

TAKE TIME TO BE

Holy

MARCH 2018



the
SMALL
SEED

TAKE TIME TO BE

Holy

GIVE UNTO THE LORD THE GLORY DUE UNTO HIS NAME:
BRING AN OFFERING, AND COME BEFORE HIM:
WORSHIP THE LORD IN THE BEAUTY OF HOLINESS.

1 CHRONICLES 16:29

A MONTH-LONG COURSE OF STUDY DESIGNED TO INSPIRE THE
READER TO A MORE PURPOSEFUL AND INTENTIONAL LIFE DEVOTED
TO THE PURSUIT OF HOLINESS.

Welcome

“...[S]EEK ME DAILY, AND DELIGHT TO KNOW MY WAYS...”
ISAIAH 58:2

We're so happy to have you join in our study here at The Small Seed. We are grateful for every opportunity to link arms with you as we seek to come unto Christ together. We know blessings come as we read His word, which truly brings light and life to us in abundance!

There is no one right way to study God's word, but here are a few tips we've found helpful!

1) **BEGIN WITH PRAYER.** Start your study session by asking the Spirit to guide your study. Ask the questions of your heart that you hope are answered as you study. Ask for guidance and for the courage to act.

2) **HAVE A PAPER AND PEN READY!** As you show your commitment to record and act on your impressions, we know that God will give even more inspiration. You may be surprised about the answers that come, but we encourage you to write what you're thinking and feeling—even if it seems unrelated—and see God lead you in His way as you read and ponder.

3) **DIG IN!** Read, study, ponder, write—however seems best. If you are pulled to one specific verse and are being fed there, stay there! This guide is simply a guide, and the Spirit is ultimately the teacher.

•A note on common abbreviations and books of scripture used at The Small Seed: As we represent a community of believers, we include books of scriptures from various religions. We believe God's ways are the same and He always speaks through prophets, both in times of old and now. Thus you will find many books of scripture referenced, among which are the Bible (both Old and New Testaments, sometimes abbreviated as OT/NT), the Book of Mormon (BoM), the Doctrine and Covenants (D&C), and the Pearl of Great Price. We are always looking for additional writers and contributors to give perspective on other religions; if you would like to help in this regard, please shoot us an email at hello@thesmallseed.com.

4) **EXPRESS GRATITUDE, ACT, AND SHARE!** End your session with a prayer of gratitude for what you've felt and learned, commit to act on it, and then share with others! As we open our mouths to share our testimony of Christ, we are given more, and can bring others to the joy we've found.

What an honor it is to study together with you. We are grateful for the good people around the world who are coming to Christ. The world needs your goodness! When sharing on social media, tag your posts with #NOURISHTHESEED or tag us @thesmallseed so we can learn from you, too!

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TAKE TIME TO BE *Holy*
BY WILLIAM LONGSTAFF

Take time to be Holy, speak oft with thy Lord.
Abide with Him always and feed on His word.
Make friends of God's children, help those who are weak,
Forgetting in nothing His blessing to seek.

Take time to be holy, the world rushes on.
Spend much time in secret with Jesus alone;
By looking to Jesus like Him thou shalt be;
Thy friends in thy conduct His likeness shall see.

Take time to be holy, let Him be thy guide
And run not before Him whatever betide.
In joy or in sorrow still follow the Lord,
And, looking to Jesus, still trust in His word.

Take time to be holy, be calm in thy soul.
Each thought and each motive beneath His control;
Thus led by His Spirit to fountains of love,
Thou soon shall be fitted for service above.

TAKE TIME TO *Minister*

WEEK ONE

*Take time to be Holy, **speak oft with thy Lord.**
Abide with Him always and **feed on His word.**
Make friends of God's children, **help those who are weak,**
Forgetting in nothing His blessing to seek.*

PURPOSE: Take time to be holy this week by following the example of the Savior and seeking opportunities for inspired ministry.

It should come as no surprise that the first stanza of our selected hymn has a focal point of divinely-inspired service. Our Savior, Jesus Christ, who sought only the will of the Father ([John 5:30](#)), filled His ministry with service ([Matthew 20:28](#)). Indeed, as recorded in the book of Acts, “[He] went about doing good...” ([Acts 10:38](#)).

This week, spend time pondering the sanctifying effects of selfless service, and then go and do like the Savior. Many Christians believe that the ordinance of baptism represents not only a rebirth, but a covenant to follow the Savior’s example, including serving and ministering to all of God’s children. As Carol F. McConkie recently [noted](#), “Most often it is the sacrifices we make to keep our covenants that sanctify us and make us holy. ... If we will keep the associated covenants, the sacred...ordinances will change us, sanctify us, and prepare us to enter the presence of the Lord. So we bear one another’s burdens; we strengthen one another. We retain a remission of sins when we give spiritual and temporal relief to the poor, the hungry, the naked, and the sick”.

- *How* does making sacrifices sanctify us?
- How can bearing another’s burden strengthen both parties?

In the New Testament, read [Matthew 5:16](#), [Matthew 7:12](#), [Matthew 25:34-40](#), and [Hebrews 13:2](#); then read [Mosiah 2:17](#) from the Book of Mormon.

- What should motivate our service to others?
- How do you feel when opportunities to minister arise? Is there anything in your life you have the power to change that can expand your ability to minister? Remember this wise saying, *If you’re too busy to serve, you’re too busy.*

What do you think Paul wanted to teach about ministering when he wrote [Romans 12](#)?

Read [Ephesians 2:10](#), and ponder: What good works were you created unto? What do you have to offer—and don’t sell yourself short!

Consider [James 1:22-27](#) and [James 4:17](#). How is it self-deception to be only a “hearer” of the word and not a “doer”? What risk do we run by failing to act upon our knowledge, or failing to take opportunities to minister?

As you read [1 John 3](#), think about what it means to truly love another. Remember [John 13:34-35](#) and [Matthew 22:36-40](#). How did Christ manifest His love? How has He asked us to manifest our love for Him, for each other?

Study the parable of the Good Samaritan in [Luke 10:25-37](#). Search for new insight as to what the Savior intended to teach when He gave this example. Remember that parables include myriad layers of meaning and can be revisited often to receive additional understanding. Record your thoughts in your journal.

- Why do you think the lawyer asked, “And who is my neighbor?” (v.29)
- Do you think there is a difference in the effect—for either the giver or the receiver—of service that is motivated by love versus service done out of a sense of obligation?

DAILY CHALLENGE:

- **Speak often with the Lord** and when you do so, ask Him to show you opportunities to minister.
- **Feed on His word** and when you do so, look for examples of Christ-like service throughout the scriptures.
- **Help those who are weak.** Be proactive! Decide what time (out of the 168 hours in this week) you will devote to your personal pursuit of holiness through ministering, then go to work.

TAKE TIME TO HONOR THE

Sabbath Day

WEEK TWO

*Take time to be holy, the world rushes on.
Spend much time in secret with Jesus alone;
By looking to Jesus like Him thou shalt be;
Thy friends in thy conduct His likeness shall see.*

PURPOSE: Through purposeful Sabbath day observance, seek to set yourself apart from “the world rush[ing] on,” to “spend much time... with Jesus,” and to “look to Jesus” with the goal of becoming more like Him.

Read and ponder [Isaiah 58:13-14](#).

- God calls the Sabbath “my holy day.” What difference does it make to view the Sabbath as God’s day, rather than your own?
- Ask yourself, In what ways am I currently “doing mine own ways, finding mine own pleasure, speaking mine own words” on the Sabbath?

Read [Exodus 20:8- 11](#).

- Review verse 8; why might the Lord command us to “remember” the Sabbath day? Or, how might we be tempted to “forget” the Sabbath day?
 - In addition to remembering to honor and set apart the Sabbath as different from any other day in the week, how can you make the Sabbath a day of remembrance?
 - Consider the context and reasons God gave the House of Israel to observe the Sabbath in [Deuteronomy 5:15](#).
 - As He did with the children of Israel, how has the Lord also brought you out of figurative servitude through His mighty hand and stretched out arm? How can you use the Sabbath as a day to remember this deliverance? How will remembering this deliverance make the Sabbath holy?
 - After the Savior was resurrected on a Sunday, the early apostles and disciples began to “come together to break bread” on the first day of the week (see [Acts 20:7](#)).
 - How does “coming together to break bread” turn the Sabbath into a day of remembrance?
 - How does purposefully participating in the sacrament bring you holiness?
 - How can you more thoughtfully prepare for the sacrament?
- Review [verse 10](#); apparently the Lord is not only concerned with your personal observance of the Sabbath, but also that of those in your household, or over whom you have influence, or who provide services to you. In what ways might your behavior on the Sabbath be encouraging, allowing, or obligating another (even a stranger) to work?

- Ponder these words by Dallin H. Oaks: “Modern-day prophets have encouraged us not to shop on Sunday. Those of us who shop on the Sabbath cannot escape responsibility for encouraging businesses to remain open on that day. Essential services must be provided, but most Sabbath transactions could be avoided if merchants and customers were determined to avoid doing business on the Lord’s day.”
 - How does online shopping on the Sabbath likewise encourage others to work on the Sabbath?
 - How can you influence those around you to keep the Sabbath day holy?
- Review [verse 11](#); Why has God, since the time of creation, set a pattern of six days of work followed by a Sabbath of rest? If He blessed and hallowed the Sabbath, how might He bless and hallow you for honoring the Sabbath as He has asked?

Even if your activities on the Sabbath are outside the realm of “work,” can you nonetheless be more devoted to Christ in your thoughts throughout the day (and less preoccupied with your own agenda)?

If you currently serve in a capacity with many demands on Sunday, what can you do to nonetheless find “rest” on the Sabbath?

God has stated that the Sabbath day is a sign between Him and us (see [Exodus 31:13](#) and [Ezekiel 20:12](#)). How can you make your Sabbath observance a sign of your love for God?

As you read the following quote by Spencer W. Kimball, resolve to improve your observance of the Sabbath by doing at least one of the suggested activities that you currently do not do:

“The Sabbath calls for constructive thoughts and acts, and if one merely lounges about doing nothing on the Sabbath, he is breaking it. To observe it, one will be on his knees in prayer, preparing lessons, studying the gospel, meditating, visiting the ill and distressed, sleeping, reading wholesome material, and attending all the meetings of that day to which he is expected.”

SABBATH DAY CHALLENGE:

- Sit back as the **world rushes on**. Choose to focus on spiritual pursuits and embrace stillness.
- **Spend time with Jesus** by choosing an uplifting Sabbath day activity that you haven’t done before.
- **Look to Jesus** for guidance as to what you can/should do on His day.

TAKE TIME TO SUBMIT TO *God*

WEEK THREE

*Take time to be holy, let Him be thy guide
And run not before Him whatever betide.
In joy or in sorrow still follow the Lord,
And, looking to Jesus, still trust in His word.*

PURPOSE: Let Christ “be [your] guide.” Learning from His example, determine how you can remove unholy influences from your life. Then, with the power that comes from this cleansing, commit to “follow the Lord” and “trust in His word” no matter what difficulties you encounter.

At the beginning and again at the end of Jesus’ mortal ministry, he cleansed the temple in Jerusalem. Review the accounts of the first and second cleansings in [John 2:13-16](#) and [Matthew 21:12-14](#), respectively.

- What do Jesus’ actions teach about respecting holy places and holy spaces?
- Are there areas in your life in which you could drive out commercial and materialistic influences to preserve holiness?

As you review the following verses, think about how and why materialism is dangerous, how riches can be deceitful, and how it is possible to allow the allure of material things to overshadow the pursuit of holiness.

[Matthew 13:22](#)

[Mark 10:23-30](#)

[Matthew 6:19-24, 33](#)

[1 Timothy 6:6-12](#)

In the [John 2](#) account, when Jesus found sellers of animals and money changers in the temple, He first “made a scourge of small cords,” and then drove them out of the temple.

- What figurative “scourge of small cords” can you make to drive out materialistic influences in your life? What are your best and strongest weapons against commercialism?

In the [second account](#), after Jesus drove the money changers and merchants out of the temple, “the blind and the lame came to him in the temple; and he healed them.”

- How does driving out commercialism (and/or unholiness in general) create space for the power and miracles of God to be manifest? Space for healing? Space for service? Space for holiness? Would the blind and lame have been able to receive healing at “the house of prayer” if the money changers and merchants had not been driven out?
- Aside from places of worship, what other holy places and spaces can you make greater efforts to respect and preserve?

THE HOME

- How can you make your home a haven of holiness? How do you drive out evil influences? As those influences are driven out, can you follow the example above and embrace holiness and healing?

From Richard G. Scott: “Parents, help safeguard your children by arming them morning and night with the power of family prayer. Children are bombarded every day...Protect your children from daily worldly influences by fortifying them with the powerful blessings that result from family prayer. Family prayer should be a nonnegotiable priority in your daily life.”

From Joseph B. Wirthlin: “The place to cure most of the ills of society is in the homes of the people. Building our homes as fortresses of righteousness for protection from the world takes constant labor and diligence. ... The righteous molding of an immortal soul is the highest work we can do, and the home is the place to do it. To accomplish this eternal work, we should make our homes gospel centered. When peace and harmony abound, the Holy Spirit will ever be present. The storms of the evil one can be stopped at the very entrance of our homes....”

A SACRED SPACE FOR DAILY COMMUNION WITH GOD

- How can you create an environment for personal study that is conducive to the Holy Spirit?

From Richard G. Scott: “Choose to converse with your Father in Heaven often. Make time every day to share your thoughts and feelings with Him. ... We talk to God through prayer. He most often communicates back to us through His written word. To know what the voice of the Divine sounds and feels like, read His words, study the scriptures, and ponder them. Make them an integral part of everyday life. ... Don't yield to Satan's lie that you don't have time to study the scriptures. Choose to take time to study them. Feasting on the word of God each day is more important than sleep, school, work, television shows, video games, or social media. You may need to reorganize your priorities to provide time for the study of the word of God. If so, do it!”

- How can you make individual and family prayer “nonnegotiable priorities” in your life? If you don't currently have a good system in place for regular prayer and study, what would work better?

OUR BODY AND SPIRIT

- Read and ponder [1 Corinthians 3:16-17](#) and [Romans 12:1-2](#).
- In today's culture where body shaming is so prevalent, how can you respect, honor, and love your body as God's temple?
- In terms of the way you treat your body, are there unhealthy influences or habits that you can remove?
- How can you invite the Holy Spirit to “dwell” in you in greater abundance, and to continually sanctify you?
- How can you more fully offer yourself as a living sacrifice to God?

Cleansing your life of unholy influences is just one way to practice submission to God. Another equally important way is to choose faith and trust in Him regardless of outside influences that may try to persuade you to turn away from God. How can you “in joy or in sorrow still follow the Lord,” and “run not before Him whatever betide”?

Read [John 6:24-71](#). In these verses Jesus taught that He is the living bread of which we all must partake in order to “never die.” This was doctrine that many found exceedingly hard to understand and accept. John recorded that, after this sermon, “many of [Christ’s] disciples went back, and walked no more with him.” Jesus then asked his apostles, “Will ye also go away?”

- How would you respond if Jesus asked you now, “Will ye also go away?”
- Have you ever experienced difficulty, as did the disciples in the story, which made it hard for you to remain true to your faith? How did/do you overcome doubts?

Finally, consider Simon Peter’s response to Christ’s question noted above. He said, “Lord, to whom shall we go? Thou hast the words of eternal life. And we believe and are sure that thou art the Christ, the Son of the living God.”

- Why do you think Simon Peter was able to answer this way, despite lacking a perfect understanding?
- For further reflection and analysis, read and ponder D. Todd Christofferson’s message, “[The Living Bread Which Came Down from Heaven](#).”

THIRD WEEK CHALLENGE:

Answer the following questions in your journal.

- Prayerfully select at least one section of this week’s guide and, based on the insights you receive while studying, make a concrete plan of how to implement changes in your life that will bring you closer to Christ.
- Each day this week, find one small way to submit yourself to God— to choose His ways over your own. Some examples of this are:
 - choosing to forego media with immoral themes
 - choosing to be selfless in the midst of a trial
 - choosing to withhold judgment or give someone the benefit of the doubt
 - choosing to believe Christ despite lacking a perfect understanding

TAKE TIME TO BE LED BY HIS

Spirit

WEEK FOUR

*Take time to be holy, be calm in thy soul.
Each thought and each motive beneath His control;
Thus led by His Spirit to fountains of love,
Thou soon shall be fitted for service above.*

PURPOSE: Take time to “be calm in [your] soul,” so that “each thought and each motive” may be directed towards Him. Seek out your own sacred space where you can communicate with God. Through the Spirit’s guidance, seek to live so that you can “be fitted for service above.”

The scriptures are replete with examples of God’s servants being led to higher ground in pursuit of communion with Him or the Holy Spirit; in response to direct commandment; to both make and fulfill sacred covenants; and at times even to enter His presence. Similarly, mountains are used symbolically to refer to holy places or places where God dwells.

Consider the following examples:

OLD TESTAMENT

Genesis 8:1-4, 20-22

Genesis 22:1-14

Exodus 3:9-10, 12

Exodus 19:18-20

Isaiah 2:2-3

Isaiah 56:7

Isaiah 57:13

Ezekiel 20:40

Joel 3:17

NEW TESTAMENT

Matthew 5:1-12

Matthew 17:1-5

Matthew 14:23

Luke 21:37

Revelation 21:10

BOOK OF MORMON

1 Nephi 11:1

- Why do you think mountains are uniquely set apart for such significant purposes and symbolism throughout scripture?
- Keep in mind the above references as you ponder the following questions:
 - When a mountain top is the literal setting of the action, what role do you think the act of physically scaling the mountain played in the experience?
 - When a mountain is used as a symbolic gathering or meeting place, what do you think the symbol is meant to inspire in the reader?
 - Think about the people who lived anciently and were either the recorders or first recipients of these verses. How might they have viewed mountains differently—as both actual locations and symbols—than we do in present day?
- Bearing in mind the previous question, consider: what type of location might be used today as your figurative mountain top? What could have the same meaning and significance for you as a mountain

did for the people of the Old Testament?

- Have you ever felt the Spirit direct you to separate yourself from your typical surroundings to be able to more effectively receive personal revelation?
- Where do you go to “be calm in [your] soul”?
- What kinds of sacrifices are required for you to go to your “mountain top”?

Many religions have sacred places of worship that are set apart. Whether such a place is called a chapel, a mosque, a synagogue, or a temple, there is something special in the act of leaving the world behind and entering a space that has been consecrated for a higher purpose.

Carol F. McConkie said this of the importance of worshipping in temples, “Sisters, come to the temple. If we are to be a holy people prepared to receive the Savior at His coming, we must arise and put on our beautiful garments. In strength and honor, we forsake the ways of the world and keep our covenants, that we may be ‘clothed with purity, yea, even with the robe of righteousness.’”

- What can you do when you seek closeness to God but find it is not possible for you to leave day-to-day life and enter a sacred building (or mountain top)?

Carol McConkie continued, “Holiness is a gift of the Spirit. We accept this gift when we choose to do those things that will increase the sanctifying power of the Holy Ghost in our lives.

“Sisters, if we would be holy, we must learn to sit at the feet of the Holy One of Israel and give time to holiness. Do we set aside the phone, the never-ending to-do list, and the cares of worldliness? Prayer, study, and heeding the word of God invite His cleansing and healing love into our souls. Let us take time to be holy, that we may be filled with His sacred and sanctifying Spirit. With the Holy Ghost as our guide, we will be prepared to receive the Savior in the beauty of holiness.”

- How might your daily choices affect your ability to accept the gift of holiness that comes from the Spirit?
- What does it mean to you to “sit at the feet of the Holy One of Israel and give time to holiness”?
- Can you entertain unholy thoughts, words, and actions in one room of your house and truly expect to find peace and the Spirit in the next room?
- Do you have windows of time throughout your day that you can “set apart” and devote to God? If so, what could you do in those moments?
 - Consider these suggestions:
 - Heartfelt prayer at the beginning of the day can turn any room into a sanctuary
 - An act of service for someone in need while you are out and about can change the tenor of your day (and theirs!)
 - Using the Sabbath to honor the Savior will sanctify what would otherwise be a regular day