

Class by Guest Speaker, Susan Freeze  
Tuesday, May 12, 2020



**Gen 7:68** And the day shall come that the earth shall rest. But before that day the heavens shall be darkened, and a veil of darkness shall cover the earth; and the heavens shall **shake**, and also the earth.

**Isaiah 2:19** And they shall go into the holes of the rocks, and into the caves of the earth, for the fear of the Lord shall come upon them, and the glory of his majesty shall smite them, when he ariseth to **shake** terribly the earth.

**Isaiah 13:13** Therefore I will **shake the heavens, and the earth** shall remove out of her place, in the wrath of the Lord of hosts, and in the day of his fierce anger.

**Job 38:13** That it might take hold of the ends of the earth, that the wicked might be **shaken** out of it?

**Joel 3:16** The Lord also shall roar out of Zion, and utter his voice from Jerusalem; and the heavens and the earth shall **shake**; but the Lord will be the hope of his people, and the strength of the children of Israel.

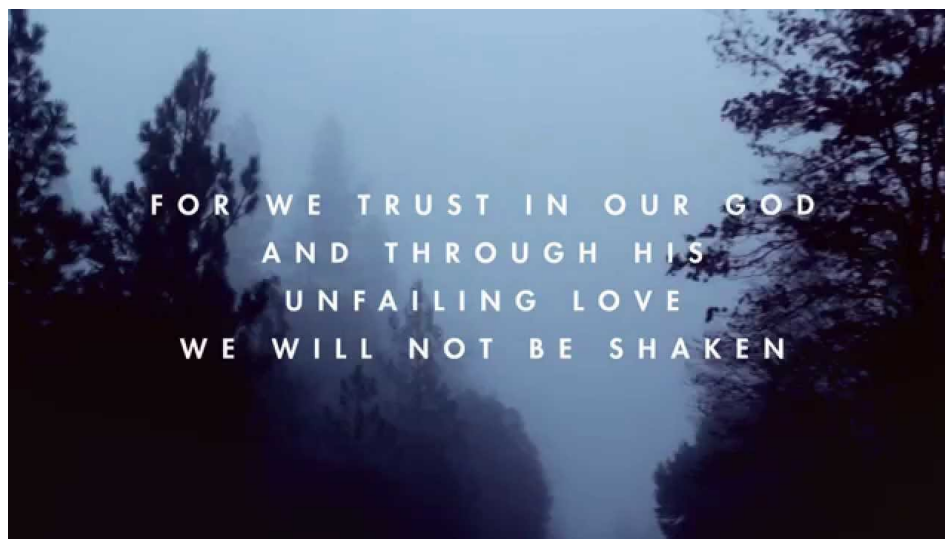
**Haggai 2:6-7** For thus saith the Lord of hosts; Yet once, it is a little while, and I will **shake** the heavens, and the earth, and the sea, and the dry land; And I will **shake** all nations, and the Desire of all nations shall come; and I will fill this house with glory, saith the Lord of hosts.

**Luke 21:25-27** And he answered them, and said, In the generation in which the times of the Gentiles shall be fulfilled, there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations with perplexity, like the sea and the waves roaring. The earth also shall be troubled, and the waters of the great deep; Men's hearts failing them for fear, and for looking after those things which are coming on the earth. **For the powers of heaven shall be shaken.** And when these things begin to come to pass, then look up and lift up your heads, for the day of your redemption draweth nigh.

**Heb 12:26-27** Whose voice then **shook the earth**; but now he hath promised, saying, Yet once more I **shake not the earth only, but also heaven.** And this word, Yet once more, signifieth the removing of those things that are **shaken**, as of things that are made, that those things which cannot be shaken may remain.

**Rev. 6:12-17** And I beheld when he had opened the sixth seal, and, lo, **there was a great earthquake**; and the sun became black as sackcloth of hair, and the moon became as blood; And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is **shaken** of a mighty wind. And the heavens opened as a scroll is opened when it is rolled together; and every mountain, and island, was moved out of its place. And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountain.

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## What cannot be shaken?

**Luke 6:48** He is like a man who built a house, and digged deep, and laid the foundation on a rock, and when the flood arose, the stream beat vehemently upon that house, and **could not shake it**; for it was founded upon a rock.

**2 Nephi 13:28-31** Behold, I say unto you, Nay; for ye have not come thus far, save it were by the word of Christ, with unshaken faith in him, relying wholly upon the merits of him who is mighty to save; Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life. And now behold, my beloved brethren, this is the way; and there is none other way nor name given under heaven, whereby man can be saved in the kingdom of God.

**Jacob 3:7** Wherefore, we search the prophets; and we have many revelations, and the spirit of prophecy, and having all these witnesses, we obtain a hope, **and our faith becometh unshaken**, insomuch that we truly can command in the name of Jesus, and the very trees obey us, or the mountains, or the waves of the sea;

**Enos 1:17** And after I, Enos, had heard these words, **my faith began to be unshaken in the Lord**; and I prayed unto him with many long strugglings for my brethren, the Lamanites.

**Mosiah 2:21** And humble yourselves even in the depths of humility, calling on the name of the Lord daily, and **standing steadfastly in the faith** of that which is to come, which was spoken by the mouth of the angel;

**2 Nephi 11:72** But behold, the righteous, that hearken unto the words of the prophets, and destroy them not, but **look forward unto Christ with steadfastness** for the signs which are given, notwithstanding all persecutions; **behold they are they which shall not perish.**

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**2 Nephi 6:78** I know that the words of truth are hard against all uncleanness; but the righteous fear them not, for they love the truth, **and are not shaken.**

**Psalms 16:8** I have set the Lord always before me; because he is at my right hand, **I shall not be moved.**

**Psalms 55:22-23** Cast thy burden upon the Lord, and he shall sustain thee; he shall **never suffer the righteous to be moved.** But thou, O God, shalt bring them down into the pit of destruction; bloody and deceitful men shall not live out half their days; but I will trust in thee.

**Note: Search also steadfast, not moved, and not be moved**



**Testimony by Sherrie Smith**

"The morning of March 26, at 2:00 am, a voice woke me and said, 'Hold Fast! Prove all things good.' I knew it was the Lord speaking in my mind. As I lay contemplating the words, I thought that there was something different about this; in other words, it didn't match the scripture. I finally remembered the way it reads in the Bible. It's "Prove all things; hold fast that which is good."

(Sherrie did a scripture search on hold fast.)

- Hold fast that which is good. (1 Thessalonians 5:21)
- Hold fast sound words. (2 Timothy 1:13)
- Hold fast the confidence and rejoicing of the hope firm to the end. (Hebrews 3:6)
- Hold fast the profession of our faith without wavering. (Hebrews 4:14 & 10:23)
- Hold fast till I come. (Revelations 2:25)
- Hold fast and repent. (Revelations 3:3)
- Hold fast to the word of God. (1 Nephi 4:39)
- Stand fast in the faith (Not exactly hold fast, but close enough – Alma 21:19)

"I believe the words spoken to me, in a different way than in Thessalonians, are so I would concentrate on **hold fast**—it was the thrust of the message. I felt so thankful for this experience!!!"

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**Job 11:13** If thou prepare thine heart, and stretch out thine hands toward him; **14** If iniquity be in thine hand, put it far away, and let not wickedness dwell in thy tabernacles. **15** For then shalt thou lift up thy face without spot; yea, thou shalt be steadfast, and shalt not fear; **16** Because thou shalt forget thy misery, and remember it as waters that pass away; **17** And thine age shall be clearer than the noonday; thou shalt shine forth, thou shalt be as the morning; **18 And thou shalt be secure, because there is hope;** yea, thou shalt dig about thee, and thou shalt take thy rest in safety. **19** Also thou shalt lie down, and **none shall make thee afraid;** yea, many shall make suit unto thee. **20** But the eyes of the wicked shall fail, and they shall not escape, and their hope shall be as the giving up of the ghost.

**Psalms 31:24** Be of good courage, and he shall strengthen your heart, all ye that **hope** in the Lord.

**Psalms 33:18** Behold, the eye of the Lord is upon them that fear him, upon them that **hope** in his mercy;

**Psalms 146:5** Happy is he that hath the God of Jacob for his help, whose **hope** is in the Lord his God.

**Jeremiah 17:7** Blessed is the man that trusteth in the Lord, and whose **hope** the Lord is.

**Joel 3:16** The Lord also shall roar out of Zion, and utter his voice from Jerusalem; and the heavens and the earth shall shake; but the Lord will be the **hope** of his people, and the strength of the children of Israel.

**Lamentations 3:22** This I recall to my mind, **therefore have I hope.** **3:22** It is of the Lord's mercies that we are not consumed, because his compassions fail not. **23** They are new every morning; great is thy faithfulness. **24** The Lord is my portion, saith my soul; therefore will I **hope** in him. **25** The Lord is good unto them that wait for him, to the soul that seeketh him. **26** It is good that a man should both **hope** and quietly wait for the salvation of the Lord.

**Alma 16:143** And now as I said concerning faith: Faith, is not to have a perfect knowledge of things; therefore if ye have faith, ye **hope** for things which are not seen, which are true.

**Romans 5:1** Therefore being justified by faith, we have peace with God through our Lord Jesus Christ; **2** By whom also we have access by faith into this grace wherein we stand, and **rejoice in hope** of the glory of God. **3** And not only this, but we glory in tribulations also; knowing that tribulation worketh patience; **4** And patience, experience; and experience, hope; **5** And **hope** maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

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**Romans 8:24** For we are saved by **hope**; but **hope** that is seen is not hope; for what a man seeth, why doth he yet hope for? **25** But if we **hope** for that we see not, then with patience we do wait for it.

**Romans 12:12** Rejoicing in **hope**; patient in tribulation; continuing instant in prayer;

**Romans 15:4** For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have **hope**.

**Hebrews 6:18** That by two immutable things, in which it was impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the **hope** set before us;

**19** Which **hope** we have as an anchor of the soul, both sure and steadfast, and which entereth into that within the veil;

**Hebrews 11:1** Now faith is the assurance of things **hoped for**, the evidence of things not seen.

**1 Peter 3:15** But sanctify the Lord God in your hearts; and be ready always to give an answer with meekness and fear to every man that asketh of you a reason for the **hope** that is in you:

**2 Nephi 2:28** Behold, I say unto you, Nay; for ye have not come thus far, save it were by the word of Christ, **with unshaken faith in him**, relying wholly upon the merits of him who is mighty to save;

**29** Wherefore, ye must press forward with **a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men.** **30** Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life.

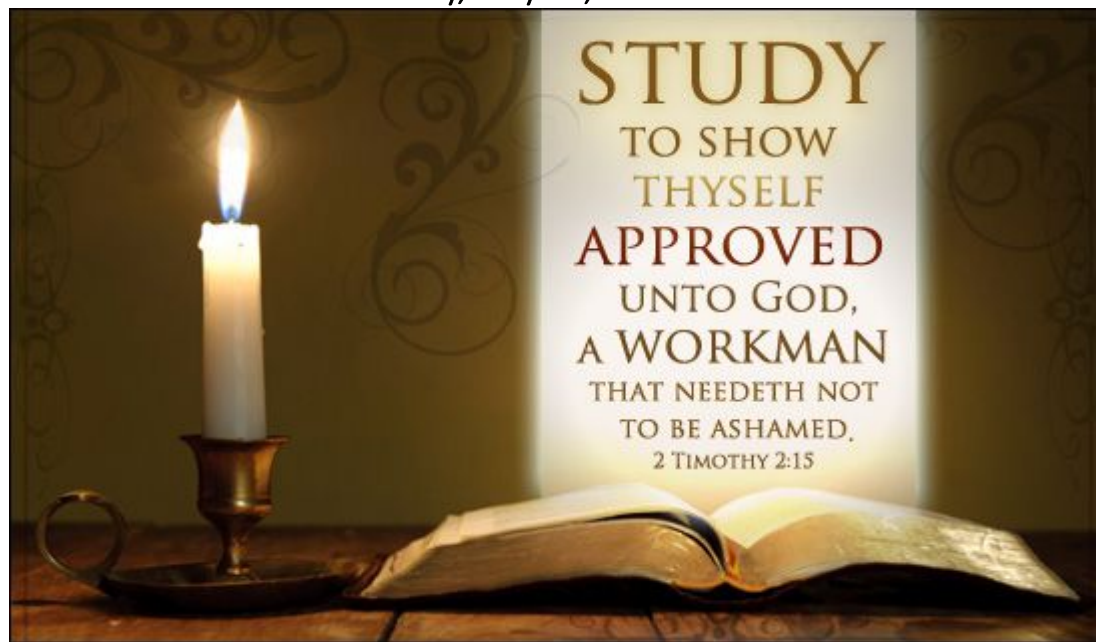
**Jacob 3:7** Wherefore, we search the prophets; and we have many revelations, and the spirit of prophecy, and having all these witnesses, we obtain a **hope**, and **our faith becometh unshaken**, insomuch that we truly can command in the name of Jesus, and the very trees obey us, or the mountains, or the waves of the sea.



Hope = Security  
and Fearlessness

**Job 11:18-19** And thou shalt be secure, because **there is hope**; yea, thou shalt dig about thee, and thou shalt take thy rest in safety. Also thou shalt lie down, and **none shall make thee afraid.**

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**2 Nephi 13:30** Wherefore, if ye shall press forward, **feasting upon the word of Christ**, and endure to the end, behold, thus saith the Father: Ye shall have eternal life.

**2 Nephi 14:4** Wherefore, I said unto you, **Feast upon the words of Christ**; for behold the words of Christ will tell you all things what ye should do.

**Study Ideas:**  
**(Five days a week – every day is better!)**

1. Devotional (could be online too)
2. Start reading the gospels
3. Read one or two chapters
4. Read the same chapter over (Romans 12)
5. Read all the short books in the bible
6. Make a goal and read \_\_\_\_ pages a day
7. If you don't want to write all over your bible get a paper copy.
8. Study by Topics – Lectures of Faith, Joy, Zion
9. SOAP Method (Google it)
10. Sometimes other books can bring understanding – read all good books.

## Prayer Precedes Power

E.M. Bounds:

"The secret of success in Christ's Kingdom is the ability to pray."



### Prayer Ideas

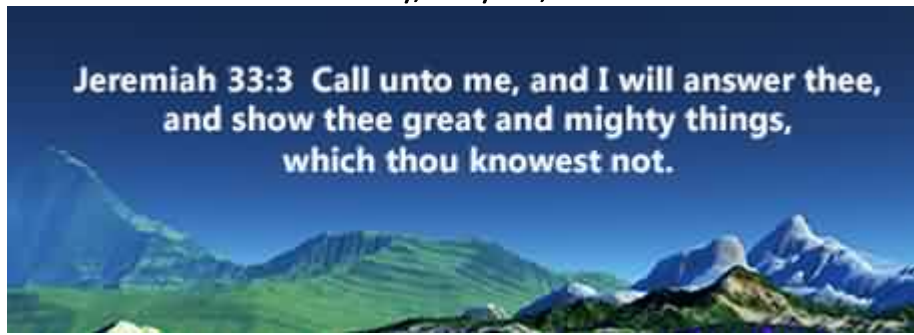
1. Prayer cards – help you remember concerns.
2. Writing prayers down helps focus. Set a timer.
3. Pray when you are driving. God is a great copilot. Empty the seat next to you.
4. Pray as you are doing everyday tasks. Take the time to thank him for a washer and dryer that works. Pray over your loved ones as you fold clothes. Thank God that you have an abundance of food when you do dishes.
5. Pray when someone comes to your mind.
6. When you feel yourself being irritated – stop and pray.  
SNAP – Stop Now and Pray
7. Don't use energy worrying or rehearsing what you want to say to someone. – Pray about it.
8. Count your blessings. Thank God for the good things in life. (Everyday was a good day when all the girls were home.)
9. Pray with others – OGRB Women before Wed. night.

### Prayer Prompts

10. Talk to God like a friend- He tells us to pray over our flocks – Alma 16:219.  
He calls us friends – John 15:15

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### PRAYER AND FASTING

**1 Thessalonians 16-21** Rejoice evermore. Pray without ceasing. In everything give thanks; for this is the will of God in Christ Jesus concerning you. Quench not the Spirit. Despise not prophesyings. Prove all things; hold fast that which is good.

**2 Nephi 14:11- 12** For if ye would hearken unto the spirit which teacheth a man to pray, ye would know that ye must pray: for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray. But behold I say unto you, that ye must pray always, and not faint: that ye must not perform anything unto the Lord, save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.

**Alma 16:219 – 220** Yea, humble yourselves, and continue in prayer unto him; cry unto him when ye are in your fields; yea, over all your flocks; cry unto him in your houses, yea, over all your household, both morning, mid-day, and evening; yea, cry unto him against the power of your enemies; yea, cry unto him against the devil, who is an enemy to all righteousness. Cry unto him over the crops of your fields, that ye may prosper in them: cry over the flocks of your fields, that they may increase. But this is not all: ye must pour out your souls in your closets, and your secret places, and in your wilderness;

**Alma 16:238** And that ye live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you; yea, and I also exhort you my brethren, that ye be watchful unto prayer continually, that ye may not be led away by the temptation of the devil, that he may not overpower you, that ye may not become his subjects at the last day: for behold, he rewardeth you no good thing.

Despite what we may or may not understand about prayer, God has deliberately chosen this particular vehicle as the one that drives His activities in people's lives. It's what He allows us to use to cooperate and partner with him in the fulfilling of His will. He's created prayer as a primary way of putting us into personal contact with Him and with His eternal realities, any hour of the day or night. – Priscilla Shirer

This is how we go to war. We pray! – Pat Chadwick

### Accept the Invitation

Remember that you have been invited by God himself to pray to him.  
He tells you to ask, seek and knock.

**Matt 7:12** Say unto them, Ask of God; ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. **7:13** For every one that asketh, receiveth; and he that seeketh, findeth; and unto him that knocketh, it shall be opened.

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### **Fasting: A Hunger for God**

**Matt 6:17** Moreover, when ye **fast**, be not as the hypocrites, of a sad countenance; for they disfigure their faces, that they may appear unto men to fast. Verily, I say unto you, they have their reward. **6:18** But thou, when thou fastest, **anoint thy head** and wash thy face, that thou appear not unto men to fast, but unto thy Father who is in secret; and thy Father who seeth in secret, shall reward thee openly. **6:19** Lay not up for yourselves treasure upon earth, where moth and rust doth corrupt, and where thieves break through and steal. **6:20** But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. **6:21** For where your treasure is, there will your heart be also.

**Mark 9:26** And he said unto them, This kind can come forth by nothing but by prayer and **fasting**.

**Omni 1:47** Yea, come unto him, and offer your whole souls as an offering unto him, and continue in **fasting** and praying, and endure to the end; and as the Lord liveth, ye will be saved.

**Alma 4:6** Nevertheless the children of God were commanded that they should gather themselves together oft, and join in **fasting** and mighty prayer, in behalf of the welfare of the souls of those who knew not God.

**Alma 15:5** But this is not all: they had given themselves to much prayer, and **fasting**, therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority, even as with the power and authority of God.

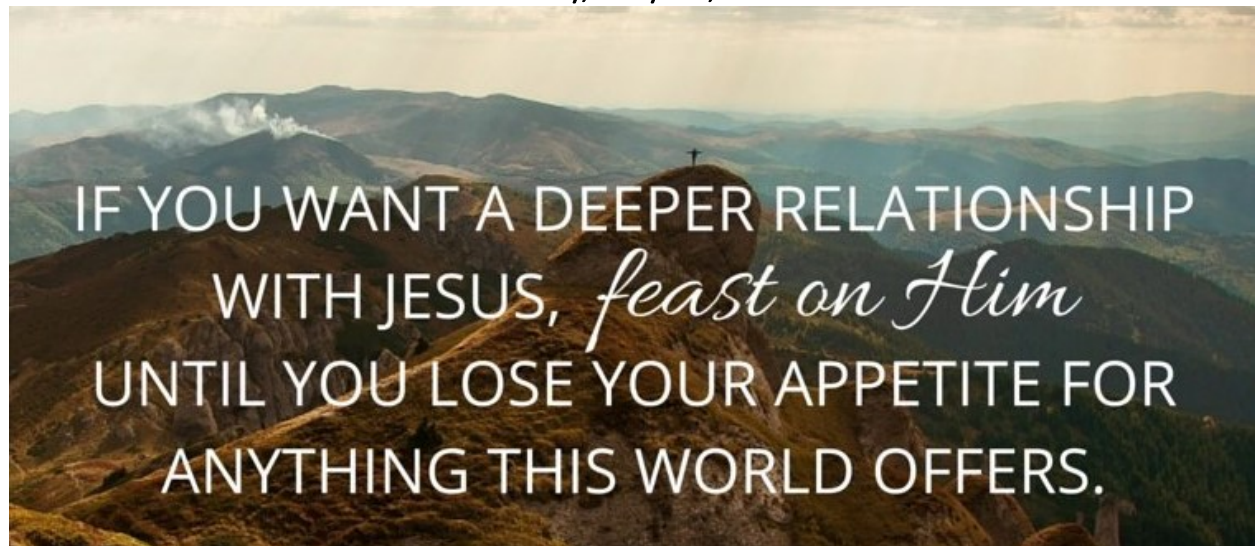
**4 Nephi 1:13** And they did not walk any more after the performances and ordinances of the Law of Moses, but they did walk after the commandments which they had received from their Lord and their God, continuing in **fasting** and prayer, and in meeting together oft, both to pray and to hear the word of the Lord.

**D&C 59:3b** Verily this is **fasting** and prayer; or, in other words, rejoicing and prayer.

**D&C 85:21a** Also, I give unto you a commandment, that ye shall continue in prayer and **fasting** from this time forth.

**D&C 85:36b** Organize yourselves; prepare every needful thing, and establish a house, even a house of prayer, a house of **fasting**, a house of faith, a house of learning, a house of glory, a house of order, a house of God;

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**Alma 16:151** But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith; yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.

### Experiment with Fasting

Juice Fast (I will do this if I know I am dehydrated but want to fast.)

Broth Fast (Nice alternative in the winter or a 3 day fast.)

Soup Fast

Fast breads – all kinds biscuits, pancakes, cookies

Fast sweets / Fast sweets for a month

One day a Week

One day a week plus three other meals sometime during the week. (Modified 2 days)

Spend your lunch hour with God. What a great lunch date!

Fast one meal a day for a month.

Fast three days – additional prayer needed

Fast three days a month is like tithing (10%)

### Suggestions for People Who Can't Fast Food Completely

1. Consider a Daniel Fast – no meat, no dairy, no bread, no processed foods, no sweets.  
– Eat fruits, vegetables, legumes, nuts, seeds, whole grains
2. Modified Daniel Fast - add meat
3. Eat Simply – boiled egg and veggies all day
4. Eat only soup for a day

Note: When you fast what you can, it is like the widow's mite.

## **Fasting Tips**

- 1. Preparation: Pray over your fast before you ever start – consider administration.**
- 2. Start slowly – one meal a week for a month.**
- 3. Drink a lot of water the day before. Don't start a fast dehydrated.**
- 4. Don't drink caffeine the day before a fast.**
- 5. Don't eat sugar or limit sugar the day before you fast.**
- 6. Remember to fast from outside influences. No TV / Social Media. Use the time to draw away.**
- 7. Pick your fast day carefully. (I don't typically fast when I travel or if I have a big responsibility at work.)**
- 8. Power Through – consider administration.**
- 9. Don't be too hard on yourself.**
- 10. When you break your fast, eat lightly.**

Additional Resources:

<https://www.faithgateway.com/why-should-i-fast-7-examples-fasting-bible/#.XqlaYahKi00>

Why should I fast? 7 examples of Fasting in the Bible – Kristen Feola

Fasting for Spiritual Breakthrough - Elmer L. Towns

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