



Rex Williams <bishoprexawilliams@gmail.com>

Help Others Up On The Rock

Rex Williams <noreply@churchofjesuschrist.org>

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Reply-To: bishoprexawilliams@gmail.com

To: bishoprexawilliams@gmail.com

Hi friend,

Thank you for reading this. I feel a deep sense of importance and sacredness as I write each week because I know there are a bunch of you reading this intently. Sometimes the weight of the task causes me to take a long time to say the right things. But these messages have become so important to me and my own spiritual discovery. I really enjoy sending them to you. I am truly blessed by writing them. So I continue, even when it's difficult.

We each have our own personal experiences. You may share the same experiences with your family, friends or others, but deep down, you have your own thoughts and feelings about an experience that is unique to you. Two people can see and hear the same thing, but have a completely different reaction to it.

That means, that no matter how similar you are to someone else, you are still completely unique because of your experience with the world and your inner feelings. You are special. You are completely individual.

This is why it is so wonderful when you tell others about your deep, personal feelings and experiences that you've had with spiritual things. Your spirit and body are so connected it is called your soul. (D&C 88:15; Abraham 5:7) So, the things you feel deep in your soul about what you know to be true, what God's Holy Spirit has communicated with your spirit, is very sacred and special. We call it a testimony.

Today is Fast and Testimony meeting where we traditionally share our testimonies with each other. I know half of you will be viewing from home and not able to share, but for those of you who are in person, I know it's a very personal experience to share this unique, sacred thing you hold. But I encourage you to share it, even if it is difficult. We are so uplifted by hearing the spiritual experiences of others. And why we try to have this experience at least once a month.

My testimony is strengthened by hearing yours.

Thank you for staying faithful during these turbulent times. Building our foundation upon the rock of Jesus Christ, our Savior, is even more important than ever. It will keep us safe, even if it's difficult to do.

"Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock." (Matthew 7:24-25)

Your testimony is a rock.

Stay on the firm foundation. Help others up.

With love,

Bishop Williams

P.S.

We're glad to welcome those of you with last names from A-L to attend Sacrament meeting today at the church building at 1:00pm. Please wear masks.

For those of you not attending in person, we'd love to have you join our live broadcast of Sacrament Meeting at 1:00pm here:

https://www.youtube.com/channel/UCzQM_SmjDFmwHAA6lfjtseg/live

And if you haven't seen the fun pictures of our ward members' Halloween experience, join our Facebook group here and look at our Halloween online Event:

<https://www.facebook.com/groups/884352919063571/?ref=share>

You received this email because you made your email address available to your local Church leaders. It was sent by Rex Williams, whose calling is Bishop.