

Mastering the Self: My Teachings on True Freedom

By Jesus Christ

Chapter 1: Understanding True Mastery

I know the desire within your heart to become better, to rise above your weaknesses, to master yourself. It is a noble desire, and it reflects a deep yearning for growth. But I want you to understand something fundamental about mastery: it is not about controlling everything around you or even controlling others. True mastery begins within. It begins in your heart and in your mind.

You see, I walked this earth not to prove that I could control others, but to show you how to master yourself—to show you what it looks like to follow the will of the Father and live according to divine principles. I didn't teach you to control your circumstances but to overcome the natural man within. The natural man is your enemy. He is prideful, selfish, and quick to anger. But through the power of the Holy Spirit, you can overcome him. This is the path of true self-mastery—the path of becoming who you were always meant to be, according to the plan of salvation.

I know that you, like Me, face temptations and struggles. I know that the battle within is fierce. But I also know that with Me, and through Me, you can conquer it. You can become the master of your own soul, not through your own strength alone, but through the power I offer you.

Chapter 2: The First Step—Recognize the Natural Man

The first step toward self-mastery is recognizing the natural man within you. This man is selfish, quick to judge, and inclined to give in to impulse. He is often governed by what he can see, touch, and feel. He seeks pleasure in the moment, without regard for the long-term consequences. He is easily distracted by the temptations of the world. And while he is part of you, he does not have to control you.

To become a master of yourself, you must first understand this part of your nature. It is not about denying that the natural man exists, but about acknowledging his presence and choosing to rise above him. In doing so, you allow the divine nature that I have placed in you to grow. The more you recognize the natural man, the more you can make conscious choices to walk in the Spirit.

The natural man, in essence, is the opposite of the divine nature. But you have the power to overcome him. I did not come to this world to live according to the natural man's desires, and neither must you. I came to teach you a higher way—a way that leads to true mastery over your desires, over your thoughts, and ultimately, over your actions.

Chapter 3: Self-Control and the Will of the Father

True self-mastery requires self-control. It is the ability to choose the right path even when the natural man within you desires otherwise. It is choosing to act according to divine principles, rather than reacting to the impulses of the moment. This is not easy. It is a battle every day, and it takes time. But it is possible, because of the power of My Atonement.

When I walked this earth, I always sought to do the will of the Father, even when My own desires were pulling Me in a different direction. In the Garden of Gethsemane, I experienced the ultimate test of self-mastery. The weight of the sins of the world pressed upon Me, and My body and spirit longed for relief. But I chose the will of the Father. I chose to endure, to continue in the path that had been set for Me, even when it meant suffering beyond what you can imagine.

Through My example, I show you that true self-mastery is not about resisting temptation for the sake of resistance—it is about aligning your will with the will of the Father. When you make the choice to follow His path, even in moments of trial and suffering, you demonstrate the ultimate self-mastery.

When you choose to submit your will to the Father's will, you become more than you ever thought possible. You become a servant of God, able to withstand any trial and conquer any temptation.

Chapter 4: The Power of Humility

Humility is a cornerstone of self-mastery. To be truly humble is to recognize your dependence on the Father and to surrender your pride. Pride and self-mastery cannot coexist. You must be willing to let go of the need to control everything around you. Self-mastery is not about being in control; it is about being in control of yourself. And to do this, you must choose humility.

I demonstrated this humility when I walked among you. I am the Son of God, yet I chose to serve. I chose to humble myself and take upon Me the form of a servant. In the world, humility is often misunderstood as weakness, but in My kingdom, humility is strength. It is the strength to follow the Father's will, to listen to the promptings of the Holy Spirit, and to serve others selflessly.

When you are humble, you open the door to divine power. It is only through humility that you can access the grace that enables you to overcome your weaknesses and develop true self-mastery.

Chapter 5: Mastery Through Love and Service

Self-mastery is not only about what you refrain from; it is also about what you actively choose to do. One of the greatest demonstrations of self-mastery is the ability to love and serve others. When you serve others, you take the focus off of yourself. You allow the love of God to flow through you, and in doing so, you refine your own nature.

I came to serve, not to be served. I washed the feet of My disciples, healed the sick, and comforted the brokenhearted. I taught you that the greatest among you is the one who serves. Service is the ultimate act of self-mastery because it requires you to give of yourself, to set aside your own desires and focus on the needs of others. And through this act of selfless love, you become more like Me.

When you serve, you are not only helping others, but you are also helping yourself. Service refines your character. It helps you break free from selfishness and pride, and it draws you closer to the Savior.

Chapter 6: Prayer and Scripture Study—Strengthening Your Will

Another key to self-mastery is strengthening your connection to the Father through prayer and scripture study. These are the tools I gave you to help you stay focused on the path, to keep your will aligned with the will of the Father.

Prayer is the way you communicate with God. It is not just about asking for what you need, but about surrendering your will to His. When you pray, you invite the Spirit into your life, and you open the door to divine guidance. Through prayer, you receive the strength to overcome your weaknesses and the wisdom to make righteous choices.

Scripture study is equally important. The scriptures are a record of My teachings and the teachings of those who followed Me. They contain the words of eternal life. When you study them, you are feeding your soul and strengthening your resolve. The scriptures help you to align your thoughts and actions with God's will.

Together, prayer and scripture study are the foundation of your self-mastery. They provide the nourishment and strength you need to rise above the natural man and become more like Me.

Chapter 7: The Role of the Holy Ghost

You cannot master yourself without the help of the Holy Ghost. The Holy Ghost is your constant companion when you are worthy, and He is the source of your strength. He will guide you when you feel lost, comfort you when you are weary, and help you discern the will of the Father.

In My life, I was always guided by the Spirit. I never acted on My own; I always sought the Father's will and followed the promptings of the Holy Ghost. This is the example I set for you. If you want to master yourself, you must be in tune with the Holy Ghost. He is your teacher, your guide, and your source of power.

The Holy Ghost will help you in your struggles, your temptations, and your moments of weakness. He will give you the strength to rise above your challenges and the wisdom to make righteous choices. But you must be willing to listen. You must open your heart to His promptings and act upon them.

Chapter 8: Becoming Perfect Through Me

Ultimately, self-mastery is not about achieving perfection on your own. It is about becoming perfected through Me. I know you are imperfect. I know you will make mistakes. But that is why I came—to help you become more than you can on your own.

The journey to self-mastery is a lifelong process. There will be times when you falter, when you feel weak, and when you want to give up. But that is when you turn to Me. I will help you. Through My Atonement, you can be healed, and through My grace, you can become stronger.

The key is to keep moving forward. No matter how many times you stumble, you can always get up again, with My help. As you strive to master yourself—your thoughts, your desires, and your actions—you will come closer to who you were always meant to be. And in the end, you will be perfected through Me.

Epilogue: The Path to True Freedom

True self-mastery is the path to true freedom. It is the freedom that comes from overcoming the natural man and choosing to follow the path of righteousness. It is the freedom to live in alignment with the will of the Father, to love selflessly, and to serve others.

I know the road may seem long, and the battles may seem fierce. But I promise you that if you walk this path with Me, you will find true peace and joy. And in the end, you will find that the

mastery you seek is not about control, but about surrendering your will to God and following the example I have set for you.

You are capable of more than you know. Trust in Me, and I will help you become the master of your own soul. Through Me, all things are possible.