phase of the Creation was well planned before it was accomplished.

Period *one* included the *creation of atmospheric heavens and physical earth*, culminating in the emergence of light from darkness.

In period *two*, the *waters were divided between the surface of the earth and its atmospheric heavens*. Provision was made for *clouds and rain* to give life to all that would later dwell upon the earth.

In period *three*, plant life began. The earth was organized to bring forth *grass, herbs, trees, and vegetation*—each growing from its own seed.

Period *four* was a time of further development. *Lights* in the expanse of the heaven *were organized* so there could be seasons and other means of measuring time. During this period, *the sun, the moon, the stars, and the earth were placed in proper relationship to one another*. The sun, with its vast stores of hydrogen, was to serve as a giant furnace to provide light and heat for the earth and life upon it.

In period *five*, *fish, fowl, and “every living creature”* were added. They were made fruitful and able to multiply—in the sea and on the earth—each after its own kind.

In the *sixth* period, *creation of life continued*. The *beasts of the earth* were made after their kind, *cattle* after their kind, and *everything which “creepeth upon the earth”*—again, after its own kind. Then the Gods counseled together and said: “Let us go down and form man in our image, after our likeness. ...

“So the Gods went down to *organize man in their own image, in the image of the Gods to form they him, male and female to form they them.*” Thus, Adam and Eve were formed. And they were blessed to “be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.”

The *seventh* period was designated as a time of rest.”

*Out of love for us
the Father and His Son, Jesus Christ, created this
beautiful world*



song of a bird

My Heavenly Father Loves Me
“Whenever I hear the *song of a bird*
Or look at the *blue, blue sky*,
Whenever I feel the rain on my face
Or the wind as it rushes by,
Whenever I touch a *velvet rose*
Or walk by our *lilac tree*



blue, blue sky

*I'm glad that I live in this beautiful world
Heav'nly Father created for me.”*

Children's Songbook, p.228



velvet rose



beautiful world created for me



lilac tree

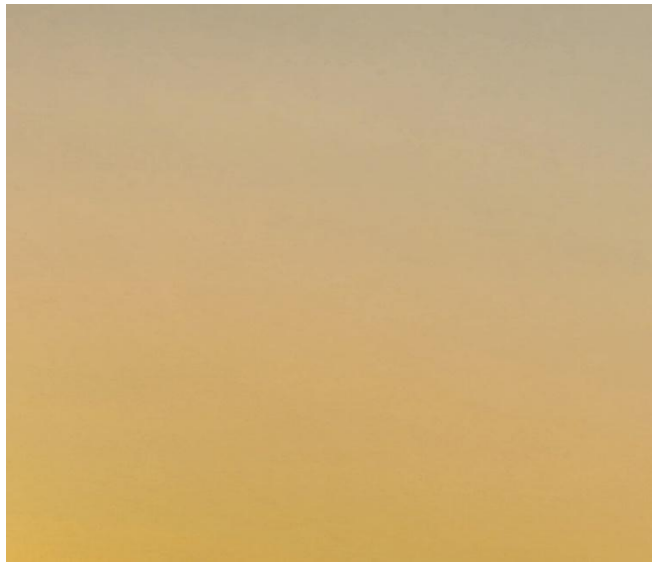
*The Creation - “Period ONE”
atmospheric heavens and physical earth
emergence of light from darkness*

“And I, God, said: *Let there be light*; and there was light.

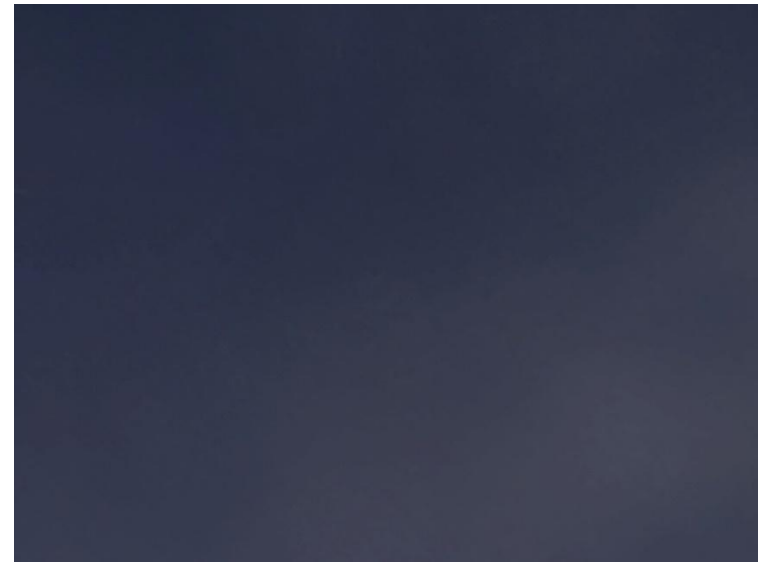
And I, God, divided the light from the darkness.

And I, God, called the light Day; and the darkness, I called Night”

Moses 2:3-5 (Genesis 1:3-5)



“I, God, called the light Day;”



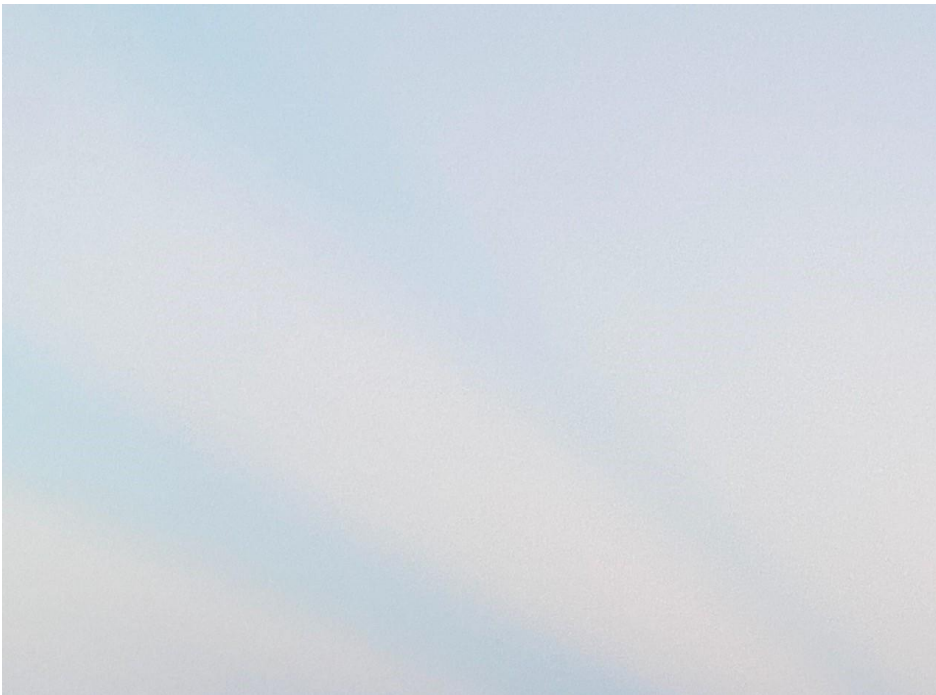
“and the darkness, I called Night”

We are reminded of *“let there be light”* daily with each sunrise

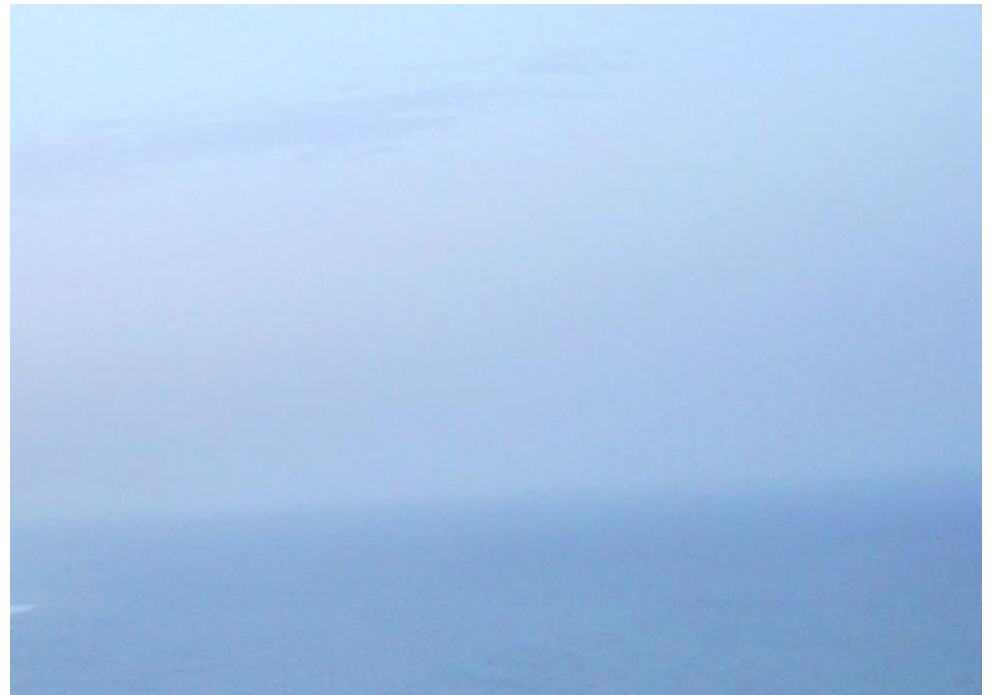
Photo on the left is the sky of a sunset(“light”), and the one on the right is a night sky of (“darkness”)

The Creation - "Period TWO"

"waters were divided between the surface of the earth and its atmospheric heavens, clouds and rain"



Morning sky over Flagstaff (by Addy)



Bay of Bengal near Visakhapatnam, India

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*



Clouds over the San Francisco Peaks

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*



Rain at Cosnino – summer 2024

The Creation - “Period TWO”

“waters were divided between the surface of the earth and its atmospheric heaven

- clouds and rain”



Double Rainbow at Cosnino



Rainbow in Barbados



Rainbow at Molas Pass, Colorado



Rainbows provide a message from God

“The sign or token of God’s covenant with Noah ([Gen. 9:13–17](#)). [JST, Genesis 9:21–25 \(Appendix\)](#)

explains that the covenant includes the promises that the earth will never again be covered with a flood of water, that the Zion of Enoch will return, and that

the Lord will come again to dwell on the earth.”

<https://www.churchofjesuschrist.org/study/scriptures/gs/rainbow?>

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and its atmospheric heavens
- clouds and rain"*

"I like to look for rainbows whenever there is rain and ponder on the beauty of an earth made clean again. I want my life to be as clean as earth right after rain. I want to be the best I can and live with God again."

Children's Songbook, p. 103

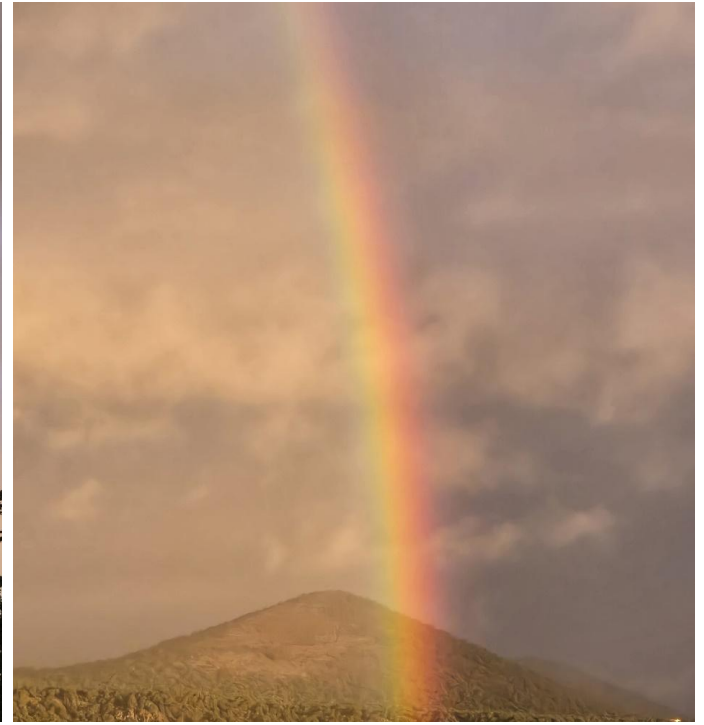
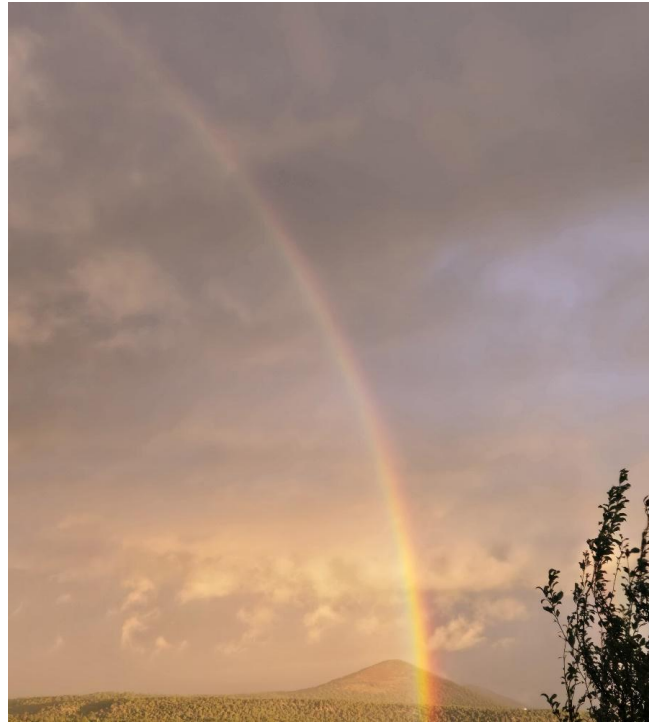


The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*

"I like to look for rainbows whenever there is rain. . ."

Children's Songbook, p. 103



October 18, 2024 Rainbows - Cosnino

The Creation - “Period TWO”

*“waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain”*



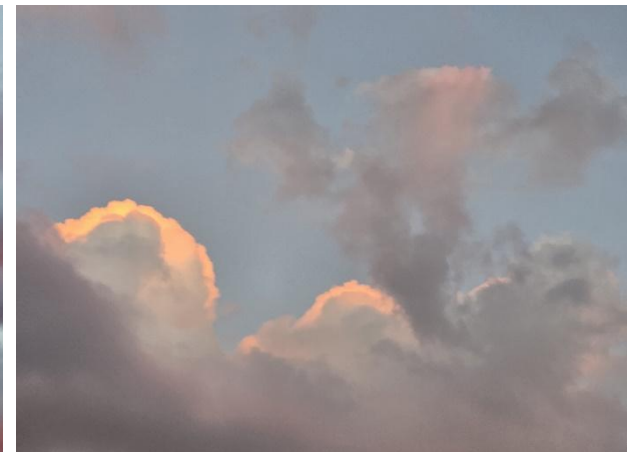
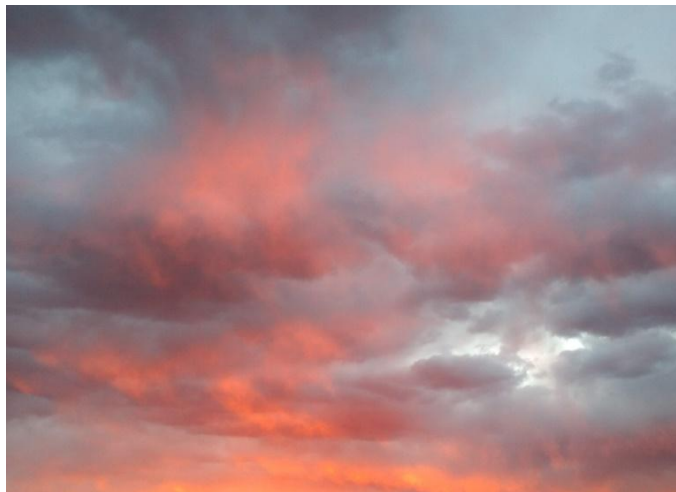
Clouds invite us to look upward, to “think celestial”

The Creation - "Period TWO"

"waters were divided between the surface of the earth and its atmospheric heavens - clouds and rain"



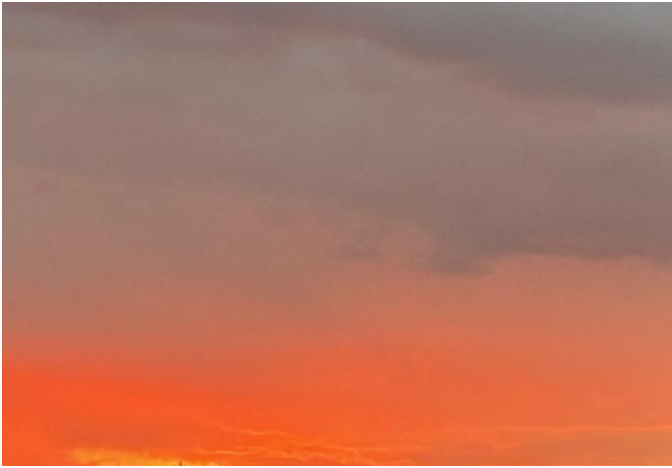
by Addy



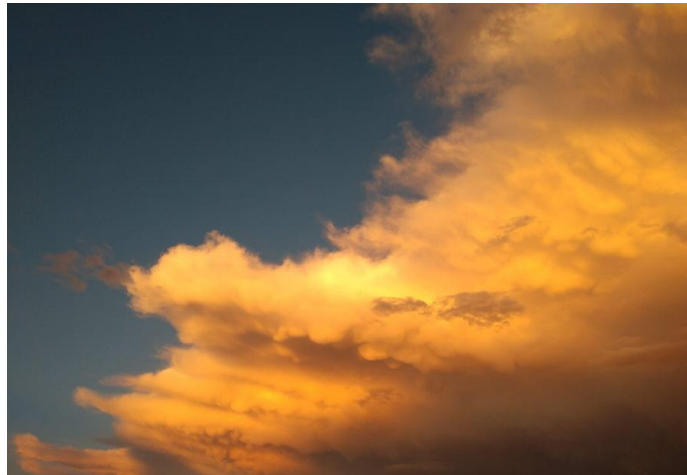
Clouds invite us to look upward and feel the love of God

The Creation - "Period TWO"

"waters were divided between the surface of the earth and its atmospheric heavens- clouds and rain"



by Addy



Clouds remind us of the wonder of the Creation

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*

While working on fences I looked up and saw a beautiful rainbow and a unique cloud.

Had I not "looked up" I would have missed these sights.

If we fail to **"look up"** to God what will we miss?

He wants to speak to us through His creations and provide direction in our lives
- **LOOK UP!**

" . . . look to God and live." Alma 37:47



*LOOK UP and behold the beauty of the heavens
LOOK UP and strive to know what God would have you do and be.*

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*



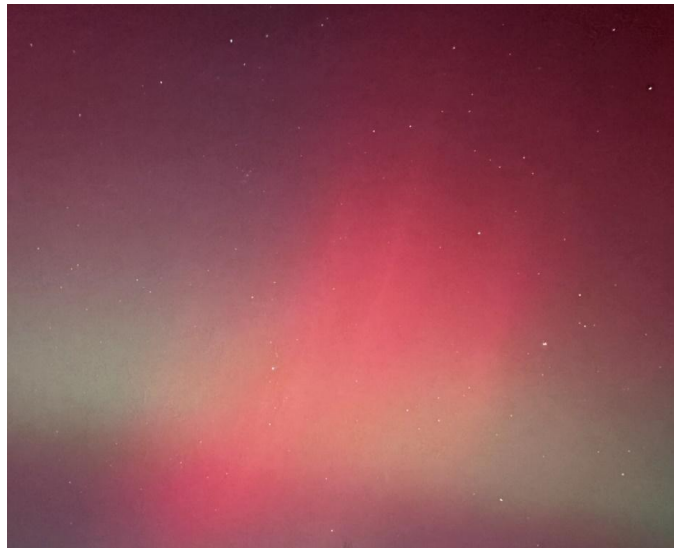
Clouds provide heavenly view over the Richmond Virginia Temple – July 2024

The Creation - "Period TWO"

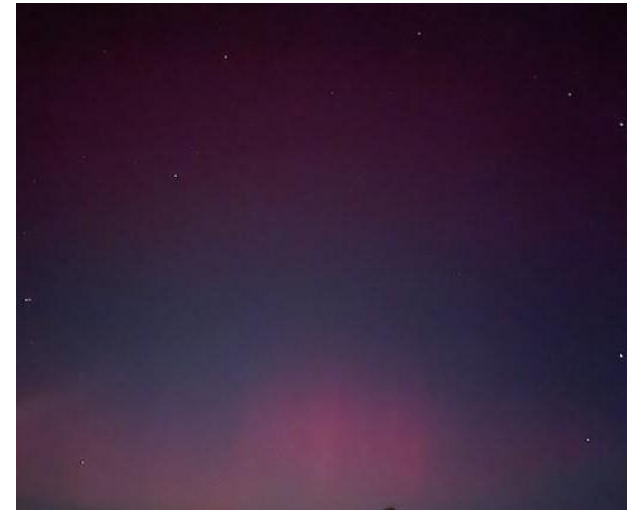
*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*



photo by Elyce in Alaska



10/10/2024 photo by Pamela in Bayfield



10/10/2024 photo by Addy in Flagstaff

Clouds provide the reflection needed for the Northern Lights

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*



August 30, 2024 sunrise

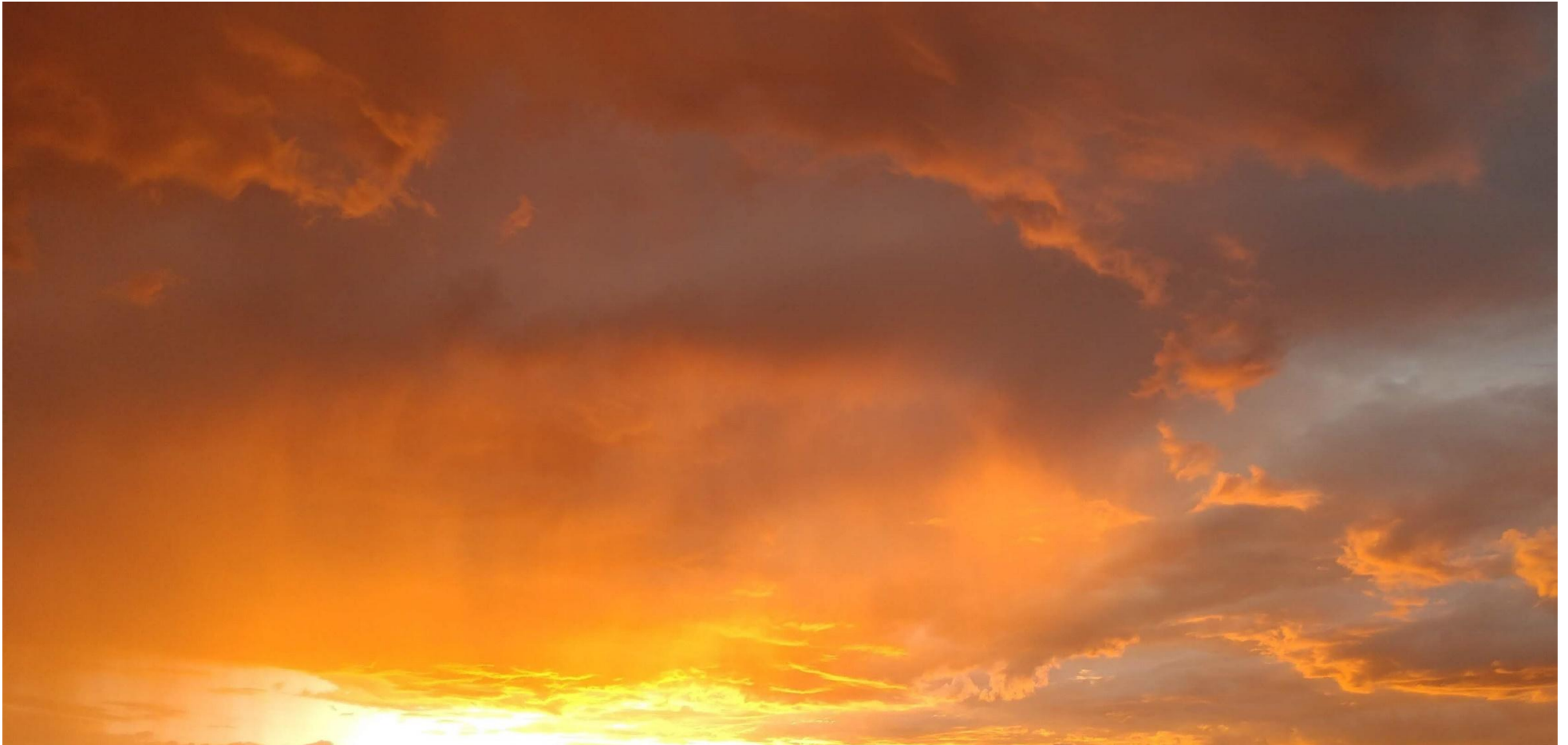


Colorful sunrise at Cosnino

*Clouds provide the reflection needed for
beautiful sunrises*

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*



Clouds provide the reflection needed for beautiful sunsets

The Creation - "Period TWO"

*"waters were divided between the surface of the earth and
its atmospheric heavens
- clouds and rain"*



August 12, 2024 sunset



Reflective sunset by Pam - Cosnino



Sunset in west from Cosnino

Clouds provide the reflection needed for beautiful sunsets

The Creation - "Period THREE"
"grass, herbs, trees, and vegetation"



Grass, trees and flowers – Cosnino area

The Creation - "Period THREE"
"grass, herbs, trees, and vegetation"



Flowers in Indonesia



Flowering Trees in New Delhi, India

The Creation - "Period THREE"
"grass, herbs, trees, and vegetation"



Flowers at Maracas Bay, Trinidad (by Celeste)



Orchid in Singapore

The Creation - "Period THREE"
"grass, herbs, trees, and vegetation"



Vegetation in Indonesia



***Trees and vegetation in
Guyana, South America***

The Creation - "Period THREE"

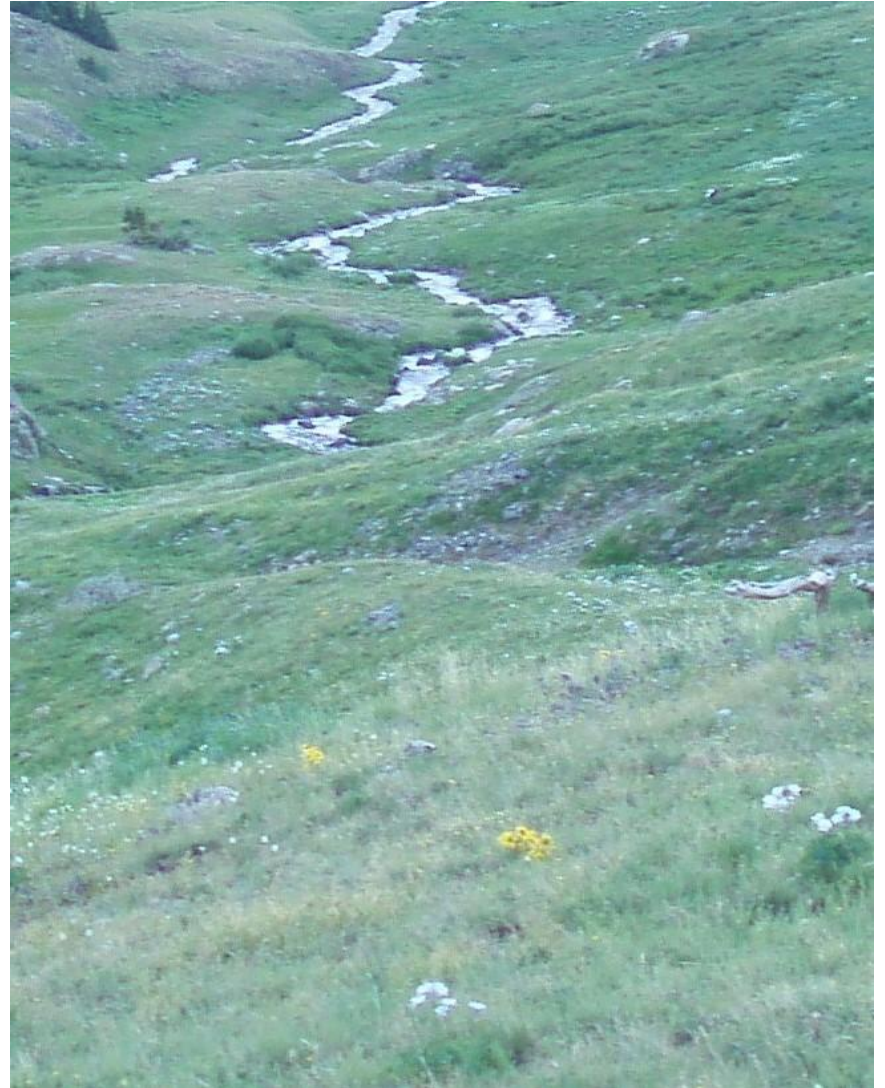
"grass, herbs, trees, and vegetation"

*"Give, said the little stream,
Give, oh! Give, Give, oh! Give
Give, said the little stream,
As it hurried down the hill;
I'm small, I know, but wherever
I go the fields grow greener still."*

Children's Songbook, p. 236

*Water from streams and rivers
gives life to vegetation*

*We too have much to give
to brighten the lives of those
around us*



The Creation - "Period THREE"
"grass, herbs, trees, and vegetation"



Ponderosa Pine Trees near Mountain Dell



Pinon Pine Tree at Cosnino

The Creation - "Period THREE"
"grass, herbs, trees, and vegetation"



Herbs in Deborah's garden in Fruita, Colorado

The Creation - "Period THREE"
"grass, herbs, trees, and vegetation"



Plum tree at Cosnino



Mango tree in Trinidad



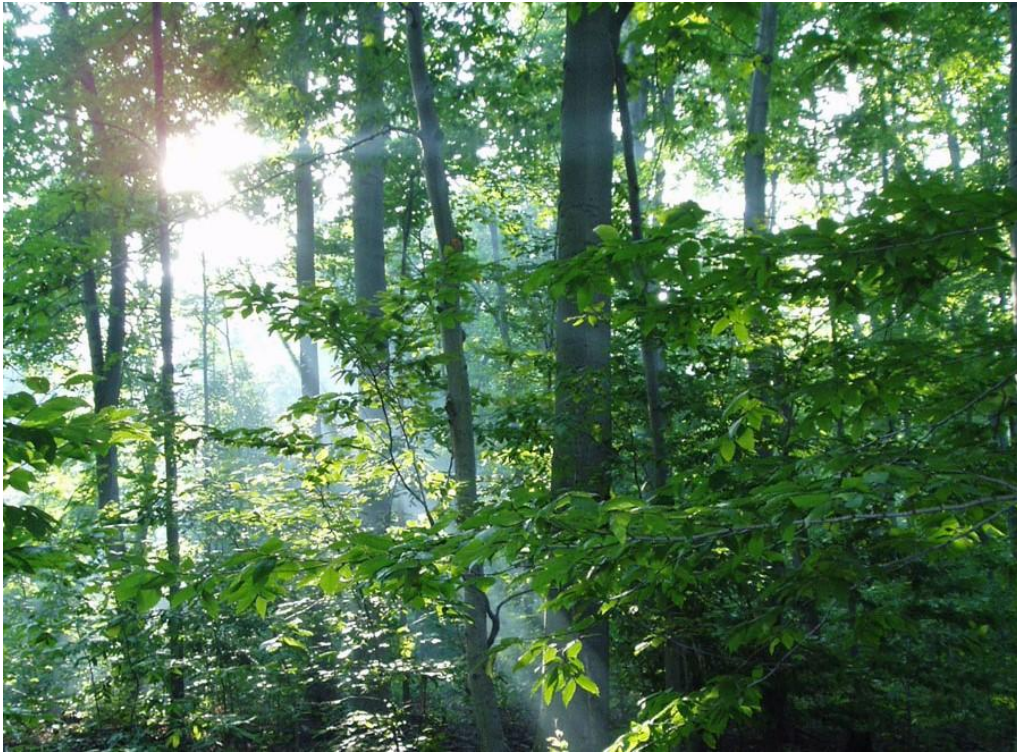
Peach tree at Cosnino

Fruit Trees

The Creation - “Period THREE”

“grass, herbs, trees, and vegetation”

Trees and vegetation provide the perfect setting for *sacred groves*, where God can commune with His children – where we can “be still and know that [He] is God”



The Sacred Grove - Joseph knelt to pray by Norman Mayes



A beautiful painting by Danica
Sacred grove beckons one to kneel and pray

The Creation - "Period THREE"

"grass, herbs, trees, and vegetation"

*Trees in the fall provide beautiful color changes
welcoming a new **season***



The Creation - "Period THREE"

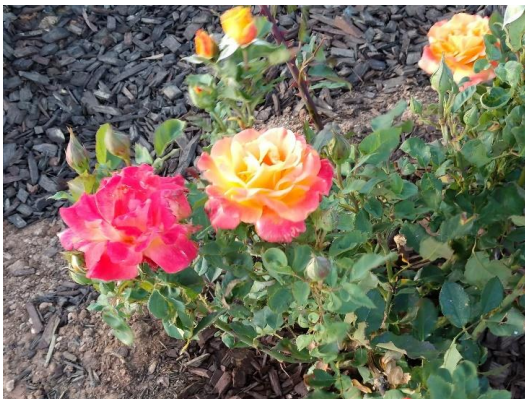
"grass, herbs, trees, and vegetation"

Seasons provide beauty and variety



Spring blossoms – Mt. Dell home and Cosnino Plum Tree

Fall colors – Grandma's Virginia Creeper – Colorado trees



Summer flowers and monsoon flooding

Winter Snows

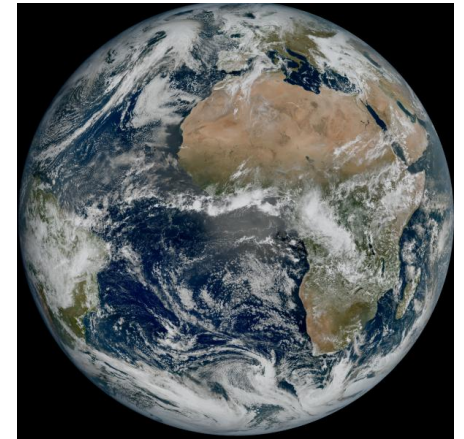
The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"



"This is the light of Christ. As also he is in the sun, and the light of the sun. . . As also he is in the moon, and is the light of the moon. . . As also the light of the stars. . . And the earth also. . . Which light proceedeth forth from the presence of God. . . The light which is in all things, which giveth life to all things"

Doctrine and Covenants 88:7-13



**Satellite photo of the earth
universemagazine.com**

The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"

The Sun



The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"

The sun's rays shining through the clouds make me feel that the Savior is saying I am always here for you, no matter the clouds that darken your sky



The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"

"And Ammon said unto him: The heavens is a place where God dwells and all his holy angels.

And king Lamoni said: Is it above the earth?

And Ammon said: Yea, and he looketh down upon all the children of men; and he knows all the thoughts and intents of the heart; for by his hand were they all created from the beginning." Alma 18:30-32

We sing: "O God, th' Eternal Father, who dwells amid the sky" Hymn No. 175

"O my Father, thou that dwellest in the high and glorious place" Hymn No. 292

We should "look up" and see the wonders of His creations and know that He is there!

The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"

The Moon



Moon rises in the East at Cosnino



Moon over Trinidad (by Celeste)



Moon over Maracas Bay (by Celeste)

The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"

The Moon



Moon rises in the evening in the East

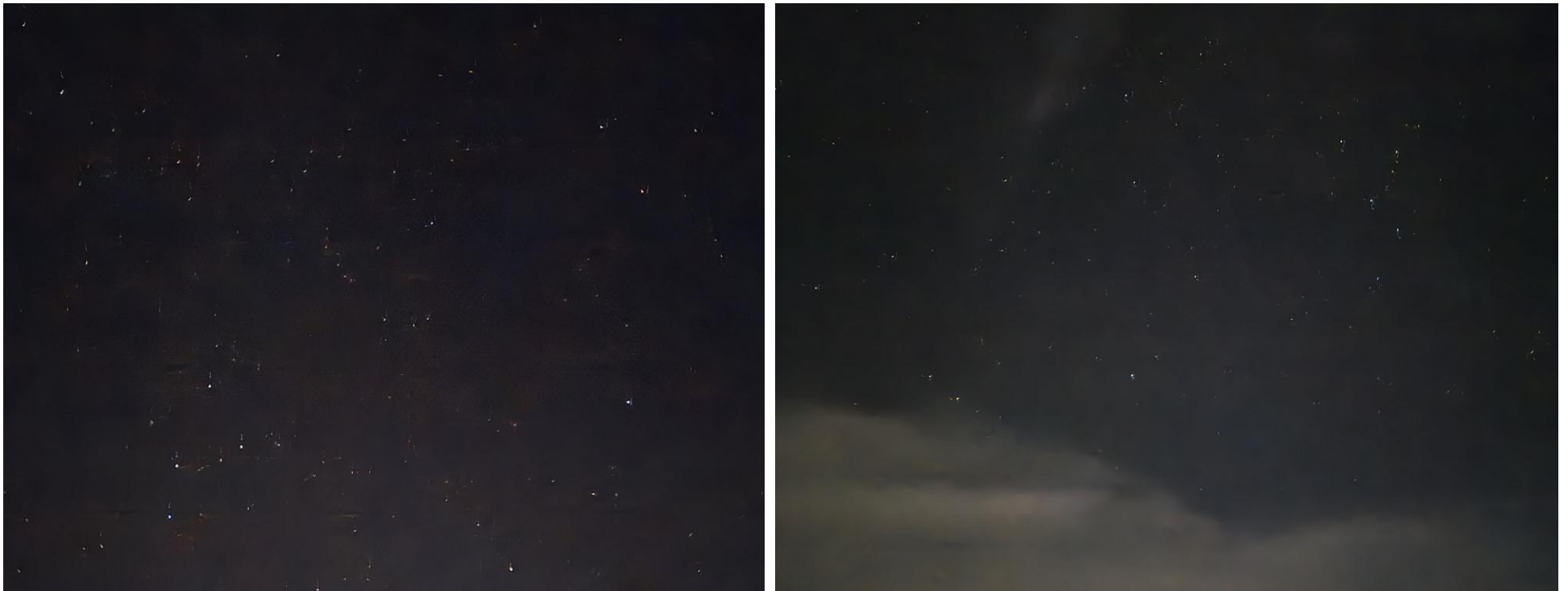
Moon sets early the next morning in the West

October 2024 at Cosnino Home

The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"

Stars



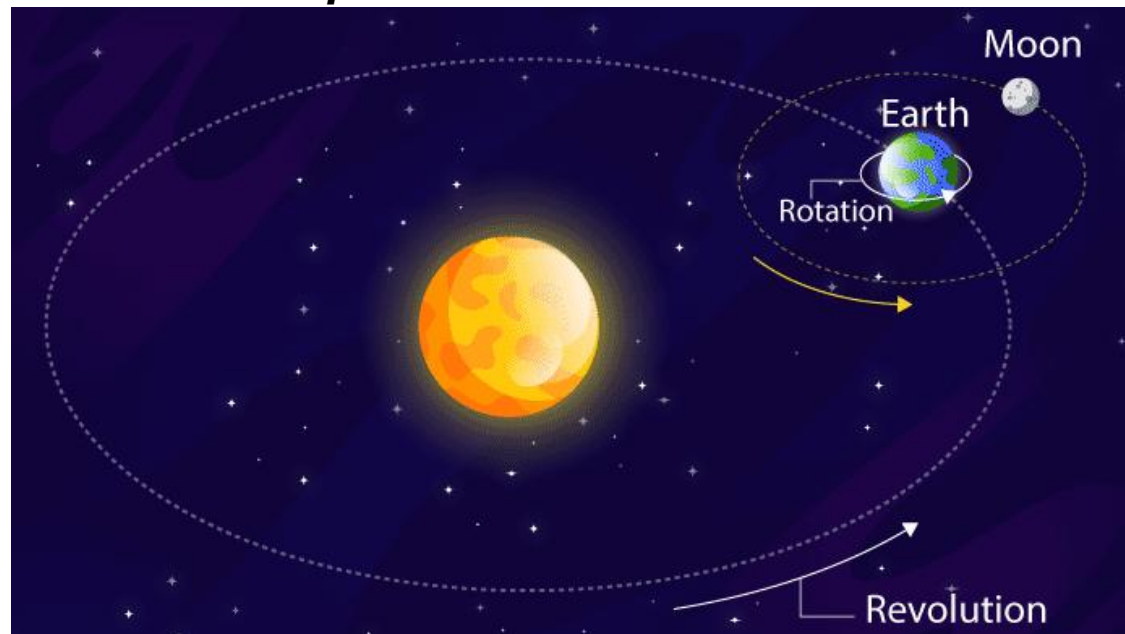
Star-filled sky over Cosnino home

The Creation - “Period FOUR”

“Lights . . . Were organized - the sun, the moon, the stars, and the earth were

placed in proper relationship to one another”

**“yea, and all things denote there is a God;
yea, even the earth, and all things that are upon the face of it,
yea, and its motion, yea, and also all the planets which
move in their regular form do witness that there is
a Supreme Creator.” Alma 30:44**



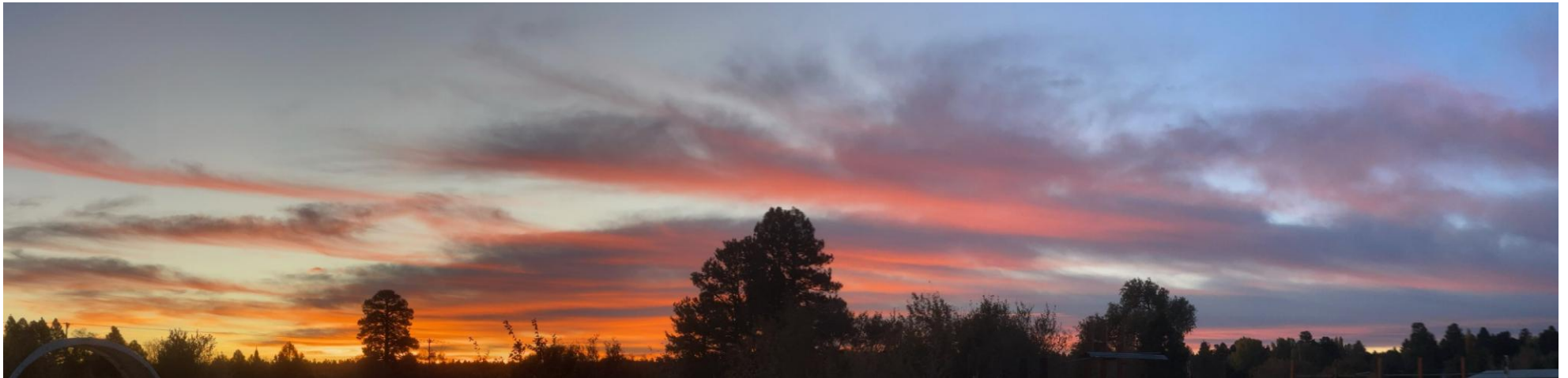
The Creation - “Period FOUR”

“Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another”

The Savior gave Samuel the Lamanite signs of His birth and His death using the sun, the moon, and the stars. The signs of His birth represented “light” and the signs of His death represented “darkness”.

Helaman 14:3-6, 20-27

He is the “light and life of the world” 3 Nephi 11:10-11

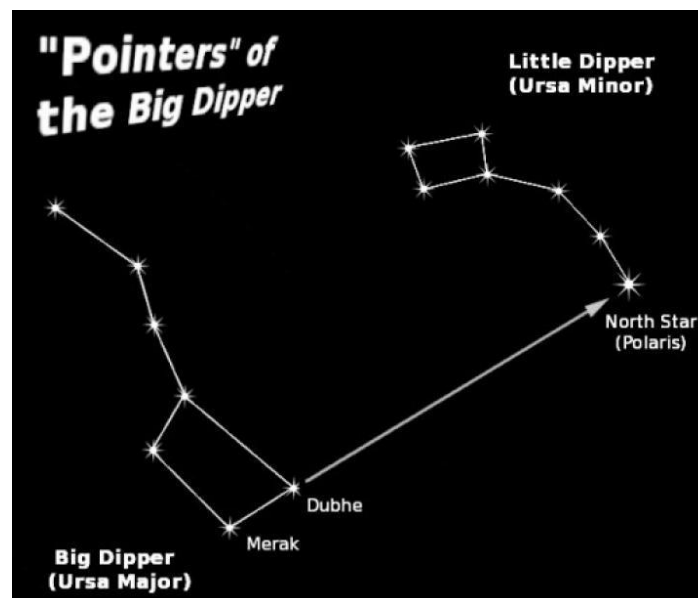


Sunrise by Ricky

The Creation - "Period FOUR"

"Lights . . . Were organized - the sun, the moon, the stars, and the earth were placed in proper relationship to one another"

You can always "look up" and the North Star will guide you home. Remember, He gave you that star - He wants you to come home!



The Creation - "Period FIVE"

"fish, fowl, and "every living creature"

"And the Gods said: Let us prepare the waters to bring forth abundantly the moving creatures that have life; and the fowl, that they may fly above the earth in the open expanse of heaven" Abraham 4:20



Fish in Timmy's Pond

The Creation - "Period FIVE"
"fish, fowl, and "every living creature"



Fish in pond in Bogor, Indonesia



Fish in pond at Pam's school

The Creation - "Period FIVE"

"fish, fowl, and "every living creature"

*"And the Gods said: Let us prepare the waters to bring forth abundantly the moving creatures that have life; and **the fowl, that they may fly above the earth in the open expanse of heaven**" Abraham 4:20*



Birds playing in yard at Cosnino

The Creation - "Period FIVE"
"fish, fowl, and "every living creature"



Scarlet Ibis in Trinidad (by Celeste)



Bird in Trinidad (by Celeste)

The Creation - "Period FIVE"
"fish, fowl, and "every living creature"



Canadian Geese at pond near Continental



White-bearded Manakin in Trinidad (by Celeste)

The Creation - "Period FIVE"

"fish, fowl, and "every living creature"

*"In the leafy treetops, the birds sing 'good morning'
They're first to see the sun
They must tell ev'ryone"*

Children's Song book, p. 240

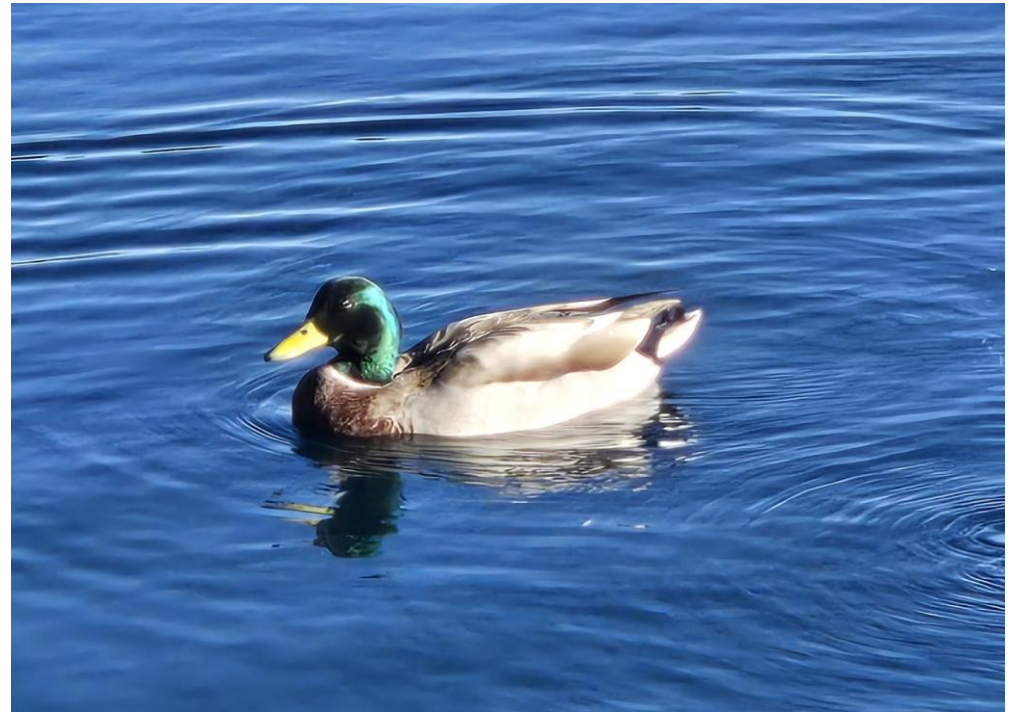


In the leafy treetops at Cosnino home

The Creation - "Period FIVE"
"fish, fowl, and "every living creature"



Hawk at pond east of Continental



Duck at pond east of Continental

The Creation - "Period FIVE"

"fish, fowl, and "every living creature"



Wild turkeys in Fruita, Colorado (by Deborah)



Wild Turkey at Cosnino

The Creation - "Period FIVE"
"fish, fowl, and "every living creature"

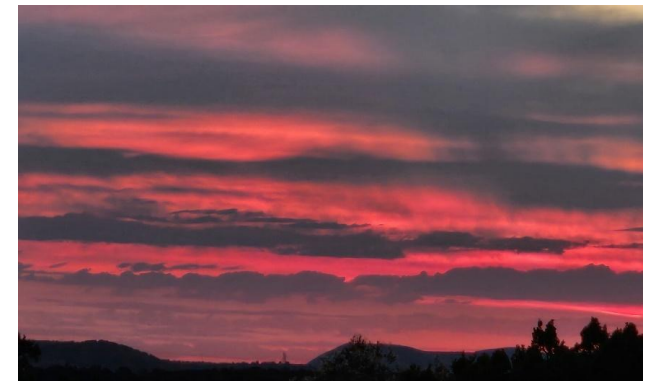
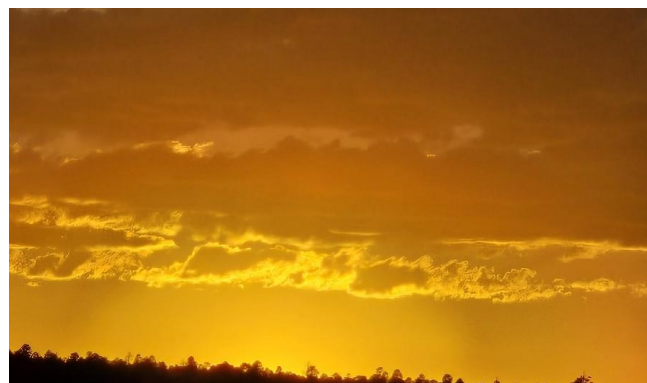
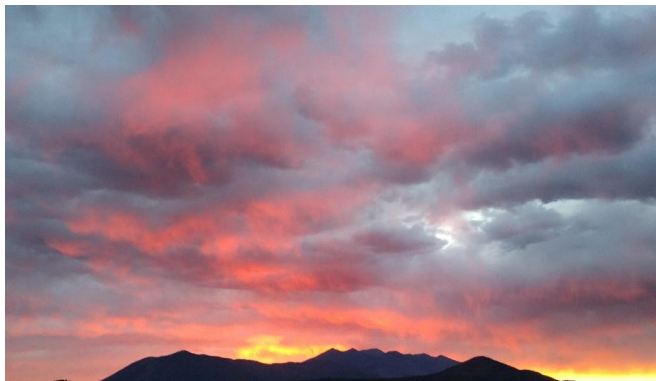
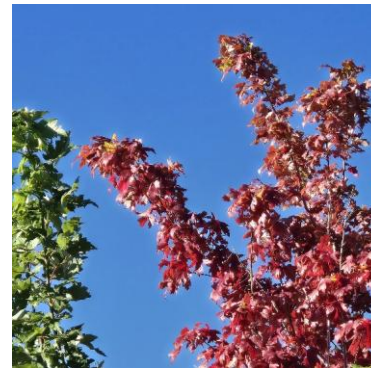


Migrating birds at Timmy's pond (Photo by Timmy)

Colors in the Creations of Jesus Christ

The “blue” of a blue bird’s wings, the “brilliant colors” in fall leaves and in sunrises and sunsets, and the “scarlet” color of a scarlet ibis teach us that

Jesus Christ is the Master Artist



The Creation - "Period FIVE"
"fish, fowl, and "every living creature"



Cottontail Rabbit at Cosnino



Squirrel near Mountain Dell

The Creation - "Period SIX"

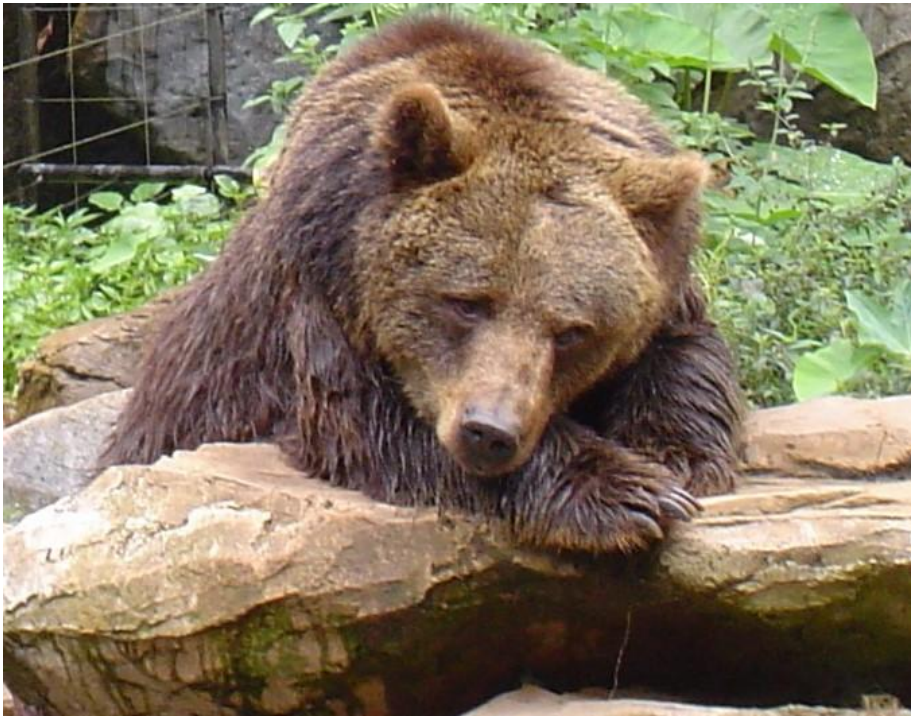
"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."



Tiger and Lion - Taman Safari, Indonesia

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."



Bear and Giraff - Taman Safari, Indonesia

The Creation - "Period SIX"

"creation of life continued... beasts of the earth... cattle... and everything which creepeth upon the earth... the Gods went down to organize man in their own image, male and female."



Elk - East of Flagstaff

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."



Buck near Cosnino



Buck in our backyard (by Kenneth)



Doe near Cosnino

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."



Fox at Tellis Trail



Coyote at Cosnino



Deer at Cosnino Home

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."

Cattle on the ranch



The Creation - "Period SIX"

"creation of life continued... beasts of the earth... cattle... and everything which creepeth upon the earth... the Gods went down to organize man in their own image, male and female."

Horses on the ranch and at Cosnino



The Creation - "Period SIX"

*"creation of life continued. . . beasts of the earth. . . cattle. . .
and everything which creepeth upon the earth. . .
the Gods went down to organize man in their own image, male and female."*



Lizard in Trinidad (by Celeste)



Boa in Caroni Swamp, Trinidad (by Celeste)

The Creation

The Creation of the earth is beautiful, marvelous, amazing, wonderful, and miraculous

And it was created for ME!

*In the first **Five Periods** of creation the Lord provided a setting and an environment for all of God's children to experience mortality!*

*Finally, at the end of **Period Six** the Lord created man and woman (Adam and Eve) and gave them dominion over all He had created.*



Adam and Eve – Come Follow Me Manual 2017 - Primary

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."

The greatest creation of the Father and the Son is the creation Of man and woman - in the image of God and Jesus Christ - with flesh and bones.

The eye, the ears, the mouth, the brain and the body with all its organs. Without the creation of man and woman and The amazing body to house their spirits there was no way for them to appreciate the wonder of the creations during Periods ONE through FIVE.

*"He gave me my eyes that I might see
The color of butterfly wings.
He gave me my ears that I might hear
The magical sound of things.
He gave me my life, my mind, my heart:
I thank him rev'rently
For all his creations, of which I'm a part.
Yes, I know Heav'nly Father loves me."*

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."

"Your body, whatever its natural gifts, **is a magnificent creation of God**. It is a tabernacle of flesh — **a temple for your spirit**. . . Each organ is a wondrous gift from God. The eye has a self-focusing lens. Nerves and muscles control two separate eyes to make a single three-dimensional image. The eyes are connected to the brain, which records the sights seen. . . Each ear is connected to compact equipment designed to convert sound waves into audible tones. An eardrum serves as a diaphragm. Minute ossicles amplify sound vibrations and transmit a signal via nerves to the brain, which senses and remembers the sounds. . . The heart is an incredible pump. They function in a marvelous manner. . . The body repairs itself. Broken bones mend and become strong once again. Skin lacerations heal themselves. . . The body renews its own outdated cells. . . **The spirit** is eternal; it existed in innocence in the premortal realm and will exist after the body dies. **The spirit provides the body with animation and personality**. Development of the spirit is of eternal consequence. The attributes by which we shall be judged one day are those of the spirit. These include the virtues of integrity, compassion, love, and more. Your spirit, by being housed in your body, is able to develop and express these attributes in ways that are vital to your eternal progression. **Spirit and body, when joined together, become a living soul of supernal worth**. Indeed, **we are children of God**—physically and spiritually. . . **A perfect body is not required to achieve a divine destiny**. . . Eventually the time will come when each "spirit and . . . body shall be reunited again in . . . perfect form; both limb and joint shall be restored to its proper frame." Then, **thanks to the Atonement of Jesus Christ, we can become perfected in Him**. How should these truths influence our personal behavior? **We should gratefully acknowledge God as our Creator**. Ye must give thanks unto God," said the Lord, for whatsoever blessing ye are blessed with. And we can practice virtue and holiness before Him continually." We will regard our body as a temple of our very own. We will not let it be desecrated or defaced in any way. We will control our diet and exercise for physical fitness. . . Should not equal attention be paid to spiritual fitness? Just as physical strength requires exercise, so spiritual strength requires effort. Among the most important of spiritual exercises is prayer. It engenders harmony with God and a desire to keep His commandments. Prayer is a key to wisdom, virtue, and humility. Who are we? **We are children of God. Our potential is unlimited. Our inheritance is sacred. May we always honor that heritage—in every thought and deed"**

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."

Elder Russell M. Nelson, October Conference 1998:

"Your body. . . is a magnificent creation of God. . . a temple for your spirit. . ."

For the Strength of Youth – a Guide for Making Choices:

"Your body is an amazing gift from your Heavenly Father. He gave it to you to help you become more like Him. . . Treat your body—and others' bodies—with respect. As you make decisions about your clothing, hairstyle, and appearance, ask yourself, "Am I honoring my body as a sacred gift from God?" Heavenly Father wants us to see each other for who we really are: not just physical bodies but His beloved children with a divine destiny. The Lord's standard is for you to honor the sacredness of your body, even when that means being different from the world. . . Your respect for yourself and others will increase as you honor your body through your behavior, appearance, and dress."

Gospel-topics – "Modesty": ***"Modesty is an attitude of propriety and decency in dress, grooming, language, and behavior. . . If we are unsure about whether our dress or grooming is modest, we should ask ourselves, "Would I feel comfortable with my appearance if I were in the Lord's presence?" Prophets have always counseled us to dress modestly. This counsel is founded on the truth that the human body is God's sacred creation. We must respect our bodies as a gift from God. Through our dress and appearance, we can show the Lord that we know how precious our bodies are. Our clothing expresses who we are. It sends messages about us, and it influences the way we and others act. When we are well groomed and modestly dressed, we can invite the companionship of the Spirit and exercise a good influence on those around us. Central to the command to be modest is an understanding of the sacred power of procreation, the ability to bring children into the world. This power is to be used only between husband and wife. Revealing and sexually suggestive clothing, which includes short shorts and skirts, tight clothing, and shirts that do not cover the stomach, can stimulate desires and actions that violate the Lord's law of chastity."***

The Creation - "Period SIX"

"creation of life continued. . . beasts of the earth. . . cattle. . . and everything which creepeth upon the earth. . . the Gods went down to organize man in their own image, male and female."

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, January 1988 Ensign,
"The Magnificence of Man":

"When we truly know our divine nature, we will want to control our appetites. We will focus our eyes on sights, our ears on sounds, and our minds on thoughts that are a credit to our physical creation as a temple of our Father in Heaven. In daily prayer, we will gratefully acknowledge him as our Creator and thank him for the magnificence of our physical temple. We will heed his counsel. . . The great accomplishments of this life are rarely physical. Those attributes by which we shall be judged one day are spiritual. With the blessing of our bodies to assist us, we may develop spiritual qualities of honesty, integrity, compassion, and love. Only with the development of the spirit may we acquire "faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, [and] diligence." (D&C 4:6.) Let us pattern our lives after our great Exemplar, even Jesus the Christ, whose parting words among men included this eternal challenge: "What manner of men ought ye to be? . . . even as I am." (3 Ne. 27:27.) We are sons and daughters of God. He is our Father; we are his children. Our divine inheritance is the magnificence of man."

The Creation

“Grand as it is, planet Earth is part of something even grander – that great plan of God. Simply summarized, the earth was created that families might be. We are to build families and be sealed in holy temples.” Elder Russell M. Nelson, of the Quorum of the Twelve Apostles, April 2000 General Conference.

President Nelson (July 28, 2023): “. . . the very reason the earth was created was so families could be formed and sealed to each other. Salvation is an individual matter, but exaltation is a family matter. No one can be exalted alone.”

The Creation - “Period SEVEN”

“ a time of rest” – a Sabbath Day!

The Sabbath is a holy day set apart by God for us to rest from our labors and worship Him. **Following the Creation of the world, God blessed the seventh day and made it sacred** (see [Genesis 2:2–3](#)).

He commanded the Israelites to “remember the sabbath day, to keep it holy” ([Exodus 20:8](#)). After the Resurrection of Jesus Christ, His disciples began observing the Sabbath on Sunday, or the first day of the week (see [Mark 16:2](#); [Acts 20:7](#); [1 Corinthians 16:1–2](#)). In the latter days, God renewed His commandment to observe the Sabbath day (see [Doctrine and Covenants 59:9–13](#); [68:29](#)).

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/sabbath-day-study-guide>



The Fall

The Fall

“In the Garden of Eden, God commanded, “Of every tree of the garden thou mayest freely eat, but of the tree of the knowledge of good and evil, thou shalt not eat of it, nevertheless, thou mayest choose for thyself, for it is given unto thee; but remember that I forbid it, for in the day thou eatest thereof thou shalt surely die.” Because Adam and Eve transgressed this command and partook of the fruit of the tree of the knowledge of good and evil, they were cast out from the presence of the Lord. In other words, they experienced spiritual death. They also became mortal—subject to physical death. **This spiritual and physical death is called the Fall”.**

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/fall-of-adam-and-eve-study-guide>



Similitude, by Walter Rane

The Fall

*“I, God, created man in mine own image, in the image of mine Only begotten created I him; male and female created I them. And I, God, blessed them and said unto them: **Be fruitful, and multiply, and replenish the earth.** . . .”* Moses 2:27-28

The **Fall** was required before that commandment could be fulfilled – how grateful we are that Eve and Adam partook of the fruit opening the way for families to be. If they had not fallen, “. . . *They would have had no children; wherefore they would have remained in a state of innocence, having no joy, for they knew no misery; doing no good, for they knew no sin.*” 2 Ne 2:23

*“But behold, **all things have been done in the wisdom of him who knoweth all things.** Adam fell that men might be; and men are, that they might have joy.”* 2 Ne 2:24-25

The Fall was expected – God granted Adam and Eve agency and their choice invited the Atonement of Jesus Christ that Our Father’s Plan would be.

The Fall

Elder Bruce R. McConkie of the Quorum of the Twelve Apostles stated in 1983 (Tambuli, September 1983, 22):

“. . . remember, the Atonement came because of the Fall. . . If there had been no Fall, there would be no Atonement with its consequent immortality and eternal life.

Mortality and procreation and death all had their beginnings with the Fall. One of the most profound doctrinal declarations ever made fell from the lips of mother Eve. She said: “Were it not for our transgression we never should have had seed, and never should have known good and evil, and the joy of our redemption, and eternal life which God giveth unto all the obedient.” (Moses 5:11.)

The coming fall would take them downward and forward and onward. Death and procreation had yet to enter the world. Death would be Adam’s gift to man, and the gift of God would be eternal life through Jesus Christ our Lord.

Thus, existence came from God; death came by Adam; and immortality and eternal life come through Christ. “And they [our first parents] would have had no children”; they would have been denied the experiences of a mortal probation and a mortal death; and it is out of these two things—out of death and the tests of mortality—that eternal life comes. But—thanks be to God—“Adam fell that men might be; and men are, that they might have joy. And the Messiah cometh in the fulness of time, that he may redeem the children of men from the fall.” (2 Ne. 2:21–26.)

Knowing all these things about the plan of salvation, we are in a position to consider the creation of this earth, of man, and of all forms of life. Knowing that the Creation is the father of the Fall, and that the Fall made possible the Atonement, and that salvation itself comes because of the Atonement, we are in a position to put the revealed knowledge about the Creation in a proper perspective.” (emphasis added)

The Fall

Because of the Fall, families can be!

As Elder Russell M. Nelson, of the Quorum of the Twelve Apostles taught, **“Grand as it is, planet Earth is part of something even grander – that great plan of God. Simply summarized, the earth was created that families might be.”** April 2000 General Conference

Because of the Fall, Adam and Eve were able to create the first family



Gospel Study Guide, Fall of Adam and Eve

The Fall

Fall of Adam and Eve (from "Gospel Topics")

“ [Adam and Eve] were cast out from the presence of the Lord. In other words, they experienced spiritual death. They also became mortal—subject to physical death. *This spiritual and physical death is called the Fall.* As descendants of Adam and Eve, we inherit a fallen condition during mortality. We are separated from the presence of the Lord and subject to physical death. We are also placed in a state of opposition, in which we are tested by the difficulties of life and the temptations of the adversary. In this fallen condition, we have a conflict within us. We are spirit children of God, with the potential to be “partakers of the divine nature.” *We need to strive continually to overcome unrighteous passions and desires.* Repeating the words of an angel, King Benjamin said, “*The natural man is an enemy to God, and has been from the fall of Adam.*” We must “*yield to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love. . .*” Because of our fallen, mortal nature and our individual sins, *our only hope is in Jesus Christ and the plan of redemption. Through the Atonement of Jesus Christ, everyone will be redeemed from the effects of the Fall.* Thankfully, Jesus Christ “bringeth to pass the condition of repentance,” making it possible for us to receive forgiveness for our sins and dwell in the presence of God forever. We will not fully desire eternal salvation until we recognize our need for the Savior. This recognition comes as we grow in our understanding of the Fall.”

The Fall

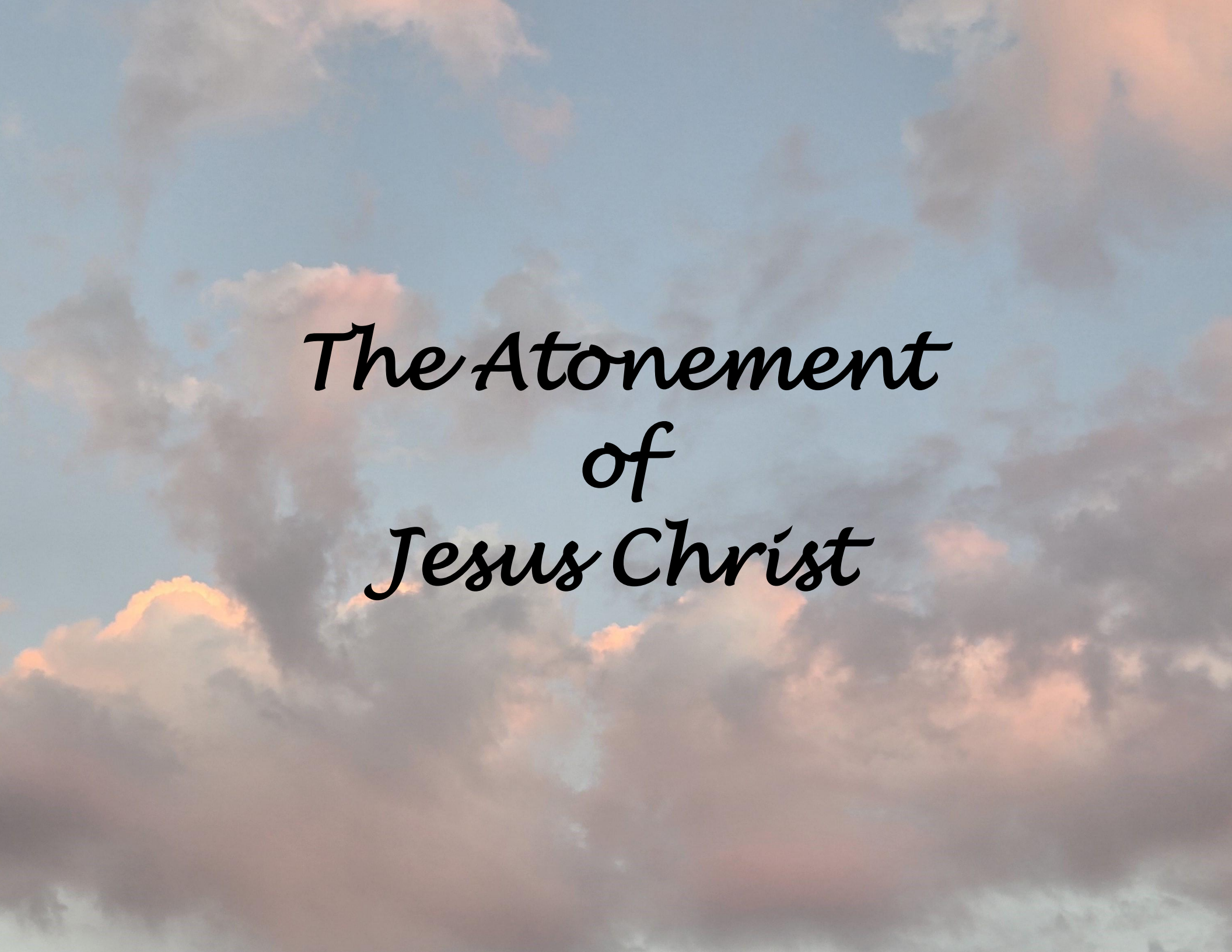
The Fall was a fall from the presence of the Father and the Son - a fall from "light" into darkness . . . The Atonement invited "light" back into the lives of Adam and Eve and invites "light" back into

our lives if we fall and then fully embrace the Savior's atonement -

in His presence there can be no darkness!

He is the "light and life of the world"

3 Nephi 11:10-11



*The Atonement
of
Jesus Christ*

The Atonement

“Before we can comprehend the **Atonement of Christ . . .** we must first understand the **Fall of Adam.** And before we can understand the **Fall of Adam,** we must first understand the **Creation.** These three crucial components of the plan of salvation relate to each other.” President Russell M. Nelson, April 2024 Liahona

*In this book, I have shared prophetic declarations and my feelings about the wonder of the **Creation,** the necessity of the **Fall,** and our need to come to understand the blessings of the **Atonement of Jesus Christ** and fully come unto Him. Clearly, I have much more to learn and there is much more written and spoken by prophets of God on these sacred matters.*

The Atonement

President Russell M. Nelson has taught us (April 2024 Liahona):

*“[The Savior’s] mission was uniquely his. Born of a mortal mother and an immortal Father, he was the only one who could voluntarily lay down his life and take it up again. The glorious consequences of his Atonement were infinite and eternal. He took the sting out of death and made temporary the grief of the grave. His responsibility for the Atonement was known even before the Creation and the Fall. Not only was it to provide for the resurrection and immortality of all humankind, it was to enable us to be forgiven of our sins—upon conditions established by him. And **His Atonement opened the way by which we could be united with him and with our families eternally. This prospect we esteem as eternal life—the greatest gift of God to man.**”*

“No one else could effect the Atonement. . . And no other individual will be required or permitted to shed blood for the eternal salvation of another human being. Jesus did it ‘once for all.’”

The Atonement

President Russell M. Nelson, “Think Celestial”, *Liahona*, Nov. 2023, 117:

*“The Savior suffered ‘pains and afflictions and temptations of every kind’ so that He can comfort us, heal us, rescue us in times of need. Jesus Christ described His experience in **Gethsemane** and on Calvary: ‘Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore.’ (Doctrine and Covenants 19:18). **“Because of Jesus Christ’s infinite Atonement, our Heavenly Father’s plan is a perfect plan! An understanding of God’s fabulous plan takes the mystery out of life and the uncertainty out of our future. It allows each of us to choose how we will live here on earth and where we will live forever. When you make choices, I invite you to take the long view—an eternal view. Put Jesus Christ first because your eternal life is dependent upon your faith in Him and in His Atonement. It is also dependent upon your obedience to His laws. Obedience paves the way for a joyful life for you today and a grand, eternal reward tomorrow.”***

The Atonement

The MERCY of our Lord Jesus Christ shows His love for ALL

“ . . . Yet will I not forget thee, O house of Israel. Behold, I have graven thee upon the palms of my hands. . . ” 1 Nephi 21:14-15

The reach of His atonement is infinite: *“O house of Israel, is my hand shortened at all that it cannot redeem, or have I no power to deliver?”* 2 Nephi 7:2

His mercy has no end

“ . . . his hand is stretched out still ” 2 Nephi 19: 12,17,21; 2 Nephi 20:4

“ . . . the arms of mercy are extended towards [all men] ” Alma 5:33

“ . . . He will take upon him their infirmities that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities. ” Alma 7:12

“ . . . With great mercies will I gather thee. . . with everlasting kindness will I have mercy on thee, saith the Lord thy Redeemer. ” 3 Nephi 22:7,8

“Therefore, whosoever repenteth, and hardeneth not his heart, he shall have claim on mercy through mine Only Begotten Son, unto a remission of his sins; and these shall enter into my rest.”

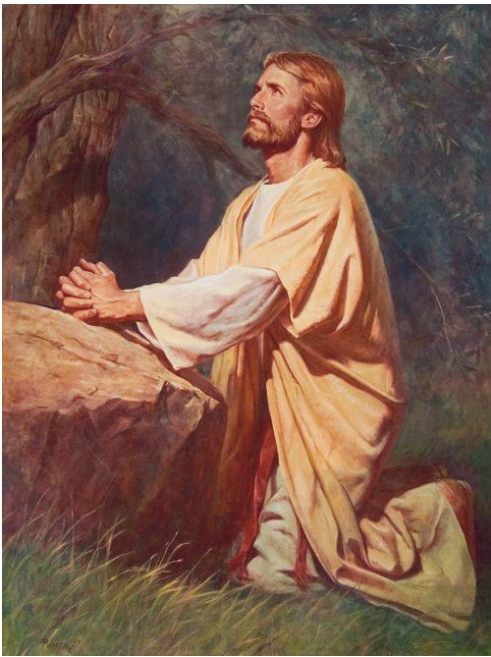
Alma12:34

“ . . . the Lord is merciful unto ALL who will, in the sincerity of their hearts, call upon his holy name. ”

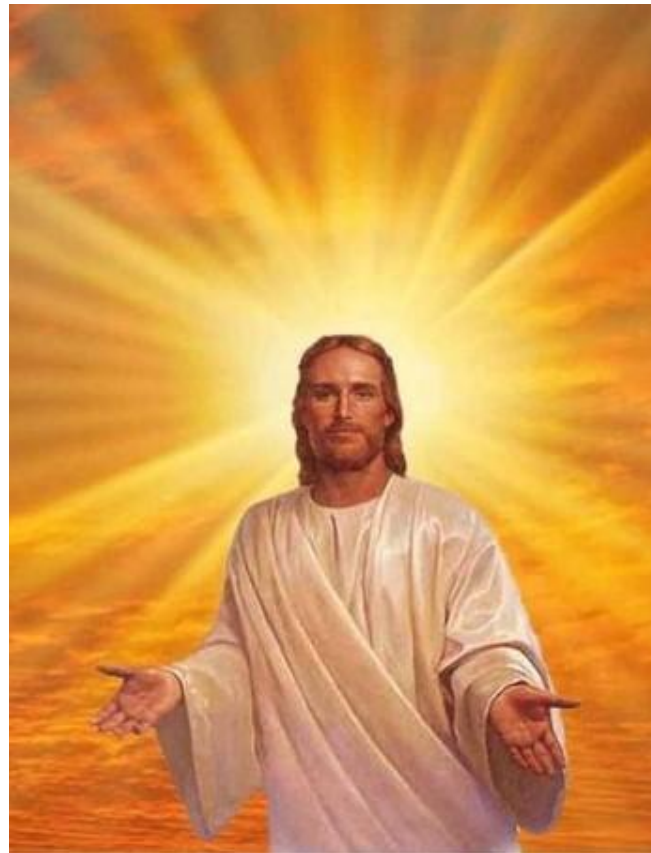
Helaman 3:27

The Atonement

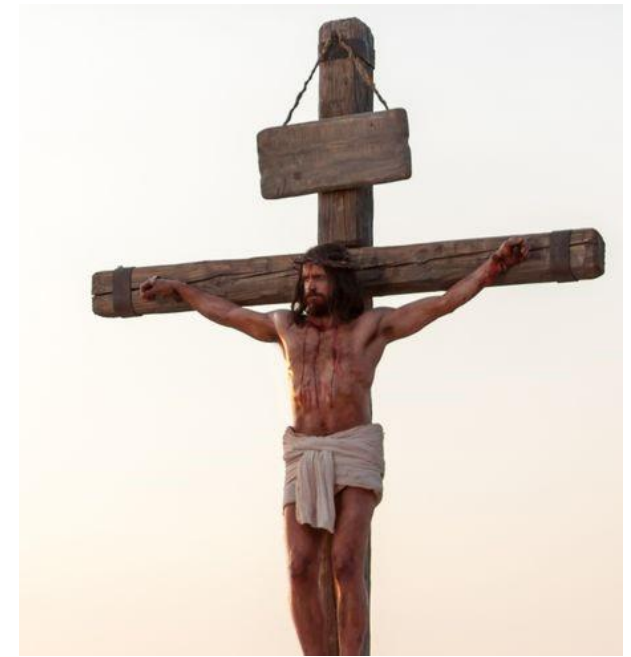
*I once saw a painting of Jesus with His hands outstretched. As I examined the painting and saw the evidence of the wounds in His hands and wrists it was as if I could hear Jesus speak to me, **“I did it for you”***



Gethsemane art Del Parsons



<https://uk.pinterest.com/pin>



Calgary

<https://www.churchofjesuschrist.org/media/image>

The Atonement

“For God so loved the world, that he gave his only begotten Son. . . For God sent not his Son into the world to condemn the world; but that the world through him might be saved.” John 3:16-17

Jesus came to redeem, not to judge – He loves all of us unconditionally

He taught: “. . . As I have loved you. . . Love one another. By this shall all men know that ye are my disciples, if ye have love one to another.”

John 13:34-35

If we wish to be disciples of Jesus Christ, we must love all of God’s children with unconditional love and honor the Atonement of Jesus Christ which was His expression of love to open the way for the redemption of all.

The Atonement

The Savior's Atonement was for each of us individually – He did it for ME

“Jesus climbed the hill to the Garden still; His steps were heavy and slow.

Love and a prayer took Him there to the place only He could go. He felt all that was sad, wicked, or bad, all the pain we would ever know.

While His friends were asleep, He fought to keep His promise made long ago.



The hardest thing that ever was done,
The greatest pain that ever was known,
The biggest battle that ever was won—

This was done by Jesus!

The fight was won by Jesus!

*Gethsemane! Jesus loves **me**,*

*So He gives this gift to **me** from Gethsemane.”*

The Atonement

A Hymn reminds me that I am the beneficiary of His precious gift of the Atonement – it is personal to **ME**

“I stand all amazed at the love Jesus offers **me**,
Confused at the grace that so fully he proffers **me**.

I tremble to know that **for me** he was crucified,
That **for me**, a sinner, he suffered, he bled and died.
I marvel that he would descend from his throne divine
To rescue a soul so rebellious and proud **as mine**,
That he should extend his great love unto **such as I**,
Sufficient to own, to redeem, and to justify.

I think of his hands pierced and bleeding to pay the debt!

Such mercy, such love and devotion **can I forget?**

No, no, I will praise and adore at the mercy seat,

Until at the glorified throne **I kneel at his feet.**

*Oh, it is wonderful that he should **care for me***

*Enough to **die for me!***

Oh, it is wonderful, wonderful to me!”

I Stand All Amazed, Hymns, No. 193

I often sing this Hymn on my morning walk to help me always remember Him and His love for me.

The Atonement

I have often pondered on the magnificence of the Atonement reflected in the **TOTAL OFFERING**

of the Savior – it was not a single act – it was a gift to us of His **ALL**

The Atonement of Jesus Christ encompassed in part:

- His volunteering in premortal life to be the Savior who would redeem us from the Fall
 - His birth in humble circumstances
- His perfect walk in mortality to show us the Way so He could be the unblemished Lamb
 - His teachings and His mercy, kindness and love
 - His prayers to His Father for us
 - His suffering in Gethsemane and hours that followed; His crucifixion on the cross
 - His voluntary death . . . giving His life for all our Father's children
 - His resurrection – providing the gift of immortality to all
 - His continued love and mercy granted to all who repent and come unto Him
- His direction of the great latter-day gathering on both sides of the veil which began just after His death
 - His total commitment to His work “to bring to pass the immortality and eternal life of man”
- His unconditional love for each of us with His hand always outstretched to us to help us come home

I pray often to my Father in Heaven expressing my gratitude for the gift of His Son – a gift of LOVE

The Atonement

God Loved Us, So He Sent His Son, Hymns, No. 187

***“God loved us, so he sent his Son, Christ Jesus, the atoning One,
To show us by the path he trod the one and only way to God.
He came as man, though Son of God, and bowed himself beneath
the rod.***

***He died in holy innocence, a broken law to recompense.
Oh, love effulgent, love divine! What debt of gratitude is mine,
That in his off’ring I have part and hold a place within his heart.
In word and deed he doth require my will to his, like son to sire,
Be made to bend, and I, as son, learn conduct from the Holy One.
This sacrament doth represent His blood and body for me spent.
Partaking now is deed for word that I remember him, my Lord.”***

The Atonement

The Atonement is the “silver lining” in the storm clouds in our lives - it provides “hope” for all.



The Atonement

The Atonement provides “hope” for ALL

No one is exempt from the need for the Atonement.

No one is excluded from the blessings of the Atonement - -

*ALL who come unto Jesus Christ and exercise faith in Him by meeting
the*

conditions of His mercy will be blessed by His Atonement.

Amulek testified of the infinite atonement of Jesus Christ: “And thus mercy can satisfy the demands of justice, and encircles them in the arms of safety. . . therefore only unto him that has **faith unto repentance is brought about the great and eternal plan of redemption. . . May God grant unto you. . . That ye may begin to exercise your **faith unto repentance**, that ye begin to call upon his holy name, that he would have mercy upon you. . . Yea, cry unto him for mercy. . .” Alma 34:14-18**

Elder Patrick Kearon of the Twelve, April 2024 General Conference:

“The Savior, the Good Shepherd, goes in search of His lost sheep until He finds them. He is “not willing that any should perish.” 2 Peter 3:9 He said, “Mine arm of mercy is extended towards you, and whosoever will come, him will I receive.” 3 Ne 9:14 He did not refuse the penitent—no matter their sin. And He will not refuse you or those you love when you bring to Him your broken hearts and contrite spirits. That is not His intent or His design, nor His plan, purpose, wish, or hope.

The Atonement

The Savior's Love and Atonement are mirrored in the sun's rays coming through the clouds - reminding us

He is always there for us and

we are never alone!



The Atonement

President Russell M. Nelson, April 2018 General Conference:

“Our Savior and Redeemer, Jesus Christ, will perform some of His mightiest works between now and when He comes again. We will see miraculous indications that God the Father and His Son, Jesus Christ, preside over this Church in majesty and glory. But in coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost. My beloved brothers and sisters, I plead with you to increase your spiritual capacity to receive revelation. . . Choose to do the spiritual work required to enjoy the gift of the Holy Ghost and hear the voice of the Spirit more frequently and more clearly.”

We covenant to do so when we are baptized and each time we partake of the Sacrament to

“ALWAYS REMEMBER HIM”

His promise to us is that we will ALWAYS have His Spirit to be with us

HOW DO WE ALWAYS REMEMBER HIM? - Some of the things that have helped me . . .

Take time to “look up” and “look around” and behold the wonder of His creations

Sing Hymns and Songs that teach of Him

Pray regularly and fervently, read the Book of Mormon daily, meditate and ponder

Reflect upon the wonder of the Creation, the Fall, and the Atonement of Jesus Christ

Often ask, “What would Jesus do?” as we interact with all who are around us

Partake of the sacrament weekly, reflecting on the words of the prayers and hymns –doing so with a broken heart and a contrite spirit – the offering He wants each of us to give.

Write in my journal daily – recording feelings and experiences that helped me remember Him

Be in the temple as often as possible

The Atonement of Jesus Christ

Our Father's Plan is perfect because of the Atonement of Jesus Christ

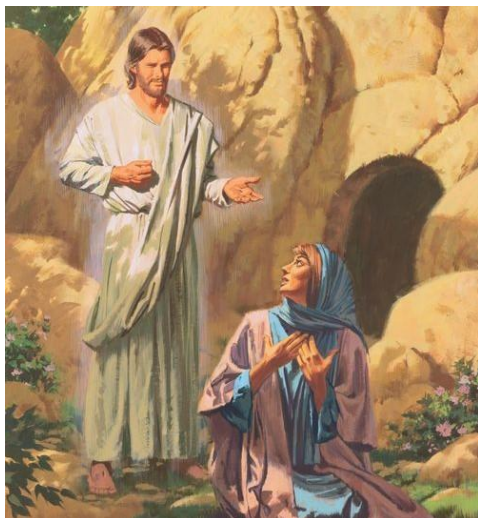
The Father, the Son and the Holy Ghost are doing their part to help us come home. We must do our part by fully embracing Our Father's Plan by coming unto Christ with full purpose of heart - *offering our broken heart and contrite spirit*. We must come to His Holy Temples and learn of Him, be with Him, and assist in His great latter-day gathering of our Father's children on both sides of the veil. We must ALWAYS remember Him and focus our lives on Him. We must follow Him, serve Him and look unto Him.

2025 Youth Theme: "Look unto Christ"

D&C 6:36 - "Look unto me in every thought; doubt not, fear not."

The Atonement of Jesus Christ includes His Resurrection

Elder Dallin H. Oaks, of the Quorum of the Twelve Apostles taught in April 2000 General Conference: *“The universal resurrection became a reality with the Resurrection of Jesus Christ (see [Matt. 27:52–53](#)). On the third day after His death and burial, Jesus came forth out of the tomb. . . Amulek taught: ‘The death of Christ shall loose the bands of this temporal death, that all shall be raised from this temporal death. The spirit and the body shall be reunited again in its perfect form. . . and even there shall not so much as a hair of their heads be lost; but every thing shall be restored to its perfect frame’ ([Alma 11:42–44](#)).’ . . . In our eternal journey, the resurrection. . . signifies the beginning of immortality. Our temples are living, working testimonies to our faith in the reality of the resurrection. They provide the sacred settings where living proxies can perform all of the necessary ordinances of mortal life in behalf of those who live in the world of the spirits. None of this would be meaningful if we did not have the assurance of universal immortality and the opportunity for eternal life because of the Resurrection of our Lord and Savior, Jesus Christ.”*



Resurrected Savior
Jesus with Mary Jesus with Nephites

by Simon Dewey



Our Father's Plan

*Our Father wants ALL of His children to come home -
to be exalted as families*

Elder Patrick Kearon, Quorum of the Twelve Apostles, April 2024 General Conference:

“Everything about the Father’s plan for His beloved children is designed to bring everyone home. . . The intent of the Father’s great plan of happiness is your happiness, right here, right now, and in the eternities. . . The intent of the Father’s plan of redemption is in fact your redemption, your being rescued through the sufferings and death of Jesus Christ, freed from the captivity of sin and death. It is not to leave you as you are. The intent of the Father’s plan of mercy is to extend mercy as you turn back to Him and honour your covenant of fidelity to Him.

If we believe the intent of the Father’s all-reaching plan is to save us, redeem us, extend mercy to us, and thereby bring us happiness, what is the intent of the Son through whom this great plan is brought about? The Son tells us Himself: “For I came down from heaven, not to do mine own will, but the will of him that sent me.” John 6:38 Jesus’s will is the benevolent Father’s will! He wants to make it possible for every last one of His Father’s children to receive the end goal of the plan—eternal life with Them. None is excluded from this divine potential. . . The Father’s design, His plan, His purpose, His intent, His wish, and His hope are all to heal you, all to give you peace, all to bring you, and those you love, home.”

Our Father's Plan

Hymn No 301, "I Am a Child of God", describes the Plan

"I am a child of God,

And he has sent me here,

Has given me an earthly home

With parents kind and dear.

I am a child of God,

And so my needs are great;

Help me to understand his words

Before it grows too late.

I am a child of God.

Rich blessings are in store;

If I but learn to do his will

I'll live with him once more.

Lead me, guide me, walk beside me,

Help me find the way.

Teach me all that I must do

To live with him someday."

Our Father's Plan

Hymn No. 1004, "I Will Walk With Jesus"

**"1. Jesus walked in wisdom. Jesus grew in truth,
Showing love to God and man while in His youth.
Jesus wants to guide me. Jesus shows the way,
Calling me to come and walk with Him each day.**

**2. I can grow like Jesus. I will try each day—
Promising to walk His path and there to stay.
Standing by my Savior, safe within His care,
Step by step I'll follow, and His love I'll share.**

**3. I will trust in Jesus. I will hear His call.
He will never leave me, even when I fall.
Jesus gives me power, lifts and comforts me,
Helping me to live and grow eternally.**

***As I walk with Jesus to my home above,
He will bless me with His Spirit and fill me with His love,
Change my heart forever and help me clearly see.
I will walk with Jesus, and He will walk with me."***

Our Father's Plan

One word describes the wonder of God's plan for us

LOVE

The LOVE of God in providing a way for ALL of His children to come home

The LOVE of God in the gift of His Only Begotten SON

The LOVE of God in the gift of the Holy Ghost - the comforter

The LOVE of the Father and the Son evident in the Creation

The LOVE of the Father and Son in dealing with the Fall of Adam and Eve

The LOVE of the Father in providing a Savior

The LOVE of the Son in his voluntary offering of the Atonement

The LOVE of the Son in His perfect walk in mortality - showing us the way

The LOVE of the Son in His suffering and death for us

The LOVE of the Son in His resurrection - providing that gift to All

The LOVE of the Son in providing Temples that we may be with Him

Our Father's Plan

I pray daily that each member of our family will know of the love of the Father, the love of the Son, and of our love for them and that each will know the wonder of His Plan and the blessings of the Creation, the Fall, and the Atonement.

I pray daily that each of us will walk the covenant path with integrity and prepare to return home to be united with the Father and the Son as a FAMILY.

We want to live with you forever!



The Atonement and the Temple

“Spending more time in the temple builds faith. And your service and worship in the temple will help you to think celestial. The temple is a place of revelation. There you are shown how to progress toward a celestial life. There you are drawn closer to the Savior and given greater access to His power.”

President Russell M. Nelson, October 2023 General Conference

How do I show my love for God and Jesus Christ and become more like them?

The Savior taught:

“I came into the world to do the will of my Father, because my Father sent me. And my Father sent me that I might be lifted up upon the cross . . . that I might draw all men unto me. . . And no unclean thing can enter into his kingdom; therefore nothing entereth into his rest save it be those who have washed their garments in my blood, because of their faith, and the repentance of all their sins, and their faithfulness unto the end. . . And be baptized. . . That ye may be sanctified by the reception of the Holy Ghost, that ye may stand spotless before me at the last day. . . For the works which ye have seen me do that shall ye also do. . .”

3 Nephi 27: 13,14,19-21

Mormon taught: “. . . cleave unto charity. . . The pure love of Christ. . . That ye may be filled with this love. . . that when he shall appear we shall be like unto him.”

Moroni 7:46-48

We shall be like Jesus if we come unto Him, fully embrace His atonement, and obtain “the pure love of Christ”.

My Testimony

I know that God and Jesus Christ live, that They know each of us by name and personally. They love each of us and want to be with us forever. Because of that love They are watching over us every day of our lives. The CREATION, the FALL, and the ATONEMENT are provided to help us come home to the Father and His Son as families - sealed in the Holy Temple.

THIS IS OUR FATHER'S PLAN

The Atonement

President Russell M. Nelson, October 2024 General Conference

“Brothers and sisters, now is the time for you and for me to prepare for the Second Coming of our Lord and Savior, Jesus the Christ. Now is the time for us to make our discipleship our highest priority. Regular worship in the temple will help us. In the house of the Lord, we focus on Jesus Christ. We learn of Him. We make covenants to follow Him. We come to know Him. As we keep our temple covenants, we gain greater access to the Lord’s strengthening power. In the temple, we receive protection from the buffetings of the world. We experience the pure love of Jesus Christ and our Heavenly Father in great abundance! . . . Here is my promise to you: Every sincere seeker of Jesus Christ will find Him in the temple. You will feel His mercy. You will find answers to your most vexing questions. You will better comprehend the joy of His gospel. . . Please listen to this promise of Jesus Christ to you: “I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up.”

There is no limit to the Savior’s capacity to help you. His incomprehensible suffering in Gethsemane and on Calvary was for you! His infinite Atonement is for you! . . . I urge you to devote time each week—for the rest of your life—to increase your understanding of the Atonement of Jesus Christ.

Jesus Christ took upon Himself your sins, your pains, your heartaches, and your infirmities. You do not have to bear them alone! He will forgive you as you repent. He will bless you with what you need. He will heal your wounded soul. As you yoke yourself to Him, your burdens will feel lighter. It is neither too early nor too late for you to become a devout disciple of Jesus Christ. Then you will experience fully the blessings of His Atonement. . . I call upon you to rededicate your lives to Jesus Christ. I call upon you to help gather scattered Israel and to prepare the world for the Second Coming of the Lord. I call upon you to talk of Christ, testify of Christ, have faith in Christ, and rejoice in Christ! . . . Come unto Christ and “offer your whole [soul]” to Him. This is the secret to a life of joy!”

He invites us to be with Him



Painting by Del Parsons

*On earth in His Holy Temples
and forever in the Kingdom of Heaven with Him and the Father*

Look unto Christ

President Russell M. Nelson, October 2024 General Conference

*“Here is my promise to you:
Every sincere seeker of Jesus Christ
will find Him in the temple.”*

Come unto Him in His Holy Temples. He has invited you to be with Him!



PHOTO BY Rory Wallwork

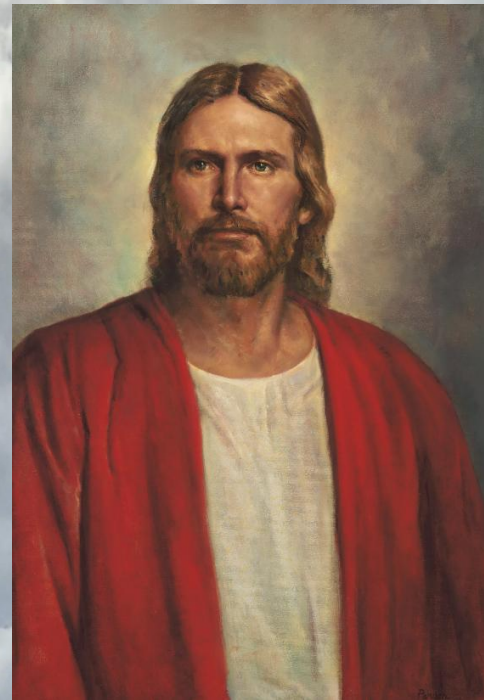


Painting by Del Parsons

We come HOME to the Father by following His Son, Jesus Christ, on the covenant path He has established for us that leads through His Holy Temple - where we are sealed as families and prepare for exaltation -
Jesus Christ is THE WAY home.



Photo by Rory Wallwork



Painting by Del Parsons

“I am the way, the truth, and the life: no man cometh unto the Father, but by me.” John 14:6