

September 14, 2003

# WORTHY THOUGHTS

Theme Scripture: D&C 121:45

*“Let virtue garnish thy thoughts \_\_\_\_\_.”*

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**Elder Packer’s talk on controlling unworthy thoughts** (*Worthy Music, Worthy Thoughts* [filmstrip, 1976]; see also *Ensign*, Jan. 1974, pp. 27-28, or in Conference Report, Oct. 1973, pp. 23-25):

1. Our thoughts follow the course of least \_\_\_\_\_ → always seeking lower levels.
2. “Probably the greatest challenge and most difficult thing you will face in life is how to control your \_\_\_\_\_.”
3. As I control my thoughts I can overcome \_\_\_\_\_.
4. Worthy music can help me replace unworthy thoughts with worthy thoughts.
- 5. Signs of Unworthy Music**
  - a) My response is carnal, sensual, or violent
  - b) Depicts unrighteous desires → shabbiness, irreverence, immorality, addictions
- 6. Signs of Worthy Music**
  - a) Spiritually inspiring
  - b) Induces me to see myself in a nobler light
  - c) Entertains or lifts spirits
7. Elder Packer recommends we sort through our music and \_\_\_\_\_ unworthy music.
8. Latter-day saints must apply the principles of the gospel and seek the Spirit as we choose the music with which we surround ourselves.

**Music Demonstration:** Jack Christianson, Music: Apples or Onions, cassette tape, 1984

**CONCLUSION:** Different types of music do provide different emotional and physiological responses

9. Elder Packer suggests we use an uplifting song to drive out unworthy thoughts.
10. “Because the music is \_\_\_\_\_ and clean, base thoughts will slip shamefully away.”
11. God has “provided great and glorious things in this life. I know this, and I thank him for the uplifting influence of good music in my life which has influenced my thoughts and uplifted my soul.”