

# D&C 121:45

*The 2007 Mutual theme teaches us about the power of virtuous thoughts.*

Virtue means righteousness, or excellence of moral character. Make a list of seven qualities you would consider virtuous (such as being kind or honest), and focus on one of those qualities each day for the next week. Try to do something each day that demonstrates the quality for that day. Write your experiences in your journal at the end of each day.

Garnish—adorn; decorate; beautify (originally it meant fortify, defend, or give warning)

Confidence—feeling of trust in yourself; self-assurance

Wax—grow

household of faith, and let 'virtue garnish thy thoughts unceasingly; then shall thy 'confidence wax strong in the 'presence of God; and the doctrine of the priesthood shall distil upon thy soul as the 'dews from heaven.

“Whatever you read, listen to, or look at has an effect on you. Therefore, choose only entertainment and media that uplift you. Good entertainment will help you to have good thoughts and make righteous choices.”

—*For the Strength of Youth* (2001), 17.

“Thoughts are talks we hold with ourselves. Do you see why the scriptures



tell us to ‘let virtue garnish [thy] thoughts unceasingly’ and promise us that if we do, our ‘confidence [shall] wax strong in the presence of God; and the doctrine of the priesthood shall distil upon [our] soul[s] as the dews from heaven’ and then ‘the Holy Ghost shall be [our] constant companion.’ . . .

“Young people, the voice of the Spirit is felt rather than heard. You can learn when you are very young how the Holy Ghost works.

“The scriptures are full of help on how good can influence your mind and evil control you, if you let it. That struggle will never end. . . .

“When you learn to control your thoughts, you will be safe.”

—President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, “The Spirit of Revelation,” *Ensign*, Nov. 1999, 24.



“The Lord has given a commandment in our time that applies to each of us. He has said, ‘Let virtue garnish thy thoughts unceasingly.’ And with this He has given a promise: ‘Then shall thy confidence wax strong in the presence of God’ (D&C 121:45). I believe He is saying that if we are clean in mind and body, the time will come when we can stand confidently before the Lord. . . . There will be a feeling of confidence, and there will also be smiles of approval.”

—President Gordon B. Hinckley, *Ensign*, May 1996, 48.