

LDS Scrupulosity Scriptures and Quotes

Scriptures:

- 2 Timothy 1:7
7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

- Philippians 4:4-7 (especially footnote in 6 – Be careful for nothing (Don't be unduly concerned about anything))
4 Rejoice in the Lord alway: and again I say, Rejoice.
5 Let your moderation be known unto all men. The Lord is at hand.
6 ^aBe careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Footnote 6a - GR Don't be unduly concerned about anything.

- D&C 6:36
36 Look unto me in every thought; doubt not, fear not.

- 3 Nephi 13:34
34 Take therefore no thought for the morrow, for the morrow shall take thought for the things of itself. Sufficient is the day unto the evil thereof.

- Jeremiah 29: 11-14
11 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.
12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.
13 And ye shall seek me, and find me, when ye shall search for me with all your heart.
14 And I will be found of you, saith the Lord: and I will turn away your captivity...

- 2 Nephi 7: 2 (middle of the verse)
...O house of Israel, is my hand shortened at all that it cannot redeem, or have I no power to deliver?...

Quotes from General Authorities:

- President [Thomas S. Monson](#) taught, "... Faith and doubt cannot exist in the same mind at the same time, for one will dispel the other" ("[Come unto Him in Prayer and Faith](#)," *Ensign*, Mar. 2009, 6).
- Richard G. Scott - Peace of Conscience and Peace of Mind (Oct. 2004 General Conference)
<https://www.lds.org/general-conference/2004/10/peace-of-conscience-and-peace-of-mind?lang=eng>

God wants each of His children to enjoy the transcendent blessing of peace of conscience. A tranquil conscience invites freedom from anguish, sorrow, guilt, shame, and self-condemnation. It provides a foundation for happiness. It is a condition of immense worth, yet there are few on earth that enjoy it. Why? Most often because the principles upon which peace of conscience is founded are either not understood or not adequately followed...

...Now if you are one who cannot forgive yourself for serious past transgressions—even when a judge in Israel has assured that you have properly repented—if you feel compelled to continually condemn yourself and suffer by frequently recalling the details of past errors, I plead with all of my soul that you ponder this statement of the Savior: "He who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more. "By this ye may know if a man repenteth of his sins— ... he will confess them and forsake them."

To continue to suffer when there has been proper repentance is not prompted by the Savior but the master of deceit, whose goal is to bind and enslave you. Satan will press you to continue to relive the details of past mistakes, knowing that such thoughts make forgiveness seem unattainable. In this way Satan attempts to tie strings to the mind and body so that he can manipulate you like a puppet.

I testify that when a bishop or stake president has confirmed that your repentance is sufficient, know that your obedience has allowed the Atonement of Jesus Christ to satisfy the demands of justice for the laws

you have broken. Therefore you are now free. Please believe it. To continually suffer the distressing effects of sin after adequate repentance, while not intended, is to deny the efficacy of the Savior's Atonement in your behalf.

When memory of prior mistakes encroached upon Ammon's mind, he turned his thoughts to Jesus Christ and the miracle of forgiveness. Then his suffering was replaced with joy, gratitude, and thanksgiving for the Savior's love and forgiveness. Please, go and do likewise. Do it now so that you can enjoy peace of conscience and peace of mind with all their attendant blessings. In the name of Jesus Christ, amen.

- President J. Reuben Clark, Jr., testified: "You know, I believe that the Lord will help us. I believe if we go to him, he will give us wisdom, if we are living righteously. I believe he will answer our prayers. I believe that our Heavenly Father wants to save every one of his children. I do not think he intends to shut any of us off because of some slight transgression, some slight failure to observe some rule or regulation. There are the great elementals that we must observe, but he is not going to be captious about the lesser things.

"I believe that his juridical concept of his dealings with his children could be expressed in this way: I believe that in his justice and mercy, he will give us the maximum reward for our acts, give us all that he can give, and in the reverse, I believe that he will impose upon us the minimum penalty which it is possible for him to impose." (General Conference Oct. 1953, as cited in "Mercy – The Divine Gift, Thomas S. Monson, April 1995 General Conference, <https://www.lds.org/general-conference/1995/04/mercy-the-divine-gift?lang=eng>)

Kyle Weir's *Why Repentance Matters* (section in a chapter about scrupulosity)

https://www.amazon.com/Why-Repentance-Matters-Kyle-Weir/dp/1976846943/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1518244913&sr=8-1

Other books, talks, and articles depending on the issue:

- Russell M. Nelson – *Perfection Pending*
- Jeffrey R. Holland – *Broken Things to Mend*, Come Unto Me (April 1998 Ensign), Be Ye Therefore Perfect – Eventually (Oct. 2017 Gen. Conf.)
- Stephen Robinson – *Believing Christ*
- And many more