



NOT TODAY SATAN

A BOOK ABOUT THE ADVERSARY
THAT WILL HOPEFULLY BRING YOU
CLOSER TO JESUS

ANNIE DULANEY

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COMPANION JOURNAL

NOT TODAY SATAN: THE JOURNAL

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THROUGHOUT THE BOOK YOU WILL FIND SECTIONS TITLED "FOR THE JOURNAL" THESE ARE INITIAL ACTIONABLE STEPS TO HELP GET YOU STARTED IN RECOGNIZING HOW SATAN IS WORKING IN YOUR LIFE AND TO NOT FORGET HOW GOD IS WORKING IN YOUR LIFE. AFTER READING THIS BOOK, THE JOURNAL WILL HELP YOU CONTINUE ON THAT PATH.

WEEKLY PODCAST

NOT THIS WEEK SATAN

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TO EXPLORE THESE CONCEPTS FURTHER I STARTED A WEEKLY PODCAST WHERE I DISCUSS IDEAS, EXPERIENCES, AND SCRIPTURES TO BE MORE AWARE OF THE ADVERSARY'S INFLUENCE. TO HELP YOU GAIN GREATER DESIRE, CONFIDENCE, AND STRENGTH TO TURN AWAY FROM THE ADVERSARY AND TOWARDS JESUS.

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FOR TRAVIS, ELLIE, GRAHAM, AND REESE—
WHO ALWAYS HELP ME FEEL THE LIGHT THROUGH
THEIR LOVE

AND FOR MY FRIEND—
WHO TAUGHT ME HOW IMPORTANT IT IS TO BRING
ALL THE THINGS TO THE LIGHT

OH, HEY THERE.

So, guess what, I have a pair of **WOOL TIGHTS**.

If you know me personally you are probably thinking “she knows what tights are?” But yes, these are definitely tights. And they are definitely made of wool. Once upon a time I had a call to serve a mission in Russia. On the shopping list with my mission information was “wool tights” so I (my mom actually) bought some wool tights. I didn’t end up serving that mission by the way, and we will talk about that more later on, but it is a necessary detail to this story. I honestly don’t know why I have hung on to the tights for so long, I have probably worn them twice in the last 11 years, and one of those was just to be funny, I think they were under basketball shorts. Recently I wore them for a second time.

While I was hopping around my bedroom on one foot struggling to get them on, my husband Travis walked in and said, “What *are* those?!” Apparently I had never shown him the special tights after almost ten years of

marriage, but for some reason I just don't want to part with them. Because you never know when something like that might come in handy, you know? Anyway, to the point.

These tights are wrapped in a ball and stuffed into the back of my drawer where I rarely see them. And when I do see them, you know what happens? I usually get a little sad. I get reminded about that not served mission. I think about the people that maybe would have been blessed by God had I been an instrument in His hands serving in Russia. I think about my own personal growth and wonder what experiences I missed out on. I think about the Russian language and remember just how cool it felt to pray in Russian after one week in the MTC.

Sometimes this wool-tight inspired sadness comes as just a little jab, and then it's gone. But sometimes it comes as a **KNOCK-OUT-PUNCH IN THE FACE.**

"You're a failure, girl. You had your chance to make a difference and you missed out. You let down your parents and family, both earthly and heavenly. You could have been a light. You could have changed lives and brought souls to Christ. But you didn't and... you suck."

Those are the types of thoughts that come when it's a punch-in-the-face type of scenario. **AND IT DRAGS ME DOWN.** It's not just the tights, sometimes it's the mention of Russia, sometimes it's a Facebook memory of me dressed up as a carrot at my going away party (don't ask,) and sometimes it just comes out of nowhere. But here I have to ask, do any of those thoughts sound like something the Spirit would whisper? Something our loving Father in Heaven would want His daughter to think of herself? Does shame, negative self-talk, fear of missing out (FOMO,) paralyzing regret, do any of these things come to your mind when you think of your Savior and what He wants for you? **THAT'S A HARD NO.**

The point I'm trying to make here, you may have already picked up on it, is that these types of thoughts and feelings come from the influence of the adversary, the influence of Satan. They are of no use to you. The point of all those types of feelings and those thoughts planted, are to make us miserable, aka Satan's entire work and purpose. To drag us down with him to a life of endless misery.

Do you want to go there for your eternities? Me neither.

“for he seeketh that all men might be miserable like unto himself” (2 Nephi 2:27)

I've got good news though, just because he's seeking it, doesn't mean he gets it. **YOU GET TO MAKE THE CHOICE.** You can choose eternal life through Christ rather than captivity with the devil, you can choose to not be deceived and dragged down. Once you have made that decision then guess what will probably happen? He still won't leave you alone. You get to keep making that decision over and over.

Here's the thing. He's not going to stop, he's determined, him and his little minions have got nothing else going on but to bug and harass you constantly. They want you! Because you are amazing. Because you have qualities that can change the world. Because you have a light that will help hold others up and away from these evil causes. Because you have a divine identity. Because you have hope and a future of happiness. Because you have a body to house your spirit. Because you have the chance to live with God and as God. They have none of these things and **NEVER WILL.** Their end goal is to keep as many of us away from God as possible, and this nasty little plan is often centered on just one soul at a time.

SATAN IS A JERK.

And has been a jerk for a long, long time.

Moses chapter 5 has a great introduction to Satan's nature. Adam and Eve had been shut out from the presence of God but were still praying, still seeking guidance, and still striving to be obedient to their Father. One day after an angel visited and taught them, the Holy Ghost then brought a message that I'm guessing was the best news they had received in their new lives. That even though they had fallen and were no longer worthy to dwell in the presence of God, they could be redeemed, through the Only Begotten. Even though things felt really bad, there was **A PLAN AND A PERSON** that made it okay.

The scripture says:

in that day Adam blessed God and was filled (v.10)

On that day, with that knowledge, they were new, they had hope, and they knew they were blessed. He and Eve both testified of the blessings this knowledge brought, and

the blessings of the fall they now better understood. They testified and taught these things to their children.

I'm sure (or at least confidently speculating) that there was a lot of rejoicing, and peace, and happiness, and Spirit felt at this time. Then what happened?

And Satan came among them (v.13)

HE CAME FOR THE SAME REASON HE ALWAYS COMES - to destroy, to pull away from light, to deceive into darkness. He didn't want their eyes opened. He didn't want them to have joy or hope or know that they could be with God again. So he went among them, and told them not to believe. According to the scriptures it seems that he had a little success, and they were fooled,

And they loved Satan more than God. (v.13)

But **GOD DIDN'T SHRUG HIS SHOULDERS** and say, "Oh well, they got it wrong" No way! Instead, He showed them how to fix this mistake, He gave them the commandment to repent, and the promise that if they believed in Christ and repented of their sins they would be saved. He also gave

a fair warning of what would happen if they did not. This scriptural account is just one of many examples of God's love for us and Satan's desires to steal our joy and destroy our souls.

I ran into an old friend the other day, Nicole, and she was literally beaming. I've known Nicole for about half of my life and have never seen her countenance shine like this before. We hadn't really seen or talked to each other in years, but she walked right up to me and with the biggest smile said, "Annie, I've had an awakening." The Spirit rushed into my heart with a **BURST OF ADRENALINE**, I felt how big of a deal whatever she was about to tell me was.

Most of Nicole's life has been filled with darkness. Some of that because of generational things passed on to her, some because of the choices of others, and some because of her own choices. She was so deep in the darkness that she couldn't even remember a time that she could feel the difference between right and wrong, she was numb to it. **BUT GOD DIDN'T LEAVE HER ALONE**, He didn't give up, He didn't walk away. When her heart was ready to find Him, she was given the opportunity in just the perfect-for-her personalized way to allow her to step out and accept Him and His light, which led to what she called

her “awakening.” She can now feel the light of Christ that is inherently hers, and she never wants to go back to that darkness.

Everyday Nicole still sees temptation and deception from the adversary in her life, but because she has worked with the Savior to strip herself of Satan’s grasp, she now has more power to withstand and see more clearly. **SHE KNOWS SATAN, BUT NOW SHE KNOWS JESUS TOO** and because of that she is filled with light.

Satan will continue to work against us always, to deceive us away from God.

But there’s so much opposition alongside the potentially discouraging truths of Satan being a total pain in our butt for our whole mortal lives. We not only have our agency to make the choice to not follow him, we can also have God and His power on our side.

We have the option to choose the **MOST POWERFUL AND WISEST BEING** in all of creation to be on our team. It’s like in elementary when you got to be a team captain *and* pick first, so you picked the best kickball player in the class

for your team. It's like that, but, one billion trillion infinity times better.

After we are baptized and given the gift of the Holy Ghost, we also have a **CONSTANT** companion who can **CONNECT US** to that power and wisdom of God. We have strengths and gifts and protection all around us. And we are promised that we will win this fight if we stay with the Lord.

Pray always, that you may come off conqueror; yea, that you may conquer Satan (D&C 10:5)

When I was in high school I somehow sneaked my way onto the varsity basketball team. Our coach was passionate about the success of our team. He showed that our success was important to him in his efforts to prepare us. A few days before each game, he would give us a 3-4 page "scouting report" of the team we would be facing.

These reports had details on the opposing team member's basketball strengths and weaknesses, a detailed breakdown of their offensive and defensive strategies (what they were named, the signals for them, how they implemented them, etc.) There were strategies

to compete against individuals and their team, which of our defenses would work best for us, and which of our offenses would thrive against them. Basically, these packets said, **"THIS IS HOW YOU BEAT THEM."**

With that preparation to understand the opposing teams and have a plan to face them, we had a pretty successful season. Utah 3A state champs, big deal, right?

This principle is the same in our head-to-heads with Satan. When we study and understand more about who he is, what he's trying to do, how he is trying to do it, and what we will do when we face him - **WE HAVE MORE POWER AGAINST HIM.**

I've noticed in conversation that the first thing that comes to mind for many when asked about how Satan works on them, is by tempting them to break the commandments. This is something we all have in common to some degree. He doesn't want us to keep the commandments, so he tempts us in those ways. It's one of his favorite jobs. But in this book, we will just acknowledge that Satan tempts us to sin and simplify the definition of sin as breaking the commandments. But throughout these pages I just want to go a little deeper. Deeper into Satan's more deceiving,

conniving, and sneaky ways. Ways he gets to us that makes it easier for him to trap us into those temptations or **WAYS HE JUST MAKES US MISERABLE.** Hopefully you will discover some way that Satan has been deceiving you that you didn't realize before and be more capable of stopping him in his tracks.

Throughout my life and especially over the past decade I have slowly gained a knowledge and perspective about Satan that has helped me make my personal plan against him and stay safely close to the Lord. That does not mean that I don't have to deal with this evil dude on the daily. But I think that by sharing my own experience and knowledge it will help others do the same, and that you will be able to form your own personal plan against the adversary - because **HE'S NOT GOING TO BACK DOWN ANY TIME SOON.**

I have all the imposter-syndrome in the world as I type this. Even though I'm very aware of the weak spots Satan targets in me, I am also human and sometimes fall short into his traps. Often, actually. But I have learned things that help me get back up in faith, and even prevent or stop some of his attacks. I've spent more time with Satan than I'm comfortable with (I'm comfortable with zero time with

him by the way) but through that time I've learned valuable lessons straight from God. Lessons that have made staying on the Lord's side a little bit easier and I'm going to jump at the opportunity to share those lessons with anyone who will listen. Or maybe I should say "anyone who will read", rather than listen, because if you try to converse with me about this, the social anxiety will kick in and I may forget everything I know, including my name. Just a heads up.

What I hope you will get out of this book is a better knowledge of the adversary and a greater awareness of his strategies aimed **DIRECTLY AND PERSONALLY TOWARDS YOU**. I hope that the scriptures, experiences, and journal questions throughout these pages will help you open your mind to the Spirit to find what is applicable to you. I truly believe that if we are more aware of his purpose and tactics that we will be more prepared to fight against and overcome the adversary.

1

WHO EVEN IS THIS GUY?

Before we came to Earth we were all in Heaven, right? All of us. Including Satan, who was then known as Lucifer. Did you know that Lucifer was once “an angel of God who was in authority in the presence of God” (D&C 76:25)? I don’t know how “authority” worked in Heaven other than our Heavenly Parents being the head of the family. But Lucifer, whose name literally meant “Shining One” or “Lightbearer”¹ seemed to have some sort of prominence there. As we learn in the scriptures and teachings of the prophets **HE SOUGHT MUCH MORE** of that prominence, power, and glory.

He rebelled against the plan of true happiness that Heavenly Father made for His children and proposed a plan of his own. One full of false promises, deception, manipulation, and one that could never bring the experience and growth we all needed here on Earth to become like God.

Lucifer claimed that he could bring every soul back to God.

But in that lie, Lucifer suggested that agency would not exist and commandments would not be necessary. Growth and learning? Forget about it. Eat, drink, be merry, do what ya want and then everybody wins! Maybe the part about us having no agency and being forced to do the will of another was glossed over.

IT WASN'T ANOTHER REAL OPTION; it was just an attempt to destroy the agency of mankind and lay claim to God's honor. Even though it could never actually work, his deceitful plan was appealing enough for a third part of our spirit family to go along with him. In Moses 4 - the Lord explains simply what happened:

Wherefore, because that Satan rebelled against me, and sought to destroy the agency of man, which I, the Lord God, had given him, and also, that I should give unto him mine own power; by the power of mine Only Begotten, I caused that he should be cast down (v.3)

HE REBELLED AGAINST GOD

+

HE TRIED TO DESTROY MAN'S AGENCY

+

HE SOUGHT TO STEAL GOD'S POWER

=

LUCIFER IS CAST DOWN AND BECOMES SATAN, THE DEVIL, THE
ADVERSARY, THE DESTROYER, THE SERPENT, ANTICHRIST,
PERDITION, ETC ETC ETC.

Because of that casting down, Satan lives in miserable darkness forever. That's what his eternity looks like and that's what he wants ours to look like too. He wants to drag each of us down with him because if he has to be miserable, then according to him, so should everyone else.

And because he had fallen from heaven, and had become miserable forever, he sought also the misery of all mankind. (2 Nephi 2:18)

So in a nutshell that's who he is.

But as we know, **THERE IS OPPOSITION IN ALL THINGS.** I hope it's already obvious, but just in case it's not, the opposition to who Satan is, is who **JESUS CHRIST** is. And who is He you ask? This book is way too short to fully answer that question. I would suggest heading over to the scriptures for a sufficient answer. But here are *just some* of the awesome things about who Jesus is.

He is the creator. Under the direction of the Father, Jesus created the earth and everything in it.

He is our brother.

He is our Savior and our Redeemer. He was chosen before we came to Earth to take upon these roles and willingly did so.

He lived a perfect life, suffered, and died for all of the sins and trials and pains of mankind, was resurrected and because of that we can be resurrected too.

He is our friend.

Here are some other names and titles he holds, Son of the Living God, Only Begotten Son, Holy One of Israel, Wonderful, Counselor, The Prince of Peace, Alpha and Omega, Advocate, Mediator, Lamb of God, Good Shepherd, Fountain of Living Waters, Rock, Messias, True Vine, The Bright and Morning Star, Christ.

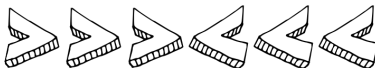
I also love this description of who Jesus is:

Jesus Christ is the greatest being to be born on this earth. His life is the perfect example of how all mankind should live ... He is the Lord of lords, King of kings, the Creator, the Savior, and the God of the whole earth²

With that understanding of who each of them are, is it easier to decide whose side you want to be on?

FOR THE JOURNAL

WHAT DO YOU FEEL WHEN YOU THINK
ABOUT JESUS CHRIST BEING
ON YOUR SIDE?



2

YOU REALLY ARE A CHILD OF GOD

We are literal sons and daughters of Heavenly Parents. We were all “created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny”³

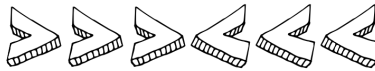
Elder Boyd K Packer also taught along those lines:

*You are a child of God. He is the father of your spirit. Spiritually you are of noble birth, the offspring of the King of Heaven. Fix that truth in your mind and hold to it. However many generations in your mortal ancestry, no matter what race or people you represent, the pedigree of your spirit can be written on a single line. You are a child of God!*⁴

FOR THE JOURNAL

WHAT COULD CAUSE YOU TO FORGET THAT YOU
ARE A DAUGHTER OR SON OF GOD?

WHAT WILL HELP YOU REMEMBER?



Knowing you are a child of God with divine potential can greatly affect the decisions you make and the way you live. **YOU HAVE GODLINESS IN YOU** and the ability to unlock divine power within yourself. But even with that truth, and knowing God is far more powerful than the adversary, why do Satan's attempts to bring us down seem so difficult to withstand sometimes?

One reason is that we are a **FALLEN PEOPLE IN A FALLEN WORLD**. As part of the Fall of Adam and Eve, things that needed to change in us, changed. President Brigham Young explained this concept:

*In the first place the spirit is pure, and under the special control and influence of the Lord, but the body is of the earth, and is subject to the power of the Devil, and is under the mighty influence of that fallen nature that is of the earth.*⁵

IT'S IMPORTANT TO NOTE that some synonyms to the word “subject” are susceptible to, prone to, and vulnerable to. So, our bodies, or as it is sometimes described as the “natural man” are more vulnerable to the power of Satan but are **DEFINITELY NOT IN HIS CONTROL BY DEFAULT**. At all times either our bodies are influencing our spirits, or our spirits are influencing our bodies. As Brigham Young taught, our spirits are naturally pure, but they were not perfect in heaven (hence the large chunk of spirits following Satan’s tempting plan) and they’re still not perfect now. When our spirit is in charge though, Satan’s chances are much slimmer. When our natural man takes over, this is when withstanding temptation and deception of the adversary is **MUCH MORE DIFFICULT**.

Some of the natural man’s strongest attributes are selfishness, pride, and a quick temper. The natural man thinks he is always right and has no room to learn anything from anyone else. The natural man doesn’t want

to serve others but is also too proud to allow and accept service *from* others. The natural man feels agitated, irritated, and uncomfortable. The natural man attempts to satisfy any appetite that may arise. The natural man has no self-discipline and acts on a whim no matter the consequence to his spirit-frenemy. (Is it okay for me to assume my natural man and my spirit are frenemies?)

King Benjamin had something to say about all of this in the Book of Mormon

For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, (Mosiah 3:19)

Wouldn't it be sad if it ended right there? We are an enemy to God and always will be? Forever and ever? Yikes! But **LUCKILY** we have loving Heavenly Parents who have made perfect plans for us and that's **NOT** how that scripture ends. King Benjamin continues...

Unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, (Mosiah 3:19)

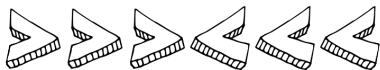
That “unless” makes things feel a lot better. This part of us, this natural man, is an enemy to God, yes. But we aren’t stuck with that. Through the all-encompassing power of the atonement of Jesus Christ, we can put that natural man part of us in check. Our spirit can be in charge. King Benjamin even gives us a little more direction here

And becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him (v19)

FOR THE JOURNAL

WHICH OF THE QUALITIES LISTED IN THE END OF THIS
SCRIPTURE DO YOU FEEL YOU NEED TO PERSONALLY WORK
ON?

WHICH DO YOU FEEL YOU ARE DOING A GREAT JOB AT?



All of this; the natural man and our spirit coexisting, us being children of God in a fallen world, real effort being

required to choose light and goodness - all of it is a part of the plan for us to *grow*. For us to have real experiences to learn from. For us to become like God. You know, that main purpose we are here on Earth? It's all essential for us. We have been given all of the tools we need to be successful here, but it takes our faith and proper use of our agency to make good use of those tools. **OUR DESIRES WILL GUIDE HOW WELL WE DO THIS.**

If we desire to serve God with all our heart, might, mind, and strength, Satan's power will become irrelevant, although still present, and obnoxious, and maybe sometimes **OVERWHELMING**. But it takes work, and Heavenly Father has given us every reason to believe that the work is worth it.

There is an ongoing battle for the souls of men in each of our hearts, but we are **NOT LEFT ALONE TO FIGHT IT.**

One resource God has given us to help fight this fight is known as the armor of God. You've heard of it, right?

- > BREASTPLATE OF RIGHTEOUSNESS <
- > SHIELD OF FAITH <
- > HELMET OF SALVATION <
- > SWORD OF THE SPIRIT <

And... a couple others that don't roll off the tongue quite as easily.

He has given His armor as an **ACT OF LOVE** for His children. Our Father is always aware of us and of the evils around us. He has provided us this way to use our agency to act - to put on this armor, and when it is on, we are divinely protected and can stand in holy places at all times.

Take upon you my whole armor, that ye may be able to withstand the evil day (D&C 27:15)

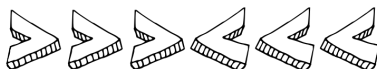
He won't force us into this armor. It is given to us as a gift of divine protection but requires us to do our part to **ACCEPT AND IMPLEMENT** that gift in our lives. The protection requires us to make efforts to live righteously, to follow the guidance of the spirit, to have faith, and be faithful.

You can learn more about this in Ephesians 6:10–18 where Paul wrote to the Ephesians what to do and how to do it:

be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. (v. 10-11)

FOR THE JOURNAL

WHAT PIECE OF THE ARMOR
DO YOU NEED TO PUT A LITTLE MORE
EFFORT IN TO WEARING?



Even though we are all imperfect natural humans who often fall short in putting on or keeping on the armor God has given us, we are still His children. He is still our Father. Satan may try to tell you differently but trust me, there is nothing you can do or no low you can reach that will change the **ETERNAL TRUTH** that you are a child of God.

Remember that parable Jesus told about a father and child relationship, the prodigal son? You can find it in Luke chapter 15. I always used to read that as just a lesson about us. We might make big mistakes but we can repent and return. To me it was always just about that, there is still hope when we screw up because we can repent. And it absolutely is about that, but what else is there to learn? What about the nature of Heavenly Father can we also learn from this parable?

The son requested his inheritance, something that normally would not be given until his father's death. He took the money, abandoned his family, blew it all, and got himself in quite the mess. We can't blame all of our mistakes on Satan, we have agency, but in this story I imagine Satan whispering encouragement of living the lifestyle the son tried out that got him in the mess. And then also whispering lies of discouragement as he laid in the sty, broke and homeless, eating with the pigs. I imagine Satan telling the son how unworthy he was, *Don't go back. Your father is too disappointed. He doesn't want to see you. He doesn't love you anymore*

Somehow though, the son pushed through those whisperings and decided to return, with a plan he deemed

fair - to beg for forgiveness and be a servant to his father. The moment the father saw his son coming back to him, **HE CAME RUNNING.** He didn't walk to meet him. He didn't stand on the porch with his arms folded. He came running, with a big hug and kiss too. The son didn't even have a chance to lay out his plan before the father was planning the party to celebrate this homecoming.

This is how Heavenly Father feels about you when you stray from him. He stays waiting, watching, and hoping for your return. And when you do, He is filled with excitement, rejoicing, and relief. Satan does not want you to believe this. He will magnify every insecurity, doubt, and worry you may have and twist and lie and put all his efforts into deceiving you away from this truth. He wants to trick you to the point that you may forget the **MOST BASIC YET POWERFUL TRUTH** of your identity - you are God's precious valued child, and He is your Father. The moment you turn towards Him, He runs to you. Because He loves you, and He loves to be with you.

Have you ever felt unworthy or ashamed to pray? Or that Heavenly Father doesn't want to hear from you? That is Satan. He doesn't want you to know God is waiting and watching for you. He doesn't want you to remember who

you are, because if you forget what your relationship with the Father is, it is much easier for the adversary to pull you further and further away from **LIGHT AND TRUTH**. And the further away you are from it, the more chances the adversary has to wrap you in chains with him and keep you from the happiness your loving heavenly parents have and hope for you.

DO NOT FORGET - When you turn towards your Father in Heaven, He will run to you. We will all stray from God in different ways at different times throughout our lives, but He always wants us back. He's not just pleased when we return, He's stoked! He will throw the welcome home party. Every. Time. Because He is your Father, and **YOU ARE HIS CHILD**.

3

THIS IS MOSES, BE LIKE MOSES

The scriptures as well as our personal experiences teach us just how clever, cunning, and deceiving Satan can be. We also learn that he's relentless, driven, and has his evil heart set on taking us down. I'm sure you've noticed or experienced at least one way that the destroyer has attempted to destroy you. To destroy your testimony, your confidence, your hope, your happiness, **OR ANYTHING THAT IS GOOD IN YOU.**

There are many ways he tries to destroy these things. His tactics are **PERSONALIZED** for each of us, but we can still learn valuable lessons from others' experiences with him.

In the scriptures, one of my favorite stories of Satan getting shut down in his destroying attempts is found in

Moses chapter 1. Jesus Christ had just revealed Himself to Moses. They talked face to face. Moses felt His glory and saw visions that caused him to marvel and wonder. Moses was taught who he *really* is, a son of Heavenly Parents and “in the similitude” of Christ (v.6).

After this visit Moses began declaring a testimony of God and His glory. In the middle of this declaration, who shows up? Satan, of course. With the **NOT VERY ENTICING** invitation:

Moses, son of man, worship me (v.12)

Isn't that wording interesting? Moses had literally just been chatting with the Almighty about how he is a son of God, and Satan decided to use “son of man” in his demand to be worshiped. Like maybe Satan doesn't want us to realize or remember that we are children of God or something?

But back to the story. Moses' response to the adversary's demand is the best part:

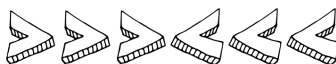
Who art thou? For behold, I am a son of God, in the similitude of his Only Begotten; and where is thy glory, that I should worship thee? (v.13)

What do you think Satan expected here? Perhaps he knew he had no chance at getting Moses to worship him, but he tried anyway. He had to. He knew what potential Moses had, and the good in him (just as he knows these things about **YOU**). But Moses was not about to be fooled.

MOSES LESSON 1: Satan doesn't hang back to see how your spiritual experiences play out. When he sees you progressing, growing, or feeling spiritual things, he is going to act. He wants to stop you from getting stronger in spirit so he's going to attack at any point he sees necessary. Even and maybe especially when he knows his chances at succeeding are slim.

FOR THE JOURNAL

CAN YOU THINK OF A TIME YOU'VE FELT TEMPTATION OR DARKNESS FOLLOWING A SPIRITUAL EXPERIENCE? HOW DID YOU RESPOND? WHAT WILL YOU DO NEXT TIME THIS HAPPENS?



Back to Moses. After declaring his divine worth, he explained a little bit more about why he would not be deceived by the adversary, including the fact that he couldn't even look at God without being transfigured because God's glory was too great. But when he looked at Satan it was "darkness" to him (v.15). Satan has no glory.

MOSES LESSON 2: We were built to be able to discern between good and evil. Near the end of the Book of Mormon you'll find a solid scripture for this principle.

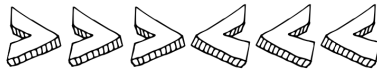
For behold, the Spirit of Christ is given to every man, that he may know good from evil (Moroni 7:16)

It's a **SIMPLE STATEMENT THAT CARRIES SO MUCH POWER.** We were all born with the Spirit of Christ, or the Light of Christ, to *know* good from evil. I also believe that the fact that Moses had just barely been with God, talking, listening, and learning from Him, factored in greatly on Moses' ability to tell the difference between God and Satan. We too can increase our abilities to discern good from evil by "being with" God.

FOR THE JOURNAL

WHAT ARE WAYS YOU CAN BE WITH GOD PERSONALLY?

HOW CAN YOU BETTER INCREASE YOUR ABILITY TO
DISCERN BETWEEN GOOD AND EVIL?



So after this rejection Moses tells Satan, not once but twice to **TAKE A HIKE.**

Get thee hence, Satan; deceive me not (v.16)

and

I can judge between him and thee. Depart hence, Satan (v.18)

This did not sit well with the adversary and his anger began to rise.

And now, when Moses had said these words, Satan cried with a loud voice, and ranted upon the earth, and commanded, saying: I am the Only Begotten, worship me. (v.19)

For how good Satan is at lying, “I am the Only Begotten” was not his best one.

As Satan shouted and ranted, Moses began to fear and he “saw the bitterness of hell” (v.20) Despite this, he **CALLED ON GOD** for help and commanded Satan again:

Depart from me, Satan, for this one God only will I worship, which is the God of glory (v.20)

and then once more:

*And now Satan began to tremble, and the earth shook; and **MOSES RECEIVED STRENGTH, AND CALLED UPON GOD, SAYING: IN THE NAME OF THE ONLY BEGOTTEN, DEPART HENCE, SATAN.** (Moses 1:21, emphasis added)*

This time he listened. And after Satan departed, Moses was **FILLED WITH THE SPIRIT**. He stood up, he stayed strong, and it paid off.

MOSES LESSON 3: Satan is persistent, but we have God on our side.

After stating that he would not worship Satan, Moses had to tell him to leave another four times before he finally did. When Satan isn't listening to us commanding him to leave our hearts and minds, we need to **BE MORE PERSISTENT THAN HE IS** and remember God is on our side. We have the same advantage and ability as Moses did of being able to call on the power of God for help in casting Satan out and away from us.

We can also learn along these same lines in the scriptures from Jesus. In Matthew 4:1-11 we learn of some of Satan's attempts to trick the Savior.

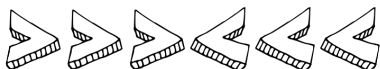
Jesus went into the wilderness to be with God. He fasted forty days and forty nights and Satan tempted Him. It's recorded in this account that Christ was tempted at least three separate times, and at each attempt the Lord

rebuffed him swiftly. One of those rebuffs being another, “Get thee hence, Satan”

MOSES LESSON 4: Neither Christ nor Moses entertained the temptations of Satan. They didn’t wait to hear what he had to say. They didn’t give him the chance to lie to them. They recognized danger and shut the door in its face. You and I can also recognize this dark influence and have nothing to do with it. Shut the door. Don’t be accommodating, hospitable, or polite with the adversary. Discern and act, pray for help, acknowledge him only long enough to say, “Get thee hence” and throw him out.

FOR THE JOURNAL

WHAT OTHER LESSONS HAVE YOU LEARNED FROM THE SCRIPTURES ABOUT HOW TO DEAL WITH SATAN AND HIS TEMPTATIONS?



4

BRAIN DWELLERS

I was once struggling with some hard-core negative thoughts and feelings about myself. Things that felt so real and so true, but in retrospect were **OBVIOUSLY** planted by that evil influence we've been talking about. My friend Julia came up with the best Disney themed analogy that helped me get out of those thoughts, and I think of it often.

Did you see the movie The Incredibles? Remember the omnidroid robot that Mr. Incredible was trying to fight? If not, here's what you need to know, it was basically **INDESTRUCTIBLE**. Mr. Incredible threw it into molten lava and it popped right back out like nothing happened. But the most important part about this robot - nothing in the universe is strong enough to puncture the omnidroid, **EXCEPT FOR ITSELF**. With this being the case, the only way it could be destroyed was by destroying itself. So, Mr.

Incredible tricked the omnidroid into destroying itself and game over.

This is what Satan does to us. He has no power to actually harm us. He does have the power to deceive and convince us to destroy ourselves, but again do not forget - this is only possible if we **WILLINGLY GIVE HIM THE POWER** to do so.

HE CANNOT BREAK YOU. He can plant ideas or feelings in your brain that may be believable but are not true. If you allow these thoughts to dwell, if you give them space in your mind, if you don't acknowledge what they are and cast them out, in time you may believe his lies and if you do, then you may ultimately break yourself.

Satan is so cunning that he plants thoughts that can sometimes be portrayed as our own. He may tell you you're a bad parent / spouse / child / friend / person. Or inadequate for your responsibilities. Or you can never progress. Or that you're not worthy of God's blessings. Or that the atonement is out of reach for you. Or plant exaggerations of all your current insecurities. Or a million other things. Your job is to see those thoughts for what they are – **LIES** - and then kick them out of your brain as

quickly as possible. Don't give his words space in your brain. Satan never tells whole truths so don't nurture his words. Don't hold on to them. Because the longer you keep those thoughts, the more they may seem like your own, the more they can work in you, and the more likely you are to believe them.

THOUGHTS ARE POWERFUL. Thoughts turn into action. It's why Satan loves to trespass on our minds. And it's why King Benjamin warns us to

watch yourselves, and your thoughts (Mosiah 4:30)

But fortunately for us, Satan is not the only one who plants thoughts in our minds. Since the adversary is a being of spirit, he works in that realm. But Heavenly Father loves us way too much to leave us alone with only the influences of evil trying to entice us. Satan is completely counterbalanced by the Holy Ghost. This balance of influence honors our free agency and provides us the opportunity to **CHOOSE** between good and evil.

Each of these forces, being spiritual, works directly on the mind of man—or the heart, as the scriptures call it—until the individual willfully chooses to obey one and ignore the

other. Then the balance of power shifts and the person begins to move upward to eternal life or downward to destruction and misery. A person who has elected baptism and received the gift of the Holy Ghost has shifted the balance greatly in favor of God's influence⁶

Two things on this quote -

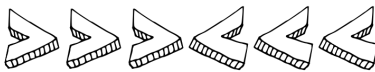
FIRST: Did you catch that last line? After you have received the gift of the Holy Ghost you then shift the balance “greatly in favor of God’s influence.” The Holy Ghost definitely has the power to reach anyone, but when we receive the gift of the Holy Ghost we are provided with an even greater chance to feel, and hear, and be guided by Him. When we receive the gift of the Holy Ghost we know that the intensity and consistency of His influence will increase.

SECOND: What about that phrase “willfully chooses to obey one and ignore the other”? Does that mean that even if we are baptized and receive the Holy Ghost and the balance is shifted, we **STILL** have to try? We **STILL** have to keep listening to the Spirit and ignoring the adversary? Yes, of course. And is it still difficult to make the right

decision of who we listen to and who we ignore? Yeah, sometimes. But we can do it! We have all the forces of good in the universe watching with faith in us, cheering us on and helping us along the way.

FOR THE JOURNAL

WHAT ARE THINGS THAT HELP YOU PERSONALLY TO
HAVE MORE CAPACITY FOR THE INFLUENCE OF THE
HOLY GHOST IN YOUR LIFE?



We know that we can be influenced by both good and bad. We know thoughts are planted by both Satan and the Holy Ghost. We know Satan is sneaky and tries to trick us and that God loves us, and the Holy Ghost will guide us. How can we be sure to not be deceived?

Mormon, of The Book of Mormon, taught a simple principle of how to judge which influence is affecting our thoughts:

every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; wherefore ye may know with a perfect knowledge it is of God. (Moroni 7:16)

Thoughts that invite us to do good, to choose the right, to love God and man **(INCLUDING OURSELVES)** - are from the spirit.

But whatsoever thing persuadeth men to do evil, and believe not in Christ, and deny him, and serve not God, then ye may know with a perfect knowledge it is of the devil; for after this manner doth the devil work, for he persuadeth no man to do good, no, not one; neither do his angels; neither do they who subject themselves unto him. (Moroni 7:17)

Thoughts that invite us to sin, to deny Christ and His teachings, and that bring contention in our hearts towards God or man **(INCLUDING OURSELVES)** - are from the adversary.

To be able to discern even more accurately between the influences of good and evil, prophets have given direction

and encouragement and pleaded with us to increase our spiritual capacity to receive personal revelation.

As we increase our capacity for personal revelation, we then shift the balance of power even more in favor of God's influence.

As we create more space in our hearts and minds for personal revelation, we will hear the Spirit more often.

As we spend more time with the Spirit, we will be able to understand and recognize how He speaks to us.

All of this will naturally **ADD CLARITY** to our discernment of good and evil.

5

SATAN HATH DESIRED YOU

In the first section of the Doctrine and Covenants the Lord explains that **PEACE WILL BE TAKEN FROM THE EARTH** but gives a warning and a reassurance of how we will still be more than okay.

when peace shall be taken from the earth, ... the devil shall have power over his own dominion. And also the Lord shall have power over his saints, and shall reign in their midst (Doctrine and Covenants 1:35-36)

When peace is taken from the earth, **SATAN WILL NOT HAVE POWER OVER THE SAINTS**, the lovers and the followers of Jesus. That's great, right? But that's not all! The Lord *will* have power over the saints, and the Lord's power is divine protection, care, love that builds us up. Satan's power is manipulative, deceptive, and evil that destroys. All Satan

wants is power over us to pull us away from God. Once he is successful, he won't care for us, he won't comfort us, he won't protect us (even if he wanted to, he couldn't.)

But Christ? His power is to protect you, help you grow and feel joy. He is here cheering you on. He knows that you can and have to make the decisions to be on His side. He can't and He won't force you. But you better believe He **WANTS** you with Him. He wants you to choose good, to choose Him.

Satan will tell you whatever lies he wants to win your heart, to get you to choose his team. Throughout my life I have felt his manipulative and deceptive lies in the form of pulling me away from people I love. His whispers have sounded like - *They don't understand or accept you. They would be better off without you. They don't really love you. They aren't really your friends. No one really cares, everyone is just being nice to your face. You're too weird. You're too much.* I've heard these and many others along the same lines, and they all stem from the same place of that dark influence. **THEY. ARE. ALL. LIES.**

The adversary knows that **GOOD PEOPLE ARE GOOD FOR PEOPLE**, so he wants to keep us apart. He knows that if we feel lonely, he is at an advantage to deceive us. He knows the power that can come from the family unit, so he tries to destroy it. He knows the light that can be shared in real connection friendships, so he pulls us away from each other with all sorts of deceptive tricks. When he is successful it can weaken our soul, and our ability to lift others.

Don't get me wrong, I'm not saying we should cling tight to toxic people in our lives. But be aware of what could be happening when you feel that pull. When you feel offended, or when you hear whispers like we just talked about, or even when you make up scenarios in your head that are hurtful to you about those you love (I see you my overthinking friends.) **BE PRAYERFUL** about the different relationships in your life and don't fall for anything Satan throws at you.

Sitting with his disciples at that last supper, Jesus made it a point to warn and prepare Simon for one thing that was about to be made much more obvious

Simon, Simon, behold Satan hath desired you, that he may sift the children of the kingdom as wheat
(Joseph Smith Translation, Luke 22:31)

In other words, Satan wanted to shake all the goodness out of Simon. He wanted Simon's heart not only because he wanted to stop Simon's force of goodness, not only to drag Simon down, but so he could also **MORE EASILY TRAP** the hearts of others and bring them down to dwell with him in endless misery.

Christ, as well as Satan, knew Simon's mission. They knew the work that was still left to do. They knew the potential of Simon's soul and his influence on others in the church and out of it. **AND THEY KNOW ALL OF THAT ABOUT YOU TOO.**

After His resurrection, Jesus gave similar warnings and teachings to the Nephites. He first said to His twelve disciples

Ye must watch and pray always, lest ye be tempted by the devil, and ye be led away captive by him. (3 Nephi 18:15)

Then turned to the multitude of people standing by to hear Him and said:

Ye must watch and pray always lest ye enter into temptation; for Satan desireth to have you, that he may sift you as wheat

Therefore ye must always pray unto the Father in my name (3 Nephi 18:18-19)

Seems pretty simple but super important, yeah?

During that last supper chat, right after the warning, as per usual, Jesus **BROUGHT THE COMFORT:**

But I have prayed for thee, that thy faith fail not (Luke 22:32)

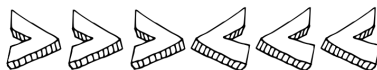
Have you ever heard someone pray for you? Imagine that prayer being uttered by the mouth of the Savior. Because Jesus Christ is our **ADVOCATE WITH THE FATHER**, I'm assuming with confidence that he is spending some time, just as He did for those apostles, praying for each of us. Praying that our faith won't fail us. Praying for us to be strong in the face of the adversary. Praying for us to have

the courage to lean on Him to get us through temptation and trials especially when it **FEELS LIKE** He may not be there.

FOR THE JOURNAL

HOW CAN YOU STAY STRONG IN THE FACE OF SATAN
WHEN HE IS DESIRING YOUR HEART?

WHAT KNOWLEDGE DO YOU HAVE ABOUT JESUS
CHRIST THAT CAN HELP?



In these scripture stories of the Savior teaching Simon and the Nephites similar things, we also learn of a job He gave them to do with their new knowledge of the adversary.

*And when thou art converted, strengthen thy brethren
(Luke 22:32)*

It's a job for each of us as well. As we learn to protect ourselves from the attacks of the adversary, as we become strong in our testimonies, and knowledgeable about Satan's cunning ways, we are also charged with the

responsibility to **STRENGTHEN THOSE AROUND US.** Life is all people, and we are all here on this earth to love, support, and lift each other above the influence of our common enemy and into the arms of God.

RECAP:

- > SATAN DESIRES YOUR HEART, SO THAT HE CAN DESTROY YOUR HEART.**
- > CHRIST DESIRES YOUR HEART, SO THAT HE CAN SAVE YOUR HEART.**
- > PRAY, PRAY, PRAY ALWAYS THAT YOU CAN HAVE THE STRENGTH, COURAGE, AND ENDURANCE TO STAY ON THE LORD'S SIDE.**
- > THEN LOVE AND STRENGTHEN EACH OTHER.**

6

DISCOURAGEMENT: THE GATEWAY TOOL

Let's talk about discouragement for a minute.

Maybe for a long minute.

There is a fictional story floating around the internet about Satan (lots of people claim to be the original author, so I'm sorry if it's your great grandma or something and I'm not giving her proper cred) but it goes something like this:

One day Satan announced that he was retiring from being the devil and that he would offer all his diabolical inventions for sale. So he decided to host a yard sale. He displayed each of his tools to appear attractive even though they were all so ugly. Malice, hatred, jealousy, deceit, and all the other instrumentalities of evil.

Each was marked with a price. Apart from the rest lay a plain, wedge-shaped tool that was obviously used often, and priced higher than any of the others. Someone asked Satan what it was.

“That’s discouragement” was his reply.

“Well why have you priced such a simple tool so highly?”

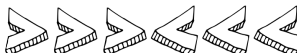
“Because,” Satan replied, “it is more useful to me than any of the others. I can pry open, and get inside a man’s mind with that tool when I could not get near him or her with any of the others. And once inside, I can use that person in whatever way suits me best. It is much worn because I have used it on nearly everybody, and yet few, very few know that it belongs to me.

That last sentence gives me the chills!

FOR THE JOURNAL

THINK OF SOMETHING THAT IS DISCOURAGING TO YOU
RIGHT NOW...

DO THE WORDS YOU SAY TO YOURSELF ABOUT THIS
SPECIFIC THING SOUND LIKE WORDS FROM YOUR SAVIOR?



If you're anything like me, I'm sure it wasn't hard for you to think of something you either are or recently have been discouraged about. Those things linger in our minds. They affect the way we make decisions and live our lives. And most of the time we believe these discouraging feelings are truths because of facts in front of us. The adversary hates when we **SPEAK KINDLY** to ourselves in moments of discouragement because it slows or even stops the spread of his influence. So when you begin to feel discouraged try giving extra kindness towards yourself and see what happens.

In a devotional given over thirty years ago, Jeffrey R Holland taught about discouragement being like a germ that comes from Satan:

It's frequently a small germ, hardly worth going to the Health Center for, but it will work and it will grow and it will spread. In fact it can become almost a habit, a way of living and thinking, and there the greatest damage is done. Then it takes an increasingly severe toll on our spirit, for it erodes the deepest religious commitments we can make—those of faith, and hope, and charity. We turn inward and look downward, and these greatest of Christlike virtues are damaged or at very least impaired.

*We become unhappy and soon make others unhappy,
and before long Lucifer laughs.⁷*

As that germ of discouragement spreads, it is much, much harder to recognize who planted it. It feels like it's just a part of us, and thus is much harder to exterminate. Which is why **IDENTIFICATION** is so important. Identify the source of discouragement, and squash it.

My oh so wise husband taught me a game changing principle about discouragement through an experience our family had a few years ago. He pointed out how Satan's plans to discourage us can always backfire on him **FOR OUR BENEFIT**.

A few years ago Travis began to feel discouragement overwhelming him as the financial provider of our family. He didn't see opportunity for growth in his career. We had a pretty good amount of debt to our names. We had financial goals and dreams that didn't seem anywhere in reach. Satan played his role in the discouragement by magnifying feelings of being trapped, inadequacy, envy towards others, hopelessness, and other terrible thoughts and feelings that Satan can bring with discouragement.

Travis recognized that he couldn't sit in this discouragement, if he did, nothing would get better. So he **TURNU00D TO GOD**. We both prayed some of the most heartfelt prayers of our lives for guidance and solutions to this problem. We took the church's family finance class (highly recommended by the way.) We discussed and pondered and **MADE ROOM FOR THE SPIRIT** to guide us. Written in a couple sentences, it doesn't seem like much, but it was hard work. That hard work paid off and our efforts led to us seeing miracles. Miracles in crushing our debt, miracles in growing our own business, and miracles in ourselves. Our faith in and greater ability to see the Lord's hand in our lives was the biggest blessing to come out of this situation.

This discouragement led us to grow, to learn to come up with solutions, and to trust in the Lord more fully. The discouragement from Satan backfired on him because we turned to Heavenly Father in those moments. He helped us overcome the problem and the adversary's attempt to stop our progress.

A story a family member shared with me about discouragement came in the form of feeling like she and her husband had failed as parents. They discovered their

son had been using drugs when he was around 14 years old. This was the beginning of a long road ahead of an addiction to drugs and alcohol. She described the beginning of this journey as a nightmare filled with **OVERWHELMING** feelings of guilt and discouragement.

Discouraging feelings that they had failed their son and there was nothing they could do now. They found these feelings and the influence of the adversary seeping into all aspects of their lives. As spouses they began putting blame on each other for their son's choices, they fought often, they had less patience for their other children, and their home was often filled with contention rather than the peace and spirit they would have liked and needed at that time. This has Satan's signature all over it, right?

She told me that a turning point came for them when a concerned Bishop made the comment that the adversary was trying to **DESTROY THEIR FAMILY**. That he was playing a role in all that was going on. They felt truth in his words and realized that they needed the Lord's help, strength, and guidance to get through the situation and keep their family together.

They began to pray more often and more intentionally for the things they needed. They focused on magnifying their

callings and serving others and as they did these things, they found **MUCH LESS CONTENTION AND MUCH MORE PEACE** in their home. Their son continued to struggle with his addictions for many years but through the hardest and most discouraging times they experienced as parents they learned to turn to and **ALLOW** the Savior into their lives. Their testimonies and faith grew in ways that maybe wouldn't have happened without these circumstances.

Imagine what could have happened to their marriage and to their family if their response to that discouragement had gone the other way. If they had turned away from Christ instead of turning to Him.

It's satisfying to see Satan's plans backfire. We can witness it every time he comes at us with discouragement, depending on how we react to these attacks. Every time the adversary steps in, there is an opportunity to turn to God and to **GROW OUR SOULS**. Grow closer to heaven. Grow in experience. Grow in knowledge. Grow in confidence. As we allow ourselves to be guided by the Spirit in these situations, we can't lose. The adversary is trying to tear us down, but every time we turn to God, we can't help but be built up even higher and even **STRONGER**.

Discouragement is a bad thing if you give up and accept it as your normal, if you dwell in it, if you sit down and set up camp. But if you turn to Heavenly Father, and look for solutions, allow yourself to be guided by the Spirit and do the work needed, you can get past it and be stronger from it. Let discouragement **LIGHT A FIRE** in you to move forward with! This not only shows Satan that his plan doesn't work on you and that you have power over him, but it also proves these things to yourself. You can find strength and confidence in the next attack knowing that your response to the last made you stronger. To make things even sweeter, through experiencing the cycle of growing from discouragement, you can help those around you navigate similar situations, which in turn makes them stronger and able to assist others. As that pattern continues, Satan's effectiveness in discouragement is **WEAKENED**.

If you want to read the textbook of dealing with discouragement, study the life of the prophet Joseph Smith. In a letter he wrote to the saints while he was dealing with some incredibly tough situations, he assured them he would be fine as he said:

deep water is what I am wont to swim in (D&C 127:2)

Joseph was used to tribulation. He was used to trials that came that were nobody's fault, trials that came because of his own mistakes, and trials that came because of the agency of others. But because he had seen the hand of the Lord in his life in **DELIVERING** him from trials in the past, he had hopeful faith. Faith to "glory in tribulation" (D&C 127:2). His experience with God in deep waters of the past gave him confidence to not get discouraged with deep waters of the present.

As we **ACKNOWLEDGE** and document God's hand in our hard times, big and small, we will strengthen our faith to live in those days without being swallowed up by the dark waves of discouragement.

7

THE BEST KIND OF ANNOYING

Remember Joseph Smith's first vision? *Thee* first vision? When he was seeking light and truth and was about to take step one to the entire restoration of the gospel in this dispensation **JUST BY SAYING A PRAYER?** Yes, that first vision.

Right before the Father and the Son appeared to Joseph, as he was kneeling in the woods giving his heart to God and attempting to call upon Him for guidance, Satan showed up, obviously wanting to stop what was about to go down. In Joseph's own words:

I kneeled down and began to offer up the desires of my heart to God. I had scarcely done so, when immediately I was seized upon by some power which entirely overcame me, and had such an astonishing influence over me as to bind my tongue so that I could not speak. Thick darkness

gathered around me, and it seemed to me for a time as if I were doomed to sudden destruction. (Joseph Smith History 1:15)

This is a 14-year-old farm boy who was praying in the woods because he felt the truth of a scripture that said if he asked God for wisdom **HE WOULD RECEIVE IT**. Then as he prayed alone in the woods, Satan himself showed up in full force with the goal of destroying this boy and his prayer. Joseph amazingly fought back against that destructive power though, and it paid off.

But, exerting all my powers to call upon God to deliver me out of the power of this enemy which had seized upon me, and at the very moment when I was ready to sink into despair and abandon myself to destruction—not to an imaginary ruin, but to the power of some actual being from the unseen world, who had such marvelous power as I had never before felt in any being—just at this moment of great alarm, I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me. It no sooner appeared than I found myself delivered from the enemy which held me bound. (Joseph Smith History 1:16)

There are many lessons we can learn about Satan in this one short experience like:

- > **HOW HE INTERVENES IN OUR SPIRITUAL EXPERIENCES**
- > **THAT WE ARE STRONGER THAN HE IS**
- > **THAT HE IS REAL**
- > **THAT WE CAN TRUST GOD TO DELIVER US FROM SATAN'S DARKNESS**

But one of my favorite things I've learned about the adversary in this account comes from Joseph Smith's later reflection on why Satan had been working so hard on him in this situation and throughout his whole life:

It seems as though the adversary was aware, at a very early period of my life, that I was destined to prove a disturber and an annoyer of his kingdom; else why should the powers of darkness combine against me? Why the opposition and persecution that arose against me, almost in my infancy? (Joseph Smith History 1:20)

You are destined to be a **DISTURBER AND AN ANNOYER** of his kingdom as well. Can you feel it? Satan has tried and will continue to try to stop you in all good things, but you can

learn from and find strength in the example of our first prophet of this dispensation. When you push past the attempts of the adversary to stop you from doing good, ignore his whispers, cast out his planted thoughts, and allow yourself to be guided by the Spirit instead - great things will happen. Eternally important things. Things that build up the kingdom of God and weaken the kingdom of the devil. Elder Bruce McConkie warned us though what to be prepared for when we are participating in this good work:

When the God of heaven seeks to send the greatest light of the ages into the world, the forces of evil oppose it with the deepest darkness and iniquity of their benighted realm⁸

The restoration of the gospel is light. But so is revelation that you **RECEIVE FOR YOURSELF**. You have light and you are light. You have a responsibility on this earth to share your light, and as we learn from not only the First Vision but countless examples in the scriptures, church history, and our personal experiences - Satan will most definitely be sending his darkness to oppose that light.

I have a **VERY ANNOYING** friend named Kylie. Not annoying to me of course, I love Kylie and everything about her. She is undoubtedly annoying to Satan though (so the best kind of annoying.) She is one of the greatest annoyers and disturbers of Satan's kingdom that I know. Kylie's life is a miracle. When she was four years old, she was diagnosed with Leigh's disease, a rare deteriorating neurological disorder. Doctors told her parents that there was a 99% chance Kylie would not live past the age of eight and with the 1% chance that she would live - she would be completely dependent on someone else taking care of her every need.

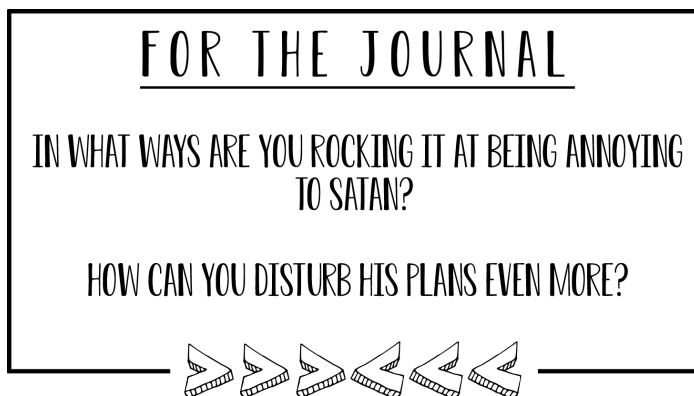
But as Kylie puts it herself "I guess the Lord had a different plan." She defied the odds and proved many people wrong concerning her abilities. She has earned college degrees, works and lives on her own, and lives life fully. But here's the thing about Kylie, her ability to overcome her physical challenges daily are not even the most amazing parts about her. They only add to the awe of her spirit. Kylie is a powerful **FORCE OF LIGHT**, she loves deeply, she is a true example of a follower of Christ, and she lifts others with her countenance and care.

I hope you all get a chance to meet Kylie one day, because I have never left a conversation with her where I wasn't uplifted and inspired to be a better person. And if you do get the chance to meet her... Ask her about the time she was at Snow College when her wheelchair broke down on campus and she started crawling home. It is a little terrifying, but as she tells the story you'll catch yourself smiling while she giggles through the whole thing.

From spending time with Kylie and feeling the light she radiates, you may never guess that Satan works hard on her. And why wouldn't he try so hard? One of Kylie's greatest gifts is to **LIFT** the spirits of others by shining the light she has been given and developed through her time spent with her Savior. If Satan can convince her to let her light fizzle out, it would not only negatively affect Kylie, but all of us around her. The many people who are blessed daily by her kindness, her testimony, and her presence.

Any of us can be an annoyance like Kylie if we want to be, but it takes real effort. The God of Heaven sent us here to be a light, none of us are perfect, so we need that light for and from each other, but we have to be aware and remember that, as brother McConkie said, the forces of evil oppose that light with the deepest darkness. Being

aware of that opposition is important because **KNOWING IS HALF THE BATTLE.** (That's actually a reference to a cartoon from before I was born that my husband loves to quote, shout out to you Trav, and shout out to you, G.I Joe) But in seriousness, being aware that something or someone is going to oppose the goodness we wish to spread helps us to understand how to move forward, helps us not feel defeated in our efforts when it's difficult, and helps us to look the other way - away from the adversary and **TOWARDS JESUS.**



I stole this quote from Instagram, "Thieves don't break into empty houses." Do you get it? You're not an empty house. There's value in you and Satan knows that. He knows what you are capable of, even if *you* don't know it yet. He

knows your potential, he knows your strength, he knows just how **ANNOYING** to him you can be, he knows your divine heritage and he wants to take that all away. But let's be clear here, again, the only way he can take any of this from us is if we give it to him willingly.

The devil's power is **NOTHING** compared to the power in you.

8

THAT TIME SATAN USED ALL THE THINGS

So those wool tights from a few pages ago... Let's go back to where those became a thing for me. I was called and ready to serve in the Russia Samara mission. When I arrived at the MTC I cried while my family dropped me off at the curb and then was filled with peace and excitement by the time I walked through the entrance. The overwhelming feeling of the Spirit was exactly what I had expected to feel. Every person I encountered was warm and friendly. I knew I was in a good place. I was truly happy to be there.

By the end of the day, I was **FREAKING OUT**. It was a weird transition in just a few hours from peace, happiness and feeling I was right where I needed to be, to complete panic. I was so confused because I loved it there. The people, the Spirit, the atmosphere, everything about the MTC was great but for some reason I wanted out!

I knew that it was just a new life that I needed to get used to. I knew I just needed to give it time. I knew that this was what I was getting myself into. But I was **INFLUENCED MORE** by the panic, the worry, and the uncomfortable, than the reality of what I *knew*.

On day three I was in the office of the district president, President Crawford, telling him I needed to go home. He met with me, and we talked about some anxiety he thought might be the cause of the feelings I was experiencing and how I could maybe work through them.

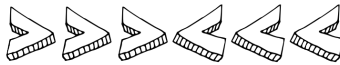
He counseled me to stay a week and then decide about leaving. I agreed to stay a week before making a decision, but I disagreed with him about his reasoning. There had to be a “better” reason than that for me wanting to leave. I didn’t believe it could be my own emotional reasons causing these feelings.

ADVERSARY FLAG #1 PRIDE PRIDE PRIDE PRIDE PRIDE

Pride goeth before destruction. (Proverbs 16:18)

FOR THE JOURNAL

WHAT CAN YOU DO TO KEEP YOURSELF IN CHECK CONCERNING PRIDE?



After meeting with President Crawford, he suggested that I call my parents to let them know what was going on. My mom and dad (who was then also my bishop) both agreed with President Crawford that I should give it a little more time and seriously **PRAY ABOUT IT**. They spent a lot of time praying for and about me, went to the temple the next evening, then sent me an email with the impressions they felt during their visit. Their advice was to stay.

Day four I honestly no longer felt like a missionary. My companion and I spent a lot of time outside of the MTC because of unexpected health issues she was dealing with. During her doctor visits I spent most of my time thinking unproductive thoughts about non missionary life. My time sitting in hospitals or doctors' offices while my companion was seen was not well spent. I was just sitting

and looking at other people around me living their normal lives for hours at a time.

ADVERSARY FLAG #2 DISTRACTION This could have been a great time to be filling my spiritual cup to give me the strength I needed - scriptures, journaling, prayer. But instead, I was just distracted by ordinary daily things while my cup continued to slowly drain.

My stake president from home, President Rau, happened to be driving through Provo that day and wanted to talk to me in person. We discussed a talk that he brought with him, and he left me with a copy of it. It was a devotional given by Elder Holland over a decade earlier. President Rau asked me to study it wholeheartedly and pray about it. One section stood out to me the most:

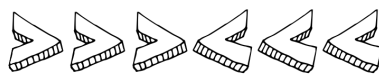
Beware the temptation to retreat from a good thing. If it was right when you prayed about it and trusted in it, it is right now.⁹

This hit hard for a minute and then, almost immediately, the thought came, “Nah, I still need to get out of here.”

ADVERSARY FLAG #3 DECEPTION. I had prayed, prepared, and been called by God to serve this mission. I wanted the call so badly, and had known it was right, but in a spiritually and emotionally confusing moment I was easily deceived to no longer believe any of that. I don't believe that Satan gave me my anxiety, but I do know that when I am in the darkness of it, he sees it as an opportunity to attempt to take advantage of a vulnerable me.

FOR THE JOURNAL

WHEN IS A TIME YOU HAVE FELT TEMPTED TO
RETREAT FROM A GOOD THING? WHAT DID YOU
DO? HOW DID YOU FEEL AFTER?



On day five Elder Richard G Scott of the quorum of the twelve apostles was the speaker at the MTC fireside. A big part of his talk was about not leaving the mission, if it is in your control, until your release date. There was an apostle of the Lord standing right in front of me speaking about my exact situation, giving me answers to the questions that filled my prayers. He was telling me not to

leave. But I was convinced that what he was saying didn't apply to me.

ADVERSARY FLAG #4: SOME MORE PRIDE. I had a heart full of pride. Since day three in President Crawford's office, a hardened heart had trumped my faith. I didn't want to listen to anyone, and it became more difficult to hear the Spirit and think clearly.

This is not a great place to hang out. Although I felt that I was receiving inspired counsel from my district president, my stake president, my bishop/parents, and now an apostle of the Lord, I still thought what they were saying would be good to anyone else... but didn't really apply to me.

ADVERSARY FLAG #5 THAT APPLIES TO EVERYONE BUT ME SYNDROME. Also known as, even more pride.

I knew that each of them had prayed for me specifically (maybe not *specifically* by Elder Scott) and that each of them were speaking inspired truth. But even knowing that, I thought I knew better. I couldn't see past that prideful wall I had built. I couldn't admit to myself that I was less

emotionally and spiritually stable than I had thought before entering the MTC.

Although I wasn't completely aware I was choosing the influence of Satan over the influence of my loving Heavenly Father, I still was. I allowed pride to enter, and dwell, and harden my heart.

Pride can show up and develop in our hearts in many ways. One common way to recognize this is when the question "What will men think?" weighs heavier on our soul than "What will God think?" A proud heart is much **MORE CONCERNED** with how their fellow men see them than how God does.

Looking back, I now see that I was more focused on what "men" would think of me if I admitted I was having a hard time than what God could do for me if I **TURNED TO HIM** for help. I was not emotionally prepared for a mission, and I could not let myself believe it but more importantly to me at that time, I couldn't let anyone else know it. I didn't understand how backwards my thinking was until much later. Satan jumped all over that. He helped make me feel ashamed of struggles with my mental health to the point that I couldn't even be honest with myself about it. It

sucked then, and honestly it still sucks now, but his attacks have and still are helping me develop so much **COMPASSION FOR OTHERS**. I just want to hug every person who is struggling mentally and help them see that Satan only wants to make them more miserable in the challenges they are facing.

My companion and I weren't in the MTC for much of day six. We went to a doctor outside of the MTC and then later that evening went to the emergency room for the medical issues she was having and stayed there until around one in the morning. Day seven was p-day. We got to start the morning off with a trip to the temple. After the endowment session I was sitting in the Celestial room thinking about what I was doing, and what I should do. I felt at peace. I was calm. I was happy. After this crazy and confusing week, I needed this, I knew these feelings were from Heavenly Father. And I thought it was Him telling me to go home, so I did.

The next five months were full of feelings that were for sure not coming from the Spirit. I lived in a small town and had my call for four months before I left for the MTC, everyone I knew, knew I was going. And when I came back *everyone* wanted to talk to me about why I was

home. Whenever someone brought it up to me, I was **EASILY OFFENDED** and would spiral into **EMBARRASSMENT, SELF-PITY, SELF-LOATHING, GUILT, CONFUSION, OFFENSE, SHAME, AND REGRET.**

ADVERSARY FLAG #6 All of those words in that last sentence can be described as tactics of the adversary to keep us from being close to God and drive us to misery.

It was a rough road to be on. But when I finally decided to get back to immersing myself in good things, to stop feeling sorry for myself and try to learn something from this situation everything changed.

I wholeheartedly believe that this **CHANGE IN ATTITUDE** is what Heavenly Father was waiting for to help clear things up for me.

I was being a serious baby about a situation that I brought on myself. I made the decision to come home myself, but then didn't stop whining about it for months after. If it truly was the Spirit telling me to go home that day in the temple, what was I whining about?

During this time, I learned lessons that I believe explain why it took so long for me to figure things out. I learned that there are more things that drive away the Holy Ghost than what we learn about in primary. I learned that He has a hard time sticking around when we are **BUILDING WALLS** around our hearts with bricks of anger and defensiveness. And I learned that Satan loves when we don't realize we are driving the Spirit out of our lives.

We need to feel emotions to be able to deal with them and heal from whatever situations brought them on, feeling feelings is important. **BUT** I was not able to receive answers from the Spirit about this situation because any time it came up, I wasn't just feeling and acknowledging those emotions. I was wallowing, I was dwelling, I was camping in those emotions. I was egging myself on to escalate the anger that came with it so the Holy Ghost **COULDN'T STAY** with me. How could Heavenly Father get a message to me when I drove his messenger away any time the topic came up? I had to recognize who was pouring gasoline on the fire of unhelpful and unproductive reactions to these feelings to move forward.

I made the decision to change my reactions to those thoughts and feelings when they started to creep in on

me. Once I began putting this decision into action, to deny Satan from entering my heart and bringing me down, I felt a huge change in myself. I felt **PEACE** again. With this new peace also came the answer I needed to hear.

Those feelings of peace and comfort I had in the temple that day while I was still in the MTC were from Heavenly Father. But I wasn't being told to go home, I was being told it's *okay* to go home. President Crawford was right, I had some serious anxiety issues, separation anxiety from my regular life and anxiety in general. Instead of turning to God for help I ran from the problem, which made it worse. Having this misinterpretation cleared up helped me see how much more my Heavenly Father loves me and all of His children than I had realized. I had ignored inspired counsel. I had let pride take over. But **HE STILL CARED.** I imagine that God was watching with concern as I ruined my chances at being a full-time missionary for Him. He watched me allow Satan to bring me to misery, and instead of a "well that's what you get" attitude, he suffered with me. He cared enough to tell me it was okay to go home. He loved me enough that He forgave me for my weakness and allowed me to still find peace and happiness at home. **HE LET ME COME BACK TO HIS TEAM.**

I get to enjoy the blessings of the Spirit and the beautiful life I have now, despite those few months.

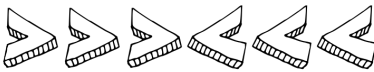
He loves and cares enough about each of us that He is always waiting for us to return. He wants His children, you and me and all of us, to come home to Him. He wants us to live with Him in eternal happiness and peace.

Satan wants you too, but he wants to drag you down to misery, and eternal sorrow. Even when we are deceived and fall in the adversary’s traps, God is still there waiting for us and...

his hand is stretched out still (Isaiah 5:25)

FOR THE JOURNAL

WHAT DO YOU BELIEVE HEAVENLY FATHER AND
JESUS CHRIST WANT FOR YOU?



9

NO FEAR HERE

Who are you? Do you know? Do you *really* know?

I know we already talked about this in a previous chapter. We're all sons and daughters of Heavenly Parents. Every one of us is a child of God. He loves us all, wholly and completely.

BUT THERE IS SOMETHING MORE that we, in this dispensation, need to understand about who we are. President Joseph F. Smith saw and taught that we are

choice spirits who were reserved to come forth in the fullness of times to take part in laying the foundations of the great latter-day work. (D&C 138:53)

Those born in this dispensation are the “noble and great ones who were chosen in the beginning” (D&C 138) to take part in this final gathering. That’s part of who you are.

BECAUSE OF WHO YOU ARE, Satan wants you to be scared.

Scared of him, scared of the future, scared of God, scared of anything. Because when we are stuck in fear it is a whole lot harder for our spirits to progress than when we are living in the freedom of faith.

Here’s some good news.

BECAUSE OF WHO YOU ARE, you also have no reason to fear!

Woo! You are here on this earth now because God chose you to be here now. President Nelson said so:

*The Lord placed you here now because He knew you had the capacity to negotiate the complexities of the latter part of these latter days.*¹⁰

President Nelson also taught that you were prepared in the spirit world for your mission here on the earth at this time.

*You were taught in the spirit world to prepare you for anything and everything you would encounter during this latter part of these latter days (D&C 138:56). That teaching endures within you!*¹¹

I will be the first to testify that this is true. I know we were taught and prepared before we came to Earth. I know those teachings endure in us. I will *also* be the first to testify that I often have no clue **WHAT THE HECK IS GOING ON** in this life, or what to do about it. I saw a meme where the question was asked “What is the title of your current chapter of life called?” The response was “I Don’t Know What’s Going On But Okay” and I felt that one deep.

We were prepared for everything we would face here on Earth, including anything and everything Satan would throw at us. That doesn’t automatically make us 100% confident in facing it or mean that we will always make the right choices. But I think it’s pretty awesome that it doesn’t. We get to **EXERCISE FAITH** in those moments when darkness is trying to take over. Exercise faith to seek help. Exercise faith that the spirit will bring to our memory what to do, or he’ll provide the comfort to hold on, or he’ll at least be the safety harness of whatever roller coaster the adversary may have led us on. And then as we make it

through those dark moments, we **GAIN MORE CONFIDENCE** in ourselves and in the heavenly help we have and will continue to receive.

As we deepen that understanding, personally and individually with the Spirit, of who we are and why we are here, we come to know that we have access to more power than we may ever have thought possible. And with that power, we have **NO NEED TO FEAR ANYTHING.**

You know that guy Isaiah? The Old Testament prophet? Isaiah has A LOT of good stuff to say in the scriptures. (Although I will admit, I sometimes skip over the chapters in the Book of Mormon that say *Compare Isaiah* in the chapter headings.) Here's one of my favorites from the book of Isaiah though, in chapter 43 when he quotes the Savior:

Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. (v.1)

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. (v.2)

And then a couple verses later

Fear not: for I am with thee (v.5)

You belong to Him. God created you and wants to protect you. To learn and grow and progress we have to go through hard things, but He won't make us do it alone.

ESPECIALLY IF WE INVITE HIM ALONG. You have to move through the river but He won't let it overtake you. You have to walk through fire but He won't let it burn you. Although it will probably be really hot and really uncomfortable, as walking through fire can be.

But He will be with you and protect you. Because your Heavenly Parents, your Savior, your Holy Ghost - they all claim you. They see you as precious and honorable and they love you. They all see you as someone worth protecting, someone worth being around, someone worth their time and care. So when you **INVITE GOD TO WALK WITH YOU** through your rough stuff, you have no reason to fear, no matter what Satan has to say about it.

I know I've mentioned this more than once already, but Satan seeks our hearts. He seeks our destruction. He is especially pleased when he can accomplish his goals without us knowing it, **IN A PROCESS OF TIME**. Slowly, one small whisper, one small temptation at a time. God also seeks our lives, but in a good way. He seeks our hearts so that we can have a fullness of joy, peace, comfort, and progression. He seeks to live with us and give us all the blessings He has. As a gift to help-us-help-him-help-us He will continually give us precious knowledge and power. This also happens **IN A PROCESS OF TIME**.

Just as Satan cannot just grab us and throw us down to hell, God won't grab us and just throw us up to heaven. To be pulled down or lifted up takes work on our part - work in the mind and heart. It's a process of day-to-day decisions. Check out Doctrine and Covenants 38, that section alone gives loads of knowledge of how to do the work to be protected from the enemy, here are just a few:

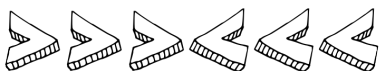
- > **BE STRONG IN KEEPING THE COMMANDMENTS**
- > **HEAR THE VOICE OF THE LORD AND FOLLOW HIM**
- > **STRIVE TO BE VIRTUOUS AND HOLY**
- > **TREASURE UP WISDOM, STUDY THE SCRIPTURES**
- > **BE ENDOWED WITH POWER IN THE TEMPLE, RETURN OFTEN**

These are just some **DAY-TO-DAY DECISIONS** to prepare ourselves against the enticings and attacks of the adversary, and

If ye are prepared, ye shall not fear. (D&C 38:30)

FOR THE JOURNAL

WHAT ARE OTHER WAYS YOU CAN PREPARE YOUR
HEART AND MIND TO BE STRONG AGAINST THE
ATTACKS OF THE ADVERSARY?



10

NOW WHAT?

One more story.

A few years ago I kept having an experience over and over that didn't make any sense. We had a new temple built minutes away from our home and our kids were very young and very anti-babysitter so my husband and I would take turns attending the temple more often.

As I started going alone, I noticed something different when I left the temple. **SOMETHING DARK.** An influence that wasn't something I would ever in a billion years associate with the temple. I would come home to my husband and children and be less patient, less loving, less.... me. I had thoughts that brought feelings that caused me to be a type of mom I didn't want to be. It was a definite pattern that I could feel after each temple visit.

This was mind boggling to me. **HOW? AND WHY? AND...**

WHAT? Why was temple attendance affecting me this way? The confusion caused me to wonder if maybe there was something wrong with me. Or I wasn't worthy to be there. Or I was missing something important. Because of all of this, I was apprehensive about going to the temple at all.

What the Spirit helped me come to learn about this experience was that going to the temple wasn't causing any of this. The adversary was just **SNEAKING** his way into my mind. Here's some words from President Nelson to help me explain:

Satan certainly does not want you to understand that every time you worthily serve and worship in the temple, you leave armed with God's power and with His angels having "charge over" you.¹²

When we go to the temple we leave with renewed strength and power. Satan knows that, and he wants to **RUIN THAT FOR YOU**. In this experience, it felt like he was doubling down on ruining my experiences of going to the temple. And he was succeeding. But it's not like he was

being loud and obvious, saying “Hey Annie! I want to make you miserable and not able to hold on to the experience you just had in the temple and the power you’re about to leave with. So here’s some things that aren’t reasonable or rational but will most definitely push your buttons in all the worst ways.”

No. I think I would have been able to recognize and fight that off.

It was one of his deceiving tactics. He was poking at the weaknesses of a tired mom of three little kids while whispering his lies in my ears. He didn’t want me to leave armed with power. I was unaware of his presence and intentions, my guard was down, and I was allowing him to convince me to not keep that priesthood power with me as I left the temple. For months he convinced me through distraction and contention **WITHOUT ME EVEN REALIZING IT.**

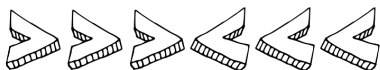
Do you want to know what happens *now* when I leave the temple? Now that I’m more aware? Satan **STILL** hits. He still doesn’t back off. He is still trying his same old tricks to try and get me to let go of that light and power that I leave the temple with. But now that I am aware and even expecting those hits to come after spiritual experiences, I

am so ready to defend myself. I can take those punches on my five-minute drive home. I can observe instead of absorb the thoughts he tries to push on me. I understand what is happening, and being aware gives me more of an advantage in being able to muffle the voice of the adversary in those moments.

FOR THE JOURNAL

CAN YOU THINK OF A WAY SATAN REPEATEDLY TRIES TO
PUSH YOUR BUTTONS EVEN THOUGH YOU ARE AWARE OF IT?

WRITE ABOUT HOW AWESOME YOU ARE FOR STAYING
STRONG IN THOSE MOMENTS.



Joseph Fielding Smith taught:

*We should be on guard always to resist Satan's advances. ... He has power to place thoughts in our minds and to whisper to us in unspoken impressions to entice us to satisfy our appetites or desires and in various other ways he plays upon our weaknesses and desires.*¹³

Be on guard always.

I've got some news for you. All that you've been reading in this book - **IT BARELY SCRATCHES THE SURFACE** of the trickiness, the nastiness, and the attacks the adversary is using to work on us day after day. It's just part of this life. Satan is coming for you - but Christ isn't leaving.

And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall. (Helaman 5:12)

It's "when" not "if" that the devil will send his storms at you. We are told over and over in the scriptures and by living prophets that if we want to survive these storms we need to build on that rock of Christ. Indeed we do! I've always had this visual in my head of what that looks like in this scripture to build my foundation on Christ. It's always

been a visual of me just standing on a rock that is for some reason in the ocean with hurricanes blowing all around me, and it's lonely, and difficult but doable to stand and I know that I'll regret it if I fall, so I try to hold on to that faith that it's the rock of Christ and I am safe.

In that visual there is **SOMETHING MISSING** that a verse in the Doctrine and Covenants brings more to life.

him will I establish upon my rock, and the gates of hell shall not prevail against them. (D&C 10:69)

My visual had never actually had Jesus in it but changing that perspective and adding Him in makes all the difference. When you build your foundation on Jesus, you are building your foundation *with* Jesus. You're not alone on that rock in the storm. It's **HIS** rock - of course He is going to be there with you, "establishing" you. Hell is ready to swallow you up in that ocean, but you're safe standing next to Jesus with His arm across your shoulders, together watching those storms around you and not having to worry about them taking you out.

As I wind down and wrap up these last few pages, I have to admit something that feels important to add here. It has

taken me over a year just to get the writing part of this book finished and I have never in my life felt more attacked by the adversary than I have this past year. There have been weeks and some months long periods where I felt so **OVERWHELMED BY THE DARKNESS** Satan was throwing at me that I couldn't even open the google doc I've been writing this in. It's a feeling that is hard to put into words, but I often wanted to run from it. At different times over this past year, two of my wisest friends (fun fact, they're both named Julia) pointed out to me in almost identical ways that Satan was fuming about this writing project I had been working on and he wasn't going to just sit back and watch it happen. He was certainly going to oppose it.

The **DEVIL WORKS BEST IN THE DARK**, he doesn't want to be exposed in the light. Even if these pages were never going to be shared, Satan was ticked that I was even writing it down for myself. That I was saying on paper and out loud who he is, what he wants, and why he's such a jerk. He doesn't want his identity or his true intentions revealed. He's obviously not a very appealing dude, and as we see that, we are less likely to fall into his traps.

For all those reasons, as you begin to recognize him more in your life and attempt to turn more fully to the light, those forces of darkness may come at you heavier. It's an attempt to stop you, but I promise that pushing through and past them is **WORTH THE STRUGGLE.**

Listen to Amulek begging not only the people of his time, but each of us as well to let Heavenly Father help us in the struggle. To pray to Him for awareness, pray for strength, pray for guidance, pray for safety, to pray continually:

Yea, and I also exhort you, my brethren, that ye be watchful unto prayer continually, that ye may not be led away by the temptations of the devil, that he may not overpower you, that ye may not become his subjects at the last day; for behold, he rewardeth you no good thing. (Alma 34:39)

I hope that as you have been reading this book and pondering how Satan may be attacking you without your knowledge, that something in your mind or in your heart has opened. I hope your desire to stay close to God has increased. I hope you are filled with enthusiasm to kick the darkness out of your mind and heart. I hope that you

are now more able to see how the adversary and the Spirit are **BATTLING FOR YOU**. And as you continue to be the host of that battle, I hope you remember that nothing good comes from Satan, but every good thing comes from God.

Each day, **DECISION BY DECISION**, you get to choose which influence wins in your soul.

Close this book and get to work. Expose Satan and fortify yourself. Bring more awareness of his influence in your life and bring more awareness of God's influence in your life. As you see things more clearly you will feel that motivation to continue in the pathway of light. He knows when you're feeling the light, he wants to pull you down from it, and when he comes at you, just let him know,

NOT TODAY SATAN, NOT TODAY.

ABOUT THE AUTHOR

Annie Dulaney has begun writing and never shared with anyone several books of random and varying topics, but she felt nudged by the Spirit to share this one. She sees her awareness of Satan's influence in her own life as a spiritual gift and hopes to help others develop that gift too.

She lives in southern Utah with her husband and three children, and without the love and support of those humans would never have been able to finish this book.

NOTES

1 Guide to the Scriptures, "Lucifer"

<https://churchofjesuschrist.org/study/scriptures/gs/lucifer?lang=eng>

2 Guide to the Scriptures, "Jesus Christ"

<https://churchofjesuschrist.org/study/scriptures/gs/jesus-christ?lang=eng>

3 "The Family: A Proclamation to the World," Ensign, November 2010, 129

4 Boyd K. Packer, "To Young Women and Men," Ensign, May 1989, 54

5 John A. Widtsoe, "Discourses of Brigham Young" 1926

6 See "What limitations are placed on Satan?" Ensign, July 1984

7 Jeffrey R Holland, "For Times of Trouble" March 1980,

<https://speeches.byu.edu/talks/jeffrey-r-holland/times-trouble>

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