

And now I would that ye should be **HUMBLE**
submissive **GENTLE**
full of *patience* *easy to be entreated*
and **LONG SUFFERING**
temperate in all things
being **DILIGENT**
in keeping the commandments of **GOD**
at ALL times
asking *always returning* **THANKS**
for whatsoever things ye stand in need, both
spiritual and temporal *unto God*
see that ye have **HOPE** &
faith *charity*
then ye will always abound in
GOOD WORKS

Alma 7:23-24