



Grounded: Mosiah 18 - 24

Barbara Morgan Gardner & Michelle Craig



TRANSCRIPT

Introduction

- Barbara Morgan Gardner 00:00:00:01 Welcome to our home. We're so excited to have you with us as we continue our study of the Book of Mormon. Today we're going to be studying Mosiah chapters 18 through 24. We're looking specifically at the joy that comes as we make and keep sacred covenants, bearing one another's burdens and deliverance through Jesus Christ. Again, welcome to our home and thank you for being with us.
- Barbara Morgan Gardner 00:00:21:11 Welcome to Grounded, where women of all ages, nationalities and backgrounds gather together with me, Barbara Morgan Gardner and my guests as we strive to build a bedrock understanding of the life and teachings of Jesus Christ and become more like him. We are so excited to have our guest, Michelle Craig, with us today. Michelle, thank you for being with us and thank you for preparing for this conversation.
- Michelle Craig 00:00:42:09 Oh, it's been such a blessing. It really has.
- Barbara Morgan Gardner 00:00:45:00 Okay, Michelle, we know from President Nelson that we are children of God, children of the covenant and disciples of Christ, and that is what he's taught us as our identity. Beyond that, how would you introduce yourself to our audience and to people that you know?
- Michelle Craig 00:01:00:18 Well, first and foremost, I am a wife. I am a mother. We have three



children, two girls and a boy, and I'm a Nana. I have 12 grandchildren, almost 13.

Barbara Morgan Gardner	00:01:11:17	Do they all call you Nana?
Michelle Craig	00:01:12:17	They do.
Barbara Morgan Gardner	00:01:13:06	Oh they do?
Michelle Craig	00:01:14:19	So I find great joy and fulfillment in those roles. you're probably aware I served as first counselor in the Young Women General presidency.
Barbara Morgan Gardner	00:01:23:18	Yes.
Michelle Craig	00:01:24:04	We finished our service on August 1st of this past year. And my husband and I are now serving at the MTC. What is your calling? Oh, fun. I'm a branch missionary. My husband is serving in a branch presidency, and it's so fun to do this together. And we're serving one of the branches and we just get to be with the missionaries and love them and be inspired by them.
Barbara Morgan Gardner	00:01:47:13	Michelle, I haven't. I haven't asked this question. I don't know this. I'm wondering when you were called to be in the young women's general presidency, what was that like for you? What was that experience?
Michelle Craig	00:01:57:05	Oh my goodness. We could talk a lot about that, but it was overwhelming. I felt completely inadequate and overwhelmed at the task, and I think, but at the same time felt an assurance and a peace from Father in Heaven that if I relied on Him and put my trust in Him, that I would be able to do those things He had called me to do.
Michelle Craig	00:02:23:15	And it was really interesting. When I was called by President Oaks, he only asked me a few questions, and I think that they actually are important as we lead into the discussion today. But he said, Sister Craig, do you have a current temple recommend? And then he said, are you as worthy today as the day you received it?
Michelle Craig	00:02:43:21	And I said, yes, I am. And he said, would you be willing to accept any calling? And I gulped and I said, yes. And he said, of course, because you're consecrated. but as we talk about covenants, you know, all of us say yes to things that we don't feel prepared for. Sometimes we're overwhelmed, sometimes we're underwhelmed.
Michelle Craig	00:03:09:03	But because of those covenants that we make, we say yes, and we're blessed because of it.



- Barbara Morgan Gardner 00:03:16:09 You know, Michelle, yesterday I had one of my young adult students come to me, and she was just in tears and she said, I feel like I want to go to New York and I want to be a singer, and I want to be famous. And she just felt like she's like, I just feel like I have so much in me.
- Barbara Morgan Gardner 00:03:36:02 And then she said, but I feel like the Lord has told me that He wants me to start a family. And then she said, what do I do when my heart wants to be so big and the Spirit is telling me that I need to be a mom? And she just sat there and cried and just looked at me like, will you solve all my concerns for me.
- Barbara Morgan Gardner 00:03:59:06 Well, what do you say to that?
- Michelle Craig 00:04:00:09 I would love to know what you said. Well, to that I think I really would love to know what you said. But I think when we do that's part of trusting God.
- Barbara Morgan Gardner 00:04:10:00 Yes.
- Michelle Craig 00:04:11:21 Even when it doesn't make sense if I think it's that way, whether we receive specific instruction from the Spirit or even commandments that we may not understand. But when we trust God, everything works out better than we ever imagined that it could.
- Barbara Morgan Gardner 00:04:29:05 And you know what? I'll just tell you a couple of things I did say to her at that point. I didn't, of course, tell her what to do at all. I just simply said, when you receive something like that and you feel like it's against what you would naturally do, number one, I said, it's really important that you make sure that what you're feeling like you should do is aligned with what the prophets have taught.
- Barbara Morgan Gardner 00:04:49:20 So if it's being a mother or going to New York, whatever, those things could all be good in those because those could very well be aligned with what the prophet is taught. So either of those options is good. There may be other things. If he's going to tell you to go rob a bank, that's probably not.
- Barbara Morgan Gardner 00:05:05:12 But it sounds funny. But just to make sure that what you're doing isn't aligned with the prophet. And then second, continue to ask and is this really what that would have me do and help me to be humble and help me to learn? Because sometimes we think something is happening or we think we're going in direction, and sometimes it may not be exactly what it is, but we can kind of hone it in and clarify and then finally trust the Lord.
- Barbara Morgan Gardner 00:05:29:13 I just bore testimony of the many times that I, you know, I mean, I remember when I was about in my early 20s and I was in a class with Bob Millet, and he said something like, everybody's, everybody has to



go through an Abrahamic trial. And I remember, I remember Michelle thinking, I don't want to do that. Mine was even worse than that.

Barbara Morgan Gardner 00:05:49:07 I thought, well, I never have. And, you know, here I am in my 20s, I'm sure life is going to be good and I'll never have to struggle with anything like that. But then very quickly things changed, right? So I just testified to her as well that you'll be surprised that some of those things that are most difficult in your life are the things where you feel like what the Lord is trying to have you do is different than what you want to do.

Barbara Morgan Gardner 00:06:11:12 You continue to trust Him and He will bless you with way more and give you way more in your life than you ever could have on your own. But sometimes that sacrifice brings forth the blessings of Heaven, right?

Michelle Craig 00:06:21:17 And I think we see that in chapter 24. Where Alma and his people, good people doing good things and they're taken out of a place that they're comfortable and they, they like the land of I mean, they wouldn't have had to trial if they wouldn't have left Heleman sometimes God gets us someplace we don't want to go.

Michelle Craig 00:06:41:22 Yeah. And it's out of our comfort zone. And it's hard, but great blessings and great joy come because of that.

Joy as we Make and Keep Sacred Covenants

Barbara Morgan Gardner 00:06:49:07 So, Michelle, you brought up this word joy. And I think this is going to bring us right into the baptismal covenant. Can we go there? So we're in Mosiah chapter 18 and it's in verse 11. First of all is where this joy is found. So let's go there. And then that's kind of go backwards if that's okay.

Barbara Morgan Gardner 00:07:03:15 So do you mind just reading that for us.

Michelle Craig 00:07:06:08 Yeah. In verse 11 of chapter 18: "And now when the people had heard these words, (or the speaking, teaching of the baptismal covenant) they clapped their hands with joy and exclaimed: This is the desire of our hearts." And I just want to bear witness that making and keeping covenants brings joy, and joy is something that Satan cannot replicate.

Michelle Craig 00:07:31:05 He couldn't replicate happiness, and there are lots of things that he tries to replicate, but he cannot replicate real joy and peace.

Barbara Morgan Gardner 00:07:40:13 Yeah.

Michelle Craig 00:07:41:09 And I have experienced in my life these come in making and keeping covenants. And we were chatting just a little bit before this, but in my



experience, in my calling and just even in my own little circle, I don't see too many people asking a question that the young prophet Joseph asked as a 14 year old boy, which is the true church.

- Michelle Craig 00:08:04:21 Yeah, and I don't know about you, but I don't hear a lot of people asking that question.
- Barbara Morgan Gardner 00:08:10:06 Yeah, I agree.
- Michelle Craig 00:08:11:02 They're not looking for a church, but people want joy and they want peace. Those are things that worldwide, you know, in Cambodia and in Centerville, people want peace and they want joy. And I just bear testimony that covenants bring joy.
- Barbara Morgan Gardner 00:08:31:09 And it says here, this is the desire of our hearts, and it really does. I remember I told you one quick story on my mission there, but other times, on my mission, there was this man we, my companion and I, were knocking on this door and she knocked just quietly. And then we were just talking there.
- Barbara Morgan Gardner 00:08:47:18 So we were actually companions before, and we hadn't seen each other for a few months. And then we were asked to be companions again. We were so excited to be with each other that we were. We were more excited to be with each other than the knocking on doors at the moment. But she knocked softly. And then we just started talking and then we were like, oh, well, nobody's here.
- Barbara Morgan Gardner 00:09:01:19 Let's just knock one more time loud before we leave. So she just pounded the door, and then we started walking away and the door opened and it was this man, and he looked at us and he just said, but would you like to come in? You know, we looked at each other. It was just I don't know what the rules are exactly.
- Barbara Morgan Gardner 00:09:17:08 You know better than I do. But at this time it was a single man and it was just us. So we said we would just love to talk to you from the door, if you don't mind. Right. So then we started talking to him about the gospel, and he invited us to come back. Long story short, we started teaching him about the baptismal covenant and he was so excited.
- Barbara Morgan Gardner 00:09:34:18 Michelle, and then we started teaching about the Word of Wisdom. I remember this because at this point he just opened the door, invited us to our home, and he showed us what he had in his refrigerator. So this was a very poor man. I just remember when he opened up the refrigerator and he just had one thing in the refrigerator, and it was just this large container of coffee, and that was all.
- Barbara Morgan Gardner 00:09:54:19 He had his entire refrigerator. And then he said, would I have to give this up? And we said, yes, in order to fulfill the commandment, the



covenant you are making to keep the commandments of God, the Lord is asking you to keep the word of wisdom. And he just took it, opened it up and dumped it in the sink.

Michelle Craig	00:10:12:19	Oh my Goodness.
Barbara Morgan Gardner	00:10:13:08	Nothing was left in his fridge. Nothing. And I just remember looking at my companion and her looking at me and him, and he just had this beautiful smile on his face. And then he said, I'm ready. So of course they had to go to the interview process. But the day I wish I had this picture to show you, the day he walked out of that baptismal font, he was just his white clothes and he had this gray hair.
Barbara Morgan Gardner	00:10:39:01	He's probably in his 70s and just such a, I mean these beautiful eyes. And he just looked up at us and his eyes were beaming. His smile was huge. And he just said, I did it. And he has stayed. He's now passed away, but he stayed strong and active the whole time, writing little letters and just talking about the joy of making a covenant with the Lord.
Barbara Morgan Gardner	00:11:00:12	I will never forget that moment just dumps that coffee out and brilliantly smiles.
Michelle Craig	00:11:06:22	I am so grateful for a prophet for President Russell M. Nelson, who talks often about joy, and that we can have joy in making and keeping these covenants that we're going to be talking about and joy, regardless of our circumstance and joy in doing a hard thing and pouring out your favorite drink. Maybe the only thing in your refrigerator.
Barbara Morgan Gardner	00:11:30:13	Yeah.
Michelle Craig	00:11:31:04	But that is what making and keeping a covenant does.
Barbara Morgan Gardner	00:11:34:11	And you know what you brought to the word this covenant. I looked at the April 2024 General Conference and it may be some of the indexes as well, and I can't remember the exact number, but I want to say it was about 360 times that the word covenant was used. This and the April 2024 General Conference. I mean, clearly that's important.
Michelle Craig	00:11:51:21	Clearly that's important. And there's something that we need to prepare us as a people and personally, in these times we're living in a covenant.
Barbara Morgan Gardner	00:12:01:01	So, Michelle, in this chapter and I think this is extremely important, we are being introduced to this covenant, the baptismal covenant. And I, I just want to clarify one thing. You know, we've talked about doctrinal



drift a little bit, and I'm going to ask you in a second way, doctrinal drift is what that even is. But just to clarify, when we talk about the baptismal covenant, this chapter and especially verse ten really brings us into the baptismal covenant.

- Barbara Morgan Gardner 00:12:24:18 I'm just going to read this. It says in Mosiah 18:10, "Now I say unto you, if this be the desire of your hearts," referring earlier to eight and nine verses eight nine, "what have you against being baptized in the name of the Lord as a witness before him, that ye have entered into a covenant with him, that ye will serve him, and keep his commandments, that he may pour out his spirit more abundantly upon you?"
- Barbara Morgan Gardner 00:12:44:09 There are other places that we can go to look at this baptismal covenant, but I just wanted to clarify. When we are talking about the covenant, we are covenanting three things that we are willing to take upon ourselves the name of Christ, that we're standing as a witness of Christ, and that we are also keeping His commandments.
- Barbara Morgan Gardner 00:13:03:02 So those are the three things that we are covenanting to do. And then as a result of that covenant, God promises us that we will have the Holy Ghost, the gift of the Holy Ghost with us always.
- Michelle Craig 00:13:13:13 Right.
- Barbara Morgan Gardner 00:13:14:08 Just making sure, as I'm saying, that, because sometimes I hear a little bit of we kindly and sometimes just out of habit and sometimes out of tradition. We'll add a few more things to that covenant. But just reminding us of that covenant and the importance of the doctrinal drift of that covenant, knowing what we're doing.
- Michelle Craig 00:13:30:14 And those covenants are about Jesus Christ.
- Barbara Morgan Gardner 00:13:34:21 Yes.
- Michelle Craig 00:13:35:13 Okay. And even drifting just a little bit, if we only talk about mourning with those that mourn or bearing one another's burdens, those are important. And those are an outgrowth of the covenant we make when we take upon ourselves the name of Jesus Christ. When we keep the commandments and remember him always, those things will be a natural byproduct.
- Michelle Craig 00:14:00:20 We'll do that because of Jesus Christ. But even 1%, you know, there's that great conference talk that [Elder Dunn gave](#) that 1% better.
- Barbara Morgan Gardner 00:14:09:04 Oh, yeah.



Michelle Craig 00:14:10:04 Okay, a little bit. But on the flip side, when we talk about doctrinal drift, just tweaking things a little bit, it can take us pretty far off course. And Jesus Christ can be removed from the picture altogether. So we need to be careful about true doctrine.

Barbara Morgan Gardner 00:14:27:23 And Michelle, that's one of the reasons why we've even titled this podcast Grounded, that we really are Grounded in and we understand the true doctrine of Jesus Christ. And we're just careful of voices and traditions or anything else that we hear that we know that we are Grounded in the gospel. One of the great ways that you can know that on a church's website, you can actually see these are the doctrines, these are the principles, these are the applications.

Bearing One Another's Burdens

Barbara Morgan Gardner 00:14:50:12 And we can study that. And then the Spirit will confirm those doctrines and principles to us as well. And I want to bring us into the next topic if that's okay. And it's that topic of bearing one another's burdens. Can you just kind of guide us through this? I mean, we're looking at this joy of making the covenant, keeping the covenant, and now the joy that's really associated with being willing to mourn with those who mourn.

Michelle Craig 00:15:11:13 Yeah, I think it's a natural outgrowth when we make those covenants, we want to become more like Jesus, we become more like Him, and we reach out and minister and love as He did. In verses eight and nine, people "were willing to bear one another's burdens, that they may be light; yea, and are willing to mourn with those that mourn and comfort those that stand in need of comfort, and to stand as a witness of God at all times and in all things and in all places

Michelle Craig 00:15:40:11 that ye may be in, even unto death." And I want to come back and talk about that a little bit. But he's just reading these verses. I am so grateful in my life for those who have been willing to mourn with me and help me bear burdens. And I think we've been reminded, and we know that everybody is carrying a burden.

Michelle Craig 00:16:02:23 Now, it may not look like it on the rows in sacrament meeting. When you see a perfect family or you see and I say that in jest, because there are no perfect families, there are no perfect people. We are all carrying something and we need to be kind to one another. And as those who have made covenants, we have an obligation to be kind and to be loving and to help.

Michelle Craig 00:16:29:18 And can I just share a story?

Barbara Morgan Gardner 00:16:30:23 Would you please? I love this.

Michelle Craig 00:16:32:11 That my daughter shared with me, and it has just stayed in my head



since she shared it with me last summer that her bishop talked about taking his young family to Utah Lake to go boating. And they got the boat ready. I'm not a boater. This will be obvious when I talk about this, but there's a little plug that you take out to wash things out, and then you put it back in something, and he didn't put that plug back in.

Michelle Craig	00:16:58:17	So he's going out on the lake and there's a huge no wake zone. So you go very slowly for a long time. And they're almost out. And then they realize that the boat is taking on water. It's taking on a lot of water because that plug was not put back in. And he's got his young family with him.
Michelle Craig	00:17:20:04	So they turn around and he starts booking it to the shore. And he's obviously not obeying the rules because his boat is taking on water and he's got his.
Barbara Morgan Gardner	00:17:31:04	Sinking.
Michelle Craig	00:17:31:17	He is sinking.
Barbara Morgan Gardner	00:17:33:02	He's sinking and I shouldn't laugh. That's really not very funny.
Michelle Craig	00:17:36:09	No, but!
Barbara Morgan Gardner	00:17:36:15	But yeah.
Michelle Craig	00:17:38:02	And so everybody that's coming out, seeing this boat ripping into shore is yelling at him. You know, he's breaking the rules. You know, what are you doing. There's gestures being made. People are yelling and he's panicked and worried and he's going in. One boat is coming close. And a man yelled, do you need help?
Barbara Morgan Gardner	00:18:02:03	Oh wow.
Michelle Craig	00:18:02:20	And he said, yes. And this man turned around and followed him and made sure he and his family got back to shore safely. But I love that story, because how many times do we see people that are breaking the rules, or maybe not doing things the way we think they should be done? And our first response is to criticize rather than, do you need help?
Michelle Craig	00:18:26:18	And I just, I love that, and I want to be one who is quick to ask that question rather than to offer up judgment.
Barbara Morgan Gardner	00:18:36:04	So I learned, thank you for sharing that story. That is such a great story. It puts me in a place of humility listening to this, because I remember



when I was serving as a Relief Society president of a young adult ward, and there was a young woman that was just really struggling with a number of things, and she had talked to me about some of her struggles.

- Barbara Morgan Gardner 00:18:51:23 And I remember going to the Bishop and just saying, this is what's going on. Like she told me I could. So I just went, but in my going, I was actually quite judgmental. I remember the feeling of being judgmental, like, how can she do this? Like she knows better. Like that's how I was feeling. So I was kind of laying this in front of the Bishop, thinking that he would respond in such a way, like, yeah, we've got to, we've got to tell her to knock it off, you know, that kind of thing.
- Barbara Morgan Gardner 00:19:16:05 And I remember him just looking at me in the eyes, and I think he saw my heart and he just said, how are you helping her?
- Michelle Craig 00:19:22:20 Wow.
- Barbara Morgan Gardner 00:19:23:15 And I just it was like this. There was no judgment about her at all. And there was no judgment about me. It was just simply Barb, you're the Relief Society president. How are you helping her? And then I just kind of sat there and sort of moment and said. I haven't been. And it was just I recognized in that moment it was me that had the problem.
- Barbara Morgan Gardner 00:19:49:20 Not her, not the bishop. It was me. And so then I just sat and prayed, Heavenly Father, please help me to learn how she needs to be mourned with and how she needs help. She ended up moving into my apartment. This is different for most people. It was a very specific time. She moved into my apartment for a very short period of time.
- Barbara Morgan Gardner 00:20:07:16 She laid on my floor in my bedroom and we became very close. And what she needed was a friend to help her be strong. And it was a lesson for me. I was the one who needed the help more than anyone, and the love that I learned, and the Atonement of Jesus Christ and willing to bear another's burdens.
- Barbara Morgan Gardner 00:20:25:02 It was me that was lifted up in that process. I don't know exactly what her future held, but I know what it did for me. It helped me to understand I'm not here to judge anyone. I am here to love and to help and to mourn.
- Michelle Craig 00:20:36:06 And that's not always easy to do.
- Barbara Morgan Gardner 00:20:38:22 It's not.
- Michelle Craig 00:20:41:05 I am grateful for that experience and for your humility in the moment to recognize that maybe I have it. That hasn't been my first response.



And I think so many of us I know in my own life, it's a constant check to ask, how can I help? How can I bless in this moment? My job isn't to fix things.

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| Michelle Craig | 00:21:00:16 | My job is to lead people to Jesus Christ. |
| Barbara Morgan Gardner | 00:21:03:11 | Yeah. |
| Michelle Craig | 00:21:04:05 | To be a witness of Him at all times and in all things and in all places, unto the death. That is a huge that's huge. And I don't think there's any of us that are able to do that on our own. We need Jesus Christ to be able to do that. And I think that's the purpose of a covenant relationship, a connection to Jesus Christ. |
| Michelle Craig | 00:21:29:13 | And we realize how much we need Him, and we want to be a witness to Him. This is the desire of our hearts and there I feel like in the world we live in, there's so many loud voices that seek to discredit God. Yes, to put him on trial, if you will. that he's not all powerful. |
| Michelle Craig | 00:21:52:01 | So many things that we've heard and the talk. But I want to be a witness to him in the young women theme. |
| Barbara Morgan Gardner | 00:22:02:03 | Oh, yes. |
| Michelle Craig | 00:22:03:03 | That is a line that is so important, as a young woman presidency. When we were rewording the thing and redoing it, we wanted it to be familiar enough to the previous young women thing, but also different because it was a different time. |
| Barbara Morgan Gardner | 00:22:18:20 | Yeah. Different ages, different different times. It's a. Yeah. |
| Michelle Craig | 00:22:21:13 | And that line was in the original young women theme is that "I will stand as a witness of God at all times and in all things and in all places," and that was one that we felt very strongly needed to remain so I love that young women throughout the world stand and repeat that on the second and fourth Sundays, that they will stand as a witness of God. |
| Michelle Craig | 00:22:46:21 | And it's really for all of us, don't you think, to stand as a witness at all times and in all things and in all places, and we need Jesus Christ to do that. But that is the desire of my heart, you know, in verse 11. And that brings me joy to be able to do that. |
| Barbara Morgan Gardner | 00:23:04:08 | You know, as you're talking, Michelle, I'm thinking of these wonderful people. I'm thinking of Gideon, right. And what a strong and powerful, almost secondary character in the Book of Mormon at times. But I love Gideon. |



- Michelle Craig 00:23:17:04 I love Him.
- Barbara Morgan Gardner 00:23:17:17 Don't you? What do you love about Gideon?
- Michelle Craig 00:23:20:00 I'm like, you know, I just love it if I've been serviceable to you in the past. I mean, I just love it as humble that he's proactive, that he comes up with solutions, that he's a defender. If he's not Ruth, he's bold. Yes, yes.
- Barbara Morgan Gardner 00:23:35:13 He's bold and not overbearing. He's, I think he's so good at one that's being a witness of Christ. He's not saying you have to do exactly what I do, but I've been observing something. Yeah. And what would you think about, you know, there are some priests that have taken some lady. I think he's just. But he's just there to support and he's there to help in this whole process.
- Barbara Morgan Gardner 00:23:51:11 And I think of Ammon and I think of Alma, and these are people that are really there trying to mourn with those who weren't there, putting in a position where they are mourning literally with those who are mourning.
- Michelle Craig 00:24:01:11 We are so blessed to be part of an organization that mourns with those that mourn, that blesses on a large scale and on a very personal scale. But it's the covenants that we make that connect us with Jesus Christ, that make the difference and bring the joy. Yes, President Nelson just [said this](#) in the last conference. "Without priesthood keys, you could not be endowed with the power of God.
- Michelle Craig 00:24:28:08 Without priesthood keys, the church could only serve as a significant teaching and humanitarian organization but not much more. With priesthood keys, none of us would have access to essential ordinances and covenants that bind us to our loved ones eternally and allow us eventually to live with God." So anyway, I love that reminder that we are blessed to be part of an organization that blesses globally and connects us to Jesus Christ, and to those that we love through the priesthood and priesthood keys.
- Barbara Morgan Gardner 00:25:02:15 I. Michelle, I cannot thank you enough for reminding us of the importance of those priesthood keys. I mean, that's what we're also learning about this from these chapters of Mosiah, of being able to baptize but not being able to because I don't have the authority to baptize. Right. And we're seeing that here. And this importance of having the authority of God to be able to perform this ordinance is absolutely critical for me.
- Barbara Morgan Gardner 00:25:23:17 I'm personally grateful for the experiences that I had and the teaching that I received on my mission. Because I love teaching the gospel. I love helping people find joy in the gospel of Jesus, I love it, I love



watching lives change to the gospel of Jesus Christ. And maybe that's one of the reasons why I love these chapters.

- Barbara Morgan Gardner 00:25:41:16 I just love seeing people come unto Christ. You brought up in a very important part about priesthood keys, and I appreciate so much, President Nelson, this last talk and the clarity of this, I remember on my mission with my companion and I, we had this gentleman and I don't remember his name and my apologies, but we had talked to about the importance of baptism, and he said, I've already been baptized.
- Barbara Morgan Gardner 00:26:01:18 And we said, well, but you need to be baptized by one who has authority. And he said, I was baptized by a man named John the Baptist. And then we said, you need to be baptized by immersion. And he said, I was baptized in the river Jordan by a man by the name of John the Baptist.
- Barbara Morgan Gardner 00:26:18:07 And I was 30 years old. So as far as he was concerned, he literally had done everything that he felt like he needed to do. And he thought that he had someone who had been baptized with authority. It took us a little bit of time as missionaries to help him understand the Restoration of the gospel and, and the importance of priesthood keys being restored on the earth, and John the Baptist coming, restoring those keys to Joseph Smith.
- Barbara Morgan Gardner 00:26:41:21 And so now Joseph Smith has those keys. And so now we can continue to have baptism on the earth today. It was quite a discussion, but how critical it is, because we really do believe and we teach as members of The Church of Jesus Christ of Latter-day Saints, that in order to be baptized in, have it and have it really have the stamp of approval from the Lord, it needs to be done by one who has priesthood authority, through one who has priesthood keys, which is only possible through a prophet.
- Barbara Morgan Gardner 00:27:05:18 The keys belong to Jesus Christ, but the prophet is the head of the Church on the earth today, and he holds those keys and directs the use of the keys throughout the Church and throughout the world.
- Michelle Craig 00:27:15:21 And again, this is important, our prophet helping us focus on doctrine.
- Barbara Morgan Gardner 00:27:19:16 Yes. Good point.
- Michelle Craig 00:27:20:23 And as women who are Grounded in the gospel, to have an understanding of that doctrine and feel comfortable to teach that and converse with it.
- Barbara Morgan Gardner 00:27:32:00 Yeah.



- Michelle Craig 00:27:32:15 About it. And it's a blessing.
- Barbara Morgan Gardner 00:27:34:21 It is a blessing. And you know what? I'm so grateful that we really do have this opportunity to study the doctrine and study the teachings of The Church so that we understand we want to be eternally happy. We want to be with our families for eternity. I want to know about priesthood keys. I want everyone to know about priesthood Keys.
- Barbara Morgan Gardner 00:27:52:11 I love that President Nelson asked us to study section 109 of the Doctrine Covenants, and look at these priesthood keys and study them. It's critical for our salvation, and it's only through the Atonement of Jesus Christ that we are able to be saved. But He has given us requirements that we need to fulfill in order to be saved with Him.
- Barbara Morgan Gardner 00:28:07:20 I mean, it's such a beautiful connection between Christ and these are His keys. And then we decide that we want to come into Him, and then he promises to always be with us. I mean it.
- Michelle Craig 00:28:16:05 He pours out his spirit. I mean that word pour. I mean, I'm just looking right now in verse ten and verse 12 and verse 13, 14 filled. I mean, we are filled. The Lord is so anxious to pour out the spirit when we make those covenants and when we try our imperfect best.
- Barbara Morgan Gardner 00:28:37:00 Absolutely. And that is true. It is not that we're not asking for perfection here. We are working on trying to be better. Right. And that that worthiness is part of just being better, trying to be better every time. And I love that Christ promises us that we are promised. We make this covenant that we'll have the Holy Ghost with us.
- Barbara Morgan Gardner 00:28:53:13 I mean, the best. We're talking about mourning with those who mourn, the best comforter is the Holy Ghost. When we recognize, really, that He is able to give us that comfort and that joy that we need in our lives, especially as we are mourning. Yeah, that real promise, Michelle, let's go into our next topic, which is deliverance through Christ.

Deliverance Through Christ

- Barbara Morgan Gardner 00:29:10:13 I know you love this topic, so if it's okay, I'll introduce it with the talk from Elder Perry. And then I'm going to turn it over to you for a little bit just to walk us through this. Is that okay? Okay. And this is a little bit of a long quote, but I really love this talk that he gave.
- Barbara Morgan Gardner 00:29:24:14 So again, Elder Perry, [he says this](#), "There are two stories in the Book of Mormon which are very similar and teach an important lesson. The first is from the Book of Mosiah, starting with the 19th chapter. Here we learn of King Lemhi living in the land of Nephi. The Lamanites had waged war against the people of Lemhi. The result of the war was that the Lamanites would allow King Lemhi to rule over his people, but



they would be in bondage to them.

- Barbara Morgan Gardner 00:29:48:12 It was a very uneasy peace. I love that uneasy peace. When these people had their fill of Lamanite abuses, they convinced their king to go against the Lamanites in battle. Three times Limhi's people were defeated. Heavy burdens were laid upon them. Finally, they humbled themselves and cried mightily unto the Lord that he would deliver them.
- Barbara Morgan Gardner 00:30:10:13 The second story is similar in many respects, but also different. The account was recorded in Mosiah 24. Alma and his people had settled in the land of Helem when an army of the Lamanites came into the borders of the land, they met and worked out a peaceful situation. Soon, the leaders of the Lamanites began to impose their will on the people of Alma and placed heavy burdens on them to bear.
- Barbara Morgan Gardner 00:30:33:23 In Mosiah 24, verse 13, we read. 'And it came to pass that the voice of the Lord came to them in their affliction, saying, lift up your heads and be of good comfort. For I know of the covenant which you have made unto me, and I will covenant with my people, and deliver them out of bondage.' The people of Alma were delivered from the hands of Lamanites, and safely made their way back to be united with the people of Zarahemla."
- Barbara Morgan Gardner 00:30:56:13 So I just want to just set the stage with those two groups of people, because we're kind of tying it together in the book of Mosiah. And then this principle of being in bondage and then delivered through the atonement of Jesus Christ. Michelle, will you just kind of walk us through what stands out to you here?
- Michelle Craig 00:31:10:23 Well, I love these two stories, and I love like you just pointed out, that deliverance comes only because of Jesus Christ.
- Barbara Morgan Gardner 00:31:19:17 Yeah.
- Michelle Craig 00:31:20:14 Their situations are different. They have no way out. In chapter 21 I think it's verse five. Yes, there was no way that they could deliver themselves out of their hands. Okay. They couldn't get out of this predicament. We have two groups of people that are both in bondage, and we read these and it's just a couple of pages, but this is a long time and you will know better.
- Michelle Craig 00:31:44:11 But I did a little math. I think the time period for these people of Limhi is about 24 years.
- Barbara Morgan Gardner 00:31:50:18 Yeah, that sounds about right.



- Michelle Craig 00:31:51:21 Okay. And then the people of Alma, these chapters, about 25 years.
- Barbara Morgan Gardner 00:31:55:17 Yeah. Similar times.
- Michelle Craig 00:31:57:13 Similar amount of time. That's a long time to be in a place that you don't want to be. But they could only be delivered because and through Jesus Christ. But the means of deliverance were different.
- Barbara Morgan Gardner 00:32:10:13 Absolutely.
- Michelle Craig 00:32:11:09 And I think so many of us find ourselves in waiting hard places, a place where we don't want to be, whether that's a bondage of some type or whether that's just hard because of mortality. Absolutely. And we're sent here to learn. But when we focus on Jesus Christ. But, if we can just start maybe in 21, 21 verse 16, "and it came to pass that they began to prosper by degrees in the land."
- Michelle Craig 00:32:46:10 And this is how deliverance started. Okay? It didn't happen overnight, but as we'll read in the other. Yeah, with the people of Alma. But these people of Limhi, they began to prosper by degrees. In verse 17. They learned how to love each other. Okay. They're learning, you know, that the Limhi commanded that every man should impart the support of widows and their children, that they might not perish with hunger.
- Michelle Craig 00:33:10:22 They're learning really important lessons right now. The Lord is prospering them. The burden isn't removed, but little by little they're learning. And I think there's an important principle that we can learn about what God does and what these people do in the waiting period. If we can just flip forward
- Barbara Morgan Gardner 00:33:30:09 Please.
- Michelle Craig 00:33:32:03 a little bit in chapter 24. I love how we learn that. Again, there are some times that we need to be delivered, and it's not because we've necessarily done something wrong.
- Barbara Morgan Gardner 00:33:45:06 Right, yes.
- Michelle Craig 00:33:46:13 That bad things happen to good people and covenants are key to deliverance in verse 13, the Lord says, "For I know what the covenant which ye have made unto me; and I will covenant with my people, and deliver them out of bondage." Covenants play a central role in our deliverance, whether we prosper by degree, or whether our backs are strengthened to bear the burdens that we carry.
- Michelle Craig 00:34:20:02 Can I quote Sister Camille Johnson, please?



Barbara Morgan Gardner 00:34:22:09 That would be awesome.

Michelle Craig 00:34:22:22 Yes. Sister Johnson gave a beautiful talk a number of years ago. Jesus Christ is relief. I believe that was.

Barbara Morgan Gardner 00:34:29:00 I love that talk.

Michelle Craig 00:34:30:07 Yeah, she's so.

Barbara Morgan Gardner 00:34:32:00 She gets it.

Michelle Craig 00:34:32:13 She's amazing. She has some, she's the real deal.

Barbara Morgan Gardner 00:34:38:18 So grateful for people for these in her. Yeah. We're grateful for these incredible women in our lives that are leaders and understand the gospel.

Michelle Craig 00:34:45:21 And teach doctrine in such an accessible way. Yeah, but she talked in her conference talk about how sometimes we carry heavy burdens. We all carry heavy burdens. Sometimes those are of our choice and sometimes it's because of life. But [she said](#), "So why do we insist on carrying her rocks alone? It is intended as a personal question for each of you to consider.

Michelle Craig 00:35:09:17 For me, it is the age-old vice of pride. I've got this, I say. No worries, I'll get it done. It's the great deceiver who wants me to hide from God, to turn away from Him, to go at it alone." And we see that in the temple, right?

Barbara Morgan Gardner 00:35:22:17 Yeah.

Michelle Craig 00:35:23:12 It is Satan who wants us to hide from God. "Brothers and sisters, I can't go at it alone, and I don't need to. And I won't, choosing to be bound to my Savior, Jesus Christ. Through the covenants I have made with God, I can do all things through Christ, which strengtheneth me. Covenant keepers are blessed with the Savior's relief." And she quotes these verses in Mosiah about "how the burdens which were laid upon Alma and his brethren were made light.

Michelle Craig 00:35:51:16 The Lord did strengthen them so they could bear up their burdens with ease, and they did submit cheerfully and with patience to the will of the Lord." And then she says, "those covenant keepers received relief in the form of comfort, increased patience and cheerfulness, and ease in their burdens, so that they felt light and ultimately deliverance." So a different kind of deliverance that comes because of



Jesus Christ.

- Barbara Morgan Gardner 00:36:16:08 And I love, Michelle, how you serve on both of those. The second one was Ultimate Deliverance, but it's still a process. And then that first one, and in verse 16 of Mosiah chapter 21, you mentioned by degrees. This reminds me of a couple of things. One is President Nelson has a quote where [he says](#), "repentance is a process," right?
- Barbara Morgan Gardner 00:36:34:20 It's not like when we're one and done right, we're trying to become like Christ, not just say we're sorry, right? We're overcoming, but also becoming. And then this is a great story that you reminded me of that Brad Wilcox shared in General Conference. I just love and I love this talk. First of all, he quotes President Bruce Elder Bruce C. Hafen, and [he says](#), "Christlike character requires patience and persistence more than it requires flawlessness," which I just I love that because we are all flawed.
- Barbara Morgan Gardner 00:37:03:15 Every single person. I am so flawed. If people knew, I mean, you can already see all the flaws, but then if they really knew it. I mean, but I mean, no one knows how much we need the Savior, as much as we know how much we need the Savior, especially as we draw closer to him, it becomes more obvious how desperately our friends help.
- Barbara Morgan Gardner 00:37:20:01 And so I just love that the Lord delivers in a variety of ways. He will deliver me differently than He will deliver you differently than He will deliver. Anyone who's listening to this, to this podcast, or watching this podcast, everyone has a specific way of deliverance. And I think one of the keys is to recognize that it's God that's delivering, right.
- Barbara Morgan Gardner 00:37:37:17 That will draw closer to the Lord. As we recognize, I could not have done this. It's like there's this old video that I used to watch a few years ago. I mean, it's just a short little clip where this man is falling down the roof, right? And then he's praying and praying and praying and asking God to help him.
- Barbara Morgan Gardner 00:37:50:01 And then all of a sudden, he gets caught on a nail and he says, no, don't worry about it. I'm okay, I got it, I got it. Yeah, yeah, it's kind of that idea. If we can just recognize really that it is God that is delivering us. There have been so many times in my life that I'm pretty sure I thought that it was just me that was just smart enough or or capable enough to deliver myself. In my older days I'm recognizing more and more how absolutely dependent I am and others really are on Jesus Christ.
- Barbara Morgan Gardner 00:38:13:02 There is no deliverance without Him.
- Michelle Craig 00:38:15:09 And while we're waiting in those middle moments, those long periods, while we're waiting for the deliverance, what we can become will bring joy.



Barbara Morgan Gardner 00:38:26:06 Yes.

Michelle Craig 00:38:27:07 And the strength that we can receive because of and through our covenants and our relationship with Jesus Christ, bound to Him that can be joyful and we can prosper in degrees, and we can have burdens, feel lighter because of Jesus Christ.

Barbara Morgan Gardner 00:38:45:01 You know, Michelle, you're right. And I was thinking in Mosiah chapter 22, we see this wonderful verse, and then we see it again in Mosiah 24, bringing us back to this joy of deliverance. And in some ways, I kind of see Mosiah as a representation of Christ or our Father in Heaven, when the people of Limhi are finally brought to Mosiah.

Barbara Morgan Gardner 00:39:04:07 I love what it says. And so starting in chapter 22, verse 13, "After many days in the wilderness, they arrived in the land of Zarahemla and joined Mosiah's people and became his subjects. And it came to pass that Mosiah received them with joy."

Michelle Craig 00:39:16:12 I just love that.

Barbara Morgan Gardner 00:39:18:08 He doesn't say like, no, you guys are going to be such a burden on us. Please don't come back. He receives them with joy. And then Mosiah 24, verse 25, we see this again. Now Alma's people have come. I mean, I cannot imagine how overwhelmed Mosiah must be with all of these people that were in bondage, and the need that they must have financial, physical, mental, everything.

Barbara Morgan Gardner 00:39:38:18 But you see, in verse 24 and 25, "it came to pass that they parted out of the valley and took their journey into the wilderness. And after they had been in the wilderness for twelve days, they arrived in the land of Zarahemla. And King Mosiah did also receive them with joy." I just think when we, after all of our struggles and all of being in the bondage, I think this is very much a prototype of life, that as we turn to the Lord and allow him to deliver us, he will then receive us with joy.

Barbara Morgan Gardner 00:40:06:22 Sometimes we think, how could, how could he? He can. Mosiah received these people with joy, and he is going to rejoice, and the Lord is going to receive us with joy. And how important it is for us to receive others with joy.

Michelle Craig 00:40:18:19 Exactly, as we are trying to become more like them. I want to be one who receives others with joy regardless of their circumstance, and the baggage that they bring into my home, into my life, into my circle. Again, it just comes back to being kind, doesn't it? And bearing and trying to keep our focus on Jesus Christ and becoming like Him.

Barbara Morgan Gardner 00:40:39:07 Yes. Thank you. You know, recently I went to the funeral of Ardeth



Kapp, Ardy Kapp, and that was one of the things that stood out to me more than anyone else. I think everyone who spoke of her spoke of the joy and the love they felt in her presence. And I hope that all of us, when we pass away at some point, will recognize and remember us with this joy tied to the Atonement of Jesus Christ.

Michelle Craig 00:41:04:06 Beautiful, Thank you.

How has the Book of Mormon Changed Your Life?

Barbara Morgan Gardner 00:41:04:15 Michelle, thank you so much. We'd like to finish with just the simple question, how has the Book of Mormon changed your life? That's a very broad question, but I'm just going to throw this to you. How has the Book of Mormon changed you, Michelle?

Michelle Craig 00:41:17:18 The Book of Mormon, that's a big question. It is a big question. That's a big question. But I think I have changed because I have consistently tried to make a study of the Book of Mormon a part of my life every single day, whether that's one verse or whether it's a chapter or whatever. But I have been blessed with increased peace in my life and capacity, and that there are times that when my study is not as consistent or as good, I miss it.

Michelle Craig 00:41:48:14 There's a hole in my life, but I know when I read the Book of Mormon, I know that this is the Word of God. I know that it was translated from the Prophet Joseph Smith, and I just want to defend him and express my gratitude for Joseph Smith and for his translation of this remarkable book written for our day.

Michelle Craig 00:42:15:19 I remember once being in a meeting with Elder Gong, and I heard him say, it was so simple, but it just struck me. He held up his tattered copy of the Book of Mormon, whether it's physical or whether it's on an electronic device. But he said this book could not have been written by an evil man.

Barbara Morgan Gardner 00:42:39:01 That's true.

Michelle Craig 00:42:39:21 And it could not have been written by a good man who had the intent to deceive.

Barbara Morgan Gardner 00:42:46:12 Also true? Yes.

Michelle Craig 00:42:47:17 Say it was translated by the gift and power of God through a prophet. And I feel that when I read every page, it testifies of Jesus Christ. So I think the Book of Mormon has blessed my life because it helps increase my testimony of Jesus Christ and His Church here on the earth today. And I'm grateful for the lessons and the patterns and the principles and the doctrines that strengthen me and bring me joy.



- Barbara Morgan Gardner 00:43:19:14 Michelle, I can't thank you enough for living a life of understanding the truths and grounding yourselves sincerely in the scriptures. You have stood as a witness amongst many people worldwide in your family and just even today, here in my home. So thank you for being an additional witness of the truth of the Gospel of Jesus Christ, of the Book of Mormon, and also for testifying so joyfully of the Savior and His Atonement.
- Michelle Craig 00:43:43:10 So it's been a blessing. Thank you. Thank you for everything you're doing.
- Barbara Morgan Gardner 00:43:45:14 Thank you. Michelle, I just really do appreciate who you are. So thank you. We need you and we hope to be able to gather and continue to gather together with just wonderful, righteous women and men.
- Michelle Craig 00:43:57:02 We need each other.
- Barbara Morgan Gardner 00:43:57:23 We need each other desperately. They needed each other here in the book of Mosiah, just like we need each other today. So. And I hope to be a, in Mosiah in a sense, receiving all people like you say with joy in my home. So thank you again for joining us today. We are so grateful you came and visited us in our home and shared with us these incredible scriptures that will help us come unto Christ.
- Barbara Morgan Gardner 00:44:20:22 We know that as we continue to study these scriptures and we share this gospel with other people, there will be genuine joy felt in individuals' homes, visible individual lives, and that will spread throughout the world. So please, we ask and encourage you to continue to study your scriptures. And if you feel so desire to, please share this podcast and more importantly, your testimony with other people so that we together can come into Christ.
- Barbara Morgan Gardner 00:44:44:14 Thank you again. We'll see you next week.

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(29:10) Deliverance Through Christ

(41:04) How has the Book of Mormon Changed Your Life?

BIOGRAPHY:



Michelle Craig and her husband, E. Boyd Craig, reside in Orem, Utah. They have three children. She loves family history, temple work, reading, and enjoying time with her family. She received a bachelor's degree in elementary education from Brigham Young University. Sister Craig has served in many ward and stake positions in the Primary, Young Women, and Relief Society organizations. She has served as temple ordinance worker in the Provo Utah Temple and Gospel Doctrine teacher in Sunday school. Sister Craig served a mission in the Dominican Republic Santo Domingo Mission. Sister Craig

was serving as a member of the Primary general board at the time of her call to the Young Women General Presidency. She was released from the Young Women General Presidency on August 1, 2023. She has enjoyed community service in the Parent Teacher Association of her children's schools, as a literacy tutor, and as a school support volunteer for a national education foundation.