

TEN STEPS OF FAITH-JOY CYCLE

- 1) Write out your desire, problem, or challenge.
- 2) Ponder how you would solve that challenge. Ask for further light and knowledge from God. Listen to the still small voice. Then make a choice.
Ether 3:2
- 3) Ask “is this desire for my good?” Confirm it by the Spirit. *D&C 46 : 7-9,23,30*
- 4) Correct your choice until you receive a confirmation from the spirit that it is correct.
- 5) Because you ask in the Spirit your desire will align with God’s will for you.
“Wherefore it is done even as he asketh.” *D&C 46:30*
- 6) Ask for your confirmed desire and doubt not, delete any doubts and stay focused. (*Mormon 9:18-21, Alma 56:47-8, 57:26, Moroni 7:25, D&C 67:1-3*)
- 7) Weary the Lord until He blesses you with your confirmed desire. Keep your mind and heart focused on the Lord, and allow him to guide you step by step. *Luke 18:1-8*
- 8) Receive your confirmed desire, embrace the Miracle! (*Mormon 9:21*)
- 9) Feel Joy!
- 10) Give Thanks!

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THE DEPRESSION CYCLE

THINK ABOUT YOUR PROBLEMS: NEGATIVE THOUGHTS.

YOU FEEL NEGATIVE EMOTIONS

YOU FEEL DEPRESSED

HURT
SADNESS
DESPAIR
HATE
SELF-DISLIKE

YOU ACT AS IF YOU HAVE NO CONTROL OVER YOUR THOUGHTS, NO AGENCY

YOU CHOOSE NEGATIVE ACTIONS AND EXPERIENCE HURT AND DESPAIR.

YOU HEAR NEGATIVE ACCUSING THOUGHTS IN YOUR MIND

“EMOTIONS CAN FLOW UP FROM INHERITED DNA” CAROL TRUMAN

“NEGATIVE THOUGHTS CAN CREATE EMOTIONS LEADING TO NEGATIVE ACTIONS
THOUGHTS CREATE EMOTIONS WHICH LEADS TO ACTIONS (MOSIAH 4:30)

“IF YE HAVE NO HOPE, YE MUST NEEDS BE IN DESPAIR.” (MORONI 10:22)