

Father's Day

As I was preparing for this talk on this special day - Fathers Day... I had in my mind that I wanted to start off with a nice, sweet quote about fathers so I read a lot of conference talks directed to the brethren, then I read some more and I gotta say they really let you guys have it , they don't candy coat much. ...so I thought I might try to give you guys break on your special day and keep it nice and sweet.

I did manage to come across some quotes that I really liked about being a father...

"As a father, you are always teaching. For good or ill your family learns your ways, your beliefs, your heart, your ideas, your concerns. Your children may or may not choose to follow you, but the example you give is the greatest light you hold before your children."

This one includes that proclamation to the family

"Fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families."

They teach their families the gospel and lead in kindness

This last was my favorite

"Fathers are for talking with, for encouraging; for putting arms around; for understanding mistakes, for disciplining when needed, then loving all the more; for being strong and forceful, and for being tender and gentle." (Emerson Roy West, Vital Quotations.)

These quotes are talking about our Fathers on this earth, but a thought came to my mind about our Father in Heaven, and how he too can provide many of these things for us.

Just as in that last quote said fathers are for talking with, well, Our Heavenly Father is always ready and willing to listen. The power of prayer is such a wonderful asset in our lives. It is so comforting to know at any moment we can communicate with our Father in heaven and tell him the things our minds and in our hearts. And it is so nice to know that he understands. Elder Richard G Scott said it perfectly in a recent conference talk. "Don't worry about your clumsily expressed feelings. Just talk to your compassionate, understanding Father. You are His precious child whom He loves perfectly and wants to help. As you pray, recognize that Father in Heaven is near and He is listening."

Now I am sure all of us at one point in our lives have been given a set of rules or guidelines that we must follow. Whether they were given to us for an assignment by a teacher, or a curfew from our parents, or for myself a specific way to arrange my 2 year old stuffed animals in her crib, all of these are given to us for our benefit although we may not see it at the time.

Our Healy Father too gives us rules and guidelines. He shares these with us through the scriptures, as commandments. The Lords commandments at times it may be hard for us to follow and we may not understand why he gives them to us, but we can look to the scriptures to know why

John 15:10

"If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love."

He gives us these rules and guidelines because he loves us, he loves his children and he wants us to be happy.

When we keep Heavenly Father in our lives, he will be there to protect us and provide for us. In the scriptures we can find many examples of this, but one of my favorites is Helaman and the 2,000 stripling warriors. The lord provided these young men with a leader, who loved them as his own sons, and the Lord

protected them through their battle, not one of the 2,000 was killed... Heavenly Father has provided for me in so many different ways, he has helped me spiritually with my testimony, he has provided strength for me emotionally, he has even provided me with something as simple as my lost car keys, in my desperate panic to get somewhere on time. And I know that Heavenly Father watches over me and my family everyday.

Another attribute that I truly admire in my Heavenly Father is his unconditional love and support. He is always there to support us through everything we go through good and bad, he wants us to know that we are not alone he truly loves us no matter what. Recently someone (Vicky Coleman) shared a story with me relating to this: 'A widowed mother of three young children was sitting at stake conference. A young man spoke about his struggles as a single parent. As she sat and pondered about her situation as a single parent, a thought came to her mind "I have never raised these children by myself, I have always had support. My Heavenly Father, my Savior and my children's father are all cheering for me." For her that was a moment she realized her dependence on her Heavenly Father and truly felt his love and support.'

Our Heavenly father is such a good righteous example to have in our lives, but we can also look as close as the person sitting next to us for these righteous attributes. Fathers, Uncles, brothers, Bishops, home teachers, all these people can be righteous examples in our lives. I am so grateful for the brethren in the church, and for the dedication and support they show to all members of the church. They truly can provide us with a listening ear, guidance, protection, unconditional love, support, and so much more. I'd like to close with my testimony...