



# I Challenge You I Promise You

VOLUME ONE

**Paul H. Dunn**

WITH RICHARD M. EYRE



ISBN 0-88494-247-3 SKU 127560 \$7.95
--

## **I PROMISE YOU . . .**

**by Paul H. Dunn**

*in collaboration with*

**Richard M. Eyre**

This is essentially two books in one. It contains a compelling message in an intriguing format. The message embraces a series of stimulating challenges to young people. The format adeptly highlights the promise implicit in each fulfilled challenge.

No mere gimmick, the unusual visual presentation focuses a message of intensity and power which is set forth with a rare freshness of thought, approach and language. Here the young reader is challenged to write his diary in advance; to live in the present; to be partially perfect; to be gentle with himself; to lose himself; to be not good but best. These and other similarly provocative promptings are excitingly expressed with a light yet firm touch which makes Paul Dunn a favorite with the youth of the Church. Each time, a gospel principle is portrayed from a new viewpoint. Each time, new perspective and insight are brought forth from an old and familiar topic. Each time, the soul-satisfying promise is shown to be the inevitable outcome of following through with the challenge.

A young person's problems will be more easily solved, his opportunities more readily recognized and pursued, after a careful reading of *I Challenge You*. . . . The rewards will be clearer and better attainable after a thoughtful reading of *I Promise You*. . . . Two books in one. Challenges — Promises. Two sides of the same coin. Two inspiring inseparables in life — whatever the reader's age.

**BOOKCRAFT PUBLISHERS**  
1848 West 2300 South  
Salt Lake City, Utah

*Cover Design: Bill Kuhre*



# I Promise You

VOLUME I



I PROMISE YOU..



---

# I Promise You...

---

BY PAUL H. DUNN

in collaboration with RICHARD M. EYRE

*Bookcraft*  
Salt Lake City, Utah



---

No part of this book may be used or reproduced in any manner whatsoever without written permission from the publisher, except in the case of brief quotations embodied in critical articles and reviews.

---

**23rd Printing, 1989**

**ISBN 0-88494-247-3**

Lithographed in the United States of America

**PUBLISHERS PRESS**

Salt Lake City, Utah



## THE PROMISES

### I. I PROMISE YOU THE JOY OF ETERNAL RELATIONSHIPS

#### I Promise You:

A Success That Will Compensate for Any Failure.....	6
That You Will Have a Secret Smiling of the Heart.....	10
That You Will Have an Infallible Partner.....	14
That You Will Have an Inner Calm.....	18
That He Will Fill Your Soul with Joy.....	22

### II. I PROMISE YOU THE PROGRESS OF AN ETERNAL CHARACTER

#### I Promise You:

That You Will Fulfil in Yourself the Assurance, "Men Are That They Might Have Joy".....	26
That You Will Habitually Settle for Only the Best.....	30
That You Will Become "Great" in Your Chosen Field.....	34
That You Will Learn to Like Yourself.....	38
That Your Life Will Be Long Enough.....	42
That Perfection Will Not Be Beyond Your Reach.....	46
That You Will Become What You Wish You Were.....	50
That Commandments and Commitments Will Be Easier....	54

### III. I PROMISE YOU THE FULFILLMENT OF ETERNAL GOALS

#### I Promise You:

That Your Confidence Will Expand.....	58
That the Future Will Take Care of Itself.....	62
That Love Will Become the Governing Factor.....	66
That You Will See More Clearly the Right Forks.....	70
A Greater Freedom From Tensions and Frustrations.....	74
That You Will Move Toward Your Lifetime Goal.....	78
A Feeling of Purpose, and Assurance, and Worth.....	82

#### Closing Chapter

I Promise You That the Rewards in This Book Will Be Yours .....	86
--	----

## **I Promise You a Success That Will Compensate for Any Failure**

*That you will be visited with His power  
and have an eternal family bond . . . .*

*That you will have the privilege,  
as God does,  
of eternal increase . . . .*

*A love that continues to grow throughout eternity . . . .*

*A place in the highest part of the Celestial Kingdom . . . .*

*A world to populate . . . .*

*Do you notice  
that*

*the promises for this challenge  
are greater than for any other?*

Because  
it is without question  
the most important part  
of your life.  
I challenge you to forge  
a strong, true family;  
and  
as you do . . . .

Each becomes the other's assurance of exaltation.  
Temple marriage, you see,  
is not unique in quantity  
but in quality.  
The priesthood, in his righteousness obeying God,  
and  
the helpmeet, in her righteousness, obeying the priesthood.  
Two roles,  
totally different but  
totally equal.  
And children do not slow up the progress of the relationship . . . . .  
they speed it up.  
And when they come, please realize  
that they are your brothers and sisters  
as well as your children.  
Recognize each for his unique gifts  
and spend private time  
with each  
and enjoy the process of molding different  
into a unity and bond.  
Use the priesthood to bless,  
to preside,  
to counsel,  
to teach . . . . .  
for too often it lies dormant in the very place  
where it should flourish most.  
Seek to respect more than to demand and respect,  
and take pride in working harder and longer  
and more perfectly  
on this first priority  
of the family  
than on anything else.



## I Challenge You to Forge a Joyous Family

If it is true that sharing brings happiness, then what greater joy than sharing everything with someone, and being so close that the word "closeness" doesn't work any more, and you have to say "oneness" because your physical and spiritual lives become integrated and marriage for eternity begins! That statement, "some things are better left unsaid," has no application here, and you both seek to understand more than to be understood and total acceptance of each other brings a security-warmth that eliminates the need for constant approval from the world, and thus you protect each other. Decide on goals and dreams and plans and priorities together, for two deciding together produces a commitment much stronger than the sum total of the two deciding separately.

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction **Family**  
 Priorities Opportunity Programming  
 Confidance Clarify Smiling  
 Serve Greatness Happiness Gospel  
 Orchestrate Calmness Involvement  
 Receive Extracentered Seek Goals  
 Holy Ghost Reach **Oneness** Partner  
 Love Progress Decide Stewardship  
**Together** Future Laugh Perfection  
 Ponder Gain Relationships Desire  
 Communicate Sensitivity Do it  
 Life Magnification Consecrate Receive  
 Correctness Educate Confirmation  
 Serendipity Accept Security Peace  
 Become Resolve Resistance Positive  
 Movement Work Gratitude Elevate  
 Power Character Habits **Success**  
 Joy Reality Learn Intervene Likability  
 Advance Prove Child Glow Freedom  
 Today Focus esose Gentle wounk

## **I Promise You That You Will Have a Secret Smiling of the Heart**

*That you will find what it is like to do something  
directly for the Lord . . . .*

*That you will do much good in this generation . . . .*

*That the service you send out  
will come back into your life . . . .*

*That you will find your life  
because you have lost it  
to others.*

Each time you serve,  
you gain a friend,  
and a friend  
is an asset of  
eternal duration.  
I challenge you to orient your whole life  
to serving;  
and  
as you do . . . .



The missionary who speaks  
of his best two years  
says it  
because he served . . . because his mirrors were  
windows  
for two years,  
and he felt the joy.  
But why end it there?  
Instead,  
go on and don't let the right hand know what the left  
doeth,  
and don't let the windows turn back  
to mirrors.  
Be considerate in small things . . . .  
Remember names . . . .  
Take pride in taking time for people . . . .  
because what else is there?  
And a mirror gets  
old  
but a window is always new.

See how the masses of men  
worry themselves into

nameless graves . . . . .

while here and there a great, unselfish soul

forgets himself

into immortality.<sup>1</sup>

Like a two-way mirror which,

in proper light,

becomes a window . . . . .

Do you perceive your own reflection in all situations

or can you see through a window

and notice

the effect of things

on others?

There is no question . . . . . the true joy goes to those

with windows

and not mirrors.

"Then is my soul filled with joy," said Alma,

because of the service he had performed

for others.

Christ taught it when he said that the greatest among us

was the one

who served us, and I think that when He said "love"

He usually meant

compassion

rather than passion.

<sup>1</sup>Ralph Waldo Emerson

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Become Opportunity Programming  
**Smiling** Confidence Clarify  
Serve sssness Happiness Greatness Gospel  
Orchestrate Calmness Involvement  
Receive patred Extracentered Seek Goals  
Partner Reach Oneness Reach  
Holy Ghost sssness Progress Love  
Stewardship Decide Progress Love  
Together Future Laugh  
Perfection  
Ponder nif **Relationships** Gain Desire  
**Communicate** Sensitivity Do it  
Life Receive  
Magnification Consecrate  
Confirmation Educate Correctness  
Serenidipity Accept Security Peace  
Resistance Resolve Become Positive  
Elevate Gratitude Work Movement  
Success Habits Character Power  
Likability Intervene Joy Reality Learn  
Today Focus esand Gentle moun Purpose

**I Promise You That You Will Have an Infallible Partner**

*. . . . in whatever you do.  
That you will come to know your  
Heavenly Father  
as well as  
(or better than)  
you know your  
earthly father . . . .  
That you will enjoy words of eternal life  
in this world  
and in worlds to come.*

And do not take a knowledge of God,  
or a loyalty to Him,  
either as you speak to others  
or to Him;  
for those who do will hear:  
"I never knew you, depart from me."  
Become  
a child of God through the right kind of prayer  
and through reading His  
scriptures . . . .  
I challenge you to build this relationship;  
and  
as you do . . . .



So listen,  
 and try to recall what commands  
 the blessings  
 for which you have asked  
 are predicated upon.  
 Fourth, make a commitment . . . . to pay the price . . . .  
 to do the thing that your request is predicated upon . . . .  
 and  
 to follow through  
 on what you hear  
 when you  
 listen.  
 And beyond even this kind of prayer,  
 seek to know Him  
 by reading about Him  
 in His books.  
 Read scripture as though you were there,  
 and learn much;  
 because  
 whether you now realize it or not,  
 every promise in this book  
 is also in the  
 scriptures  
 (along with many, many  
 more).  
 Use these means to seek the relationship, and be  
 patient;  
 for no lasting relationship  
 is built in a day.

**I Challenge You to Become a Child of God**

God is the Father  
of each of our spirits  
and yet His prophets tell us that we must  
become  
children  
of God.  
Perhaps, as in this life,  
offspring become children in the truest sense  
only as deep relationships  
are formed.  
If you want a relationship with anyone,  
including God,  
you must communicate with Him.  
First, reflect . . . .  
Think of who you are about to speak to,  
and ask Him  
to show you how to pray.  
Second, thank Him,  
then ask Him . . . .  
and indicate your faith and trust in His answers  
(whether they are yes or no,  
or whatever they are).  
Third, listen . . . . and oh, how many of  
us  
fail to do this,  
thus  
making prayer a monologue  
instead of a dialogue!

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Opportunity Programming  
Confidence Clarify **Become** Smiling  
Serve Happiness Greatness Gospel  
Orchestrate Calmness Involvement  
Receive Extracentered Seek Goals  
Holy Ghost Oneness Reach  
Partner  
Love Progress Decide Stewardship  
Together Laugh Future Perfection  
Ponder Gain Relationships Desire  
Communicate Sensitivity Do it  
Life Receive Consecrate Magnification  
Confirmation Educate Correctness  
Serenity Accept Security Peace  
Resistance Resolve Become Positive  
Elevate Gratitude Work Movement  
Success Habits Character Power  
Likability Intervene Joy Reality Learn  
Advance Prove **Child** Glow Freedom  
Today Focus Purpose Gentle **Know**



**I Promise You That You Will Have an Inner Calm**

*That you will have another Comforter,  
That that calm and that comfort  
will enable  
you  
to walk amidst the noise and banter  
of the world  
with a feeling  
of peace and clarity . . . .  
That you will eventually make your abode  
with Him.*

I challenge you to walk  
in the meekness of Christ's Spirit  
and work  
to discover His  
reality;  
and  
as you do . . . .

But the harder I try to talk about this  
the more I know  
that this  
concept,  
this idea,  
perhaps more than all others,  
cannot really be written about  
or  
talked about clearly, mortal to mortal;  
it can be  
grasped  
only through a mortal's communication with his  
immortal Father  
regarding his immortal Brother.  
If you will find it,  
you will find, among other things, that  
humility becomes natural, because giving all credit,  
all glory,  
all recognition  
to God seems impossible not to do  
when  
we have our debt to Him in mind.  
And Joseph Smith also said that  
thinking  
deeply  
about this relationship and dependency  
will make your prayers  
better  
and cause answers to come.

There is a beauty in depending on two people in order to  
return to God.  
Yourself because  
faith without works is dead;  
Christ because  
faith and works, without His atonement, are dead.  
Christ,  
an elder brother,  
singularly capable of assuming our sins  
because of His own  
total absence  
of them.  
Atonement nullifies Adam's fall,  
dependent on nothing.  
Atonement nullifies our sins,  
dependent on us.  
Joseph Smith taught us to approach Christ  
as a man.  
Moses was somehow surprised when he saw that Christ  
was in the form of a man.  
And this chapter is not challenging you  
to discover something,  
but someone.  
Discover that He is.  
Discover what perfection is,  
Discover that He is real . . . . has a personality . . . . .  
that He is not a vague blend of nothing, without emotion,  
without feeling.

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Opportunity Programming  
Confidence **Clarify** Become Smiling  
Serve Happiness Greatness Gospel  
Orchestrate **Calmness** Involvement  
Receive Extracentered Seek Goals  
Holy Ghost Oneness Reach Partner  
Love Progress Decide Stewardship  
Together Future Laugh Perfection  
Ponder Relationships Gain Desire  
Life Communicate Sensitivity Do it  
Magnification Consecrate Receive  
Correctness Educate Confirmation  
Peace Security Accept Serendipity  
Become Resolve Resistance Positive  
Movement Work Gratitude Elevate  
Power Character Habits Success  
Joy Intervene Likability **Reality** Learn  
Advance Prove Child Glow Freedom  
Today Focus esod Purpose Gentle won

**I Promise You That He Will Fill Your Soul with Joy**

*That you will have a special sensitivity  
and perspective in all you observe . . . .  
That you will have a sharper judgment  
and ability  
to assess situations,  
a new depth and meaning in all of your activities,  
an internal calmness that is totally separate  
from the clamor and frustration  
of the world . . . .  
That your gifts will be magnified.  
That you will be led by the Holy Ghost  
into all righteousness.*

I challenge you to put your trust  
in that Spirit that leadeth to do good,  
to truly and deeply  
receive  
the Holy Ghost;  
and  
as you do . . . .



How strong is the Holy Ghost's influence?  
 Consider Peter who denied thrice before, and became  
 the pillar  
 afterward.  
 How important?  
 Consider the prerequisite to exaltation called  
 "being born of the Spirit."  
 How hard to obtain?  
 Consider the scripture,  
 "A man may receive the Holy Ghost, and it may descend upon him  
 and not tarry with him."  
 Receive the Holy Ghost . . . .  
 The very word implies great effort  
 on our part.  
 How?  
 You hear how twice on each Sunday that you go to church.  
 "That they do always remember Him,  
 that they may keep His commandments which He has given them."  
 Then the promise  
 of the Holy Ghost.  
 That is all we must do,  
 but that is so much, because  
 in order to remember Him, we must first of all  
 know Him.  
 Considering the greatness and the wonder of the feeling  
 of the Spirit,  
 does it seem possible to you  
 that the Holy Spirit of promise,  
 the calling and election made sure,  
 is  
 in fact  
 an extension and a perfection  
 of this same Spirit?

**I Challenge You to Receive The Holy Ghost**

One simplifying element,  
One single thing to strive for which,  
if obtained,  
would cause all else to follow,  
all righteousness to be intact.  
That request's answer  
is  
the presence of the Holy Ghost.  
One cannot feel anger, superiority, intolerance,  
or the inclination  
to sin  
in the Spirit's presence.  
Nor can one  
avoid  
the feelings of tolerance, compassion, calmness,  
and love . . . .  
all of which can be communicated to others  
by a touch  
or a look  
or a tone of voice  
or by your mere presence,  
because  
the Holy Ghost's presence is transferable.  
Too simple?  
List then, as an experiment, the virtues  
of Christ.  
Then, parallel,  
list the feelings prompted inside of you when you are  
truly  
under the Spirit's influence.  
The lists will match up  
item for item.

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
 Priorities Opportunity Programming  
 Confidence Clarify Become Smiling  
 Serve Happiness Greatness Gospel  
 Orchestrate Calmness Involvement  
 Receive Extracentered Seek Goals  
 Holy Ghost Oneness Reach Partner  
 Avoid Progress Love Stewardship  
 Together Laugh Future Perfection  
 Ponder Relationships Gain Desire  
 Communicate Do it Life **Sensitivity**  
 Receive Consecrate **Magnification**  
 Correctness Educate Confirmation  
 Serendipity Accept Security Peace  
 Become Resolve Resistance Positive  
 Movement Work Gratitude Elevate  
 Power Character Habits Success  
 Intervene Joy Reality Learn  
 Advance Prove Child World Freedom  
 Today Focus esode Purpose Gentle won

**I Promise You That You Will Fulfil in Yourself the Assurance, “Men Are That They Might Have Joy”**

*That you will  
realize  
that this earth  
is  
indeed  
Heaven . . . .  
That you will give thanks to God  
each night  
just for having had the glorious  
experience  
of another day.*

*I challenge you to  
strive  
to gain these seven  
capacities;  
and  
as you do . . . .*

4. Give and Receive

For both are

arts

and to do both

well

brings an accompanying joy

going

and coming.

5. Know Purpose

To all who believe in a living

and true God,

there is joy, even ecstasy,

in the very consciousness

of existence . . . of knowing that God

has a plan

of which

we are part.

6. Risk Life

For if life is not the most valuable

and dearest of all . . .

if there are other things you love more,

your family,

your Church,

your God,

then you know a unique kind of joy.

7. Be Needed

Accept responsibility,

seek ways to help others,

be unafraid

of being needed;

for so many need, that all can be needed

if they dare.



**I Challenge You to Recognize Joy . . . and to Let It In.**

Joy?

It is an illusion to think that more comfort,  
or more possessions,

bring more joy.

True joy comes from the capacity to:

1. *Feel Deeply*

To shiver at beauty . . . . to cry

from concern,

to burst in anticipation and in reward . . . .

and to know the warmth

of deepest love.

To empathize fully,

and to lump your throat

when a child holds your hand.

2. *Enjoy Simply*

The back of a beetle in the sun,  
the moss on trees,

the whisper

of leaves in autumn.

To see and hear and smell and taste and feel

small and

simple

things.

And to see the depth in a loved one's eye.

3. *Think Freely*

To follow the drummer that you hear,  
regardless of who else does

(or doesn't).

To forsake the traditional if you see

a better way.

To let the truth of the gospel

make you free

by placing the standards of the world

in subjection to those of the gospel.

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Become Opportunity Programming  
Confidence Clarify Smiling  
Serve ssness Happiness Greatness Gospel  
Orchestrate Calmness Involvement  
Receive Extracentered Seek Goals  
Partner **Reach** Oneness  
Holy Ghost ssness  
Love Progress Decide Stewardship  
Together **Laugh** Future  
Ponder Gain Relationships Desire  
Communicate Sensitivity Do it  
Life Receive Consecrate Magnification  
Confirmation Educate Correctness  
Serenidipity Accept Security Peace  
Resistance Resolve Become Positive  
Movement Work **Gratitude** Elevate  
Power Character Habits Success  
Intervene Likability **Joy** Reality Learn  
Advance Prove Child Glow Freedom  
Today Focus Purpose Gentle Wound

**I Promise You That You Will Habitually Settle for Only the Best**

*That you will never fear a challenge.  
That you will see the opportunity that lies  
in adversity  
as well as in prosperity.*

I challenge you  
to  
forsake the idea of being good . . . .  
Instead . . . .  
be best;  
and  
as you do . . . .

Why not get an A instead of a B?  
Why not fill a great mission instead  
of a good one?  
Why not be your own personal best  
at whatever you undertake,  
instead of getting by  
by being good?  
All that separates the top from the middle  
is where the sights are set  
(and the sights are the goals).  
Christ said that he would spew the lukewarm out of His mouth.  
And there is no question  
that this whole chapter  
may be discouraging  
to some  
who have come to feel that there are so many others  
with so much more ability than they,  
and thus the thought of  
besting  
those others  
is frightening and impossible.  
But think about it again . . . .  
This chapter is not asking you to exceed the best  
of others . . . .  
but rather to equal the best of you  
(of you with the Lord's help).  
And if you try it, you  
will see that  
many of those whom you perceive to have superior  
abilities  
are hurrying along  
behind you  
trying to catch up.

**I Challenge You Not to Be Good.....to Be Best**

Good is  
the enemy of best;

and the thing that most do not realize is that  
it is not *much* harder to achieve the second  
than the first.

Rather

it is a question of which you expect  
of yourself;

and of your ability to see adversity  
not as a roadblock

but as a challenge of great interest.  
We chose in the pre-existence

to have problems and challenges.  
Kites rise against the wind . . . . .

Beethoven wrote his greatest works after he was stone deaf.  
Demosthenes overcame weak lungs and a lisp  
to become one of the greatest orators

of all time . . . . .

Desire

is the whole point.  
And what your mind sees when it looks through the sights  
of your goals

is where your effort will strike.

**Best** Sagacity **Achievement** Christ  
 Divine Destiny Satisfaction Family  
 Priorities **Opportunity** Programming  
 Confidence Clarify Smiling Become  
 Serve Happiness Greatness Gospel  
 Orchestrate Involvement  
 Receive Partnered Extracentered Seek Goals  
 Holy Ghost Oneness Reach  
 Partner Stewardship  
 Love Progress Decide  
 Together Future Laugh Perfection  
 Ponder Gain Relationships **Desire**  
 Communicate Sensitivity Do it if  
 Life Consecrate Receive  
 Magnification Consecrate  
 Correctness Educate Confirmation  
 Serendipity Accept Security Peace  
 Resistance Resolve Become Positive  
 Elevate Gratitude Work Movement  
 Success Habits Character Power  
 Likability Intervene Joy Reality Learn  
 Advance Prove Child Glow Freedom  
 Today Focus esopod Gentle woun Purpose

**I Promise You That You Will Become “Great” in Your Chosen Field**

*That you will love your work,  
and that that big block  
of time  
that you spend on a job each day  
will be a joy  
rather than becoming the laborious means  
to other ends . . . .  
That you will receive the satisfaction  
and good feeling  
of being able  
to  
do things  
(well).*

*I challenge you to see the meshing  
of education  
and skill  
and vocation  
and to harmonize all three  
into the orchestration  
of your life;  
and  
as you do . . . .*



for a real skill  
in any worthwhile thing  
is a treasure  
and a joy.  
And go beyond the one skill into  
incidental skills  
with your hands and your body  
as well as your mind;  
for ploughing a field or fitting a pipe  
well  
is a noble thing,  
and there  
is a therapeutic aspect  
to doing things  
with one's hands  
and with one's body  
that not many really understand,  
And skills  
of all kinds  
will come into play  
in that final preparation  
that you and I  
may be called upon to make  
for the  
Second Coming.

35

62

**I Challenge You to Interrelate Education and Skill and Vocation**

if,  
as we say,  
The Glory of God is Intelligence,  
and if,  
as we say,  
our ultimate goal is to be Godlike,  
and if,  
as we say,  
the things we learn go with us beyond the grave;  
then  
isn't education  
(in the very broadest sense)  
a thing of very broad importance?  
(Especially since none of these "ifs"  
are ifs.)  
As you educate your mind,  
get to know yourself well enough  
to know  
what it is that you like to do . . . . .  
what it is that fulfills you  
and that leaves some sort  
of a smiling  
in your heart.  
Then pursue that thing,  
because  
chances are that you can make a living doing it  
(whatever it is).  
Whatever it is, do more than just study it,  
become skilled at it;

Best Sagacity Achievement Christ  
 Divine Destiny Family **Satisfaction**  
 Priorities Opportunity Programming  
 Confidance Clarify Become Smiling  
 Serve Happiness **Greatness** Gospel  
 Orchestrate Calmness Involvement  
 Receive Extracentered Seek Goals  
 Holy Ghost Reach Oneness Reach  
 Partner Reach Oneness Reach  
 Love Progress Decide Stewardship  
 Together Future Laugh Perfection  
 Gain Relationships Desire  
 Communicate Sensitivity Do it Life  
 Receive Consecrate Magnification  
 Confirmation **Educate** Correctness  
 Serendipity Accept Security Peace  
 Resistance Resolve Become Positive  
 Elevate Gratitude Work Movement  
 Success Habits Character Power  
 Likability Intervene Joy Reality Learn  
 Advance Prove Child Glow Freedom  
 Today Focus esodno Purpose Gentle won't

## **I Promise You That You Will Learn to Like Yourself**

*. . . . And that,  
as you do,  
you will feel a peace inside  
and a sure feel that whatever you set out to do,  
that is righteous,  
will be done, regardless of its degree of difficulty  
and irrespective of your own  
liabilities or limitations,  
because  
of God's hand . . . .  
A confidence that will wax strong in the presence of God . . . .  
An emerging likability such that others will  
grow to like you  
simultaneously  
as you grow to like yourself.*

*I challenge you to know the place of firmness  
but,  
beneath it,  
to be gentle with yourself;  
and  
as you do . . . .*

has an effect upon your subconscious mind  
 (and upon your spirit)  
 that is even more damaging than what might come  
 from others?  
 The mind is fertile soil and will return  
 what we plant.  
 We will be, inevitably,  
 precisely  
 what we perceive ourselves to be.  
 Therefore, be sober to the point of  
 knowing and pursuing your goals;  
 but take your goals and directions more seriously  
 than you take yourself . . . . so that you laugh  
 at yourself  
 and not at others;  
 because it is a strange but true formula that  
 crisis plus time usually equals humor.  
 Try to look out and see  
 that envy is ignorance . . . . that imitation is suicide . . . .  
 that the opposite of courage  
 is conformity.  
 You, as you really are, were loved enough  
 by God  
 to be here now,  
 in the Fullness of Times.  
 So lift your head and discover a new kind  
 of confidence . . . . not self-confidence,  
 but confidence in yourself as a servant of God.

Satan uses self-doubt  
under the auspices of  
humility  
to mellow us, to turn our thoughts inward . . . .  
confusing the fact that,  
in fact,  
humility is related only to a man's perception  
of his relationship with God  
(which is a Father-son sameness that should bring  
courage and self-respect  
and not  
self-doubt or low opinion of self).  
In truth, we can genuinely love others  
and concern ourselves with their welfare  
only when we love ourselves  
and only when we feel good enough about ourselves  
that we do not spend  
all our time  
thinking  
about  
our own problems.  
If your friend were to deride you,  
to call attention to your faults,  
you can imagine the depression  
and lowering of self-image  
that would result.  
But do you  
know that your own derision of self,  
your own mental chiding  
and self-criticism,

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
 Priorities Opportunity Programming  
 Confidance Clarify Become Smiling  
 Serve Happiness Greatness Gospel  
 Involvement Calmness Orchestrate  
 Receive Patented Extracentered Seek Goals  
 Partner Reach Oneness Reach  
 Holy Ghost Reach Oneness Reach  
 Love Progress Decide Stewardship  
 Together Future **Laugh** Perfection  
 Ponder Gain Relationships Desire  
 Communicate Sensitivity Do it  
 Life Receive Consecrate Magnification  
 Confirmation Educate Correctness  
 Serendipity Accept **Peace** Security  
 Resistance Resolve Become Positive  
 Elevate Gratitude Work Movement  
 Success Habits Character Power  
**Likability** Intervene Joy Reality Learn  
 Advance Prove Child Glow Freedom  
 Today Focus esence **Gentle** Work Know

**I Promise You That Your Life Will Be Long Enough**

*. . . . to learn all you need to know.  
That the intelligence that you gain  
through experience and  
through non-experience  
will go with you  
as part  
of your eternal character  
and will elevate you there  
as well as here.*

What comes to your mind when you think  
of art?  
of literature?  
of music?  
of nature?  
of great people you have really listened to?  
of fields outside your chosen one that interest you?  
Are the answers to some a little too narrow or  
a little too blank?  
The world has too many corridors and too many rooms  
to spend your life  
in one corner.  
I challenge you to learn by experience and by non-experience;  
and  
as you do . . . .



Watch other people  
 and learn from what they do and from what they don't do.  
 Ask advice  
 from great men.  
 Ask a great father how to be a  
 great father.  
 Ask one who was a great missionary for advice  
 on how to be  
 a great missionary.  
 Ask one who was a great student for advice on how to be  
 a great student.  
 Don't fear  
 going to the greatest people you know  
 (or know of)  
 for advice . . . . .  
 For in addition to best serving  
 your own interests,  
 you will flatter them, because all men  
 on every level  
 like to be asked for advice,  
 and the statement,  
 "I've come for advice"  
 makes a better impression on them than any other  
 single thing  
 you could say.  
 On the other side of the coin of learning  
 is experience.  
 And I challenge you to have breadth and experience  
 in all of your life . . . . .  
 to be interested in a great many things;  
 for sagacity produces serendipity, and  
 genuine interest  
 always leads to understanding, and understanding always  
 leads to confidence.  
 There is, in life,  
 so very much to be lived . . . . . and the best education  
 is to be perpetually interested in life . . . . .  
 to try to see life as the poet sees it.

**I Challenge You to Learn by Non-Experience and by Experience**

"You learn only by experience."  
A ridiculous statement!  
A wise man learns all that he can  
without experience.  
Mankind, through the ages,  
has learned innumerable lessons . . . .  
a million times more  
than one man  
could ever learn  
by himself.  
And God  
has learned all.  
In this perspective, then,  
others in our lives are to be learned from . . . .  
Their advice is simply an easier  
and faster  
way to learn  
than trying to try everything  
by ourselves;  
and  
God's commandments are simply  
loving counsel  
from a wise  
and all-knowing Father.  
Counsel which He derives from knowing  
the outcome  
of all experience.

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Opportunity Programming  
Confidence Clarify Become Smiling  
Serve ssaind Happiness Greatness Gospel  
Involve Calmness Involvement  
Orchestrate  
Receive Extracentered Seek Goals  
Holy Ghost Oneness Reach Partner  
Love Progress Decide Stewardship  
Together Future Laugh Perfection  
Ponder Relationships Gain Desire  
Communicate Sensitivity Do it **Life**  
Magnification Consecrate Receive  
Correctness Educate Confirmation  
**Serendipity** Accept Security Peace  
Resistance Resolve Become Positive  
Elevate Gratitude Work Movement  
Success Habits Character Power  
Likability Intervene Joy Reality **Learn**  
Advance Prove Child Glow Freedom  
Today Focus esod Purpose Gentle won

## **I Promise You That Perfection Will Not Be Beyond Your Reach**

*That as you pursue it a little at a time  
you will have a feeling  
of progress  
and of  
irreversible achievement . . . . and measured movement  
toward your greatest  
and most ultimate  
objective.*

I challenge you to attain perfection  
one facet  
at a time,  
like cutting a rough diamond  
into a perfect gem  
one plane at a time;  
and  
as you do . . . .

I say "within reach"  
because  
I know men who are absolutely honest, absolutely chaste,  
absolutely dependable;  
who are uncompromisingly honest, uncompromisingly chaste,  
uncompromisingly dependable.  
So could you not say that they are  
perfect  
in these areas?  
Perhaps, then, "perfection" is not something that  
we work gradually toward  
on all fronts,  
but rather  
something we can achieve immediately in some areas  
through iron resolution . . . . .  
And perhaps, then, we can use these areas of perfection  
as a base  
on which to continually add  
incremental areas  
of attained perfection.  
The key words  
are  
resolution,  
absolute,  
uncompromising.

**I Challenge You to Be Partially Perfect**

"Be ye therefore perfect," the scripture says, and we say:  
"Too much . . . .  
Perfect is beyond mortals  
here,  
now,  
in this world."  
Yet  
that is  
what it says, so think it through  
again.  
The fact is that you,  
yourself,  
have probably reached perfection  
in some areas  
now.  
If you annually pay ten percent of all your increase,  
you have reached perfection in tithing.  
If you never steal, you have reached perfection in not  
stealing.  
If you never cheat on tests,  
If you have reached perfection in not cheating on tests,  
There are probably many areas  
in which  
perfection  
is within relatively immediate reach:  
honesty  
chastity  
dependability . . . .

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
 Priorities Opportunity Programming  
 Confidance Clarify Become Smiling  
 Serve saindness Happiness Greatness Gospel  
 Receive patered Extracentered Seek Goals  
 Partner **Reach** Oneness  
 Holy Ghost sness  
 Love sness Decide Stewardship  
 Together Laugh Future  
**Perfection** Relationships Gain Desire  
 Communicate Sensitivity Do it  
 Life Consecrate Receive  
 Magnification Educate Confirmation  
 Correctness Accept Serendipity  
 Peace Security **Resolve** Resistance  
 Become Positive  
**Movement** Work Gratitude Elevate  
 Power Character Habits Success  
 Advance Prove Child Joy Intervene Likability  
 Freedom Glow Learn  
 Today Focus esodno Gentle Woun

**I Promise You That You Will Become What You Wish You Were**

*That the traits you wish to have  
will become as much a part of you  
as your name . . . .  
That you will ultimately reap  
a solid character,  
an eternal destiny.*

You see,  
there are two "you's" . . . . the one you are,  
and  
the one that you think you ought to be.  
Habits can be the pole that vaults you  
from one  
to the other.  
Design and develop good habits;  
and  
as you do . . . .



The mind is a master computer panel . . . . .  
If you program it  
As Franklin did,  
its output, into you, will be the traits,  
the qualities,  
that you want.  
Think it through . . . . .  
Ask the Lord which habits you should develop,  
and define  
the ones that will make you happy,  
the ones that will serve others,  
the ones that will return you to God.  
With what you know  
through the gospel,  
your choice and definition of habits can be more meaningful  
than Franklin's.  
Write them down and define each in depth,  
what they entail,  
what each implies for the day-to-day.  
Then assume them . . . . . one each week . . . . . through your list.  
Then start over  
and go through the list again.  
Be that trait each week . . . . . as though you already had it . . . . .  
and,  
surprisingly soon,  
you won't be pretending.

**I Challenge You to Design and Construct Your Habits**

Sow a thought, reap an action;  
Sow an action, reap a habit;  
Sow a habit, reap a character;  
Sow a character, reap an eternal destiny.  
*Isn't habit*  
the key word?  
Aren't habits the building-blocks of character?  
Don't you think that "you" are really the simple sum  
of your habits?  
Benjamin Franklin was one who thought so,  
and he thought that it  
was pretty well possible to dictate  
to himself  
just what habits  
he wanted to acquire.  
He drew a list  
of thirteen,  
including promptness, honesty, courage, courtesy . . . . .

and worked consciously  
on one

each week;  
over and over,  
week after week, until  
they really were  
habits.

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Opportunity **Programming**  
Confidence Clarify Become Smiling  
Serve Sainthood Happiness Greatness Gospel  
Juxtaposition Calmness Involvement  
Receive Extracentered Seek Goals  
Holy Ghost Sensation Reach Partner  
Love Progress Decide Stewardship  
Together Future Laugh Perfection  
Ponder Gain Relationship Desire  
Communicate Sensitivity Do it Life  
Receive Consecrate Magnification  
Confirmation Educate Correctness  
Serenity Accept Security Peace  
Resistance Resolve **Become** Positive  
Elevate Gratitude Work Movement  
Success **Habits** Character Power  
Likability Intervene Joy Reality Learn  
Advance Prove Child Glow Freedom  
Today Focus esodn Purpose Gentle woun

## **I Promise You That Commandments and Commitments Will Be Easier**

*. . . . where before they have been hard.  
That you will be like  
the lilies  
of the field,  
never wanting for the needful things  
of this world.  
That the Lord will intervene directly to give  
you  
true security.  
That you will be prone  
to seek the things of  
eternal worth  
and not the fleeting rewards  
of this world.*

*I challenge you to do this;  
and  
as you do . . . .*

Therefore,  
if we are asked to "give up" something to serve God  
are we not really merely  
returning to Him that which is His anyway?  
And doesn't that make it all  
a little  
easier?  
Try something for a minute . . . . .  
Let this stewardship concept encompass your mind  
and fill it,  
then  
think, one by one, about such things as  
paying tithing,  
giving up two years to go on a mission,  
serving in time-consuming Church positions,  
raising children,  
living the word of wisdom and keeping your body clean,  
taking a class in institute,  
being called to give up all and follow Christ,  
etc.,  
etc.  
Apostles of old said, "Go ye out from the world."  
Apostles of today say, "Be in the world but not of the world."  
Both mean,  
Live the Law of Consecration  
mentally  
by understanding the  
stewardship given you.

## I Challenge You to Mentally Live the Law of Consecration

A higher realm  
called  
The Law of Consecration was once instituted  
in the Church;  
and it will be again,  
someday.  
Is that what you think?  
Then re-think,  
because  
The Law of Consecration is something we are asked to live  
today . . . .  
mentally.  
And it is the key  
to living  
in a higher realm.  
It means even more than just being willing to give up  
all we have for God.  
It means realizing that things we have are not ours  
anyway,  
but God's;  
and that we are mere stewards over them;  
and that how we handle that stewardship  
over our possessions, over our children, over our callings,  
over our own bodies,  
is the measure of our  
valiance  
in keeping  
our second estate.

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
 Priorities Opportunity Programming  
 Confidance Clarify Smiling Become  
 Serve Happiness Greatness Gospel  
 Involvement Calmness Orchestrate  
 Receive Extracentered Seek Goals  
 Holy Ghost Openness Reach Partner  
 Love Progress Decide **Stewardship**  
 Together Future Laugh Perfection  
 Ponder Gain Relationships Desire  
 Communicate Sensitivity Do it  
 Receive **Consecrate** Magnification  
 Confirmation Educate Correctness  
 Serendipity Accept **Security** Peace  
 Resistance Resolve Become Positive  
 Elevate Gratitude Work Movement  
 Success Habits Character Power  
 Likability **Intervene** Joy Reality Learn  
 Advance Prove Child Glow Freedom  
 Today Focus esodno Gentle woun

## **I Promise You That Your Confidence Will Expand**

*That your life will open up.  
That you will have a feeling of  
involvement  
and vitality  
that will make your life  
three-dimensional  
instead of flat,  
and colorful  
instead of black and white.*

I challenge you  
to cease to be idle;  
and  
as you do . . . .



If you just stick your toe  
 into a cold lake,  
 you'll never go all in.  
 Dive in.  
 Winds of adversity snuff out a match,  
 but only make a torch  
 burn brighter.  
 Carry a torch.  
 Watch a chicken sometime . . . he never takes a single step  
 without sticking out his neck first.  
 In that way  
 we are a lot  
 like chickens.  
 Hesitation breeds on itself . . .  
 The longer you hold back,  
 the tougher it gets to do,  
 and if you're like me  
 you can only really enjoy relaxation  
 when it comes on the heels of  
 achievement.  
 Besides that,  
 as Edmund Burke said,  
 "All that is necessary for the triumph of evil  
 is for good men  
 to do  
 nothing."

Satan, troubled by a just man, wanting to throw him off course,  
asked for proposals.  
One imp said,  
"Let me go up and destroy his testimony of God."  
"No, won't work."  
Another said,  
"Let me go up and destroy his testimony of Joseph Smith."  
"No, won't work."  
A third said,  
"Let me go up  
and testify to him  
that all he believes is true,  
but tell him  
that there is no hurry to do anything about it."  
"Yes, you go up."  
After all is said and done about  
setting goals,  
Seeking divine destiny,  
having correct priorities,  
orienting to the positive,  
living in the present . . . .  
the one thing  
left to say,  
and the thing which all the rest hangs on,  
is  
"Do it!"  
Do more than just dream . . . .  
Develop tenacity and stick-to-it-iveness . . . .  
Work.

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
 Priorities Opportunity Programming  
**Confidence** Clarify Become Smiling  
 Serve Happiness Greatness Gospel  
 Orchestrate Calmness **Involvement**  
 Receive Extracentered Seek Goals  
 Partner Oneness Reach Holy Ghost  
 Progress Love Stewardship  
 Together and Laugh Future  
 Perfection Relationships Gain Desire  
 Communicate Sensitivity **Do it!** Life  
 Receive Consecrate Magnification  
 Confirmation Educate Correctness  
 Serendipity Accept Security Peace  
 Become Resolve Resistance Positive  
 Movement **Work** Gratitude Elevate  
 Power Character Habits Success  
 Intervene Joy Reality Learn  
 Advance Prove Child World  
 Today Focus Purpose Gentle Know

## I Promise You That the Future Will Take Care of Itself

*That your life will seem longer,  
and fuller,  
and more beautiful . . . .  
That you will find yourself  
moving  
toward your goals  
faster than ever before . . . .  
That happiness (a thing of here and now)  
will not have to  
wait for  
or  
look back to  
there and then,  
and that it will become  
for you  
a thing of here and now  
as well as an element of hopes and dreams.*

The first five chapters have explored goals  
and hammered their power;  
this chapter says  
(or adds),  
"Enjoy the journey."  
Because  
after all,  
what really counts is what you do  
now  
over and over and  
over.  
I challenge you to take care of the  
now;  
and  
as you do . . . .

"Won't it be nice when I can go away to school . . . . and be free?"  
But then  
(later on),  
"Wasn't it nice when I was home . . . . had Mom to cook for me?"  
Or,  
"Won't it be nice when the baby can walk?"  
But then  
(later on),  
"Wasn't it nice when he stayed in one place?"  
A time to reap and a time to sow,  
and perhaps  
every moment contains  
some kind of joy . . . .  
Find it . . . .  
Be perpetually thrilled with life.  
This need not  
detract  
from the solidarity of your goals  
or  
from the soberness of your purpose.

Now is now,  
and it  
will never be so again.  
That alone makes every moment, in a way,  
an adventure.  
And  
you might read the Sanskrit poet,  
because he said it too:  
"Yesterday but a dream,  
Tomorrow but a vision;  
but  
Today, well lived, makes every yesterday  
a dream of joy  
and every tomorrow  
a vision of hope."  
An hourglass teaches the same lesson . . . .  
All that sand in the top can  
never  
go through  
unless  
the few grains at the neck  
right now  
slip along.  
Next to this lesson, the hourglass tells a lie  
when it turns over,  
because the sands of life can never really be called back.  
Many haven't learned the hourglass lesson,  
the Sanskrit lesson,  
and live  
therefore  
in the past or in the future,  
allowing the marvel-scene of the present to slip by  
in shadows . . . .

Best **Sagacity** Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Opportunity Programming  
Confidence Clarify Become Smiling  
Serve Greatness **Happiness**  
Orchestrate Calmness Involvement  
Receive Extracentered Seek Goals  
Holy Ghost sensation Reach Partner  
Love Progress Decide Stewardship  
Together **Future** Laugh Perfection  
Desire Relationships Gain Ponder  
Communicate Sensitivity Do it Life  
Receive Consecrate Magnification  
Confirmation Educate Correctness  
Serenity Accept Security Peace  
Resistance Resolve Become Positive  
Elevate Gratitude Work Movement  
Success Habits Character Power  
Likability Intervene Joy Reality Learn  
Advance Prove Child Glow Freedom  
**Today** Focus aspose Gentle woun

## **I Promise You That Love Will Become the Governing Factor**

*. . . . in your life.  
That you will think  
in terms  
of rewards instead of the absence of punishment . . . .  
That you will have an ability  
to focus  
on others  
rather than on yourself . . . .  
That you will thereby have  
a particular ability  
to inspire others.  
That you will begin to think of commandments  
not as restrictions,  
but as  
loving counsel from a wise Father.*

*Orient your life to the positive.  
I challenge you to,  
because that  
is what is  
required  
to live the higher realm  
of the gospel.  
Do it;  
and  
as you do . . . .*



A bishop looks you clearly in the eye

and asks,

"Which interview do you want,

the hard one,

or the easy?"

The easy one asks:

Do you keep the word of wisdom?

Do you pay your tithing?

Do you attend Church?

Do you keep the Ten Commandments?

etc.

The hard one asks:

When did you last help your neighbor?

When did you last do it anonymously?

When did you last tell someone about the gospel?

When did you last have two-way communication with God?

The easy interview

asks

if you've lived the law.

The hard one

asks

if you've lived the gospel.

Living one may keep you out of hell,

but

living another will return you to the presence of God.

**I Challenge You to Rise Above Worldly Fears and Live the Gospel**

One says:

"Don't do wrong, because

if you do

you'll be punished."

Another says:

"Do right, and rewards will come

to others

and to yourself

and you will not have time to do wrong."

"One" is in a lower realm, founded on fear

and on the letter of the law.

"Another" is in a higher realm, founded on love

and on the spirit of the law.

One is worried about avoiding sins of commission and defines

"righteousness"

as

"avoiding sin."

Another is concerned about sins of omission and defines

"righteousness"

as

"doing good."

One says:

"Don't steal or lie or kill or cheat."

Another says,

simply:

"Love your neighbor."

When One evaluates his life, he says,

"What sins am I committing?"

When Another evaluates his life, he says,

"What good deeds am I omitting?"

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Opportunity Programming  
Confidence Clarify Become Smiling  
Serve Happiness Greatness **Gospel**  
Involvement Calmness Orchestrate  
Receive **Extracentered** Seek Goals  
Holy Ghost Oneness Reach Partner  
**Love** Progress Decide Stewardship  
Together Laugh Future Perfection  
Ponder Gain Relationships Desire  
Communicate Sensitivity Do it Life  
Receive Consecrate Magnification  
Confirmation Educate Correctness  
Serenity Accept Security Peace  
Resistance Resolve Become **Positive**  
Elevate Gratitude Work Movement  
Success Habits Character Power  
Likability Intervene Joy Reality Learn  
Advance Prove Child World Freedom  
Today Focus esod Purpose Gentle Woun

**I Promise You That You Will See More Clearly the Right Forks**

*. . . . in the road.  
That you will be safe  
from the  
common mistakes  
that people make  
because they fail to decide  
in the right way.*

I challenge you to make all the decisions that you can  
in advance . . . . the ones  
to which you already  
know the right answers . . . .  
and to make them  
firmly;  
and  
to make the other decisions,  
as they come,  
on the basis of Doctrine and Covenants Section 9;  
and  
as you do . . . .

Having answered my question,  
 the apostle saw the chance to teach another lesson  
 about decisions.  
 Said he:  
 "There is another type of decision that is even easier,  
 because  
 you can make it  
 in advance."  
 (Yet these are the hardest decisions of all if they are not  
 made in advance.)  
 What things will I never do or allow to happen on a date?  
 (Precisely what things?)  
 Will I pay tithing before or after other expenses?  
 What will I say when social pressure to drink is intense?  
 Will I get married in the temple?  
 Will I be uncompromisingly honest?  
 These  
 and a thousand more questions like them can be decided  
 in advance.  
 of their advent.  
 And if they are,  
 the decisions will be right,  
 and you will be, in effect,  
 having your Gethsemane  
 before  
 your Calvary;  
 which makes the Calvary,  
 when it comes,  
 both easier  
 and more meaningful.

**I Challenge You to Learn How to Make Life's Decisions**

I asked the apostle  
for advice.  
Said I:

"I have labored over this,

the most important of decisions; I have

prayed

and I have studied it out in my mind

as the scripture advocates;

but the Lord

has given me no answer."

His brow furrowed, and he said:

"You have misunderstood the scripture . . . ."

You have studied it out

and you have asked for the answer,

but

you have left out the step that comes

in between,

which is

to make your own decision,

based on your goals and on the feelings

you have had in prayer.

The Lord's promise is that he will confirm or disavow

our decisions,

not

that he will make the decisions for us . . . ."

There is a great difference between the two."

We chose

in the pre-existence

to have problems, to face decisions, and we are here now,

on earth,

to do just that . . . . but not alone, for He will tell us

when we are on the right track, and

that

is what the scripture promises.

Best Sagacity Achievement Christ  
Divine Destiny Satisfaction Family  
Priorities Opportunity Programming  
Confidence Clarify Become Smiling  
Serve Ssaind Happiness Greatness Gospel  
Orchestrate Calmness Involvement  
Receive Extracentered Seek Goals  
Holy Ghost Oneness Reach Partner  
Love Progress **Decide** Stewardship  
Together Future Laugh Perfection  
Ponder Relationships Gain Desire  
Communicate Sensitivity Do it Life  
Receive Consecrate Magnification  
**Confirmation** Educate **Correctness**  
Serenity Accept Security Peace  
Resistance Resolve Become Positive  
Elevate Gratitude Work Movement  
Success Habits Character Power  
Likability Intervene Joy Reality Learn  
**Advance** Prove Child Glow Freedom  
Today Focus esod Purpose Gentle woun

## **I Promise You a Greater Freedom from Tensions and Frustrations**

*. . . . of this world.  
A constant inner  
glow . . . .  
A feeling that,  
no matter what  
goes wrong  
from day to day,  
the most important things  
are straight,  
are right . . . .  
A reason for doing  
all  
that you do.*

*I challenge you  
to order your life  
on correct priorities;  
and  
as you do . . . .*



But to have correct priorities,  
and to order life upon their basis,  
brings  
a clear simplicity,  
a solid purpose.  
We don't have to guess or figure out  
or ponder  
the right priorities, because the Lord has said it:  
The family,  
The Church,  
The world,  
in that order,  
working in teamwork with God as we pursue each.  
Write a list of things most important to you;  
then write  
a parallel list of where you spend your time,  
your money,  
your intellectual energy.  
The two lists  
probably won't match up very well!  
Make them match,  
because then,  
success in the home will compensate for practically any failure;  
Gained knowledge will gather meaning because it will be in order;  
A single minded man will be stable in all his ways;  
and  
All things will be added unto you.

## I Challenge You to Discover Your Priorities

A prophet said:  
"No other success can compensate for failure in the home."<sup>1</sup>  
A philosopher said:  
"No matter how much knowledge a man gains, unless his knowledge is in order, he will be in confusion."<sup>2</sup>  
The scriptures say:  
"A double minded man is unstable in all his ways."<sup>3</sup>  
The Savior said:  
"Seek ye first the kingdom of God . . . and all these things shall be added unto you."<sup>4</sup>  
In a way,  
all said the same thing.  
All dealt with priorities.  
Men's problems do not stem from  
an inability  
to achieve what they want.  
The problems come,  
instead,  
from wanting the wrong things,  
or  
from not knowing  
what to want.  
A man who pursues wealth, who has wealth as  
his first priority,  
will achieve it,  
and may awaken  
much later  
and realize the folly of the priority  
he has pursued.

<sup>1</sup>David O. McKay.

<sup>2</sup>Walt Whitman.

<sup>3</sup>Book of James (New Testament).

<sup>4</sup>Book of Matthew (New Testament).

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
**Priorities** Opportunity Programming  
 Confidence Clarify Become Smiling  
 Serve sss Happiness Greatness Gospel  
 Orchestrate Calmness Involvement  
 Receive patercentered Seek Goals  
 Holy Ghost sss Reach Oneness Reach  
 Partner Reach sss Progress Love  
 Decide Stewardship Together  
 Future Laugh Perfection Relationships  
 Gain Desire Communicate Sensitivity  
 Do it Life Receive Consecrate  
 Magnification Educate Confirmation  
 Correctness Accept Serendipity  
 Security Peace Become Resolve  
 Resistance Positive Work Gratitude  
 Elevate Movement Character Habits  
 Success Intervene Joy Reality Learn  
 Advance Prove Child **Freedom Glow**  
 Today **Focus** Purpose Gentle Know

**I Promise You That You Will Move Toward Your Lifetime Goal**

*. . . . just as surely as a magnet is pulled  
to steel.  
That you will discover the greatest power  
that you have . . . .  
That your wanderings will have direction.  
That you will see that nothing  
is unreachable  
to one who works  
in partnership  
with God.*

Next, move from the five-year to the one-year,  
then  
to the one-month,  
then  
to the one-week,  
but start each week with the longest-range goal and work down  
all over again.  
And do not do it independently,  
for without the Lord's help  
you may climb the wrong mountain.  
As the objectives cross your eyes and your mind each week,  
and as you write the goals for the coming week,  
you will begin to see that you are  
indeed  
writing your diary in advance;  
and  
as you do . . . .

The problem, then, is knowing which goals to set,  
 for to be meaningful  
 a goal must lead to another  
 greater goal.  
 The key, then,  
 is to know the ultimate, longest-range goal  
 to which all other goals should lead . . . .  
 to know what the top of the mountain is,  
 then to figure out,  
 with the Lord,  
 the succession of plateaus  
 which will lead there.  
 We have the unique perspective of knowing  
 that the ultimate goal  
 is to be as God is,  
 and the lifetime goal is to return  
 to His presence.  
 All shorter-range goals should tune themselves to that.  
 The way to do it is to look  
 long  
 and hard  
 and *prayerfully*  
 at that lifetime goal, and then  
 write down  
 what you could do in the next five years in pursuit of it.  
 Labor over this process,  
 let it take some time,  
 master the skill of pondering . . . .  
 Most people spend too much time sawing and not enough time  
 sharpening their saw.  
 You should sharpen long enough that,  
 when you finally define those five-year goals,  
 your mind's eye will see them happening . . . . their  
 ultimate achievement then  
 becomes certain.

Write your diary in advance . . . . .  
A strange statement . . . . . How do you write about what's  
happened  
before it has happened?  
By setting goals.  
Because it is inevitable  
that you will achieve what you truly desire to achieve.  
You have heard:  
"Whatever the mind of man can conceive, and believe,  
it can achieve."  
"Beware of what you want, for you will get it."  
"As a man thinketh in his heart, so is he."  
"Whether you think you can or think you can't, you're right."  
"Mind over matter."  
"If you can create a thing spiritually, you can create it physically."  
Some clever, some trite,  
all true.  
If your goals are strong enough, they will  
inevitably  
produce results.  
The immense power  
of the subconscious mind . . . . .  
if programmed with goals that are really set,  
operates like a servomechanism,  
automatically correcting your course  
until you achieve your goal.

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
 Priorities Opportunity Programming  
 Confidence Clarify Become Smiling  
 Serve ssaid Happiness Greatness Gospel  
 Orchestrate Calmness Involvement  
 Receive Extracentered Seek **Goals**  
 Partner Ghost ssness Reach  
 Holy Ghost ssness Reach  
 Progress Love Decide Stewardship  
 Together Future Laugh Perfection  
 Ponder Relationships Gain Desire  
 Communicate Sensitivity Do it  
 Life Magnification Consecrate Receive  
 Correctness Educate Confirmation  
 Serendipity Accept Security Peace  
 Become Resolve Resistance Positive  
 Movement Work Gratitude Elevate  
 Success Habits Character **Power**  
 Likability Intervene Joy Reality Learn  
 Advance Prove Child Glow Freedom  
 Today Focus esod Gentle Woun

## **I Promise You a Feeling of Purpose, and Assurance, and Worth**

*. . . . An increased resistance to the feelings of  
gloom  
that envelop so much  
of humanity . . . .*

*An awareness of the Lord's plan and purpose  
and an appreciation for the part that every man  
can play  
in that plan . . . .*

*A knowledge that you can one day  
face God  
and say:  
"Yes,  
I have made a serious effort  
to find it out  
and  
to do it."*

*For, you see,  
the important thing is not that you know  
fully and precisely  
your total foreordination,  
but rather  
that you are seeking to know it;  
for the Lord will not allow one who is sincerely  
seeking his calling  
to make very many  
false steps.  
I challenge you to seek your foreordination;  
and  
as you do . . . .*



And there are no short cuts,  
 for even Jesus  
 found out  
 in this way.  
 Have the faith to let it come at the rate  
 that the Lord  
 wants it to come,  
 for He knows  
 the best time.  
 But be persistent, as the widow was  
 with Christ,  
 for He rewards persistence,  
 and if He knows that you want to know, you can be sure that  
 He will tell you  
 somehow.  
 In the meantime,  
 as it comes to you ever so gradually,  
 you are not held up in your progression . . . . .  
 not at all.  
 You stay worthy,  
 stay prepared . . . . . Perhaps He will show you your foreordination  
 one small step  
 at a time . . . . .  
 The lifetime cause may still be  
 vague  
 but the immediate step—  
 the mission,  
 the marriage,  
 the school . . . . .  
 whatever it is—  
 may be much clearer. So take *that* step,  
 because as you do,  
 the long-range vagueness will become a little less vague,  
 like slowly turning a lens into focus.

**I Challenge You to Seek Your Personal Divine Destiny**

Your Patriarchal Blessing . . . . .  
You read it over  
again and again  
and wonder  
what it really says . . . . .  
Because  
all men come to earth with specific missions to perform,  
but  
foreordination is not predestination and there is  
no guarantee  
that a man will do what the Lord  
wants him  
to do  
while he is here.  
But you are starting in the right place . . . . .  
go from that blessing  
to prayer,  
and back  
and forth  
and back and forth and back and forth,  
and your foreordination will distill upon your soul  
like dew;  
a little at a time,  
a line  
upon a line  
and  
a precept  
upon a precept.

Best Sagacity Achievement Christ  
**Divine** Destiny Satisfaction Family  
Priorities Opportunity Programming  
Confidence Clarify Smiling Become  
Serve Happiness Greatness Gospel  
Orchestrate Calmness Involvement  
**Seek** Goals Extracentered  
Holy Ghost Oneness Reach Partner  
Stewardship Progress Love  
Together Laugh Future Perfection  
Desire Relationships Gain Ponder  
Communicate Sensitivity Do it Life  
Receive Consecrate Magnification  
Confirmation Educate Correctness  
Serenity Accept Security Peace  
**Resistance** Resolve Become Positive  
Elevate Gratitude Work Movement  
Success Habits Character Power  
Likability Intervene Joy Reality Learn  
Advance Prove Child Glow Freedom  
Today Focus Gentle Know **Purpose**

**I Promise You That the Rewards in This Book Will Be Yours**

*That the number  
of promises  
you receive  
will be the number of challenges  
you accept.*

II

Throughout His dealings with men,  
the Lord Himself  
has dealt with promises and  
challenges:  
And He has invited us to prove Him  
by accepting the challenges  
and expecting the promises.  
The connections between the two  
are of His design;  
and  
you can know that  
for yourself  
if you will engage  
in  
that proving process.  
I challenge you to prove the Lord  
by accepting His challenges;  
and  
as you do . . . .

86

**I Challenge You to Prove the Lord**

Best Sagacity Achievement Christ  
 Divine Destiny Satisfaction Family  
 Priorities Opportunity Programming  
 Confidence Clarify Become Smiling  
 Serve ssaind Happiness Gospel  
 Orchestrate Calmness Involvement  
 Receive pateracax Seek Goals  
 Holy Ghost ssness Reach Oneness  
 Partner Reach Oneness Reach Oneness  
 Love Progress Decide Stewardship  
 Together Future Laugh Perfection  
 Ponder Relationships Desire **Gain**  
 Communicate Sensitivity Do it Life  
**Receive** Consecrate Magnification  
 Confirmation Educate Correctness  
 Serendipity **Accept** Peace Security  
 Resistance Resolve Become Positive  
 Elevate Gratitude Work Movement  
 Success Habits Character Power  
 Likability Intervene Joy Reality Learn  
 Advance **Prove** Child Glow Freedom  
 Today Focus esodur Gentle Know

Introductory Chapter

I Challenge You to Prove the Lord..... 11

I. I CHALLENGE YOU TO SET ETERNAL GOALS

I Challenge You:

To Seek Your Personal Divine Destiny..... 13

To Write Your Diary in Advance..... 17

To Discover Your Priorities..... 21

To Learn How to Make Life's Decisions..... 25

To Rise Above Worldly Fears and Live the Gospel..... 29

To Live in the Present..... 33

To Cease to Be Idle..... 37

II. I CHALLENGE YOU TO DEVELOP AN ETERNAL CHARACTER

I Challenge You:

To Mentally Live the Law of Consecration..... 41

To Design and Construct Your Habits..... 45

To Be Partially Perfect..... 49

To Learn by Non-Experience and by Experience..... 53

To Be Gentle With Yourself..... 57

To Interrelate Education and Skill and Vocation..... 61

Not to Be Good . . . . . to Be Best..... 65

To Recognize Joy . . . . . and to Let It In..... 69

III. I CHALLENGE YOU TO BUILD RELATIONSHIPS NOW . . . . . FOR ETERNITY

I Challenge You:

To Receive the Holy Ghost..... 73

To Discover Christ's Reality..... 77

To Become a Child of God..... 81

To Lose Yourself in Serving and to Build Eternal Relationships..... 85

To Forge a Joyous Family..... 89



Nothing herein

is spelled out.

The thoughts are in embryo form . . . .

Only the tip of the iceberg is visible,

and

it's up to you

to think through the depths that are underneath . . . .

that the iceberg's tip

only suggests.

Read a line, then

look up

and think a whole page.

Then look back to this book

and read

another line.

That way you won't read very much

at one sitting—

which is good,

because this book tries not to be a book but a process

wherein you think

more than you read.

The illustrations separate the chapters . . . .

(A chapter is one challenge together with its accompanying

promise,

or

one promise together with its accompanying

challenge,

depending

on which end of the book you start from.)

Read a chapter and live it for a week;

then

read another chapter.



In Christ's Church,  
alone,  
we know the reality of the word  
*eternity*.  
Forever back and forever forward, and why  
we are here now  
in between.  
And knowing this causes our whole frame of reference to change  
from earthly  
to eternal.  
We seek therefore  
the things of eternity, the things  
we can take with us,  
and  
there are only three:  
Our Goals,  
Our Character (the things our body, mind, and spirit learn  
and become while we are here), and  
Our Relationships.

One who does well in building  
these three  
while he is here,  
keeps his second estate.  
This book challenges you to build these three things,  
and stacks up  
the building-blocks that you will need for each.  
The book is only the superstructure,  
but,  
if you fill it in with bricks and mortar from your own mind,  
then you will receive the promises that go with each challenge.  
For they are not wishes  
but laws.

A group of young couples, just barely past the great decision period of mission, education, marriage, job, brought together now, in a group, to look back, to reconstruct earlier years.

The questions are posed to them:  
"What is the reason for any success you have had so far in life?"  
"What things have made your life rich and full?"

The idea was to collect their thoughts, to analyze the things that had helped them most, and put them in a book called *I Challenge You*, written to youth.

Ideas began to flow, the list of challenges grew, and somehow, without direction, each challenge that was mentioned linked itself to a reward. Everyone who started with "I would challenge youth to . . . ." ended with, "And if they do, they will receive . . . ."

"You need to write two books," someone said, "one on challenges, one on promises."  
"And yet," said someone else, "they would have to be read together because each promise is based squarely on a challenge, and each challenge leads directly to a specific promise . . . ."

How about two books in one . . . . somehow both in the same cover . . . . ?  
. . . . Hmmmmmmmm . . . . let's work on that idea.

Lithographed in the United States of America  
PUBLISHERS PRESS  
Salt Lake City, Utah

ISBN 0-88494-247-3

23rd Printing, 1989

Library of Congress Catalog Card Number: 72-90323

---

No part of this book may be used or reproduced in any manner whatsoever without written permission from the publisher, except in the case of brief quotations embodied in critical articles and reviews.

---

COPYRIGHT © 1972 BY  
BOOKCRAFT, INC.

---

# I Challenge You...

---

BY PAUL H. DUNN

in collaboration with RICHARD M. EYRE

Bookcraft  
Salt Lake City, Utah

I CHALLENGE YOU..

# I CHALLENGE YOU . . .

by Paul H. Dunn  
in collaboration with  
Richard M. Eyre

As a member of the First Council of the Seventy, Elder Paul H. Dunn is well known throughout the Church. Prior to being called as a General Authority he served for two years as coordinator of LDS Institutes of Religion in Southern California. Outstanding in school athletics, he played professional baseball for four years before beginning his association with the Church educational system as a seminary teacher in 1952. Author or coauthor of eleven books, he holds an A.B. in Religion and a doctorate in Educational Administration. He and his wife, the former Jeanne Cheverton, have three daughters.

Richard M. Eyre is a consultant, teacher, and writer, and has authored or coauthored five books. Holding degrees from Utah State, Brigham Young and Harvard universities, he is president of a marketing and political consulting firm. Among other Church activities, he has served a full-time mission as a young man, taught in the institute program on a Church-service basis, served as national coordinator for Church Bicentennial Activities, and served as president of the England and London South Mission. He and his wife, the former Linda Jacobson, have four children.

Paul H. Dunn and Richard M. Eyre are coauthors of four books: *I Challenge You, I Promise You; Relationships; The Birth That We Call Death; and Goals.*

BOOKCRAFT PUBLISHERS  
1848 West 2300 South  
Salt Lake City, Utah

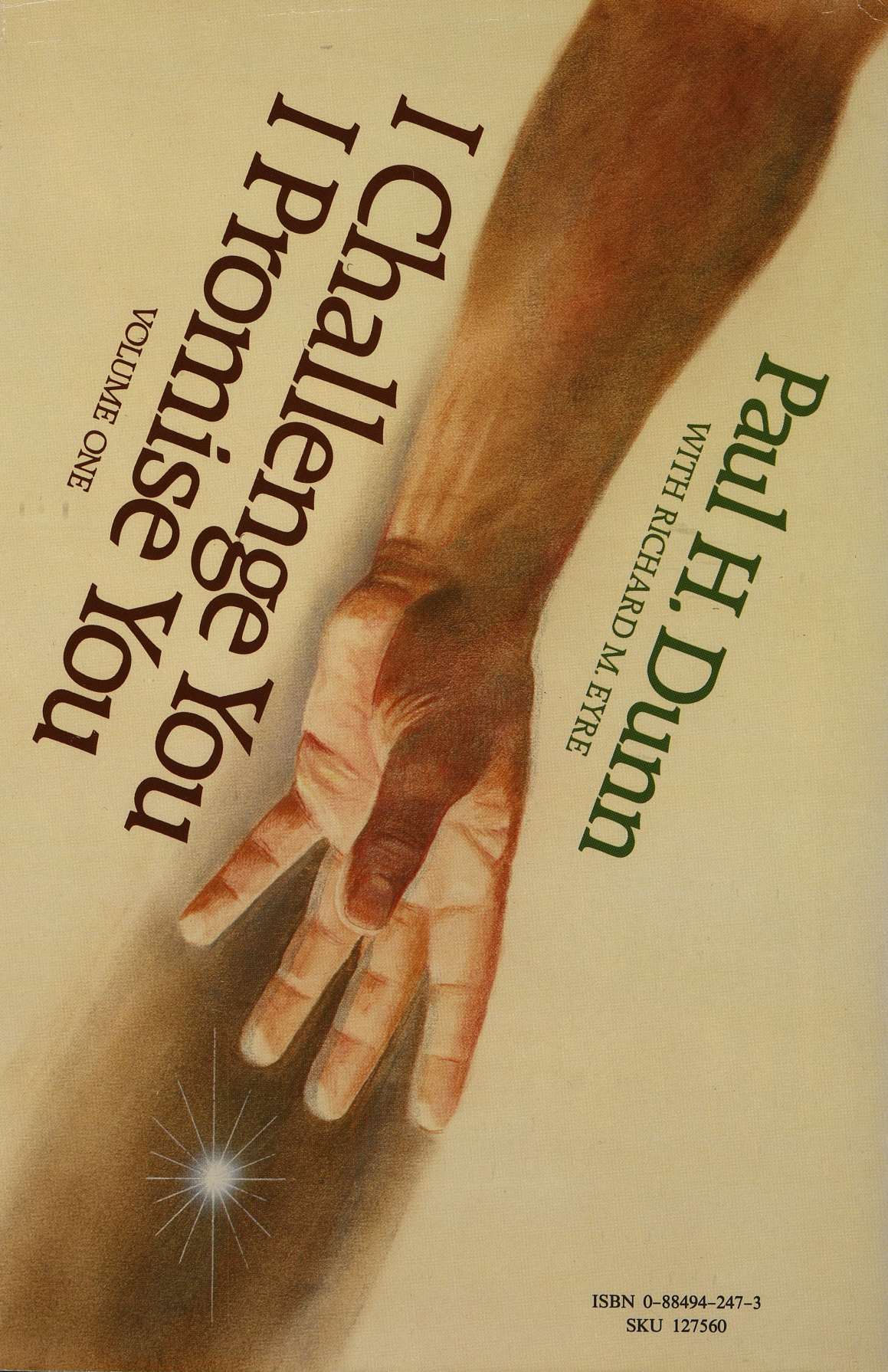
Cover Design: Bill Kuhnre

ISBN 0-88494-247-3  
SKU 127560  
\$7.95

VOLUME I

# I Challenge You





# I Challenge You

## I Promise You

VOLUME ONE

**Paul H. Dunn**  
WITH RICHARD M. EYRE

ISBN 0-88494-247-3  
SKU 127560