

Choose to Love

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Introduction

- As visiting teacher you are taught to
 - Serve
 - Nurture
 - Visit
 - Find the one
- I would contend that all this is based on loving one another
 - My thoughts are with regards to this

Agency

- We had agency given us in the pre-existence (Moses 4:3, D&C 29:35) and reaffirmed here in this life
- Most of the time we think of agency with regards to choices in our actions
- I think we understand that those choices are based on our thoughts – that is thoughts lead to actions
- Discuss a different use of our agency - choosing how we feel
- We choose how we feel
 - You might say wait a minute I don't choose how I feel – I just do feel a certain way

Anger

- Have you ever said: "You made me angry" ?
 - We are not "made" angry – we choose to be angry
 - For agency to exist there needs to be opposites
 - In every case where we have chosen to be angry there was another choice
 - Satan would dissociate anger from agency. Say we are victims of an emotion we can not control
 - What was he always doing to the Lamanites?
 - Stirring them up to anger

Love

- Love too is a choice

- John 15:12
" This is my commandment, That ye love one another, as I have loved you"
- To me that says that it is possible for me to love anyone and therefore I can choose to feel love to anyone
- I can choose to love that sister regardless of who she is
- I can choose to love that sister regardless of what she does
- I can choose to love that sister regardless of what she says
- When you love your sister in the ward then your service to them takes on a new meaning
 - The things you choose to do for them will be different
 - Your desire to serve will be different
 - When you serve with love you will be guided by the Spirit as to what to do
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Closing - How can I love anyone?

- Testify:
 - When you make that choice the Lord will fill your cup
 - He has filled my cup