

## “Raise Our Spirituality”

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History has demonstrated how quickly life can change and that, at times, some circumstances are beyond our control. But our prophet, President Russell M. Nelson, has reassured us that, despite such circumstances, there are many things we *can* control. He said, “We set our own priorities and determine how we use our energy, time, and means. We decide how we will treat each other. We choose those to whom we will turn for truth and guidance.”<sup>1</sup>

When I last visited Panama City, I went to the Panama Canal. This wonder of engineering is sustained by strong foundations that have stood the test of time. After more than 100 years of service, the concrete, locks, and spillway of the Panama Canal are in near perfect condition. To present-day engineers, these are among the most exceptional aspects of the entire canal.

Its system of water canal locks, which raise ships dozens of meters above the sea level from one lock to another, have no pumps; the water does its work by force of gravity alone. With its simple yet powerful gate-operating mechanism, the lock gates swing easily while withstanding enormous pressures.

I’ve learned that this remarkable structure requires ongoing maintenance to continue to operate properly and to serve the vital function of connecting the Atlantic and the Pacific Oceans every single day.

Think of this example as we reflect on President Nelson’s invitation to make time for the Lord every day of our lives and to build a firm spiritual foundation that can stand the test of time. We, too, must rise above “sea level” in our spiritual journey to cross the oceans of life. Here are three priorities we can choose that can help us to do so.

### **Study the gospel every day**

Endeavor to strengthen your spirituality every day, and determine to use your energy and time to give adequate attention to your spiritual needs.

When simple things like that are done every day — like a few minutes of study of *Come, Follow Me*, for example, accompanied with prayer — it will allow us to withstand the pressures and challenges of life, much like the ongoing maintenance allows the gates of the Panama Canal, which swing easily, to withstand the enormous pressures of large quantities of water in the lock.

### **Partake of the sacrament every week**

When we understand that one of the purposes of the sacrament is to remember the Savior and what He did for us, and as we partake the sacrament, we receive the promise to have His Spirit with us.<sup>2</sup> Then we make it a priority to attend sacrament meeting and partake the sacrament every week because we want to preserve and nurture our spirituality.

We can help each other as we meet in person, as we choose every opportunity to be spiritually focused, and as we invite others to do the same.

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<sup>1</sup> Russell M. Nelson, “[Make Time for the Lord](#),” *Liahona*, Nov. 2021

<sup>2</sup> [Doctrine and Covenants 20:77, 79](#)

### **Follow the counsel of living prophets**

Every six months, we receive the counsel from living prophets during general conference. That guidance, when applied consistently throughout the year, will bless us and keep us safe.

BYU-Pathway Worldwide provides access to spiritually based degrees, and it can help you to build a foundation of knowledge and spirituality that will help you succeed in life.

I leave with you my testimony that your quality of life will improve when you raise your spirituality. May we study the gospel, always partake of the sacrament every week, and follow the counsel of the prophets of the Lord. That is my prayer today. In the name of Jesus Christ, amen.