



The Things of My Soul

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Hello friend,

Are you thankful?

I hope you had a wonderful Thanksgiving holiday and recognized the things you are grateful for. One of the keys to peace and happiness is being grateful. We shouldn't need a holiday to help us remember to be thankful, but it's a good idea, and we need all the help we can get :)

Since I'm out of town this week visiting family and friends I'll try to make this short.

What makes these reunions so rewarding is the relationships and love I feel for those I'm around. It really is the best feeling and the most difficult to describe. All I can say is that it is a very holy, divine feeling because it's the love of family, brother, sister, mother, father, daughter, son, aunts, uncles, cousins, and grandparents. And when we think of our eternal family from our Heavenly Parents, we can feel the same way about our brothers and sisters in spirit. When we have that true familial love for everyone on the earth, we see them and treat them differently. We have the pure love of God in us.

Like I have said in the past, the "love of God, which sheddeth itself abroad in the hearts of men is... the most joyous to the soul." (1 Nephi 11:22-23)

I'd like you to think about the things that are most joyous to the soul for you. Elder Rasband shared a wonderful message about the things of his soul in his conference talk, "[The Things of My Soul](#)".

He asked us to ponder Nephi's words, "And upon these I write the things of my soul... Behold, my soul delighteth in the things of the Lord; and my heart pondereth continually upon the things which I have seen and heard." (2 Nephi 4:15-16)

Elder Rasband asks, "What things do you ponder?" "What things really matter to you?" "What are the things of your soul?"

Those are good questions. I encourage you to write your answers down somewhere.

Here are some of the 'things of my soul' that I ponder often:

1. Our power to choose

This is such a fundamental truth that is key to our happiness and experience in life. There are many things that happen to us that we do not choose, that can influence us heavily, and my heart goes out to those who have experienced horrible tragedies, but ultimately, no matter what happens, we have the power to choose how we react to the events around us. (Scriptures to study on this topic: 2 Nephi 2:27, D&C 93:30)

2. Our power to change

If we have the power to choose each thought, feeling, and action, then we can change the trajectory of our life. That doesn't mean it's easy, but if we develop habits and patterns in our life that make us who we are, then we can develop different habits and patterns that make us who we choose to be. (Scriptures: Alma 5:12-14; Mosiah 5:2,7)

3. The Atonement of Christ reconciles our mistakes.

Because we are mortal, fallen beings, and we have the freedom to choose and to change, it means that we will make mistakes. That's a known fact by our Heavenly Father. That's why he sent us here, so as mortal beings we could experience the effort of trying to make good decisions. So, He sent His son, Jesus Christ, to be an example for us and to suffer some eternal law of punishment, that we don't quite understand, for all our bad decisions. That's why we worship Him. (Alma 42; Alma 34)

These are a few 'things of my soul.' They are definitely not comprehensive, but when I think about truths that are most precious to me, that's what comes to my mind.

There is something bigger than we can comprehend going on in the eternities. And we've been given just enough knowledge from beings outside our earthly realm to know what we're supposed to do.

I am so grateful for that.

I guess I said I would try to make this short, but obviously, I failed at that goal! :) I hope you can forgive me. Hopefully, these words will be of some benefit to you.

I am thankful for you. And I'm thankful for the opportunity to feel the divine love of God, and the brotherly and sisterly love for you as part of our large, eternal, heavenly family.

Take care.

Bishop Williams

P.S.

- Read, watch, or listen to Elder Rasband's talk: "The Things of My Soul": <https://www.churchofjesuschrist.org/study/general-conference/2021/10/26rasband?lang=eng>
- Come to our ward Christmas Party, Saturday, December 11 @ 6:00pm. Dinner will be provided. Please bring a favorite Christmas treat to share. We'll have kids crafts, cookie decorating, and more...
- Watch Witnesses of Christ - A virtual concert on temple square, tonight, Sunday, November 28th at 6:00pm MST (5:00pm PST) <https://www.churchofjesuschrist.org/events/temple-square/temple-square-virtual-christmas-concert-2021?lang=eng>
- Watch the First Presidency's Christmas Devotional - December 5th at 6:00pm MST (5:00pm PST) <https://newsroom.churchofjesuschrist.org/event/2021-first-presidency-christmas-devotional>
- Schedule a time to meet with me for Tithing Settlement: <https://calendly.com/bishoprexawilliams/tithing-settlement-2021>
- There will be a blood drive held at the Everett Stake center on Tuesday, November 30, 2021, from 9 am to 2 pm. Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: LDSEverett to schedule an appointment.

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.