

stand economy, and how to preserve your bodies. I wish you to fully understand the principles of natural life. How necessary it is that you should know them for your own benefit, and that you may be able to teach them to your children, which you should do all the time. Be careful of your bodies; be prudent in laying out your energies, for when you are old you will need the strength and power you are now wasting. Preserve your lives. Until you know and practice this, you are not thoroughly good soldiers nor wise stewards. Learn how to do good—how to do right. Work righteousness, and build yourselves up in the faith of the Gospel.

In the ordinance we here attend to in the afternoon, we show to the Father that we remember Jesus Christ, our elder brother: we testify to him that we are willing to take upon us his name. When we are doing this, I want the minds here as well as the bodies. I want the whole man here when you come to meeting. "Is that the way you come?" Yes, it is the way I go everywhere, when I go from home. When I leave home, I dismiss it from my thoughts.

"Is not your mind upon your family?" When I pray, I ask God to bless and preserve them; and then, whether he does or not, it is all the same to me. I do not trouble my mind about anything but the business before me. That is the way for us to conquer this weakness in us, and take our minds with us. Then, when you come to meeting, you know what is said, and what this ordinance is for. Then, when you are baptized, you know what it is for. Whatever duty you are called to perform, take your minds with you; and apply them to what is to be done. You may leave your selfishness when you start to meeting, but take yourselves. And if your minds are reaching after this, that, or the other, tell those ideas to stay away. You may feel anxious about your fields, about your crops, or about going to the canyons; but bid those thoughts depart, for you want to go to meeting to worship the Lord, and wish to drop all care while at meeting. Then, when the time comes, go to the canyons and to your other avocations, and do not let anything else interrupt you. That is the way to live.

May God bless you! Amen.