

that is passed off as truth, with so much of deception concerning standards and values, with so much of allurements and enticement to take on the slow stain of the world, we have felt to warn and forewarn.” He then proceeded to read:

“We, the First Presidency and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator’s plan for the eternal destiny of His children. . . .

“Husband and wife have a solemn responsibility to love and care for each other and for their children. ‘Children are an heritage of the Lord’ (Psalms 127:3). Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.”<sup>7</sup>

I’m grateful for this extraordinary building. It stands as a sacred monument to our past and a magnificent ensign of hope for the future. I testify to the divinity of our Father in Heaven and of our Savior’s abundant love for each of us. We are greatly blessed to be led by a prophet of God. In the name of Jesus Christ, amen. ■

#### NOTES

1. “Tabernacle Renovation Press Briefing—Remarks by President Gordon B. Hinckley,” Oct. 1, 2004; see [www.newsroom.lds.org](http://www.newsroom.lds.org).
2. Alma 46:36; 62:4.
3. In Conference Report, Oct. 1918, 2.
4. In Conference Report, Oct. 1936, 3.
5. In Conference Report, Oct. 1964, 83–84.
6. “The Purifying Power of Gethsemane,” *Ensign*, May 1985, 11.
7. “Stand Strong against the Wiles of the World,” *Ensign*, Nov. 1995, 100–101; see also “The Family: A Proclamation to the World,” *Liabona*, Oct. 2004, 49.

# Gratitude: A Path to Happiness

BONNIE D. PARKIN

Recently Released Relief Society General President

*Gratitude is a Spirit-filled principle. It opens our minds to a universe permeated with the richness of a living God.*



This afternoon I am honored to represent those Relief Society leaders who, here in this very Tabernacle, shared the doctrines of the kingdom, emphasized the significance of women’s roles in the home and family, called each other to charitable service, and reminded their sisters of the joy that comes from righteous living.

From this pulpit in 1870, Eliza R. Snow asked thousands of women a question that I’d like to repeat today: “Do you know of any place on the face of the earth, where [a] woman has more liberty, and where she enjoys such high and glorious privileges as she does here, as a Latter-day

Saint?”<sup>1</sup> I bear witness that the women of The Church of Jesus Christ of Latter-day Saints do enjoy grand and glorious privileges.

#### Blessing Basket

Let me share a sweet story with you. A family was going through a difficult time. It was hard for them not to focus on their challenges. The mother wrote: “Our world had completely crumpled, so we turned to Heavenly Father for guidance. Almost immediately we realized that we were surrounded by goodness and were being cheered on from every side. We began as a family to express our gratitude to each other as well as to the Lord daily. A close friend pointed out to me that our family’s ‘blessing basket’ was overflowing. From that conversation came a sort of game, which my children and I grew to love. Before family prayer each night we would talk about how our day had gone and then share with each other all of the many blessings that had been added to our ‘blessing basket.’ The more we expressed gratitude, the more there was to be grateful for. We felt the love of the Lord in a significant way as opportunities for growth presented themselves.”<sup>2</sup>

What would a “blessing basket” add to your family?

### A Spirit-Filled Principle

Gratitude requires awareness and effort, not only to feel it but to express it. Frequently we are oblivious to the Lord's hand. We murmur, complain, resist, criticize; so often we are not grateful. In the Book of Mormon, we learn that those who murmur do not know "the dealings of that God who . . . created them."<sup>3</sup> The Lord counsels us not to murmur because it is then difficult for the Spirit to work with us.

Gratitude is a Spirit-filled principle. It opens our minds to a universe permeated with the richness of a living God. Through it, we become spiritually aware of the wonder of the smallest things, which gladden our hearts with their messages of God's love. This grateful awareness heightens our sensitivity to divine direction. When we communicate gratitude, we can be filled with the Spirit and connected to those around us and the Lord.

Gratitude inspires happiness and carries divine influence. "Live in thanksgiving daily," said Amulek, "for the many mercies and blessings which he doth bestow upon you."<sup>4</sup>

Mercies and blessings come in different forms—sometimes as hard things. Yet the Lord said, "Thou shalt thank the Lord thy God in *all* things."<sup>5</sup> *All things* means just that: good things, difficult things—not just some things. He has commanded us to be grateful because He knows being grateful will make us happy. This is another evidence of His love.

How do you feel when someone expresses gratitude to you? One Sunday I sat next to a sister in Relief Society and got to know her a little better. A few days later I received an e-mail: "Thank you for sitting next to my daughter in Relief Society. You put your arm around her. You will never know how much that meant to her and to me."<sup>6</sup> This mother's words surprised me and brought me happiness.

How do you feel when you express gratitude to another? I'd like to express



gratitude to someone who cares about my grandchildren. A few months ago, while visiting in Texas, I asked six-year-old Thomas to tell me about his bishop. He said, "Oh, Grandmother, you will know him. He wears a dark suit, a white shirt like Papa, and he has shiny shoes and a red tie. He wears glasses and always has a smile." I recognized Thomas's bishop as soon as I saw him. My heart was filled with gratitude for him. Thank you, Bishop Goodman, and thank you, all you wonderful bishops.

### An Expression of Faith

Luke chapter 17 records the experience of the Savior when He healed 10 lepers. As you recall, only one of the cleansed lepers returned to express his appreciation. Isn't it interesting that the Lord did not say, "Your *gratitude* has made you whole"? Instead, He said, "Thy *faith* hath made thee whole."<sup>7</sup>

The leper's expression of gratitude was recognized by the Savior as an expression of his faith. As we pray and

express gratitude to a loving but unseen Heavenly Father, we are also expressing our faith in Him. Gratitude is our sweet acknowledgment of the Lord's hand in our lives; it is an expression of our faith.

### Gratitude in Tribulations: Hidden Blessings

In 1832 the Lord saw the need to prepare the Church for coming tribulations. Tribulations are frightening. And yet the Lord said: "Be of good cheer, for I will lead you along. The kingdom is yours and the blessings thereof are yours, and the riches of eternity are yours.

"And he who receiveth *all* things with thankfulness shall be made glorious."<sup>8</sup>

The kind of gratitude that receives even tribulations with thanksgiving requires a broken heart and a contrite spirit, humility to accept that which we cannot change, willingness to turn everything over to the Lord—even when we do not understand, thankfulness for hidden opportunities yet

to be revealed. Then comes a sense of peace.

When was the last time you thanked the Lord for a trial or tribulation? Adversity compels us to go to our knees; does gratitude for adversity do that as well?

President David O. McKay observed, “We find in the bitter chill of adversity the real test of our gratitude . . . , which . . . goes beneath the surface of life, whether sad or joyous.”<sup>9</sup>

### Conclusion

To my remarkable, faithful sisters of the Church, I thank you for the ways you extend the Lord’s love through your service: your care for families at the death of a loved one, your watch-care as you visit teach, your willingness to build testimonies in children as you serve in Primary, your time preparing young women for womanhood. Thank you for your devotion. I have experienced the love of the Lord through your faithfulness. I have been blessed to serve among you; my heart is brimming over with gratitude and love for each of you. I have deep gratitude for the priesthood brethren with whom I’ve served.

My most profound gratitude is for my Savior—an obedient Son, who did all that His Father asked and atoned for every one of us. As I remember Him and acknowledge His goodness, I desire to be like Him. May we be blessed to feel of His love in our lives daily. “Thanks be unto God for his unspeakable gift.”<sup>10</sup> In His sacred name, Jesus Christ, amen. ■

### NOTES

1. In Jill C. Mulvay, “Eliza R. Snow and the Woman Question,” *Brigham Young University Studies*, winter 1976, 251.
2. Personal correspondence.
3. 1 Nephi 2:12.
4. Alma 34:38.
5. D&C 59:7; emphasis added.
6. Personal correspondence.
7. Luke 17:19; emphasis added.
8. D&C 78:18–19; emphasis added.
9. *Pathways to Happiness*, comp. Llewelyn R. McKay (1957), 318.
10. 2 Corinthians 9:15.

# Remember and Perish Not

ELDER MARLIN K. JENSEN

Of the Seventy

*Remembering in the way God intends is a fundamental and saving principle of the gospel.*



I feel honored to follow Sister Parkin. Her service and teachings as well as those of her counselors have blessed all of us. About this same hour 18 1/2 years ago, I was standing near this pulpit waiting for the congregational singing to end, when I was to step forward and give my first general conference address. My anxiety at that moment must have been obvious. Elder L. Tom Perry, who was standing behind me, leaned forward and, in his positive and enthusiastic way, whispered in my ear. “Relax,” he said, “we haven’t lost anyone at that pulpit in years!”

Those encouraging words and the few minutes that followed in which I

spoke for the first time to a worldwide audience of Latter-day Saints constitute a treasured memory for me. Like all of you, I am constantly accumulating a reservoir of memories which, when recalled, make up a very useful and often enjoyable part of my consciousness. And, despite resolutions I made as a young man never to weary others with reminiscing when I grew older, I now take great pleasure in sharing my own memories at almost every possible occasion. Today, however, I wish to speak of a more profound role of memory and remembering in the gospel of Jesus Christ than the passive recall and enjoyment of information.

If we pay close attention to the uses of the word *remember* in the holy scriptures, we will recognize that remembering in the way God intends is a fundamental and saving principle of the gospel. This is so because prophetic admonitions to remember are frequently calls to action: to listen, to see, to do, to obey, to repent.<sup>1</sup> When we remember in God’s way, we overcome our human tendency simply to gird for the battle of life and actually engage in the battle itself, doing all in our power to resist temptation and avoid sinning.

King Benjamin called for such active remembering from his people: “And finally, I cannot tell you all