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Book of Mormon Gems of Truth: Lesson 34

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Abstract: Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 34—"But Thou, When Thou Prayest, Enter Into Thy Closet, and When Thou Hast Shut Thy Door, Pray to Thy Father Who Is in Secret; and Thy Father, Who Seeth in Secret, Shall Reward Thee Openly" (3 Nephi 13:6).

Edith S. Elliott

For Tuesday, November 1, 1955

Objective: To point out that we are admonished to pray in secret and we shall be rewarded openly.

WHEN we were children and had a deep and earnest desire for something—something that at that moment was more important to us than anything else, we did not shout it from the housetops, nor tell everybody about it. Rather, we bided our time. We thought about it, we watched for a quiet moment when we could ask one or both parents to grant to us the thing that we longed for. Sometimes it was a material need or just understanding, or a word of advice. Other times we wanted to express gratitude for many kindnesses, considerations, and indulgences. Any of the above we considered too personal and private for an audience, and so it is with prayer. Our deepest and most serious thoughts whether of pleadings or thanksgiving are between us and our God. Therefore, we approach him in quiet and in secret and in supplication gain a clear channel—a channel always open to us.

The Savior has given us advice on prayer as to how, when, and where to supplicate. The Lord's Prayer found in both The Book of Mormon and the Bible is his pattern—both direct and simple.

We know God sees us as we are

and he has told us, "... your Father knoweth what things ye have need of before ye ask him" (3 Nephi 13:8). Secret prayer conveys an honest plea and there is no need for sham or pretense. One can pour out his heart uninhibited in solitude, and this, alone, is good for the soul.

When our freedom and liberty were in jeopardy at the time of the American Revolution, General Washington sought the Lord in secret prayer. He knew no one could help or advise him but his God. He drew away from his associates and laid his problems before his Maker. The answer to that prayer was liberty and freedom.

The boy Prophet of this dispensation, after much thought and speculation, went alone into the woods to pray. His desire for knowledge of his Heavenly Father's will was so sincere and personal that he could only talk it over with him in private. The answer to that prayer brought the gospel of Jesus Christ back to this earth in its fullness. This is a perfect example of both the Prophet and others being rewarded openly, a reward that all mankind may enjoy, if they will but live for it.

It is so easy to go down on our

knees in time of trouble and sorrow and say as King David said:

Hear my prayer, O Lord, and let my cry come unto thee. Hide not thy face from me in the day when I am in trouble; incline thine ear unto me: in the day

when I call answer me speedily (Psalms 102:1-2).

Let us not forget, also, to go to the Lord often and in secret with thanksgiving in our hearts for his loving generosity.

Work Meeting—Food Preparation and Service

(A Course Recommended for Use by Wards and Branches at Work Meeting).

Lesson 2—Meal Planning

Rhea H. Gardner

For Tuesday, November 8, 1955

A woman can rightfully be credited as being a good cook when she prepares foods and combines them in meals in such a way that everyone at the table eats what he should because they taste so good. One of the important responsibilities of every homemaker is the establishment of good food habits for family members. Well-balanced, properly cooked, attractively prepared colorful meals encourage good food habits.

The secret of successful food combinations lies in the skillful use of contrast.

Contrast in Flavor

Commonly used bland, staple foods, such as bread, cereals, rice, potatoes, and macaroni need to be accented by small amounts of decided flavors. At breakfast, fruit, bacon, or marmalade may serve that purpose. At other meals, sauces, relishes, salads, cheese, and certain vegetables are valued, in part, for the flavor contrast which they provide. A repetition of the same flavor within a single meal is a mistake.

Contrast in Texture

Textures in food are the characteristic qualities that we describe as hard, soft, crisp, chewy, etc. A meal made up of too many dry and crisp foods overtires the jaws. A meal that is too soft gives little sense of satisfaction.

Contrast in Color

For occasional festivity, carry out a color scheme, but let moderation be the watchword. Colorless meals are likely to kill the appetite. A meal of stewed chicken, mashed potatoes, and cauliflower could be made much more appetizing with the addition of a sprig of parsley, or chopped parsley, butter put over the cauliflower, and with a dash of paprika or strips of green peppers or carrots. These garnishes would increase the attractiveness of the plates with little additional labor. A more colorful vegetable would also add to the attractiveness of the plate.

Contrast in Temperature

Cold foods and hot foods served