

**Creating Spiritual Moments**  
**or**  
**Exposing Your Spirit to The Holy Spirit**  
**by Mike Baird**  
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## **Introduction**

- Hartman Rector Jr. (paraphrase)  
“Parents, one of the most important things you can do is expose your children to the Spirit, provide the opportunity for spiritual experiences.”
- Topic: Creating spiritual moments or Exposing our spirit to the Holy Spirit

## **First - Why create spiritual moments?**

- 2 Reasons - To develop a testimony and to be converted or sanctified.
- **Testimony**
  - Testimony comes by the Holy Ghost. Bruce R McConkie: “A testimony is *to know by personal revelation* from the Holy Spirit that Jesus is the Son of God” (Writings and Sermons of Bruce R McConkie, pg 130)
  - Brigham Young: I have proven to my satisfaction, according to the best knowledge I can gather, that man can be deceived by the sight of the natural eye, he can be deceived by the hearing of the ear, and by the touch of the hand; that he can be deceived in all of what is called the natural senses. But there is one thing in which he cannot be deceived. What is that? It is the operations of the Holy Ghost, the Spirit and power of God upon the creature. It teaches him of heavenly things; it directs him in the way of life; it affords him the key by which he can test the devices of man, and which recommends the things of God. (Discourses of Brigham Young, pg 31)
  - Joseph Fielding Smith: “ The Spirit of God speaking to the spirit of man has power to impart truth with greater effect and understanding than the truth can be imparted by personal contact even with heavenly beings. Through the Holy Ghost the truth is woven into the very fibre and sinews of the body so that it cannot be forgotten.” (Doctrines of Salvation, Vol 1, pg 47-8)

- **Conversion**
  - Change from one state to another
    - Example – sugar to starch. Elements still there, just changed.
    - Same with us
      - Convert from the natural man to a Saint and be born again.
      - Bruce R McConkie: This change “does not happen and cannot happen unless and until someone gets the sanctifying power of the Holy Ghost into their lives” (Writings and Sermons of Bruce R McConkie, pg 135)
  - Sanctified? Or Sanctifying power of the Holy Ghost?
    - Bruce R McConkie: The Holy Ghost does two things in particular. On the one hand he is a witness to truth, and so bears the testimony of the truth, and that is how we get a testimony, by revelation from the Holy Ghost. But on the other hand the Holy Spirit is a sanctifier, and he has the power to cleanse and perfect the human soul, to wash evil and iniquity out, and to replace it with righteousness. And that is the occasion when we are converted.” (Writings and Sermons of Bruce R McConkie, pg 135).
    - It is a burning or cleansing which we must go through to get into our Heavenly Father’s presence
- **Radiation dose meter – Spiritual dose meter**
  - Too much exposure to radiation – you die.
  - Spiritual is just the opposite.
    - Too little you die
    - Much worse death – spiritual death.
- **Conclusion (why create spiritual moments)**
  - We need to create spiritual moments or expose our spirit to the Holy Spirit:
    - To develop a testimony (receive a witness of the spirit)
    - To be converted or sanctified.
      - Exposure burns out of us the bad stuff & converts us to a new person (born again).

## Now - How to Create Spiritual Moments

- More than anything it is an attitude.
  - Attitude of creating spiritual moments. Mike Baird: “It is a constant seeking of opportunity and the explicit creation of moments where the Spirit of the Lord can touch our spirits or the spirits of our family members.”
- Typically spiritual moments don’t just happen (just look at most people in the world). We need to look to **create** opportunities and to **actively** seek after them.
- Think of it as creating the moment where the Spirit may be invited to be there.
- Does it work to be exposed to the Spirit– Yes.
- Is it a guarantee – No
  - There are some that reject.
    - Missionary experiences – I knew they felt the spirit – yet did nothing about it.
- How many times should we be exposed?
  - All or nothing shot is not the best approach
    - Relatively few are conversions like Alma the younger.
  - Multiple exposures to the Spirit is better.
    - Most are line upon line..... Steady growth.
- Again – It is an attitude:
  - “It is a constant seeking of opportunity and the explicit creation of moments where the Spirit of the Lord can touch our spirits or the spirits of our family members.”
- Example of what I’m talking about:
  - Gales and favorite hymns
    - Ron asked for their Favorite, He compiled them on one tape.
    - At Beach house – family home evening.
    - Played through and each person explained why it was their favorite and what it meant to them.
    - The Spirit of the Lord was felt by everyone
    - Did it just happen – NO. The father planned and worked to create the moment and proper environment.
      - “One of the most spiritual experiences our family has had”

Focus on Three areas:

- Individual and family basics
- Church provided opportunities
- Turning the ordinary, daily moments into Spiritual moments

## Individual and Family Basics

Need both individual and Family

- Personal Scripture Study
- Family Scripture Study
  - Book of Mormon
    - President Benson "May I admonish you to participate in a program of daily reading and pondering of the scriptures. The Book of Mormon will change your life. It will fortify you against the evils of our day. It will bring a spirituality into your life that no other book will."
  - By candle light at the Baird home
- Personal Prayer
- Family Prayer
  - What an opportunity!
- Family Home Evening
  - Testimony meeting FHE
    - Explain what is and then bear testimonies
  - On the Holy Ghost
- Temple
  - Bart Welling – baptisms when Ben turned 12
- Fast & Testimony meeting
  - One of the monthly highlights
  - Brad Walker story.
- Pondering
- Summary – There is opportunity in the basics!

## Church Provided Opportunities

We need to take advantage and do. Remember these are for perfecting the saints – not the other way around.

- Youth Firesides
  - Baird Family Dishes Offer
- Youth Temple Baptism
  - Youth comments
- Baptism of children
- Convert Baptisms – especially youth.
- Seminary
- EFY
  - Accused parent of trying to “buy her a testimony” you bet they replied.
    - This same young lady bore here testimony how it grew from here EFY experience.
- Conferences  
Not a bye (Bishop Gale), an opportunity!
  - General Conference
    - Grand opportunity – Hear Prophet and Apostles.
  - Stake Conference
    - Hugh B Brown – Spirit of God Like a Fire is Burning.
  - Regional Conference
    - Effect of Hartman Rector Jr. on me.
  - Remember Mark E Peterson
    - Parents “dragged” me 45 minute drive to Spokane.
- Youth Conference
  - Remember at EWSC
  - We have one this summer.
- Priesthood & Service
  - Service Projects or Just helping
    - Farrakis house
  - Fathers Blessings
    - Start of every school year.
    - One of our spiritual highlights
  - Home Teaching
  - Priesthood ordinations
    - Scott’s ordination to Elder – entire family there.
  - Missionary Splits
    - My experience as a teen-age stake missionary

## Turning ordinary moments into spiritual moments

- Lots of “ordinary” activities that can be turned into spiritual moments
- An example - Camping
  - Campfire
    - Missionary Stories
    - Ancestor Stories
  - Under the Stars
  - Scriptures at Shellrock Lake
- Backpacking
  - Scott this last summer
- Ron Gale stopped and talked about spiritual moments
  - Help recognize again
  - Helped others in the family to recognize
- Family Reunion and get together
  - Our Family reunion in SLC when we did temple work.
    - Host Family did initiatory work prior
  - Youth did baptism, Adults did Endowments and Sealings. All in the same day.
- Decisions
  - Personal decisions
  - Family member decisions
  - Make them an opportunity to invite the Spirit to be present.
  - Include fasting
- Make time!
  - President Hinckley: “We live in a world of rush and go, of running here and there and in every direction. We are very busy people. We have so much to do. We need to get off by ourselves once in awhile and think of the spiritual things and build ourselves spiritually. If you have a study at home, lock yourselves in it. If you have a place in the basement where you can be by yourself, go there. Get by yourself and think of the things of the Lord, of the things of the Spirit.”  
(Teachings of Gordon B Hinckley, Spirituality, pg 608-609)

## Finally - Summary

- We need exposure to the Spirit of the Lord for Testimony and Conversion
- What is your spiritual dose meter reading?
  - What should you do to increase the exposure level?
- Use the basics (scripture study, prayer, etc.) to create moments.
- Take advantage of Church organized or related events to create moments.
- Develop and maintain an attitude of seeking and creating spiritual moments.
  - Remember – it is an attitude.
    - It is a constant seeking of opportunity and the explicit creation of moments where the Spirit of the Lord can touch our spirits or the spirits of our family members.
  - Seize the moment (recognize them).
  - I've shared some ideas.
  - Promise you will be inspired.

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