Grounded: Mosiah 29 - Alma 4

Barbara Morgan Gardner & Lisa Valentine Clark



TRANSCRIPT

Introduction

Barbara Morgan Gardner 00;00;01;28 Welcome to our home. We're so excited to have you here with us today as we continue our study of the Book of Mormon. Today, we're going to be studying Mosiah chapters 29 through Alma, chapter four. There's so many great topics in these scriptures. Today, we're going to focus primarily on three topics of inequality, remembrance and mourning. We're looking forward to a great study, and we can't wait to have you join us.

Barbara Morgan Gardner 00;00;25;25 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. I am absolutely giddy today to invite and have our wonderful friend Lisa Valentine Clark with us today. Lisa, thank you for coming to our home.

Lisa Valentine Clark 00;00;46;26 Thank you for having me.

Barbara Morgan Gardner 00;00;48;07 It is. It is honestly. My pleasure. Thank you for saying yes. President Nelson has reminded us that we are all children of the Covenant, children of God and disciples of Jesus Christ. So in addition to that which you are. Yes. Can you tell us a little bit more about yourself? Help us to get to know you better.

Lisa Valentine Clark 00;01;03;10 You bet. I am also a mother of five baby adults. They're all on various levels of launching into the world. I'm also a podcast host and actor. I

do a lot of improv, some improvizational list, a writer.

Barbara Morgan Gardner 00;01;19;29 Are you improv in your life too, or just on the range on the show? Okay.

Lisa Valentine Clark 00;01;23;09 I feel like we're all sort of making it up as we go on varying levels, right?

Barbara Morgan Gardner 00;01;27;21 It's just nice to talk to somebody who admits that because that's how I always am.

Lisa Valentine Clark 00;01;30;19 Yeah, it's funny because I'm a planner. I'd like to have a plan, but it never goes according to plan.

Barbara Morgan Gardner 00;01;37;14 But it's nice to know you have that.

Lisa Valentine Clark 00;01;38;22 Yeah, it's like you have the structure and you have the background and then you just forget it and let life.

Barbara Morgan Gardner 00;01;43;19 Yes, exactly.

Lisa Valentine Clark 00;01;45;02 Yeah.

Barbara Morgan Gardner 00;01;45;24 As we are starting then we want to just jump right into this. And honestly, Lisa, one of the things that I loved when you came in and you showed me this, your copy of the Book of Mormon. Will you tell us what you're doing here with this Book of Mormon? I think it's pretty cool.

Lisa Valentine Clark 00;01;58;28 Thank you. I like to when I read. I mean, anything. It's it's hard for me to to listen to books because I like to write in the margins and write notes and underline things. It's the old English teacher in me. Yes. In another life.

Barbara Morgan Gardner 00;02;13;28 And so. But you were an English teacher?

Lisa Valentine Clark 00;02;15;28 I was an English teacher for some while. Yeah. And then turned that over to, like, more performing. But I still say that being an English teacher as being a performer.

Barbara Morgan Gardner 00;02;26;08 That is true. Okay.

Lisa Valentine Clark 00;02;27;10 Sorry. So I like to write my impressions in the time. Things that stand out to me, new insights. And then I just like, I love just to draw all over them. And then when one's done, I say that I would eventually love to give them to my kids, but. And then get a new one. And I do that with all of the standard works.

Barbara Morgan Gardner 00;02;47;01 I think that is so fantastic. So thank you. I mean, looking at this, I just I'm excited for your kids.

Lisa Valentine Clark 00;02;51;29 Get to draw and then you remember what you were thinking about when you read it. And and it's an easier way for me to understand complex issues, to be able to break them down in a different way every time.

Barbara Morgan Gardner 00;03;04;15 That's great. Well, thank you. Thanks for showing that to me as well. It's fantastic. So, Lisa, something that I've done this time that I haven't done before on the podcast is I actually brought this manual with us. It's the Come Follow Me for Home and Church Book of Mormon 2024 Church Official Company Manual.

Inequality

Lisa Valentine Clark 00;03;18;09 It's official.

Barbara Morgan Gardner 00;03;19;05 So and I and I wanted to bring this in today because it brings out this wonderful part. It's under ideas for learning at home and at church. And I just really resonated with this call for us to speak up and speak out as President Nelson has asked, especially as women. This is what it says, Just five years into the reign of the judges, a crisis arose that would test Moses declaration that the voice of the people would usually choose what was right.

Barbara Morgan Gardner 00;03;43;08 And then he's going to take us to Mosiah 29:26. Do you do you mind, Lisa, if you go to that and read that for us and then I'll go to the next part.

Lisa Valentine Clark 00;03;49;23 So 29:26 says now it is not common that the voice of the people desire, if anything, contrary to that which is right. But it is common for the lesser part of the people to desire that which is not right. Therefore, this shall you observe and make it your law to do your business by the voice of the people.

Lisa Valentine Clark 00;04;10;09  And it's funny, in the margins, I said, you know, it is common for most people to want what's right. And then I have an arrow that says, Is this true now? Because that's what I'm thinking about.

Barbara Morgan Gardner 00;04;20;19 Exactly. And some of that depends on who you're with, but some of it just depends on the larger society and what we're hearing on the news and social media and everything else. And sometimes it is like, are

there really more that are with them than are with us? Like, are there really more? Because sometimes it's feels so I am the only one who believes this.

Barbara Morgan Gardner 00;04;37;22 And then sometimes we're with each other. We think, Oh, you're like, Well, I found my friend.

Lisa Valentine Clark 00;04;41;20 Right, Right. And that I'm not the only one. Exactly. I definitely, you know, have felt that, especially like working in media, you know, like I work in TV, I host a podcast, I talk to a lot of people. And so I think I talk to a lot of people in a professional, you know, manner. And so the perceptions in media and the actual, you know, truth of, of, of what is being presented is sometimes there and sometimes it's a discrepancy just because we see it or we're looking for it.

Lisa Valentine Clark 00;05;11;07 So I think that all of those things can be true and that we you have to keep that in mind when you know, who are you talking to? What is the source? Everyone has an agenda. What's their agenda? You know? Yeah. And just because you feel alone in it doesn't mean you are. I have found that most people that I talk to are good people, and they just want to do the right.

Barbara Morgan Gardner 00;05;32;01 Thing 100%.

Lisa Valentine Clark 00;05;33;01 And that all of the dissonance that we have, the arguments and the disagreements that we have are different ways to do fundamental goodness and and and I really do have faith in humanity.

Barbara Morgan Gardner 00;05;47;08 Absolutely.

Lisa Valentine Clark 00;05;48;02 And despite evidence to the contrary sometimes, right?

Barbara Morgan Gardner 00;05;52;04 Yes. But when you really talk to people one on one, I mean most of the time you're like, wow, you are such a great we really have a lot more in common than we don't have in common.

Lisa Valentine Clark 00;06;01;19 And, and when you can come together and talk about that as they do and don't do in these chapters with a we're all in this together kind of attitude of, hey, we can solve these complex problems together with the assumption that we all want what is right. I think a lot of the disagreements that we see, a lot of the disharmony is on, Well, how do we best do that?

Lisa Valentine Clark 00;06;24;16 Yes. Or it is a misinterpretation. And a lot of times, you know, a lot of pride on on every side of of it, of like, no, we have to do it this way. Or, you know, coming together for common good is something that we should be anxiously engaged in.

Barbara Morgan Gardner 00;06;41;01 Hundred percent. And so. So this really does lead us into this first topic that we're talking about here, which is this inequality. And I think part of this is that we're coming together for the good of more people and recognizing that we all have gifts and talents and we all are important in this work. And that's what I think is going to continue to talk about in this study.

Barbara Morgan Gardner 00;06;59;00 In all the chapters, Chapter two verses one through seven, we are actually kind of walked through some of what's happening there. And I don't know about you, Lisa, but one of the things that stood out to me in verse five was that was that phrase of wonderful contention.

Lisa Valentine Clark 00;07;11;17 Yeah, I have that underlined as well. We don't talk about contention as being wonderful, but it's here.

Barbara Morgan Gardner 00;07;17;14 No. And in verse six, we see this voice concerning the matter and with so we're just really talking for seven. We have voice again. And it's just we see this contention, we see this anger, we see some joy, We see a lot of there are a lot of emotions going on in here. Yeah. So this manual says it just says what might have happened if the people of the church had not made their voices heard.

Barbara Morgan Gardner 00;07;37;06 So we're going to this topic of inequality and this topic of the importance of making voices heard. Can you just kind of walk us through what you are seeing here with inequality? What are you seeing with helping people and using their voices and everything else you want to teach us?

Lisa Valentine Clark 00;07;49;10 Oh, you bet. I well, I appreciate that. All over this section of Scripture is talk of inequality and how the people are peaceful and joyful. When there is equality, there is something for us to learn in to dramatic ways, ones where members of of Christ's church are humble and and an example of when they're prideful. And I mean, it really is that simple.

Lisa Valentine Clark 00;08;16;24 And there's so much application for our day. And I think the overwhelming feeling that I've had in reading this a few times over the last little while and anticipation for this conversation is that we are stronger together. We need each other, this sense of community. And there's a reason why we don't worship God individually in our own homes as individuals solely.

Lisa Valentine Clark 00;08;39;20 Yes, that coming together has this strength and power and we can use it for good. We can use it for bad. When one voice is or one side of an issue is the only one that you hear and you don't hear any wonderful contention or any other view. Not only do you, is it not intellectually interesting, it's also not truthful.

Lisa Valentine Clark 00;08;59;19 And it also weakens our commitment and our love to each other in

right from Mosaic chapter 29, we talk about how they have this opportunity right. To have a king and Moses saying in so many words, kings don't work. Here's why. Right. Here's why and walks us through. And I really feel like he's laying the foundation of saying, I know it seems easier.

Lisa Valentine Clark 00;09;27;17 Just tell us what to do. You tell us what to do. Just tell us what to do. It's easier. Yeah, it's intellectually lazy, though. And he's saying, no, but here's why it doesn't work. Because if you have a good king, then great. If you have a horrible king, it's not just bad, it's disastrous. It causes suffering and death and horrible things.

Lisa Valentine Clark 00;09;49;07 Wickedness, war. But I'll let you choose.

Barbara Morgan Gardner 00;09;52;23 I said, Well, you just said the word I'm going to bring up. Yeah. God doesn't just want us to be obedient. He wants us to choose to be obedient. And when you have a king that is ruling in such a way, you don't even have the opportunity to choose to be obedient, you just are having.

Lisa Valentine Clark 00;10;05;10 That's so true. Yeah. Because the law is. If you don't, you're going to be punished. You'll be called out, put in line and you have it. That's right. Yeah. And so the choice there, you don't grow. You know, when I say, oh it's intellectually lazy, it is because you don't question because you think, well, what's the point.

Lisa Valentine Clark 00;10;22;26 No one else can, you know. Yeah. But I think it's so funny as he goes on and, and talks about here's my intellectual argument really and my spiritual plea for you to not choose this. And then he says, actually, I command you to do these things and then you have a king. Actually, the more I talk about it, the more I command you in the fear of the Lord.

Lisa Valentine Clark 00;10;43;29 I command you to do these things. Yeah, I command you to have no king. And there's a little bit I don't mean to make light, like, I just think, oh, I get where he's coming from because it's like a parent. Like, let me tell you all of the reasons why you should be obedient to what I say. Because I know I've been through.

Lisa Valentine Clark 00;11;00;02 I love you more than anyone. Let me lay out the argument. How many times have I done this? And then at the end you're like, Just just do it.

Barbara Morgan Gardner 00;11;06;22 Clean your room.

Lisa Valentine Clark 00;11;07;15 That's it. Like, now we're done talking. I'm done with my argument. And I feel a sense of command you don't have. And then he gets into the reason really why and I think this has so much application for us today. So in verse 32 of Mosiah 29, it says, And now I desire that this inequality

shouldn't be no more in this land, especially among my people.

Lisa Valentine Clark 00;11;33;27 But I desire that this land be a land of liberty, and every man may enjoy his rights and privileges alike so long as the Lord sees fit that we may live and inherit this land. Yeah, even as long as any of our posterity remains upon the face of this land, which is basically saying forever. This has got to be a place, especially among his people.

Lisa Valentine Clark 00;11;55;05 Yes, It's like I take this personally. I feel like especially as a disciple of Christ, I should be ensuring talking about advocating for no more inequality. And we go on then to see how this brings peace and how it brings war.

Barbara Morgan Gardner 00;12;15;14 Absolutely. You know, one of the things that I've thought about lately a lot is Camille Johnson. She spoke at an interfaith conference and she was talking about women and she was just saying, if we can allow women to have religious freedom, then these women will be able to reach out to the world and be able to change the world.

Barbara Morgan Gardner 00;12;32;18 But if we take away their voice and we don't allow them to do and use the agents if they want, then we will not be able to better society and help our society be equal. It was just this let the people allow them to rule themselves, allow them to use their conscience and allow them out of the goodwill and of the charity of their hearts to bless the world.

Barbara Morgan Gardner 00;12;49;09 And they will do better. But if you tell them what to do, then they're not going to do anything because they're just going to say, Tell me what to do and I'll do it. But no more that kind of idea, no more.

Lisa Valentine Clark 00;12;57;10 And when and having these sorts of conversations about what that looks like, what does no more inequality look like? You have to talk about uncomfortable things because it's human nature. You just want to keep doing the same thing that you've always done. We all want to, at any time we have to change or it's uncomfortable. But not censoring those voices like you're talking about and and encouraging them are two different things, right?

Lisa Valentine Clark 00;13;23;14 Oh, absolutely. And so I do feel that that those who call themselves disciples of Christ, those who have entered into a covenant, have a not just a responsibility, but like the joy of saying of being advocates to, you know, root out racism, root out misogyny, root out any marginalized community to be loving and and and more than loving in in word and action.

Lisa Valentine Clark 00;13;52;23 But I'm proactive, yeah. In being a voice for those who are marginalized. And unfortunately when I see in the scriptures, you know the consequences of doing it the right way, the consequences of doing it the wrong way, it seems so simple. And then when you take it out of it and you're talking in it, you know, in modern society about what that

really looks like, it's requiring people to change the way that they've thought about something or the way that they've done something.

Lisa Valentine Clark 00;14;20;19 And that's really hard.

Barbara Morgan Gardner 00;14;21;07 But take us to 38 really quick, verse 38 of the same chapter. I think it's interesting and this goes with true doctrine, understood, changes, attitude, behavior. This is the president. President Packer used to teach that all the time. It's interesting in these verses that the King was I is really teaching the doctrine behind what he's saying, like this is why you don't need it.

Barbara Morgan Gardner 00;14;41;16 And he just really explains the principles and doctrines behind it. And then you get to first thing he says, therefore, they relinquish their desires of A king and B and became exceedingly anxious that every man should have an equal chance throughout all the land. Yet every man expressed willingness to answer for his own sins. I think when we really understand the principles behind it, we do want every verse voice heard.

Barbara Morgan Gardner 00;15;00;27 We do want to learn from each other. There's a point where decisions and things have to be made, etc., etc. But I love that the people actually say, Oh, now I get it. We do want everyone to have an equal chance. And so we are going to listen well.

Lisa Valentine Clark 00;15;12;19 And look at the words that they use. Exceedingly anxious that like we are exceedingly anxious that everybody should have an equal chance. And then right after that, in the next verse, they rejoiced because they're like, Oh, look at this liberty, look at this opportunity that we have. Yeah. Instead of saying it like somebody's got I got to talk about this.

Lisa Valentine Clark 00;15;32;22 Does it have to be me or, you know, whatever. They rejoice for the opportunity because they knew that it was going to have a positive impact on their sisters and brothers, which I think is exciting.

Barbara Morgan Gardner 00;15;41;16 Yeah.

Lisa Valentine Clark 00;15;41;27 And we can look at it that way as well of, hey, everyone's going to have an equal chance to be heard, to be to have a chance. I think a lot of times we think about it and it's like socioeconomic, you know? Yeah, but I feel like the the definition can be more expansive and it requires us to really know each other, doesn't it?

Lisa Valentine Clark 00;16;03;02 To even know that we have differences and not just like living in our own little bubble like everybody thinks the same. I have, you know, have friends and family who are just the same. And if I don't, then I then there excluded. It goes to our social circles. It speaks to how we

serve, how we show up in the world to make this more expansive.

Lisa Valentine Clark 00;16;24;28 It brings about better ideas and I think more joy. You know, Paul obviously talks a lot in Corinthians about the Corinthians about the body of Christ and that the different parts, the eye, the hand, the foot, we all have different functions. And sometimes I think we think we know like, oh, I'm the head, I'm, you know, solving this or whatever, you know, But all these different parts are important.

Lisa Valentine Clark 00;16;52;13 And and this is what we're talking about in the equality of like working together, that we are stronger together about this. And I think it's really interesting because this is the last thing that Moses really talks about before he dies. And it to me it emphasizes that even more, I think, in a way that he really wanted it to emphasize and the fact that he ended on on that is is significant to me that that he set up this different way.

Lisa Valentine Clark 00;17;22;10 And as a result, the people wax strong in love. They loved each other more when they were anxiously engaged in eradicating inequality among each other, at least.

Barbara Morgan Gardner 00;17;35;09 I mean, what you're talking about is incredible. And really, it's getting to know each other, right? I mean, so much of that is getting to know each other. And I think, you know, we've looked at some of these scriptures about inequality and we've talked about, frankly, the more the closer we draw to Christ and the more we keep our covenants and the more we are grounded in the gospel of Jesus Christ, the more we have the capacity and then have the desire to love other people.

Barbara Morgan Gardner 00;17;55;24 So it's our making these covenants, keeping these comments, knowing what we believe, and that then it's almost a paradox how the world would see it. But the more grounded we are, the more true we are, the more righteous we are, the more we love everyone, no matter what.

Lisa Valentine Clark 00;18;09;19 And I think that's happier. We are always joyful. We are. It's a you know, visitors welcome on every church building. Yep. And, and and I feel that when I meet in my ward of, like, let's bring more people to the party everyone.

Barbara Morgan Gardner 00;18;26;10 And then our responsibility to, when we bring people there to help them feel comfortable as if they are, and that they're not.

Lisa Valentine Clark 00;18;30;29 Feel like they are and that they are one of us and that we are together and that we're not. It's not us and them. And I think that that's what causes bad feelings, that causes pride, that causes inequality, is that it's kind of us versus them. But when we bring people together, it's just it is just more fun.

Lisa Valentine Clark 00;18;49;07 You know, no one likes to feel alone and isolated. You want to have

people on your side, and especially when you're going through life and you're having a lot of troubles, like and and you're having a really difficult time. You need people around you who can see things that you can't see, who have skills and a perspective that you don't have.

Lisa Valentine Clark 00;19;11;13 And that requires you to be friends with and to have those established relationships with people who are different.

Barbara Morgan Gardner 00;19;17;18 So, Lisa, I think we're seeing that. And I think that that's one of the issues that we're seeing with all these people of Mosiah and turning that into Alma is we do have a number of different people coming from different groups. Yes. And then Alma's people and it's around all of these different people, but they are seemingly learning to come unto Christ.

Barbara Morgan Gardner 00;19;32;20 And that's part of this is through this. Alma. And so as we're finishing off this first topic of inequality, one of the things that we see leading into the second topic of remembrance is Alma, then going to his people. And this is kind of the end of chapter four, but I'm going to bring it back a little bit.

Remembrance

Barbara Morgan Gardner 00;19;47;21 But the end of chapter four, verse 18, Alma recognizes that he needs to go out and speak to these people, and I love that he goes to the people. He's not just.

Lisa Valentine Clark 00;19;55;05 He goes directly and it's not just in these vague terms, just do these kinds of things. He goes to individuals. I love it.

Barbara Morgan Gardner 00;20;01;13 He does. And it says in verse 18, Alma did not grant unto him the office of being a high priest over the church, but retained the office of High Priest unto himself, that he delivered the judgment seat. Anthony Farha And this he did that he himself, this is Alma might go forth among his people or among the people of Nephi, that he might preach the Word of God into them to stir them up to remembrance of their duty, and that he might pull down the word of God all the pride and craftiness, right, that he might pull down by the Word of God, all the pride and the craftiness and all the contentions which were

Barbara Morgan Gardner 00;20;33;26 among his people, seeing no way that he might reclaim them, Save it were in bearing down impure testimony against them. So in this we see the second top that we're talking about. He's stirring these people up to remembrance. And then I just love this phrase. I always will bear down impure testimony against them. But is that bearing down in pure testimony?

Barbara Morgan Gardner 00;20;54;09 He's trying to bring people to Christ and he's willing to give up the judgment seat that he had before.

Lisa Valentine Clark 00;20;58;21 Everything goes to the people.

Barbara Morgan Gardner 00;21;00;04 Yeah, pure testimony, gospel of Jesus Christ is what he's going to use.

Lisa Valentine Clark 00;21;03;25 And the reason why he felt so motivated by that was because of the great inequality that he saw. Yeah, he saw them. Not that the wickedness of the church was a real great stumbling block to those who didn't belong to the church. And that inequality and his love for not only members of the church, but from members, but for people who were not members of his church, his great love, what motivated him to do that?

Lisa Valentine Clark 00;21;29;22 I think that there's just such beauty in that and pure testimony. You talk about a pure disciple of Christ. Yeah.

Barbara Morgan Gardner 00;21;36;07 I just, I think of Joseph Smith teaching us, and this is the common phrase we to so many times that Joseph would just as much die for a methodist or a Catholic or, you know, we could just go at Jew, a muslim. It doesn't matter who it is.

Lisa Valentine Clark 00;21;47;14 That's, that's the whole idea.

Barbara Morgan Gardner 00;21;49;02 Yes. And he is going to bear down impure testimony. But that is the gospel of Jesus.

Lisa Valentine Clark 00;21;52;24 That is the gospel of Jesus Christ. And I love it when I read that, too, because, you know, you think, oh, what is the testimony now? You know, is it a testimony of this or that or whatever? That's the discussion, right? Like a testimony of what? But it's pure testimony. We know what he's talking about. It's very clear in the scriptures of a pure testimony of Jesus Christ is here.

Lisa Valentine Clark 00;22;11;21 And and we wouldn't have it without the restored gospel giving us this account, you know, which gives me your testimony of the Book of Mormon.

Barbara Morgan Gardner 00;22;21;15 Yes. I think about this pure testimony and the things that Alma has learned. I mean, Alma learns this from a minute. I mean, if you think about a minute.

Lisa Valentine Clark 00;22;28;09 Oh, and when you think about him living with that, Oh, it's going to make me cry with that testimony of a benet through his whole life. I guarantee the day that, you know, Alma dies, he's thinking of a better day. Oh, yeah. There's no question in my mind.

Barbara Morgan Gardner 00;22;43;22 So we go back to Nehor, and this is not just a little, little thing, right? We have Nehor now who is really pushing an agenda. And again, this is

a little bit different. So we get to chapter one and verse three and it says, and he had gone about among the people preaching to them that what he termed to be the word of God bearing down against the church, against the church, declaring unto the people that every priest and teacher ought to become popular and they ought not to live with their hands, but that they ought to be supported by the people.

Barbara Morgan Gardner 00;23;14;09 And he also testified unto the people that all mankind should be saved at the last day and that they need not fear nor tremble, that they might lift up their heads and rejoice, for the Lord had treated all men and also redeemed all men. And in the end, all men should have eternal life. And it came to pass a heated teach these things so much that many did believe on his words, even so many, that they began to support him and give him money, and he began to be lifted up in the pride of his heart and to wear very costly apparel.

Barbara Morgan Gardner 00;23;42;02 They even began to establish a church after the manner of his preaching, and it came to pass. I remember seven as he was going to preach to those who believed on his word, he met a man who belonged to the Church of God. Yay! Even one of their teachers. And he began to contend with him sharply that he might lead away the people of the church.

Barbara Morgan Gardner 00;23;59;16 But the man withstood stood him and admonished him with the words of God. Now, the name of the man was Gideon, and it was he who was in the instrument. And in it was he who was an instrument in the hands of God and delivering the people of them out of bondage. So now we're being introduced to what the scriptures often talk about is as this priest craft.

Barbara Morgan Gardner 00;24;18;10 But we have an individual who is not just trying to teach things, but he is purposefully going against the Church of God and he is trying to fight truth, and he's doing so at once. We see again in a flattering way that is going to bring people to him, not to God.

Lisa Valentine Clark 00;24;32;22 And we know the ending in the end. Before his death, he says, he acknowledged that he taught, contrary to God's word.

Barbara Morgan Gardner 00;24;40;23 Yes, he knew that he knew it. Yeah.

Lisa Valentine Clark 00;24;43;06 But here in the beginning and I think this is important, he is saying, no, this is the truth. What are you talking about?

Barbara Morgan Gardner 00;24;51;04 Yep. And I find.

Lisa Valentine Clark 00;24;52;24 It so interesting. He's preaching against the church. There's no question he thinks the priests and teachers should be popular. All mankind will be saved. Which is a great message. Absolutely knows his audience.

You don't need to fear and tremble. Everyone is going to have eternal life. So remember, as a teenager thinking, well, how would you know if somebody was really convincing and how would you know if you were like, being led astray?

Lisa Valentine Clark 00;25;15;29 And I know through life experience, you know them by their fruits with nearer the fruit of his labors is murder. Yeah. Death is destruction, is a priest's craft and is a group of people that don't save him or care for him, not a family that run to his aid. And it is and and that's the end of it.

Lisa Valentine Clark 00;25;42;28 Yeah it's not a legacy like a beat. And I like Messiah. Like Alma.

Barbara Morgan Gardner 00;25;47;09 Right. And you just see this almost this fall of this person. There's such a difference. And I think this is important when we're talking about priest craft, it is okay for a person to be teaching the Word of God and bringing people to Christ. But the moment that somebody knows and he says that he is intentionally trying to draw people away from Christ, yeah, we have people are doing all they can to bring people to Christ.

Barbara Morgan Gardner 00;26;07;16 And they we have a providence asking us to speak up and speak out. But the difference is we're trying to bring people to Christ. Yeah, we're trying to bring people the truth. We're not trying to be bring people to ourselves in reverse. The ultimate goal is I am trying to bring people in this case. I'm trying to bring people to the table because by doing this, I'm bringing people to Christ.

Barbara Morgan Gardner 00;26;25;28 If my goal is that I am simply an instrument in God's hand to bring people joy and to bring people to him, that's very different than somebody saying, I'm going to be a voice and I'm going to bring people to me.

Lisa Valentine Clark 00;26;35;22 Yeah. Are you talking about your experience, your pain, your concerns with the objective to make things better, with the objective, to bring people to Christ or with the objective so that other people suffer, so that other people are hurt? Yeah. I mean, there, there is, you know, a difference in that. And I think it's really interesting too that, that the people then don't remember.

Barbara Morgan Gardner 00;26;58;05 Right.

Lisa Valentine Clark 00;26;58;25 That it just happened that even his teachings, even though he was proved wrong, even though he said I actually know I was going against, you know, God and his teachings, I actually know that I was trying to manipulate it.

Barbara Morgan Gardner 00;27;11;26 I was yeah.

Lisa Valentine Clark 00;27;13;15 The people don't care. It just reminds me of having a king. Just have a king. He'll just decide what to do. You don't have to think about anything. And it's a little bit here too, with me or too of like, let me just interpret God's word for you. This is what he means. This is what's going to happen.

Lisa Valentine Clark 00;27;27;18 And if you just pay and support me, I'll just keep making you feel better and giving you these decisions.

Barbara Morgan Gardner 00;27;33;14 You know, that's one of the things that I love about President Nelson here is one that he's said this so often. He will never force the human mind. Like that's the song. But he is an invader. He is not, you do this right. He's just constantly inviting. He's constantly pleading. I remember at BYU, he gave a devotional on the love and laws of God and he talked about what he said to the students, these are some things that you can know.

Barbara Morgan Gardner 00;27;53;04 And he just did it. And then the last one he said on there, you can know that everything I'm saying is true because you can know for yourself. You don't even have to listen to me. That was the beauty is, he's not just saying I'm the prophet. Everybody tells me I'm the prophet. And so you believe me.

Barbara Morgan Gardner 00;28;09;00 He doesn't want to manipulate the mind at all. He says there is a way for you to know this for yourself. And then he takes us, he takes us to prayer. And it's the scripture that we all know. But I'm just going to say it for our own purposes. There are ways that we can know, because I think in this we are really learning about a testimony.

Barbara Morgan Gardner 00;28;23;21 And I.

Lisa Valentine Clark 00;28;24;03 Just.

Barbara Morgan Gardner 00;28;24;17 The invite for everyone is it's back to Moroni, the missionary scripture, but it's also all of our scriptures. Behold, I would exhort you that when you should read these things, if it be wisdom and God that you should read them, that you would remember. And there's that word again. Remember that we're talking about. Remember how merciful the Lord has been.

Barbara Morgan Gardner 00;28;42;23 And to the children of men from the creation of Adam, even down into the time that they shall receive these things and ponder them in your heart. So you're talking about know them by their fruits and embers for and when you shall receive these things, I would exhort you that you would ask God the Eternal Father in the name of Christ.

Barbara Morgan Gardner 00;28;57;01 If these things are not true, and then this is so important, if you shall ask, with a sincere heart, with real intent, having faith in Christ, he will

manifest a truth unto you by the power of the Holy Ghost and by the power of the Holy Ghost. You may know the truth of all things. And here's my thing, Lisa.

Barbara Morgan Gardner 00;29;15;02 I think this is the case. I know this is the case with you and everyone. The Holy Ghost has proven to me that this is God's true church. Yeah, the Holy Ghost has spoken to me in ways that I know The Holy Ghost can only speak to me. I have asked with a sincere heart. I have asked with real intent.

Barbara Morgan Gardner 00;29;33;17 I have asked with faith in Christ. The reason why I know what I know is because the Spirit has told me that this is the true church, that we have a prophet, that God is our father, that we have a savior, that the Scriptures are true, and that I am his child, independent of any voice. Yeah, I know that because of the spirit.

Barbara Morgan Gardner 00;29;52;22 And so nobody can take that from me, right? I am grounded in the Gospel of Jesus Christ because the Holy Ghost has rooted me deep.

Lisa Valentine Clark 00;29;58;21 Knowing in a loving, guiding Heavenly Father that you can, like the prophets have told us, like the Scriptures tell us, go to God directly and ask and and study. It is amazing the miracles that have come into my life where people will come in at the right time. A scripture will pop out at the other time, an idea, a thought, something that I hadn't thought about a story for years will come back and called into remembrance.

Lisa Valentine Clark 00;30;24;10 And I really believe that's the way that the Spirit talks to me, which is a lot of things of like, Hey, remember how we already learned this? I mean, just remember that. Remember that we did this right? We did this right. But that remembrance is such like a loving gift from God to say, no, I, I do know these certain things and the things that that we have, the testimony of Jesus Christ, that is what keeps us grounded in these.

Lisa Valentine Clark 00;30;47;25 So come what may, in whatever conversation and whatever situation that you come across, it can be resolved. It probably won't be resolved in the way that you think and, but having that underlying current and testimony of Jesus Christ has made all the difference for me. All the differences.

Mourning

Barbara Morgan Gardner 00;31;06;10 I can't, I can't agree more. And I think, Lisa, that we finish up that second topic of remembrance. And I think that brings us into the last one of mourning. Yeah. Because I think when you're talking about remembrance, if there is one thing that has helped me and we're seeing this as well, and these scriptures in the Book of Mormon that has helped us to to draw closer to Christ in times of mourning, it is our testimony of the Savior that to me, that has been one of the greatest blessings of all the many times in my life where I have thought, I don't know that I can get any deeper in

Barbara Morgan Gardner	00;31;35;21	sorrow than this moment right now, but it seems like every single time and I am so grateful. I believe it is the spirit that has done this for me because I don't know. I know that I couldn't do it on my own. But every time when those moments have come, when I've thought, I think that this is about as bad as it gets, right?
Barbara Morgan Gardner	00;31;52;03	Then somehow the spirit says, okay, now do you recognize how much you rely on the Savior? And let's remind you of another time when you had to rely on the Savior. And let's remind you another time when you had to rely on the Savior. And let's remind you of your testimony of the Savior. And let's remind you that the savior brings hope and peace and healing.
Barbara Morgan Gardner	00;32;09;23	And I can almost see this is happening enough in my life where it's almost like I can lay there in bed and feel the sadness and then also feel the awakening of, Well, you've done this before, it's time to get going. The savior is real and he is going to help you. But that doesn't minimize the reality that there are difficult times in our lives and there are times to mourn.
Lisa Valentine Clark	00;32;27;13	Absolutely. I love that President Nelson gave a wonderful talk that I probably read a bazillion times on Spiritual Survival, where he talks about how when God's people, when anyone is afraid, they are then ready to hear the word. They're ready for Jesus Christ. It was, you know, the neophytes when they were in darkness right before Christ appeared. They were so afraid and nobody was more ready to hear from Christ than they were.
Lisa Valentine Clark	00;32;54;23	Right. Joseph Smith was afraid, overpowered by darkness, right before he was able to see God, the Father and his son. Jesus Christ. I have found that to be true in my life too as well. And definitely I am more acquainted with mourning than I would choose to be.
Barbara Morgan Gardner	00;33;15;09	But Lisa, can you tell us a little bit about some of those things?
Lisa Valentine Clark	00;33;19;17	Yeah.
Barbara Morgan Gardner	00;33;20;07	Can you be real with.
Lisa Valentine Clark	00;33;21;00	Us a little bit from Moment I is so I'm a widow and almost nearly four years ago my husband passed away from ALS. We were married for 25 years before he passed. In fact, he died two days after our anniversary. Wow. He was ill for four and a half years. And in that time, he went from. I've got this weird drag in my leg when I walk.
Lisa Valentine Clark	00;33;48;00	And I was like.

Barbara Morgan Gardner 00;33;49;15 Don't we all.

Lisa Valentine Clark 00;33;50;20 Drink a glass of water? I got five kids to raise and we gotta get going, you know, full of love and devotion. Yes. And by four and a half years, he couldn't move or speak. You know, grief is a tricky thing. And there's anticipation, sorry, grief of grieving because of the way that he progressed. I was constantly grieving and mourning things that I didn't even know I was.

Lisa Valentine Clark 00;34;15;27 You know, I talk about the day that he was in a wheelchair and closed the piano and he just thought, oh, my piano playing days are over because I can't do it as well. And I was like, What? What? But no, no, because, I mean, he was gorgeous.

Barbara Morgan Gardner 00;34;31;11 Wow. I didn't know that. Wow. Yeah.

Lisa Valentine Clark 00;34;32;28 Rachmaninoff, everything. Wow. And he was like, Now I'll just get frustrated. I'll focus on the things I can do. I can still teach, I can still direct theater. I can and I will. I say that example as there was constantly things tomorrow and almost every day, I'd get an idea. And I think, Oh, no, that will never happen.

Lisa Valentine Clark 00;34;50;08 Oh, and it's just a regular Tuesday afternoon or whatever. You know, you can have hopes and dreams and when they're with a terminal disease, it's just slowly being closed and you're just constantly reminded of all the things that you've lost and really mourning is that to, you know, when he died, I always say that, you know, everything changed.

Lisa Valentine Clark 00;35;08;16 Everything. My relationships, the way I dinner, the how I work, the route I take to walk the kids, everything's different, everything. And so what? When your whole life is different, you really see you mourn so many things. And your definition of mourning, your pleas to the Lord are different. Yeah. The way that you see your relationship with the Lord is different.

Lisa Valentine Clark 00;35;30;16 And. And we we see that and, and what has been comforting and and good for for me and was for Chris is that when this test if you want to call it a test you want to call it life I started we had already established a pattern of how to ask for help, of how to have our hearts mended and how to find strength to move forward.

Lisa Valentine Clark 00;36;02;14 It just became more desperate. But we already knew. And it was because God had been so good to us before. Yeah, right. If we really want to follow what the Savior has asked him to do, which is to mourn with those who mourn, we have to think about.

Lisa Valentine Clark 00;36;18;01 Things. And we have to just like we don't want any inequality, just like we want to remember. It requires 1 to 1 for us to sit and talk to each other, to get to know each other, and to sit in discomfort. You don't have to say anything but to really mourn with those who mourn, which I think is the ultimate expression of love.

Lisa Valentine Clark 00;36;37;27 It really is because so many people are unwilling to do it. The savior is not the savior who mourns with us. He weeps with us, even though our, my desperate prayers were not answered in a way that I wanted. My prayers were answered in other ways, which is a kind of a confusing thing when you're the most desperate, right?

Lisa Valentine Clark 00;37;02;14 Yeah. But staying with that is strength in my testimony, because I can't deny that God wasn't there in that moment.

Barbara Morgan Gardner 00;37;08;27 Absolutely.

Lisa Valentine Clark 00;37;09;12 Just requires us to think of things in ways that we've never thought of before. And that's why I love in Alma at the very Alma three at the end. And so it talks for man received at the wages of him whom he listens to obey, and this according to the words of the spirit of prophecy. Therefore, let it be according to the truth.

Lisa Valentine Clark 00;37;35;00 I love that sort of statement. Like this is just the truth. And we receive wages of him who we listen to obey. When I think about when we were mourning and we knew that the end was coming. Christopher my late husband, was not afraid to die. He was afraid to suffer like we all are, which is very human.

Barbara Morgan Gardner 00;37;58;21 Yeah.

Lisa Valentine Clark 00;37;59;08 Which I promised him that he wouldn't, and he didn't. But he wasn't to die because he knew he'd done his best. He knew he wasn't perfect, but he knew he'd tried it. And that, that he had tried to. And he had followed Christ. He knew what the sum of his life, what the wages, what it meant and what it meant for a dying man was joy and peace in Christ and joy and his family and friends.

Barbara Morgan Gardner 00;38;30;21 Lisa, I want to go back because I think what you're saying is so important. I want to go back to those versus 26 and 27 just to really hone that in. It says in verse 26 and in one year were thousands and tens of thousands of souls sent to the eternal world. In other words, they died, right? I mean, that's just they they went through their karma experience that they might reap the rewards according to their works, whether they were good or whether they were bad, to reap eternal happiness or eternal misery according to the spirit which they listed to obey, whether it be a good spirit or a bad one, for every man receives

Barbara Morgan Gardner 00;39;03;26 wages of him whom he listed to obey. And this according to the words of the spirit of the prophecy. Therefore, let us let it be according to the truth, no matter how much we don't. Some may not want to believe that there is a death and there is a resurrection. And that's actually that ties us into chapter four of Alma, where he says, looking forward to that day that the retaining of the remission of sins.

Barbara Morgan Gardner 00;39;25;17 This is chapter four, verse 14, being filled with this great joy because of the resurrection of the dead, according to the will and power and deliverance of Jesus Christ from the bands of death. And now it came to pass that Alma, having seen the afflictions of the humble followers of God. So these afflictions that you're talking about and the persecutions which heaped upon them by the remainder of his people and seeing all the inequality began to be very sorrowful.

Barbara Morgan Gardner 00;39;46;10 Nevertheless, the Spirit of the Lord did not fail him, and that's why he's saying I have the truth. These people are dying. There's a lot of mourning going on and I have what will go. I will help somebody have eternal joy. And I have a choice. People can choose this or they can choose this. And Alma wants people to choose that happiness that you're talking about.

Lisa Valentine Clark 00;40;07;15 And the more that I studied the words of Christ and the more he was out doing good with all of the people, all of the people, it didn't matter who he was with. Everyone And here, too, I love that that even when there was great inequality, that and I just I just want to emphasize that verse 14, looking forward to that day that's retaining a remission of their sins, being filled with great joy because of the resurrection of the dead, according to the will and power and deliverance of Jesus Christ from the bands of death.

Lisa Valentine Clark 00;40;45;13 You know, as much as we don't want to talk about mourning, we don't talk about like the level of your mourning is now increasing the joy that you will have for the great day. Yes, that is that we all look forward to. And the hope that we have in Christ means a different thing. I think everyone, myself included, after the death of a loved one, you have this little shock in your heart that says, okay, do I really believe.

Barbara Morgan Gardner 00;41;10;13 It or do.

Lisa Valentine Clark 00;41;11;08 I like this? Is it, This is the testing time? Do you really believe it? And when you say and you feel because of a lifetime of different experiences. Yeah, I do. Yeah. The joy in the peace that comes. You want to give it to everyone. You can't, but you want to Desperately. Desperately. Absolutely.

Barbara Morgan Gardner 00;41;32;08 So, Lisa, thank you. And I think I think what we're getting here is and one of the things we see from Alma is he is seen now a bit today.

Lisa Valentine Clark 00;41;39;03 Yeah.

Barbara Morgan Gardner 00;41;39;11 And he is now talking to these people and he is seeing this great suffering. And he wants to be an instrument, the hands of God. And so he will do whatever it takes. And I just.

Lisa Valentine Clark 00;41;47;24 Let us.

Barbara Morgan Gardner 00;41;48;23 He'll do whatever it takes and he does. And so we see that finally in chapter four, that arm is going to go forward in pure testimony. It's like for me when I look at our little daughters and it's so simple and they'll say, yes, they'll be the contention in the family and everything else is going around. And now my daughters have learned to say this: We must not have studied our scriptures this morning.

Barbara Morgan Gardner 00;42;07;05 And it's and it's the recognition of when we really do turn to the Lord can he turn things for us. He can give us peace. He can give us hope. He can give us that joy that comes through the gospel of Jesus Christ. And a lot of it is just us recognizing it and just saying, Have I turned to the Lord?

Barbara Morgan Gardner 00;42;25;08 Have I really? And these are things that I've tried to do more. Elder Bednar talked about this in the last general conference. Have I had those still moments when I really have drawn close to the Lord, or am I just trying to crazily solve all these problems myself in the morning by myself and run around and just everything else, but have I really gone to the source of of he who is the great healer and he who is the great savior he has.

Barbara Morgan Gardner 00;42;47;27 He has done it all, as you mentioned. And so I think, Lisa, what we've learned here is so absolutely powerful. So thank you for sharing this. Thanks for talking about inequality and helping us remember and all of those things. So thank you. And I will testify of that as well. That price is he who is the one who brings us this great joy even in the morning we can still and I love how he pointed that out.

Barbara Morgan Gardner 00;43;10;00 We can still nevertheless see the spirit of the Lord did not fail him in the morning. We can still have the joy and the spirit and the peace of Jesus Christ and His atonement and understand the plan of salvation. If you choose to. Right. If we.

Lisa Valentine Clark 00;43;23;09 No matter what, all we have to do is choose it.

How has the Book of Mormon changed your life?

Barbara Morgan Gardner 00;43;26;09 Yeah, it is a choice. So thank you, Lisa and Lisa, we'd like to end with this question. And the question is just simply how has the Book of Mormon changed your life? Oh, that's a big question specifically. But yes, How has the Book of Mormon changed your life?

Lisa Valentine Clark	00;43;40;03	The Book of Mormon. I love reading. I love books. I rarely read the same book over because there are too many books. Yeah, I have read the Book of Mormon more times than I do. I just don't want to count anymore. The Book of Mormon has changed my life in that it has brought the spirit into my life more quickly, more on demand in times that I needed it, and has answered more questions than anything else.
Lisa Valentine Clark	00;44;11;17	That's pretty dramatic. I didn't expect I was going to say something so dramatic, but it is true. And especially at times when I didn't have enough time to sit and maybe ponder as much as I did when life set crazy, I knew that I could go to the Book of Mormon and feel the spirit and get what I needed.
Lisa Valentine Clark	00;44;31;18	It was like it was the way that I feel like this. It uses the language and the verses of my remembrance more than anything else, to really, really have the spirit speak to me.
Barbara Morgan Gardner	00;44;48;15	Thank you, Lisa. Thank you so much for being in the Scriptures with us today, for sharing your experiences, for coming to my home and enjoying this moment together.
Lisa Valentine Clark	00;44;56;18	Oh, this has been so uplifting and this has been really like testimony building, especially of the goodness of God. So thank you.
Barbara Morgan Gardner	00;45;03;12	Yeah, thank you. We'd like to thank you as well, all of you who are listening and watching and joining us here on Grounded. Thank you for coming to our home. Thank you for being a part of this discussion with Lisa and myself. And thank you also for turning to the Lord and recognizing that with him we relate to, we really can find this incredible joy.
Barbara Morgan Gardner	00;45;21;10	We hope that you continue to watch this with us. Please do share this with those that you know would need this and really are looking to be grounded in the gospel of Jesus Christ with you. We are a team or grounded together, and we are gathered together as joyful sisters and brothers in the gospel of Jesus Christ. We'll see you again next week on Grounded.

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TIMESTAMPS:

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(3:18) Inequality
(19:47) Remembrance
(31:06) Mourning
(43:26) How has the Book of Mormon Changed your Life?

BIOGRAPHY:



Lisa Valentine Clark is a comedian, actor, and the host of "The Lisa Show," a family and lifestyle podcast. Before her current gig, Lisa was a host for a BYU-TV program called "Random Acts." Additionally, Lisa was a writer, producer, and main character in the web series *Pretty Darn Funny*, which won best director, best ensemble cast, and best YouTube channel from the Filmed in Utah awards and ran for two years. Lisa was also a co-producer and appeared in the role of Carrie Carrington in the popular movie *Once I Was a Beehive*, which came out in 2015. She also plays the same character in the 2021 sequel, *Once I Was Engaged.* Lisa also shared her talent for making people laugh in her book *Real Moms: Making It Up as We Go*, which was published in 2015. The book received praise for being a relatable, comforting, and touching read for mothers, especially new mothers.