

Peace of Conscience & Peace of Mind Outline of Talk Elder Scott

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What is peace of conscience?

- Freedom from guilt
 - Richard G Scott:
"A tranquil conscience invites freedom from anguish, sorrow, guilt, shame, and self-condemnation. It provides a foundation for happiness" ("Peace of Conscience and Peace of Mind", Oct Conf 2004)
- At peace with one's inner self
- Comes from God
 - Richard G Scott:
"Peace of conscience relates to your inner self and is controlled by what you personally do. Peace of conscience can come only from God through a righteous, obedient life. It cannot exist otherwise." ("Peace of Conscience and Peace of Mind", Oct Conf 2004)

Peace of mind requires peace of conscience

- Once source of unrest in our mind is our conscience
 - Richard G Scott:
"Peace of conscience is the essential ingredient to your peace of mind. Without peace of conscience, you can have no real peace of mind." ("Peace of Conscience and Peace of Mind", Oct Conf 2004)

Peace of mind most often effected by outside sources

- External concerns may give us unrest and effect our peace of mind
 - Richard G Scott:
"peace of mind is most often affected by external forces such as concern for a wayward child, economic pressures, real or imagined offenses, deteriorating world conditions, or more to do than sufficient time to do it." ("Peace of Conscience and Peace of Mind", Oct Conf 2004)

Peace of mind or unrest is temporary

- Restore by removing sources
 - External sources
 - Internal sources
 - Conscience
 - Other self driven things
 - Obsession with perfection
 - Not forgiving others
 - Other things from the bitterness box (see Atonement – sweeten the bitter)

What is the source of our conscience?

- Light of Christ
 - Moroni 7:16
 - Richard G Scott:
"The ability to have an unsettled conscience is a gift of God to help you succeed in this mortal life. It results principally from the influence of the Light of Christ on your mind and heart." ("Peace of Conscience and Peace of Mind", Oct Conf 2004)

It can be weakened

- Through sin