

# Doctrine and Covenants 19:23

The Lord revealed to Joseph Smith some keys to receiving peace in Jesus Christ.



## 1 LEARN OF ME

“We know that this ‘teacher come from God’ [John 3:2] was more than a mere teacher. He who taught us to love the Lord our God with all our hearts, all our souls, all our strength, and all our minds, and to love our neighbor as ourselves, is the Master Teacher and the Exemplar of the perfect life. . . .

“When we respond to the Lord’s gentle invitation, ‘Learn of me,’ we become partakers of His divine power.”

President Thomas S. Monson, “Learn of Me,” *Ensign*, Mar. 2016, 4, 6.

## 2 MEEKNESS

Being meek includes being “patient under suffering” (Guide to the Scriptures, “Meek, Meekness,” scriptures.lds.org). If we meekly endure our trials without resenting God, not only will we be converted, but He will also heal us (see D&C 112:13).

## 3 WALK

Learning and listening are necessary to truly follow Jesus Christ. But they are not enough by themselves. We must also walk, or act, in accordance with what we learn and hear.

“It is always the right time to walk in His way. It is never too late” (President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “The Way of the Disciple,” Apr. 2009 general conference).



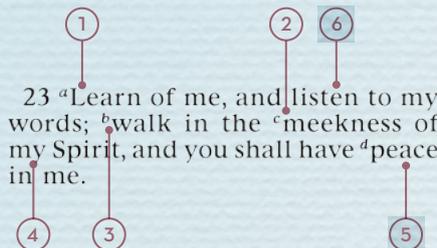
## 5 PEACE IN ME

“Peace is not found by attaining great wealth, power, or prominence. Peace

is not found in the pursuit of pleasure, entertainment, or leisure. None of these can, even when attained in abundance, create any lasting happiness or peace.

“. . . The Savior . . . is the source and author of peace. He is the ‘Prince of Peace’ [Isaiah 9:6].”

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, Apr. 2013 general conference.



## 4 MY SPIRIT

Meekness brings “the visitation of the Holy Ghost” (Moroni 8:26) and is a “fruit of the Spirit” (see Galatians 5:22–23).

## 6 LISTEN TO MY WORDS

Listening is important in developing faith in Jesus Christ. “Faith cometh by hearing, and hearing by the word of God” (Romans 10:17).

“God’s children should learn to listen, then listen to learn from the Lord” (President Russell M. Nelson, President of the Quorum of the Twelve Apostles, Apr. 1991 general conference).

*Editors’ note: This page is not meant to be a comprehensive explanation of the selected verse, only a starting point for your own study.*