

## Let Virtue Garnish thy Thoughts Outline – Mike Baird

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### Let Virtue Garnish thy Thoughts unceasingly

- D&C 121:45-46

" Let thy bowels also be full of charity towards all men, and to the 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 dew from heaven.

The Holy Ghost shall be thy constant companion, and thy scepter an unchanging scepter of righteousness and truth; and thy dominion shall be an everlasting dominion, and without compulsory means it shall flow unto thee forever and ever."

### Virtue – Preach My Gospel

- "Virtue originates in your innermost thoughts and desires. It is a pattern of thought and behavior based on high moral standards. Since the Holy Ghost does not dwell in unclean tabernacles, virtue is a prerequisite to receiving the Spirit's guidance. What you chose to think and do when you are alone and you believe no one is watching is a strong measure of your virtue.

Virtuous people are clean and pure spiritually. They focus on righteous, uplifting thoughts and put unworthy thoughts that lead to inappropriate actions out of their minds. They obey God's commandments and follow the counsel of Church leaders. They pray for the strength to resist temptation and do what is right. They quickly repent of any sins or wrongdoings. They live worthy of a temple recommend.

Your mind is like a stage in a theater; in the theater of your mind, however, only one actor can be on stage at a time. If the stage is left bare, thoughts of darkness and sin often enter the stage to tempt. But these thoughts have no power if the stage of your mind is occupied by wholesome thoughts, such as a memorized hymn or verse of scripture

that you can call upon in a moment of temptation. By controlling the stage of your mind, you can successfully resist persistent urges to yield to temptation and indulge in sin. You can become pure and virtuous. " ("Preach my Gospel", pg 118-119)

## **Virtue Important as it ever was**

- Gordon B Hinckley:  
"Challenging though it may be, there is a way to apply traditional moral principles in our day. For some unknown reason, there is constantly appearing the false rationalization that at one time in the long-ago, virtue was easy and that now it is difficult. I would like to remind any who feel that way that there has never been a time since the Creation when the same forces were not at work that are at work today. The proposal made by Potiphar's wife to Joseph in Egypt is no different from that faced by many men and women and youth in our day.  
The influences today may be more apparent and more seductive, but they are no more compelling. One cannot be shielded entirely from these influences. They are all about us. Our culture is saturated with them. But the same kind of self-discipline exercised by Joseph will yield the same beneficial result. Notwithstanding the so-called 'new morality,' notwithstanding the much-discussed changes in moral standards, there is no adequate substitute for virtue. God's standards may be challenged everywhere throughout the world, but God has not abrogated his commandments.  
The violation of his commandments in this, as in any other age, brings only regret, sorrow, loss of self-respect, and in many cases tragedy. " ("With All Thy Getting Get Understanding," *Ensign*, Aug. 1988, 4)

## **Respect for self is the beginning of Virtue**

- Gordon B Hinckley:  
" Respect for self is the beginning of virtue in men. That man who knows that he is a child of God, created in the image of a divine Father and gifted with a potential for the exercise of great and godlike virtues, will discipline himself against the sordid, lascivious elements to which all are exposed. Said Alma to his son Helaman, "Look to God and live" (Alma 37:47).  
It is a matter of more than passing interest that the Lord, as He spoke to the multitude on the mount, included this marvelous declaration:

“Blessed are the pure in heart: for they shall see God” (Matt. 5:8).  
A wise man once said, “Make of yourself an honest man, and there will be one rascal fewer in the world.”  
And it was Shakespeare who put into the mouth of one of his characters this persuasive injunction: “To thine own self be true, And it must follow, as the night the day, Thou canst not then be false to any man.””  
("In Opposition to Evil," Ensign, Sep 2004, 2–6)

## References

- Gordon B Hinckley "With All Thy Getting Get Understanding," Ensign, Aug. 1988, 4
- Ronald A. Rasband, "Lessons from the Old Testament: Fleeing Temptation," Ensign, Mar 2006, 62–65