

Engaging Gospel Doctrine (Episode 119.2)

LESSON 42 (STUDY NOTES)

“I Will Write It in Their Hearts”

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| Hook | Why do we do what we do? Is it better to do the right thing while perhaps resenting it, or wait around until we want to do what is right so we can be authentic? How can we change our desires and even characters? These issues lie at the heart of well, having gospel principles being “written on our hearts” |
| Goal | |
| Overview | |
| Conclusion | |

Manual Goal: Manual Goal: To encourage class members to fulfill their responsibilities as “shepherds of Israel” ([Ezekiel 34:2](#)).

EGD Goal: Class members should reflect on leadership from both sides—how to be better leaders in their own lives, and how to support leaders in different contexts.

I. Sunday School

- a. “New covenant” – what does it mean? (also in the context of broken old expectations)
- b. Externals and internals of living the gospel (law on tablets vs. law on our hearts) "law", Torah, = divine instruction (commandments principles of reality)
- c. Intention, motivation, actions (issue of authenticity, do we do what we are feeling, or do we “fake it until we make it”, biofeedback)
Gospel and transformation
“Flourishing in Babylon” (Jeremiah’s letter to the exiles, Jer. 29)—
adjusting to difficult or unexpected events
- d. Conclusion I

II. Scholarship

- a. Chapters in historical context (return to the reading)
Jeremiah 16:16 in context
Jeremiah’s views of destruction and restoration

III. Study Notes

- a. The old and the new (faith journeys, what do we do when old Mormonism doesn’t fit)

- b. The science of change—what works and what doesn't
Intention, motivation, actions II (biofeedback, Letting our insides change may alter our outside behaviors in surprising ways)
- c. Externals and internals in the current Church
- d. Conclusion II

How change happens

Change of context (including dramatic changes in your life, THEN is the time to put things into practice, get Happiness Hypothesis quote) diet, exercise, good habits—virtuous cycle

Use strengths to get around weaknesses rather than trying to “get rid of” weaknesses
Therapy (acceptance therapy, parts therapy two I am looking at now)

You can change your affective style too—but again, you can't do it by sheer force of will. You have to do something that will change your repertoire of available thoughts. Here are three of the best methods for doing so: meditation, cognitive therapy [A big part of cognitive therapy is training clients to catch their thoughts, write them down, name the distortions, and then find alternative and more accurate ways of thinking]. and Prozac. All three are effective because they work on the elephant.

Haidt, Jonathan (2006-12-26). *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom* (p. 35). Basic Books. Kindle Edition.

Epiphanies can be life-altering, but most fade in days or weeks. The rider can't just decide to change and then order the elephant to go along with the program. Lasting change can come only by retraining the elephant, and that's hard to do. When pop psychology programs are successful in helping people, which they sometimes are, they succeed not because of the **initial moment of insight** but because they find ways to alter people's behavior over the following months.

Haidt, Jonathan (2006-12-26). *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom* (p. 26). Basic Books. Kindle Edition.

Daniel Siegel's “Mindsight” is an example of cognitive behavioral therapy

“Mindsight is a kind of focused attention that allows us to see the internal workings of our own minds. It helps us to be aware of our mental processes without being swept away by them, enables us to get ourselves off the autopilot of ingrained behaviors and habitual responses, and moves us beyond the reactive emotional loops we all have a tendency to get trapped in. It lets us ‘name and tame’ the emotions we are experiencing, rather than being overwhelmed by them.”

