

Freeport Ward Sacrament Meeting Notes: 30 November 2025

Pray for the spirit! You will hear what the Spirit tells you, not necessarily what I say.

Please feel free to take notes, though some of this information and principles may be repeated in the next hour too.

The Success System, Christopher Chenoweth, RVC class: 5 minutes about a light bulb.

Law of 3X listening. (distractions, phone, children, sleeping, inspiration received on different topic, writing, etc.) Tell audience 3 times!

November topic:

Accessing God's power through covenants and obedience.

I'm going to talk a little about self-reliance, ok maybe a lot!

The Lord has declared, "It is my purpose to provide for my saints" (D&C 104:15). This revelation is a promise from the Lord that He will provide temporal blessings and open the door of self-reliance, which is the ability for us to provide the necessities of life for ourselves and our family members.

President Dieter F. Uchtdorf taught, "Like two sides of a coin, the temporal and spiritual are inseparable" (~~"Providing in the Lord's Way," Ensign or Liahona, Nov. 2011, 53~~). In the scriptures, the Lord declared, "All things unto me are spiritual, and not at any time have I given unto you a law which was temporal" (D&C 29:34).

President Thomas S. Monson taught: "Let us be self-reliant and independent. Salvation can be obtained on no other principle" (~~"Guiding Principles of Personal and Family Welfare," Ensign, Sept. 1986, 3; quoting Marion G. Romney, in Conference Report, Oct. 1976, 167~~).

"The Church and its members are commanded by the Lord to be self-reliant and independent" (~~Teachings of Presidents of the Church: Spencer W. Kimball [2006], 116~~).

Programs of the Church!

My Path

My Foundation - helps individuals learn and live 12 doctrinal principles that lead to spiritual and temporal self-reliance.

- Self-Reliance Is a Principle of Salvation

- Exercise Faith in Jesus Christ

- Manage Money

- Repent and Be Obedient

- Use Time Wisely

- Work: Take Responsibility and Persevere

- Solve Problems

- Become One, Serve Together

- Communicate: Petition and Listen

- Show Integrity

- Seek Learning: Resolve Where You Are Going and How to Get There

- Receive Temple Ordinances

Personal finances

Emotional resilience

Education for better work

Find a better job

Starting and growing my business
English connect
Life skills

Contact Sr. Prevatke for more information.

Addiction Recovery / compulsive behavior

Teaches how to apply the Atonement of Jesus Christ in your life with your circumstances.

And then there is BYU pathways allowing you to rather cheaply, start, continue or finish your education from home.

Then there's the booklets:

Essentials of Home Production and Storage
Military Emotional Resilience
US Central Area Presidency preparedness guide

How are you **accessing God's Love and power?**

Obedience:

Jane Ziegler in the last Stake conference reminded us that obedience brings blessings!
Tithing is paid with faith and obedience.

Malachi 3:10-12

10 Bring ye all the [tithes](#) into the storehouse, that there may be [meat](#) in mine house, and [prove me now herewith](#), saith the Lord of hosts, if I will not [open](#) you the [windows of heaven](#), and pour you out a [blessing](#), that *there shall not be room enough to receive it*.

11 And I will [rebuke](#) the [devourer](#) for your sakes, and **he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field**, saith the Lord of hosts.

12 And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts.
This means you probably need to garden to have fruits and vines of the ground.

Can you count the tithing blessings you have received?
What about fast offering blessings?

Having been many church leadership meetings, I learned that the one item keeping most people out of the temple is tithing.

What about the food storage we've been asked to secure since the mid-1800's, about 175 years ago?
We don't store food for ourselves, usually. We do it out of obedience and to help our neighbors through the bishops storehouse system.
9 meals from anarchy! – 3 days, 72 hours!!

Give a man a fish parable: It was [Kuan Tzu](#), a Chinese philosopher
Give a man a fish and you feed him for a day
Teach him how to fish and you feed him for a lifetime
Teach him how to teach how to fish and you feed generations.

The Lord has preserved my life from many situations which could have easily snuffed it out:
2 yrs in Vietnam, motorcycle accident on the Alaska Highway, Canoe accident on the Talkeetna River in Alaska, etc.

He has given me the opportunity to be with you today, to reassure you and to warn you.
When you are warned, warn your neighbor

Follow the Prophets, ancient and modern day
Seek for personal revelation

Recent events:

Covid pandemic
SNAP fiasco
Government Shutdowns
Tariffs worldwide

We are living in perilous times:
D&C 38:30
Alma 46:40

Gullible gulls

<https://www.churchofjesuschrist.org/study/general-conference/1982/10/the-celestial-nature-of-self-reliance?lang=eng>

The Celestial Nature of Self-reliance

By President Marion G. Romney

Second Counselor in the First Presidency

Zig Ziglar

5. Seven (7) steps for achieving goals include:
1. Clearly define the goal, it must be your goal.
 2. set a date when to accomplish the goal
 3. identify the obstacles to overcome
 4. identify the people, organization you must work with
 5. identify the skills and resources necessary
 6. develop a plan of action
 7. clearly identify the benefits

https://youtu.be/hvmoa_gz12g

Angus C. Ensign, former bishop of the Freeport Ward: Give me 5!

Rules for no contention in your life:

- 1 – speak kind words
- 2 – let others have their own opinion (politics and religion are just opinions)
- 3 – do your fair share of the work
- 4 – ask before you take
- 5 – (recent addition) put things back when you are done with them.

(These can be represented by the fingers on one hand: 1 and 2 are self-explanatory, 3 represents the letter W for work, 4- in olden times they cut off your thumb for sealing and 5 – you have all 5 fingers to put things back. Developed by David Aamodt.)

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1979 welfare talks

Blessing the one, victor I brown

<https://www.churchofjesuschrist.org/study/general-conference/1979/10/blessing-the-one?lang=eng>

Bruce McConkie

Stand Independent above All Other Creatures

April 1979

<https://www.churchofjesuschrist.org/study/general-conference/1979/04/stand-independent-above-all-other-creatures?lang=eng>

<https://www.churchofjesuschrist.org/study/general-conference/1979/04/developing-temporal-plans-and-priorities?lang=eng>

Developing Temporal Plans and Priorities

By Bishop Victor L. Brown

Presiding Bishop

<https://www.churchofjesuschrist.org/study/general-conference/1978/10/attending-to-personal-and-family-preparedness?lang=eng>

Attending to Personal and Family Preparedness

By Bishop H. Burke Peterson

First Counselor in the Presiding Bishopric

“Hold Fast to the Iron Rod”

By President Spencer W. Kimball

President of the Church

<https://www.churchofjesuschrist.org/study/general-conference/1978/10/hold-fast-to-the-iron-rod?lang=eng>

The Lord holds forth a glorious promise to those who love him and demonstrate this love by faithful, devoted service and the living of his eternal principles. When the winds of change blow fiercely and the waves sweep over us, we have a tree or rod of principle to which we can cling for safety. It is the gospel of Jesus Christ which has been restored to the earth in its fulness.