

The Atonement of Jesus Christ
Week 11 – January 17, 2024
Notes and Quotes
Change of Heart

Bruce C. Hafen, *The Broken Heart*, 7-8

I once wondered if those who refuse to repent but who then satisfy the law of justice by paying for their own sins are then worthy to enter the celestial kingdom. The answer is no. The entrance requirements for celestial life are simply higher than merely satisfying the law of justice. For that reason, paying for our sins will not bear the same fruit as repenting of our sins. The ‘natural man’ will remain an enemy to God forever – even after paying for his own sins – unless he also ‘becometh a saint through the atonement of Christ the Lord, and becometh as a child’... The Atonement does more than pay for our sins. It is also the agent through which we develop a saintly nature.

C. S. Lewis, “Mere Christianity,” 164-165

We begin to notice, besides our particular sinful acts, our sinfulness; begin to be alarmed not only about what we do, but about what we are. This may sound rather difficult, so I will try to make it clear from my own case. When I come to my evening prayers and try to reckon up the sins of the day, nine times out of ten the most obvious one is some sin against charity; I have sulked or snapped or sneered or snubbed or stormed. And the excuse that immediately springs to my mind is that the provocation was so sudden and unexpected: I was caught off my guard, I had not time to collect myself. Now that may be an extenuating circumstance as regards those particular acts: they would obviously be worse if they had been deliberate and premeditated. On the other hand, surely what a man does when he is taken off his guard is the best evidence for what sort of a man he is. Surely what pops out before the man has time to put on a disguise is the truth. If there are rats in a cellar you are most likely to see them if you go in very suddenly. But the suddenness does not create the rats: it only prevents them from hiding. In the same way the suddenness of the provocation does not make me an ill-tempered man: it only shows me what an ill-tempered man I am... And if (as is said before) what we are matters even more than what we do--if, indeed, what we do matters chiefly as evidence of what we are--then it follows that the change which I most need to undergo is a change that my own direct, voluntary efforts cannot bring about... I cannot, by direct moral effort, give myself new motives. After the first few steps in the Christian life, we realize that everything which really needs to be done in our souls can be done only by God.

A Broken Heart – Multiple meanings

- A heart that feels sorrow, pain, and empathy towards others
- A heart that is obedient
- A heart that is open and receptive
- A heart that does not work properly

C. S. Lewis, *The Voyage of the DawnTreader*, 113-116

“So I started scratching myself and my scales began coming off all over the place... But just as I was going to put my feet into the water I looked down and saw that they were all hard and rough and wrinkled and scaly just as they had been before... Then the lion said—but I don’t know if it spoke— ‘You will have to let me undress you.’ I was afraid of his claws, I can tell you, but I was pretty nearly desperate now. So I just lay flat down on my back to let him do it. The very first tear he made was so deep that I thought it had gone right into my heart. And when he began pulling the skin off, it hurt worse than anything I’ve ever felt. The only thing that made me able to bear it was just the pleasure of feeling the stuff peel off. You know—if you’ve ever picked the scab off a sore place. It hurts like billy-oh but it is such fun to see it coming away.”

“I know exactly what you mean,” said Edmund.

“Well, he peeled the beastly stuff right off—just as I thought I’d done it myself the other three times, only they hadn’t hurt—and there it was lying on the grass: only ever so much thicker, and darker, and more knobbly-looking than the others had been. And there was I as smooth and soft as a peeled switch and smaller than I had been. Then he caught hold of me—I didn’t like that much for I was very tender underneath now that I’d no skin on—and threw me into the water. It smarted like anything but only for a moment. After that it became perfectly delicious and as soon as I started swimming and splashing, I found that all the pain had gone from my arm. And then I saw why. I’d turned into a boy again.”

Neil L. Anderson, “Wounded,” *General Conference*, October 2018

God did not create our spirits to be independent of Him. Our Lord and Savior, Jesus Christ, through the incalculable gift of His Atonement, not only saves us from death and offers us, through repentance, forgiveness for our sins, but He also stands ready to save us from the sorrows and pains of our wounded souls. The Savior is our Good Samaritan, sent “to heal the brokenhearted.”

D. Todd Christofferson, “Justification & Sanctification,” *Ensign*, June 2001

To be sanctified through the blood of Christ is to become clean, pure, and holy. If justification removes the punishment for past sin, then sanctification removes the stain or effects of sin. The Prophet Joseph Smith testified: “And this is the gospel, the glad tidings, which the voice out of the heavens bore record unto us—“That he came into the world, even Jesus, to be crucified for the world, and to bear [justify] the sins of the world, and to sanctify the world, and to cleanse it from all unrighteousness” (D&C 76:40–41).

David A. Bednar, “Ye Must Be Born Again,”
General Conference, April 2007

We are instructed to “come unto Christ, and be perfected in him, and deny [ourselves] of all ungodliness” (Moroni 10:32), to become “new creature[s]” in Christ (see 2 Corinthians 5:17), to put off “the natural man” (Mosiah 3:19), and to experience “a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually” (Mosiah 5:2). Please note that the conversion described in these verses is mighty, not minor—a spiritual rebirth and fundamental change of what we feel and desire, what we think and do, and what we are. Indeed, the essence of the gospel of Jesus Christ entails a fundamental and permanent change in our very nature made possible through our reliance upon “the merits, and mercy, and grace of the Holy Messiah” (2 Nephi 2:8). As we choose to follow the Master, we choose to be changed—to be spiritually reborn.

Heart of a Lion

Hosea 5:11-15

The Lion waits.

Silently, patiently, he watches.

Strong, steadfast, yet filled with compassion,

His heart reaches out to his children,
seeking to be at one.

They harden their hearts to his tender
attempts to warn them and keep them safe.

He sees the menace of evil and complacency
enter the hearts of his beloved children.

Powerfully and swiftly he strikes —
tearing asunder their hardening hearts.

Quietly He returns to his place and waits.

Silently, patiently, he watches again.

His aching heart hurts as His children seek healing
through the ways of the world.

Days, months, and years they struggle
to find healing for their broken hearts.

Still the Lion waits.

Silently, patiently, he watches and weeps.

Continually he feels after them,
beckoning them to return.

Unceasing in his cries,

His tender voice begins to penetrate
their broken hearts.

Slowly, sorrowfully they begin to turn.

Hesitantly they move toward him
as fear begins to be replaced by faith.

Tenderly he takes them in.

They yield to his healing.

He works a mighty change within them,

Binding up their broken hearts.

Now beating with his, their hearts become one.

Finally, that for which he has waited —

At one ment.

Romans 7:21-25

Brigham Young, *Journal of Discourses*, 9:287-88.

We have to fight continually, as it were, sword in hand to make the spirit master of the tabernacle, or the flesh subject to the law of the spirit. If this warfare is not diligently prosecuted, then the law of sin prevails.... The rule of the flesh brings darkness and death, while, on the other hand, the rule of the Spirit brings light and life. When through the gospel, the Spirit in man has so subdued the flesh that he can live without willful transgression, the Spirit of God unites with his spirit, they become congenial companions, and the mind and will of the Creator is thus transmitted to the creature. Did their spirits have their choice there is not a son or daughter of Adam and Eve on the earth but what would be obedient to the Gospel of salvation, and redeem their bodies to exaltation and glory. But there is a constant warfare between them, still they must remain together, be saved and exalted together, or neither of them will be saved and exalted with the salvation and the exaltation which the Gospel offers.

Brigham Young, *Journal of Discourses*, 8:138-139, 1860

Our spirits were pure and holy when they entered our tabernacles; and if they have been defiled, it has been by the influence of Satan, through the weakness of the flesh. There is a constant warfare, and in a great majority of cases, the flesh overcomes the spirit. In a few cases where the spirit overcomes the flesh, it yields obedience to the whisperings of the eternal Spirit of truth, which elevates it above all unholy desires and passions.

(*Cf. Mosiah 15:5-7; Alma 38:12; D&C 93:33*)

Changes

2 Corinthians 5:17-21

In the inward man I delight to see
What the Savior plans to make of me,
And all that I can truly be.

Yet fear continues to grip my heart
And begs me not to make a start
To view the things that must depart.

A war rages within my soul
Desiring to be complete and whole
And wanting to reach my heavenly goal;

Yet also longing to keep inside
My darlings that I have tried to hide.
Hidden behind my stubborn pride.

If into me, Him I invite,
Will I see with greater sight,
The things that keep me from his light?

What must change for Him to be
Able to dwell inside of me
So I can be what God can see?

I feel within the answer clear
And feel the Spirit drawing near
Humbly I plead with soul sincere,
I know, dear Father, how great thou art
Please cleanse from me my prideful part
And grant to me a change of heart.

Romans 7:21-25

Joseph Fielding Smith, *Conference Report*, October 1914, 128.

It is true, we are engaged in a warfare, and all of us should be valiant warriors in the cause in which we are engaged. Our first enemy we will find within ourselves. It is a good thing to overcome this enemy first, and bring ourselves into strict obedience to the principles of life and salvation which he has given to all the world for the salvation of men. When we shall have conquered ourselves, it will be well for us to wage war without, against false teachings, false customs, habits and ways, against errors, unbelief

BECOMING SONS & DAUGHTERS OF GOD

Neil L. Anderson, “Following Jesus: Being a Peacemaker,” *General Conference*, April 2022.

As we do our part, His promise is that we will be called the “children of God.” Every person on earth is the “offspring” of God, but to be called the “children of God” means much, much more. As we come unto Jesus Christ and make covenants with Him, we become “his seed” and “heirs of the kingdom,” “children of Christ, his sons, and his daughters.

D&C 11:30 – Believe & Receive Christ
35:2 – Believe & Be unified
39:4 – Receive Christ
42:52 – Believe & Obey
45:8 – Believe & Receive Christ

John 1:12 – Believe & Receive Christ
3 Nephi 9:17 – Believe & Receive Christ
Romans 8:14-17, 23 – Receive & Follow the Spirit

What does it mean to believe in Christ?

Moroni 7:26 – By “*faith in his name*” they “become the sons of God”

Faith is now the motivating force that leads us to act or to “receive” Christ. How do we receive Christ?

D&C 39:5-6 – Receive the gospel through repentance, baptism, and receiving Holy Ghost
Mosiah 5:7-12 – Enter into the covenant through baptism and take upon you the name of Christ, becoming “born again” (Renewed each week through Sacrament)
Mosiah 27:24-25 – By being “born again” we become sons and daughters of God.
Mosiah 3:19 – When we choose the name of Christ, we are “covered” by His atonement; therefore, “putting off the natural man,” overcoming the effects of the Fall, and becoming as a child, His child.
D&C 84:35-38 – Those who receive the Melchizedek Priesthood and “receive the Lord’s servants” receive Christ, and therefore stand to inherit “all that the Father hath.”

ADAM shows us how to “receive Christ” and become a son of God – Moses 6:64-68

Mosiah 5:2

Ezra Taft Benson, “Born of God,” *General Conference* October 1985

The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature.

David O. McKay, *Stepping Stones to an Abundant Life*, 127.

You can change human nature. No man who has felt in him the Spirit of Christ even for half a minute can deny this truth, the one great truth in a world of little lies. You do change human nature, your own human nature, if you surrender it to Christ. Human nature can be changed here and now. Human nature has been changed in the past. Human nature must be changed on an enormous scale in the future, unless the world is to be drowned in its own blood. And only Christ can change it.

(*Cf. Ezekiel 36:24-28; 2 Corinthians 5:17-21; Mosiah 4:2-3; Mosiah 27: 25; Alma 5:14*)