

# Become This

A JOURNEY FOCUSED ON BECOMING HIS.



INKLINGS FALL 2022

# Inklings Anthem

In all generations of time there have been women with Esther courage, Deborah prophecy, Abish conviction.

*Our time is no different.*

All around us there are women who are righteous, articulate, distinct and different.

You are one of those women.

A woman of strength, conviction, leadership, and wisdom.

God needs you. He needs your voice. He knows you are a woman with spiritual power to change the world. Heroic. Able to carry on, despite difficult circumstance.

*The hope of Israel.*

You are here now, because He knew your capacity for negotiating these latter days.

He sees you. Your desire to develop a bedrock understanding of the doctrine of Christ. How you are learning to access the power of God.

How you call upon the powers of heaven to protect and strengthen. He knows your longing to become a converted covenant-keeping woman.

He knows how the Spirit will magnify your influence in an unprecedented way.

His prophet calls to each of us:

Rise to your full stature. Fulfill the measure of your creation. Prepare the world for the Second Coming of the Lord.

Not overnight.

*Every day better.*

We are learning to lean into the inklings that will help us discover the hint of something more. Stalwart strength gathered over time.

*There is a place for you here.*

When others are walking away, we are a community who is choosing to stay, to run the race set before us.

You belong here among the fulfillers of prophecy. Esther, Deborah, Abish.

*We are those women.*

*This is our time.*

Adapted from Russell M. Nelson's OCT20 address "A New Normal" and OCT15 address "A Plea to My Sisters"



# Sprinkles

We are not a bakery, but we do love cupcakes at Inklings, and here is why:

Sometimes you have time to sit down and enjoy a whole cupcake. But most times, you are the one running the entire party. On those days, you might only have time to swipe your finger across the top to get a little frosting and a lot of sprinkles. Here's the amazing thing... you still experienced sweetness, even if you didn't have time for the entire cupcake.

The same is true around here. Some weeks you might have time to dive into the entire institute class on Thursday mornings. But most weeks there is a good chance you are running the party in your world. So, if you only have time for a quick glance at the Sunday Instagram post, with a word a phrase and a quote, and you don't listen to the class that week, or even if you miss an entire week altogether, that's ok. It's to be expected. We don't play catch up here. You just get all the sweetness you can, whenever you can. We believe in sprinkles.

In fact, we keep a list of sprinklings. Small bits of goodness from each week's lesson. So, if you miss a week you can go back and find those "sprinklings" on our Thursday Instagram posts.

And if you are taking a break from social media, you can find all of this on our APP —the videos, the workbooks, the pdfs and even the sprinklings. There's a podcast there as well.

To learn more visit [www.emilybellefreeman.com/study](http://www.emilybellefreeman.com/study)



# Taking the Yoke

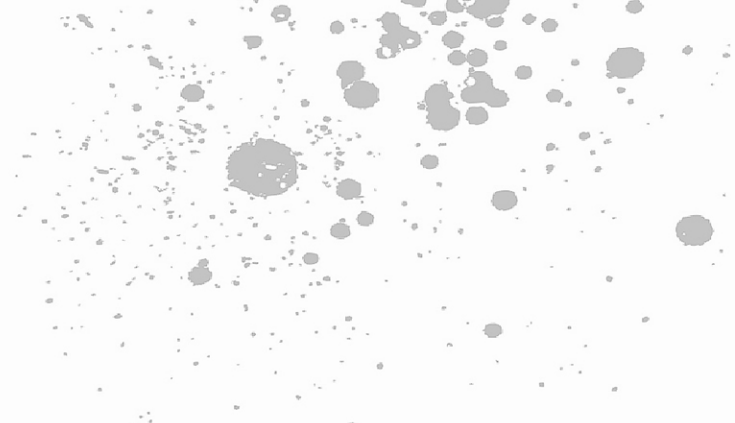
We sit together on a black leather couch and I hold a bundle of white, wadded tissues in my lap. I have poured out the truth of it—how my life was perfect until my wedding day, until we were married. Then everything went downhill. For ten years life has gone downhill. The tumor, the diabetes, the unnumbered miscarriages, the babies we never held outnumbering the ones we did. The exhaustion that came with the four pregnancies we barely made it through. The months and months of bed rest. The years without pay, without a job, without steady income. We have borne the weight of it. We are tired, Greg and I; we are worn out.

I see the wisdom in the counselor's eyes as he looks us over, appraises us, and I wonder what counsel he will give. But the words he has for us do not contain advice. Instead he begins to tell us about an auction, a farmer's auction, where people are buying pigs and sheep and oxen. They file into the arena to be sold, each owner entering with his livestock, and the oxen enter the arena last. They are brought into the arena in matching pairs, yoked together, ready to pull. Each team is harnessed to the heavy load in the middle of the arena, and before the auctioning begins, they pull the load forward. When they are done, the auctioneer begins his calling, and the numbers are raised, one after the other until each team is sold. The teams come out in order. Those who can pull the most weight are saved for last.

The longer the night wears on, the more beautiful the pairs become—matching height, matching weight, even the color of their coats matching.

Finally, the auctioneer calls for the last team to be brought out. An old man enters the arena before the pair. The farmer, stooped with age, stands calm. His team follows behind. As they enter the ring a murmur moves through the crowd. People begin to scoff. Some laugh out loud. One ox is huge, by far the biggest ox that has entered the arena that evening. His legs are powerful, his shoulder muscles hardened with use; the yoke barely finds room to rest just behind his massive head. The other ox pales in comparison.





The animal is small and scrawny. It looks malnourished. Not only is it dwarfed by its counterpart, the yoke hangs heavily across its back. The farmer harnesses them to the load and then adds more weight. More weight than any team has pulled so far. Then he calls to the oxen to move. With one accord they begin the work of it, moving in sync, fluid, each one making up for the weakness of the other, pulling the heavy load. A hush fills the stadium seats. The unexpectedness of it leaves the spectators in awe. And then the auctioneer begins to call; one by one the numbers are raised. The team sells for the highest price of any team that evening.

I hear the story and I know who I am. I am the scrawny one.

The one you think will struggle.

The one who is having trouble pulling her weight. I am the weakest one.

And for some reason the Lord has agreed to be yoked with me. The idea of it brings me to my knees. He will have to pull harder, lead stronger, push on longer because of my weakness, and still He extends the invitation.

*Take my yoke.*

Come unto me, all ye that labour and are heavy laden,  
and I will give you rest. Take my yoke upon you,  
and learn of me; for I am meek and lowly in heart:  
and ye shall FIND REST unto your souls.  
For my yoke is easy, and my burden is light.

Matthew 11:28-30

Excerpt from Even This, by Emily Belle Freeman



*A journey focused  
on becoming His*

Prepare a people  
Who are able, ready and worthy  
Who have chosen Jesus  
Who rejoice in their agency to live  
a higher, holier law  
I call upon you to  
BECOME THIS righteous people.

*Russell M Nelson*



# STUDY DETAILS

## Sunday

All of the readings will be sent out on Instagram and on the APP. These readings will include both scripture verses and General Conference talks we will be studying that week.

## Monday

A written post focused on each week's theme will be posted on Instagram and also on the APP with a reflection question for you to ponder throughout the week.

## Thursday

A live institute class is held on Instagram at 9:00 am MST. Following the live session, the class will be uploaded onto the APP.



# SMALL GROUPS

Many women have started Inklings small groups outside of our weekly Instagram lives. Some are housed under their Ward Relief Society programs; others are groups of friends or family members. All of them are women seeking sisterhood, linking arms, and walking together by faith. Regardless of the size or format of the group, we have seen the sweetest connections and friendships come from studying Jesus Christ together.

If you don't know of an Inklings group near you, be brave and start your own! If you build it, they will come. You never know who else may need your friendship and faith.

*Here are a few tips to help you get started:*

Most groups work like a book club, just discuss the inklings curriculum instead of a book each month!

Consider your community and invite a group of friends, family, or ward members to join you.

Plan your schedule. Would a weekly or monthly meeting work best for you?

Establish a location. You could have one standing meeting place, group members

can take turns hosting, or meet via video call.

Choose a discussion format. We suggest using discussion leaders - one person who is responsible for studying the Inklings content for their assigned week. The discussion leader comes up with 2-3 questions or talking points and moderates the conversation. Appoint one discussion leader per talk you plan on discussing. This makes it easy for inklings to remain "the sprinkles" for the whole group, even if group members have little time to study, they can come participate in a guided conversation.

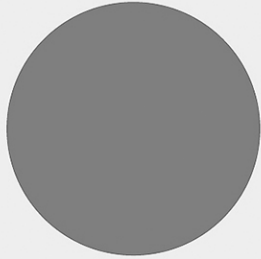

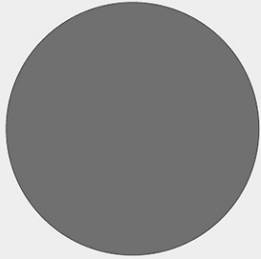



Don't feel pressure to discuss every talk. If you have a large, chatty group, you may only have time to discuss a few talks each month, while smaller groups may have time to get through each one. If you're meeting weekly, you can simply discuss the talk of the week.

Focus on the curriculum. We kindly ask that if you are hosting or participating in an Inklings group, that you do your best to center your discussion on Inklings content, scripture, conference talks and doctrinally sound ideas. Please avoid mixing other business, political or personal interests with Inklings groups- this helps us maintain the integrity of Inklings.





# Study Schedule Overview

		
OCTOBER OVERCOME	NOVEMBER CHOOSE JESUS	DECEMBER BECOME
		
JANUARY LIVE HIGHER	FEBRUARY TAKE THE YOKE	MARCH REST



# Overcome

## OCTOBER

### OVERCOME THE WORLD

Oct 13 Nelson: Overcome the World and Find Rest Matt 11:28-30

### KNOW CHRIST

Oct 20 Holland: Lifted Up On the Cross 2 Sam 24:18-25

### DELIGHT IN TRUTH

Oct 27 Elson/Cook: Be True to God and His Work 2 Peter 1

## NOVEMBER

### CHOOSE JESUS AND BECOME HUMBLE FOLLOWERS

Nov 3 Uchtdorf: Jesus Christ is the Strength of Youth 1 Timothy 4

### INVITE THE SPIRIT

Nov 10 Browning: Seeing More of Jesus Christ in our Lives Alma 25:15-16

### GIVE AWAY SIN

Nov 17 Zeballos: A Life Resistant to the Adversary 1 Nephi 1:1/1 Nephi 17

### INCREASE FAITH IN CHRIST

Nov 24 McConkie: They Sought to See Jesus Mark 2

## Blessings

But overcoming the world does mean that your resistance to sin will increase.  
Your heart will soften as your faith in Jesus Christ increases.  
Overcoming the world means growing to love God and His Beloved Son  
more than you love anyone or anything else.



# Become

## DECEMBER

### BECOME A SAINT

Dec 1 Johnson: Be Perfected in Him Moroni 10:32/1 Cor 15:10

### SEEK FOR & FOLLOW PROMPTINGS OF SPIRIT

Dec 8 Renlund: Personal Revelation 1 Nephi 4

### CULTIVATE FAITH IN JESUS CHRIST

Dec 15 Pino: Let Doing Good Be our Normal 3 Nephi 18

### EXPERIENCE THE MINISTERING OF ANGELS

Dec 22 Oaks/Causse: Our Earthy Stewardship Matthew 25:14-30

### CREATE THE CYCLE OF SPIRITUAL MOMENTUM

Dec 29 Eyring: Legacy of Encouragement Moroni 7

## JANUARY

### STRIVE TO LIVE THE HIGHER LAW

Jan 5	Christofferson: The Doctrine of Belonging	Mark 10
Jan 12	Craig: Wholehearted	Luke 17
Jan 19	Sitati: Patterns of Discipleship	2 Tim 3/Busche
Jan 26	Lund: Lasting Discipleship	Mark 1

## Blessings

As we strive to live the higher laws of Jesus Christ, our hearts and our very natures begin to change. The Savior lifts us above the pull of this fallen world by blessing us with greater charity, humility, generosity, kindness, self-discipline, peace, and rest.



# Rest

## FEBRUARY

### TAKE THE YOKE

Feb 2 Dennis: His Yoke is Easy and His Burden is Light Romans 8

### UNDERSTAND COVENANT RELATIONSHIP

Feb 9 Bednar: Put on Thy Strength, O Zion Matt 22:1-14

### TAKE CHARGE OF YOUR TESTIMONY

Feb 16 Anderson: Drawing Closer to the Savior Acts 4/D&C 76:22-23  
Feb 23 Stevenson: Nourishing and Bearing Your Testimony Alma 32

## MARCH

### EXPERIENCE HIS REST

Mar 2 Schmitt: That They Might Know Thee John 20/JSH  
Mar 9 Pearson: Are You Still Willing Matthew 25:1-13  
Mar 16 Eddy: The Virtue of the Word Alma 31/Regulation  
Mar 23 Olsen: The Answer is Jesus John 14  
Mar 30 Conference Preparation

## Blessings

As you let God prevail in your life, I promise you greater peace, confidence, joy, and yes, rest.



With the power of the holy apostleship vested in me,  
I bless you in your quest to overcome this world.  
I bless you to increase your faith in Jesus Christ  
and to know better how to draw upon His power.  
I bless you to be able to discern truth from error.  
I bless you to care more about the things  
of God than the things of this world.  
I bless you to see the needs of those around  
you and strengthen those you love.

Because Jesus Christ overcame this world,  
you can too.

*Russell M Nelson*



# OVERCOME. BECOME. REST.

WEEK NO. \_\_\_\_\_

CONFERENCE TALK

SCRIPTURE(S)

ONE WORD

ONE PHRASE

How will I CHOOSE JESUS and His higher law?

Now is the time we can turn again to Christ (REPENT):

RECORD thoughts as you pray:







INKLINGS FALL 2022

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