

How to Intentionally Apply The Atonement of Jesus Christ

It doesn't matter where you are on the covenant path; there is always an opportunity to become more like our Savior, Jesus Christ. You get to decide what change(s) you want to make to become more like Him.

One thing to note is that you don't have to do anything to be worthy of God's love.

"Remember the worth of souls is great in the sight of God." D&C 18:10

If you are perfectly content maintaining who you are now, that is okay. He will love you anyway.

Once you truly grasp that concept, it will be nearly impossible to keep you from becoming who you want to be. It will be almost impossible to keep you from accomplishing what you wish in this human experience because you will know that you are good enough.

Satan would have you believe you aren't good enough so that you might remain miserable like unto himself. You are good enough. You are a child of God and have been created in His image. You are a spirit, and physical body joined together to create a soul.

"And the spirit and the body are the soul of man." D&C 88:15

The worth of souls is great in the sight of He who created the Universe. It's all His and He considers *you* to be of great worth.

We have many thoughts all day, every day. Some experts claim that we have 60,000 thoughts per day. Averaged out over 24 hours, that comes to a thought every 1.44 seconds.

"Satan, who fights against all truth, wants to monopolize every thought by whispering (and sometimes shouting) every lie under the sun."

David Dickson "Seven Lies Satan Wants You to Believe," New Era January 2017

"Paul says even the Savior Himself was made eternally perfect (or complete) through sufferings, So guard against the satanic whispering that if you were a better person, you would avoid such trials."

Matthew S. Holland "The Exquisite Gift of the Son," October 2020 General Conference

Whispering that "if you were a better person, you would avoid your trials" is one lie Satan might offer you. It doesn't matter how good you are; you will always experience trials, which are simply opportunities to demonstrate what you are capable of with the Lords help.

Satan is 100% the opposite of Jesus Christ. Jesus Christ is all truth, love, and light. Satan is full of lies, hate, and darkness. Neither of them can force you to do anything. You can only choose to do it. They can only persuade you do what's right or what's wrong.

How does Satan persuade you to do that which is contrary to the commandments of God? He offers you lies in the form of subtle thoughts. Some of these thoughts you immediately discern as a lie, and some you do not recognize. You might choose to believe them to be true immediately without being aware. Others he offers over and over so that you repeat them. A repeated thought becomes a belief, whether it is true or not. That is how he will carefully lead you down to Hell.

For example, let's say he offers you a thought that is not true. You believe it, either because you accept it without questioning the thought

or because you have heard it so many times that it becomes your belief through conditioning and repetition.

Thinking and believing that thought will create a negative feeling. Your feelings fuel your actions. A negative feeling will fuel negative actions. Negative actions will create negative results. If you continue that pattern, you may end up where you don't want to be in this life and the next.

Here is a Book of Mormon example of two opposing beliefs. One will lead to life and salvation, while the other will lead to bondage and destruction.

(Alma 30:23-29)

23 Now, the high priest's name was Giddonah. And Korihor said unto him: Because I do not teach the foolish traditions of your fathers, and because I do not teach this people to bind themselves down under the foolish ordinances and performances which are laid down by ancient priests, to usurp power and authority over them, to keep them in ignorance, that they may not lift up their heads, but be brought down according to thy words.

24 Ye say that this people is a free people. Behold, I say they are in bondage. Ye say that those ancient prophecies are true. Behold, I say that ye do not know that they are true.

25 Ye say that this people is a guilty and a fallen people, because of the transgression of a parent. Behold, I say that a child is not guilty because of its parents.

26 And ye also say that Christ shall come. But behold, I say that ye do not know that there shall be a Christ. And ye say also that he shall be slain for the sins of the world—

27 And thus ye lead away this people after the foolish traditions of your fathers, and according to your own desires; and ye keep them down, even as it were in bondage, that ye may glut yourselves with the labors of their hands, that they durst not look up with boldness, and that they durst not enjoy their rights and privileges.

28 Yea, they durst not make use of that which is their own lest they should offend their priests, who do yoke them according to their desires, and have brought them to believe, by their traditions and their dreams and their whims and their visions and their pretended mysteries, that they should, if they did not do according to their words, offend some unknown being, who they say is God—a being who never has been seen or known, who never was nor ever will be.

29 Now when the high priest and the chief judge saw the hardness of his heart, yea, when they saw that he would revile even against God, they would not make any reply to his words...

The root cause of the problems in Korihor's life is that he does not believe in a Savior. He does not believe in God. Eventually, he was struck dumb by the power of God. The Lord did not take away the curse. He was cast out and went about from house to house, begging for his food. The Zoramites were a people that did not have compassion for the poor and needy. While among the Zoramites, he was "run upon and trodden down, even until he was dead."

I am about to explain a daily exercise that will offer immediate relief from suffering. True healing will come from Jesus Christ.

"Medical science, professional counseling, or legal rectification can help alleviate such suffering, But note, all good gifts-including these-come from the Savior. Regardless of the causes of our worst hurts and heartaches, the ultimate source of relief is the same: Jesus Christ." Matthew S. Holland "The Exquisite Gift of the Son" October 2020 General Conference

This daily exercise is not what is going to heal you. It is a practical way to apply the Atonement of Jesus Christ in your life so that He can heal you. This daily exercise will help you see what you are thinking and believing, which ultimately creates the results of your life. You always create your own results. It will all come from your own mind.

It is essential to write it all down. Do not just think about it. You must write it down. Write all that is on your mind—all the good, all the bad. Don't hold back. Whatever comes to mind, write it down. It is vital to get it all out and on paper so that you can be an observer of your own mind. You will then be able to see what you are thinking and believing.

"By this ye may know if a man [or woman] repenteth of [their] sins-behold, [they] will confess them and forsake them." D&C 58:43

Writing everything on your mind down is a form of confession to yourself and God. I am not speaking of the sins that require a confession to one who holds the priesthood authority to do so. I am talking about the confession of your daily wrongdoing, mistakes, errors, misdeeds, offenses, etc.

Not everything you write down will be negative. You may also end up writing about the beautiful things you've experienced.

Once you know what you are thinking and believing, you will be able to discover the results you are creating in your own life, whether they bring you closer to God or further away from Him.

"Thoughts lead to acts, acts lead to habits, habits lead to character—and our character will determine our eternal destiny."
President Ezra Taft Benson March 1989 Presidency Message "Think on Christ"

Once you are aware of your thoughts, you can continue to think and believe them or change them. Once you change a belief, you will begin to get different results in your life.

Thoughts create your feelings, and your feelings fuel your actions. If you start to feel something different, you will do something different. When you do something other than what you have been doing, you will get a different result in your life.

"If we are always getting results because of what we do or don't, then why not get the results we want in life."

In the following pages, I will show you how to become aware of what you are currently thinking, believing, feeling, and doing (or not doing) that ultimately create the results in your life.

It does come down to you and your Savior, Jesus Christ. You have moral agency to think and act for yourself. Because of this law, you can create the results you want in your life.

Step One: Get a notebook or journal and record your experiences. Begin writing everything that comes to mind. You can set a timer or

begin writing until you have nothing else to write. (I like to put my timer on for 10 minutes.)

Step Two: In this step, you will break down what you just wrote. Review what you have written. Separate the circumstances from the thoughts.

A circumstance is a fact. It must be able to be proven in a court of law. Everyone must be able to agree on the circumstance. Write them in the C-line.

Some examples of circumstances:

- They didn't take the garbage out.
- They arrived at 7:08 p.m.
- They said _____.
- I said _____.

A thought is a sentence that explains your belief or opinion. The thought is your opinion about the circumstance. Not everyone will agree with your belief or opinion. Write your thought in the T-line.

Some examples of thoughts based on the examples of circumstances above are:

- They are lazy.
- They are always late.
- That's a nice thing to say.
- That wasn't very nice of me to say.

Make a note of any feelings/emotions that you write down. **Feelings are a one-word description of how you feel.** Write them in the F-line.

Now, you can note any actions you did or didn't take. Write them in the A-line.

(C)ircumstances: From Journal Entry (Only the facts)

(T)houghts: From Journal Entry (All of your opinions)

(F)eelings: One-word description of how you feel. From Journal Entry

(A)ctions: From Journal Entry (Everything you did or didn't do)

(R)esults: I will explain what the R means later.

Step Three: Create an unintentional model (CTFAR).

The Model is a way to paint a picture of what's going on in your life. It is a way to get to the root cause of a problem or any outcome. Of course, the root cause is always the thought/belief that you have. The Model consists of 5 parts: Circumstances, Thoughts, Feelings, Actions, and Results.

A model is a system used as an example to follow or imitate. The 5 paragraph essay, for example, consists of an introduction, body, and conclusion. This Model of writing is a way to express an idea.

We are using The Model (CTFAR) to discover why you are getting specific results in your life.

An unintentional model shows you what you are thinking, feeling, and doing (or not doing) to get the results of your life without much effort (or possibly without even knowing it). Your brain wants to be efficient, so it will subconsciously think specific thoughts without any awareness at the moment.

Have you ever found yourself doing the same thing over and over again, not knowing why you keep doing it? Have you ever wondered why you keep feeling a certain way?

It's because your brain has adopted a belief you may or may not be aware of, causing you to keep feeling a certain way. This repeated feeling, in turn, fuels the repeated behavior.

An unintentional model is created by picking one circumstance to focus on. Go back to your journal entry. Find one event and write it down. It could be something you or someone else did.

Once you have the circumstance ask yourself, "Why is this a problem?" Begin by answering it like this, "Because...," and then fill in the blank. That phrase is your thought. Write it down.

Next, put yourself back in the situation and remember how you felt when you were experiencing the situation and thinking that thought. The feeling is a one-word description of how you feel in your body.

If you're having difficulty discovering the feeling, try visualizing yourself in the same circumstance or situation again. Replay it in your mind while being aware of the thought you just wrote down. How do you feel? Write it down.

Now, think about all the things you do/did when you feel/felt that way. Write them all down.

If you are doing one thing, you are not doing something else. What do you not do when you feel/felt that way? Write them all down.

Finally, review the thought and everything you wrote in the action line. When you think that thought and do (or don't do) those things, what is the result(s) you are creating in your life?

A result is the effect of what you did or did not do—the fruits of your labor. The result is always about you. You cannot produce a result in someone else's life. Your results are their circumstance. The results of others are your circumstance. Write your result(s) down in the R-line.

Here is an example of one Unintentional Model that kept me from doing this for you.

(C)ircumstance: Meditating one morning in February 2021. The Spirit spoke to my mind, "Lareme, you are the life coach for bishops."

(T)hought: Stake presidents will counsel their bishops not to listen to me.

(F)eeling: Doubt

(A)ctions: I don't do the work, or I do the work while creating a lot of friction for myself, I get lost in my thoughts; I am not present, I judge if I'm doing the right thing, I say negative things about myself, I create reasons why I am not the person to do this, I think about all the bad things that could happen.

(R)esult: I don't create what the Lord commanded me to do. I have no growth and create a negative, contracting downward spiral for myself. I am not expanding or growing.

Unintentional Model

(C)ircumstances:

(T)houghts:

(F)eelings:

(A)ctions:

(R)esults:

Once you have your Unintentional Model, ask yourself a few questions.

Is this how I want to feel? Is this how I want to act? Are these the results I want to continue to create in my life?

If you answered yes to all of these, you don't need to continue. There is no reason to change. You have moral agency to think and act for yourself.

M. Russell Ballard taught, "Moral agency enables the children of God to choose what they will believe and how they will live in mortality. With the marvelous gift of moral agency, you can study the scriptures and teachings of the leaders of the Church and, through the promptings of the Spirit, make correct choices that will bring peace and eternal joy to your souls."

"Be an Example of the Believers" General Conference October 1991

If you answered no to one or all of these personal questions, move on to **Step Four**.

Before you do, here is a quote from President Russell M. Nelson. He recently taught us the definition of repentance.

"The word for repentance in the Greek New Testament is metanoeo. The

prefix meta- means 'change.' The suffix -noeo is related to Greek words that mean 'mind,' 'knowledge,' 'spirit,' and 'breath.' Thus, when Jesus asks you and me to 'repent,' He is inviting us to change our minds, our knowledge, our Spirit— even the way we breathe. He is asking us to change the way we love, think, serve, spend our time, treat our wives, teach our children, and even care for our bodies."

President Russell M. Nelson April 2019 General Conference "We Can Do Better And Be Better."

Using The Model (CTFAR) in your life daily is a practical way to apply the Atonement of Jesus Christ to repent. You will become aware of what you think, feel, and do. You then have a choice to change what you are thinking, feeling, and doing. It is that simple. President Nelson gives a remarkable promise if you choose to change.

"Nothing is more liberating, more ennobling, or more crucial to our individual progression than is a regular, daily focus on repentance. Repentance is not an event; it is a process. It is the key to happiness and peace of mind. When coupled with faith, repentance opens our access to the power of the Atonement of Jesus Christ."

President Russell M. Nelson

We typically have a negative feeling and do things we don't want to do because we are thinking and believing a lie that Satan whispered to us. The Model is a way to discover that lie. Once you discover the lie, you can choose to change it to the truth.

You will know that it is true because you will have a feeling such as "love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance." Galatians 5:22-23

Paul says that these are the fruit of the Spirit.

Moroni taught us, "And by the power of the Holy Ghost ye may know the truth of all things." Moroni 10:5

"By the power of the Holy Ghost ye may know the truth of all" that you are thinking and believing.

Jesus Christ taught, "And the truth shall set you free." John 8:34

Step Four: Create an intentional model.

This section is where you get to intentionally create whatever you want in your life because you are free to choose what to think and believe.

“Wherefore, men are free according to the flesh, and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.” 2 Nephi 2:27

1. You start with the result you want in the R-line. Once you know the result you want to create in your life, list all the things you must do (or not do) to get the result(s) you want in the A-line.
2. Your feelings are what fuel your actions. What do you have to feel to do (or not do) all of the things you listed in the A-line? Write your intentional feeling that will fuel the A-line in the F-line.
3. You create your own feelings based on a thought you are thinking and believing. What do you have to think and believe to create the feeling you want that will fuel your actions and inactions? Write your intentional thoughts in the T-line.
4. The C-line is for all the facts about the situation.

Intentional Model

(C)ircumstances:

(T)houghts:

(F)eelings:

(A)ctions:

(R)esults:

"Faith [is] the great moving power which can change our lives and move us forward on the road of immortality and eternal life."

The Teachings of Gordon B. Hinckley, 198

Step 5: Practice, Practice, Practice

Using The Model effectively will take time. Like anything, the more you do it, the better you get at it. The more you use The Model to access the power of the Atonement for Jesus Christ to change, the better you will get at using it to change.

This Model is the process of godliness. When you become aware of your thoughts, you can change them to align with how God thinks. God is the source of all truth. God is the source of every positive emotion. God does all good. God does not change. He is the same yesterday, today, and forever.

"For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." Isaiah 55:8-9

Who will you become today, tomorrow, next week, next year, or in five years because you are choosing to intentionally apply the Atonement of Jesus Christ to change?

Journal Entry Date: _____

Unintentional Model

(C)

(T)

(F)

(A)

(R)

Intentional Model

(C)

(T)

(F)

(A)

(R)