



Study Guide, Episode 105–How to Find & Follow The Light in the Wilderness

1 Nephi 16-22

00:00-06:04	"QOTW: How can I find & follow The Light through my wilderness?"
06:05–14:54	"Keep God's commandments, humble yourself & be blessed"
14:55-27:01	"Self-worth; He is The Light, prepares the way, feeds & leads you"
27:02-43:28	"Liahona=Holy Ghost, scriptures, prophets; Small means lead to great things"
43:29-END	"Overcome the 'wilderness mind;' 'Look to God & live;' 'grow in abundance'"

- 1) What experiences have you had with family, others (or even yourself) in which you felt the need to *exhort* them (or you) to better "keep the commandments?" What can you learn from Nephi's example in dealing with these things? How can you set the example, be humble, and encourage others to do the same?
- 2) What are your 'wilderness' times? In the past? In the present? Which are "normal life" wilderness experiences & which are the hardest & heaviest experiences? Take time to ponder, pray & write about these things & what helps you in *your* wilderness.
- 3) How is your sense of self-worth impacted by the 'wilderness of life'? In which ways do you struggle with your worth/value? How does letting the Lord lead, prepare the way & guide you strengthen your self-worth? Write about & discuss with your family.
- 4) Have you "faced many afflictions"? Have you felt like, at times, it's been too much? Have you ever been angry with God as a result? How did you deal with these feelings? How might you deal better in the future? What can you do to turn to the Lord, ask for and receive His forgiveness? How can you help others do the same?
- 5) What is your "Liahona"? What is a "physical indicator of your spiritual standing?" Consider perhaps the gift/presence of The Holy Ghost, your relationship with God, & your trust in The Savior. Write about the ways you are guided by these in your life.
- 6) Ponder the concept that "...small means" can bring about great things. What are your "small means" that bring about great things? How might doing things in small, simple, slow & steady ways benefit you, your family, and your personal growth?
- 7) Work on taming your "wilderness mind" by listening to 43:29-END & using this article: <https://www.drchristinahibbert.com/thought-management-part-2-how-to-change-your-thinking-and-your-life-using-a-thought-record-video/>

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Dr. Christina Hibbert Website](#)

Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)