

Supplemental Content

Even Members See the Problem

Mette Harrison, "How to be Mormon, in just 73 easy steps!" [Flunking Sainthood website, July 30, 2019](#)

1. Never use the word "Mormon" in describing anything Mormon. Doing so is a win for Satan.
2. Drink no coffee, tea or alcohol.
3. Eat meat sparingly. (Actually, scratch that. It's in the Word of Wisdom, but no one pays attention to it anyway, so bring on the burgers. You're going to need to keep your strength up for keeping all the other rules.)
4. Eat a lot of vegetables and fruits in their season. And yes, Funeral Potatoes totally count as a vegetable.
5. Go to church every Sunday, even when you're on vacation. God gives you extra credit for this.
6. Accept any callings offered by the bishop. (But see also #40.)
7. Attend the temple once a month at the very least. Always keep a valid temple recommend.
8. Do your monthly visiting teaching/home teaching. Er, ministering.
9. Send out a homemade holiday gift and card/letter to neighbors.

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10. Never use a curse word. If you need a library of faux swear options, watch Napoleon Dynamite multiple times and absorb its vocabulary.
11. Do family history work (genealogy) for your ancestors
12. Show up for moving other people in and out of your ward. Lift with your legs! And keep plenty of Ibuprofen on hand.
13. Sign up to bring meals to the sick or otherwise needy. These must be home-cooked. No KFC allowed!
14. Feed the missionaries—hefty portions. You don't want emaciated elders or sisters around.
15. Volunteer to clean the church/temple when the signup sheet goes around. Remember to wear clothes you can get dirty in. You're keeping the church clean, not yourself.
16. Attend ward activities like the Christmas party, the summer swim party, back-to-school parties, etc.
17. Hold a weekly Family Home Evening with your children. No crying allowed, from either parents or children!

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18. Teach your children to do chores happily. (Good luck with this.)
19. Be grateful, even for your trials. Trials are really blessings in disguise. Also, they make great fodder for tearful testimonies in the future.
20. Keep a year's supply of food in your basement, even if you never eat any of it. The family with the most wheat wins.
21. Do regular disaster planning with your kids, from fire drills to flood plans. You can never be too prepared for the end of days.
22. Know how to make important knots with rope. No one knows why this matters, but it does.
23. Learn how to build a fire without a match.
24. Know the stories of your pioneer ancestors, if you have them, to tell your children on Pioneer Day. (Don't worry about the gruesome details—kids will love them!)
25. Invite non-members to attend church meetings and activities. Repeatedly.
26. Read the weekly Sunday school and auxiliary lesson each week, so you can participate in lessons. But don't monopolize the teacher, even if you're the only one who prepared.

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27. Figure out how to use beans in fudge making and wheat in chili-making.
28. Help with local fundraising activities for the youth, like allowing them to put a flag in your yard even if they break your sprinkler system.
29. God expects you to be happy.
30. Play "wholesome" games as a family. (Yes, Monopoly counts. The prophet Ezra Taft Benson taught that capitalism is holy, so it's best to start 'em young.)
31. Donate to Sub for Santa or other Christmas charities as a ward/stake.
32. But don't tell the children that Santa isn't real.
33. Sing in the ward choir, even if you don't sing well, because you can make a "joyful sound."
34. Do NOT NOT NOT have sex before marriage—no making out, either. In fact, just try not to think about sex at all.
35. Root for BYU against the University of Utah—"bleed blue."
36. Get your daughters to babysit for poor ward members for free.
37. Go on weekly dates with your spouse.

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38. Don't steal from the ward's library or lost and found. (Return your crayons and chalk, dammit!)
39. Repent whenever you accidentally use a swear word, as I just did in violation of Rule #38.
40. Friends don't let friends get called into the nursery.
41. Only toddlers get cheerios in Sacrament Meeting. (No Capn' Crunch or you'll make the other toddlers jealous.)
42. Submit Primary children's drawings as art for the ward bulletin, even if you can't tell what it is.
43. Eat "better than sex" chocolate cake.
44. Drink sparkle punch.
45. Participate in Eagle Scout projects no matter how stupid you think they are.
46. Have a favorite church hymn—preferably the same as one of the prophet's.
47. Watch out for Gadian-ton Robbers. Also, MLM schemes.
48. Know how to cook a marshmallow properly to make S'mores. They're practically a Mormon invention.

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49. Be able to make seven different kinds of Jell-o salad, at least one with carrots.
50. Save seats in a theater/amusement park where it's not allowed, but do it politely.
51. Make sure you know how to make funeral potatoes. (Hint: with cornflakes!)
52. Drink root beer or milk if you are ever forced to be in a bar.
53. Turn regularly to sugar, in huge quantities, as your only vice.
54. Keep all church buildings at refrigerator temperatures year-round because men are in full suits and ties.
55. Drive to church no matter how close you live.
56. Go on a mission the moment you hit the requisite birthday.
57. Don't go to the grocery store on the Sabbath. If you absolutely must, though, do it in another town so no one from your ward sees you.

(but wait, there's more . . .)

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Women:

58. Do feminine crafts like knitting, crocheting, and quilting.
59. Learn how to bake bread, cook meals cheaply, and can foods. Bonus points if you grew the foods in your own garden.
60. Wear makeup, because even an old barn looks good with a little paint on it.
61. Do not nurse at church except in the mother's lounge in the women's bathroom, which will also be where children's dirty diapers are changed and disposed of. But modesty!
62. Attend monthly Relief Society meetings.
63. Decorate your house with Relief Society kitsch.
64. No porn shoulders.
65. Don't slam your purse or talk in a shrill tone.
66. Be able to sew pioneer bonnets, dresses, aprons, etc. in bulk at a day's notice.
67. Don't chew gum in church (according to my mother—it's not ladylike).
68. You can have up to one ear piercing per God's instructions. Getting double-pierced ears is beyond the pale, so don't push it.

(but wait, there's even more . . .)

Even Members See the Problem

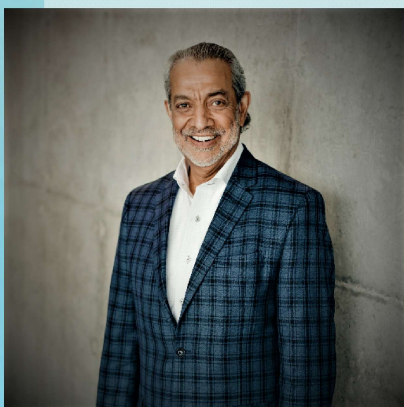
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[Flunking Sainthood website, July 30, 2019](#)

Men:

69. Sacrament must be administered and passed by young men in white shirts, only using their right hands. The patterns may vary from ward to ward, but are secret and only for men to know.
70. Do not shed tears in any scenario ever, except during testimony meeting, when it is 100% acceptable for you to cry.
71. Don't abuse your children or your wife—except with dad jokes, which you may pile on freely.
72. Do play church ball hard enough to get injured or injure someone else. Unless someone winds up in the hospital, the Spirit hasn't spoken strongly enough.
73. Facial hair was fine for Jesus but not for you. The clean-cut look is definitely the Mormon Latter-day Saint look. Oh, and man buns are flat out.

More on that Pruning Thing . . .



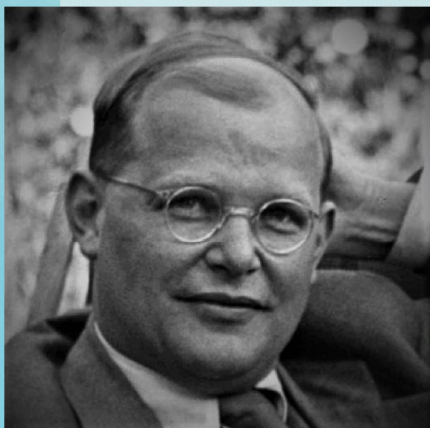
"Remember:
growth equals change;
change equals loss; loss
equals pain; so inevitably,
growth equals pain."

-- Pastor Samuel Chand, "[Leadership Pain: The Classroom for Growth](#)", p.35

"For I consider that the sufferings of this present time are not worthy *to be compared* with the glory which shall be revealed in us. For the earnest expectation of the creation eagerly waits for the revealing of the sons of God."

-- Romans 8:18&19 NKJV

Yet More on that Pruning Thing . . .



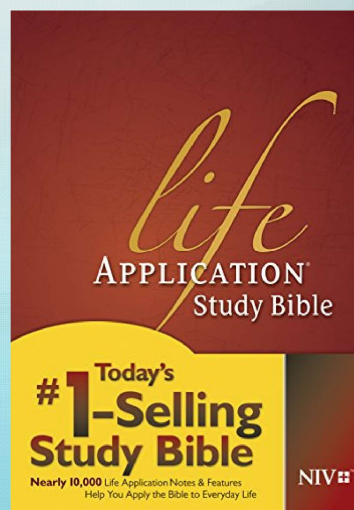
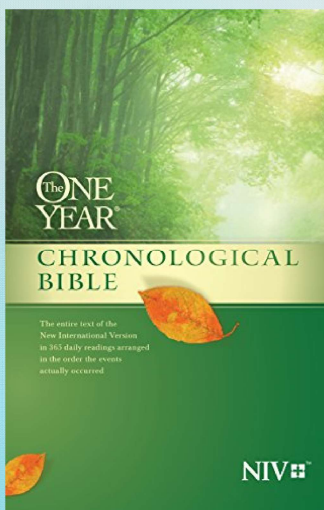
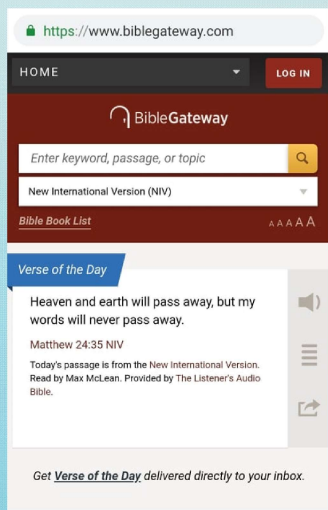
"The cross is laid on every Christian. The first Christ-suffering which every man must experience is the call to abandon the attachments of this world. It is that dying of the old man which is the result of his encounter with Christ. As we embark upon discipleship we surrender ourselves to Christ in union with his death—we give over our lives to death. Thus it begins; the cross is not the terrible end to an otherwise god-fearing and happy life, but it meets us at the beginning of our communion with Christ. When Christ calls a man, he bids him come and die."

-- Dietrich Bonhoeffer, *"The Cost of Discipleship"*, p. 71

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me. I do not frustrate the grace of God: for if righteousness come by the law, then Christ is dead in vain."

-- Galatians 2:20&21 KJV

Recommended Bible Resources



Available on [Amazon](#).

Doing a BibleGateway Translation Comparison

John 1:1-3

King James Version (KJV)

In the beginning was the Word, and the Word was with God, and the Word was God.
The same was in the beginning with God.
All things were made by him; and without him was not any thing made that was made.

King James Version (KJV)
Public Domain

New King James Version (NKJV)

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made.

New King James Version (NKJV)
Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

New American Standard Bible (NASB)

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him, and apart from Him nothing came into being that has come into being.

New American Standard Bible (NASB)
Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation

New International Version (NIV)

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.

New International Version (NIV)
Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

English Standard Version (ESV)

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made.

English Standard Version (ESV)
The Holy Bible, English Standard Version. ESV® Text Edition: 2016. Copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers.

www.BibleGateway.com

Doing a BibleGateway Translation Comparison

John 1:1-3

New Living Translation (NLT)

In the beginning the Word already existed.
The Word was with God, and the Word was God.
He existed in the beginning with God.
God created everything through him,
and nothing was created except through him.

New Living Translation (NLT)
Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

John 1:1-5 The Message (MSG)

The Word was first, the Word present to God, God present to the Word.
The Word was God, in readiness for God from day one.
Everything was created through him;
nothing—not one thing!—came into being without him.
What came into existence was Life,
and the Life was Light to live by.
The Life-Light blazed out of the darkness;
the darkness couldn't put it out.

The Message (MSG)
Copyright © 1993, 2002, 2018 by Eugene H. Peterson

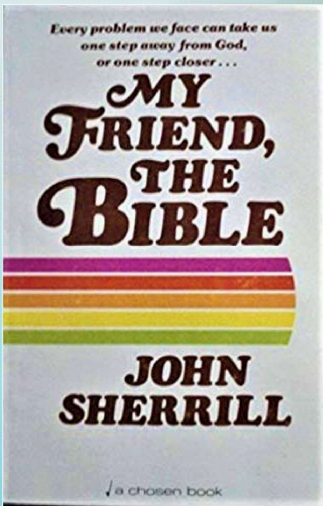
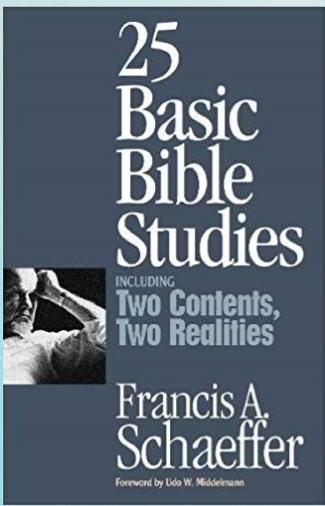
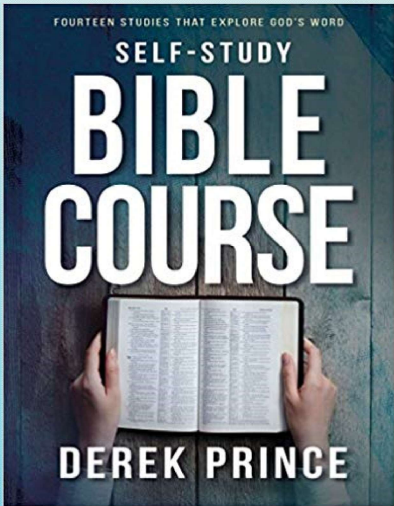
John 1:1-3 Living Bible (TLB)

Before anything else existed, there was Christ,* with God. He has always been alive and is himself God. He created everything there is—nothing exists that he didn't make.

Living Bible (TLB)
The Living Bible copyright © 1971 by Tyndale House Foundation. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved.

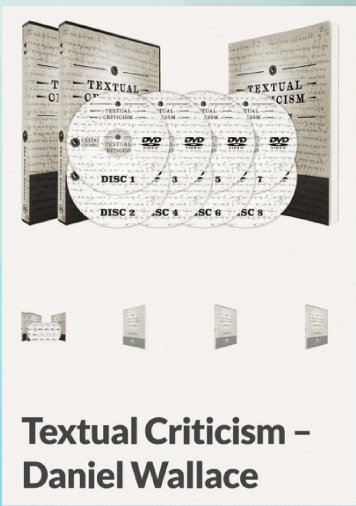
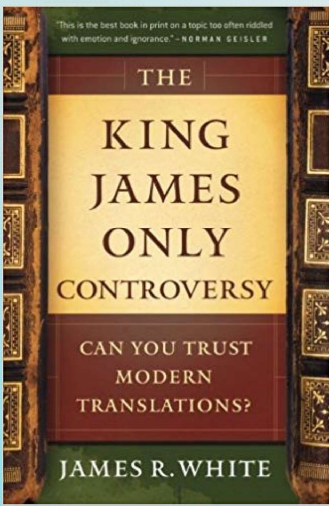
www.BibleGateway.com

Recommended Bible Study Resources



Available on [Amazon](#).

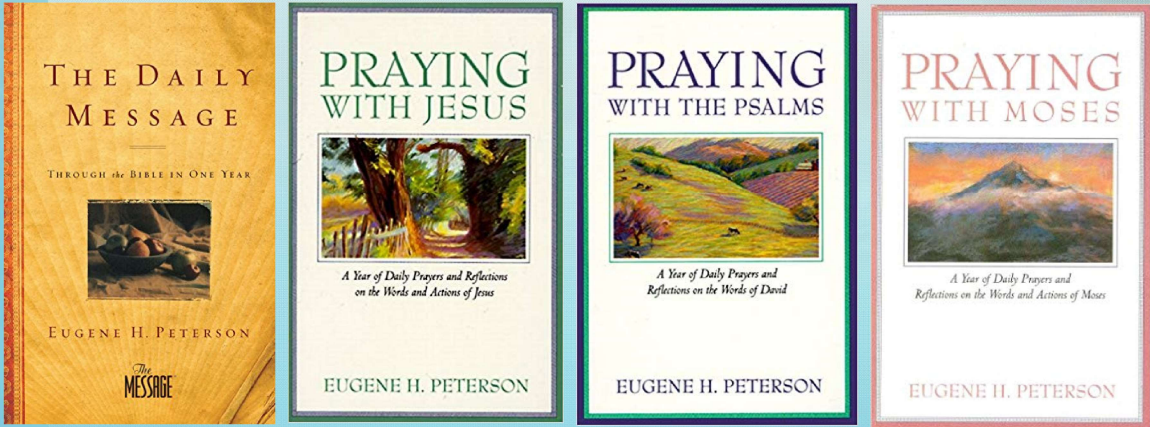
Recommended Resources on Biblical Reliability



Available on [Amazon](#).

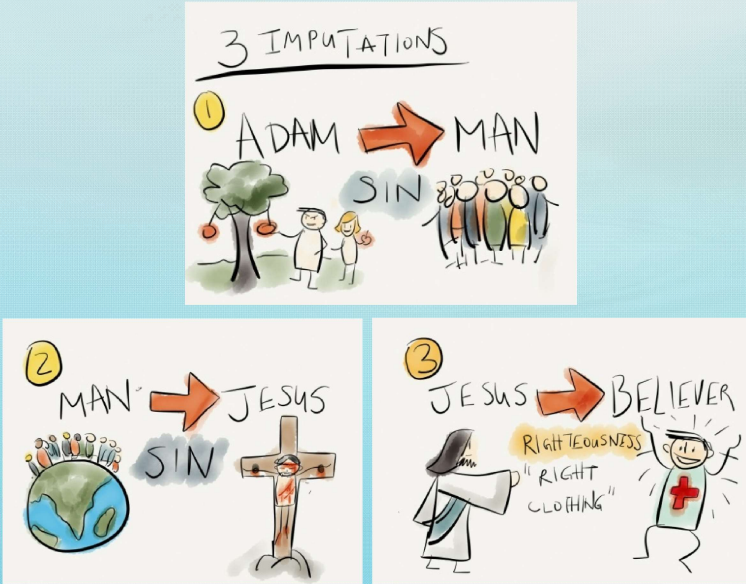
<https://www.credocourses.com/product/textual-criticism/>

Recommended Prayer Resources



Available on [Amazon](#).

Understanding Imputed Righteousness



The Eight Rules of Interpretation

(used by legal experts for more than 2500 years)



1) Rule of Definition.

Define the term or words being considered and then adhere to the defined meanings.

2) Rule of Usage.

Don't add meaning to established words and terms. What was the common usage in the cultural and time period when the passage was written?

3) Rule of Context.

Avoid using words out of context. Context must define terms and how words are used.

4) Rule of Historical background.

Don't separate interpretation and historical investigation.

5) Rule of Logic.

Be certain that words as interpreted agree with the overall premise.

6) Rule of Precedent.

Use the known and commonly accepted meanings of words, not obscure meanings for which there is no precedent.

7) Rule of Unity.

Even though many documents may be used there must be a general unity among them.

8) Rule of Inference.

Base conclusions on what is already known and proven or can be reasonably implied from all known facts.

"It will be worth your time to acquaint yourself with these rules and commit them to memory or jot them in the flyleaf of your Bible. Using them will keep you free from cultism and false teachings. All the early Church Fathers used them. Irenaeus used them when he wrote *Against Heresies*, which dealt with Gnosticism and other untruths. Every law court religiously follows them and honest theologians dare not violate them. Much false teaching is the result of violating one or more of these universal rules of interpretation."

- Charles Bromley, *"Who Said Women Can't Teach?"*

Essential Doctrines of the Christian Faith



The Essential Doctrines of the Christian Faith are as follows

1. The Deity of Jesus Christ.
2. Salvation by grace.
3. The resurrection of Jesus Christ.
4. The gospel of Jesus Christ, and
5. Monotheism.

"The Bible itself reveals those doctrines that are essential to the Christian faith. They are 1) the Deity of Christ, 2) Salvation by Grace, 3) Resurrection of Christ, 4) the gospel, and 5) monotheism. These are the doctrines the Bible says are necessary. Though there are many other important doctrines, these five are the ones that are declared by Scripture to be essential."

-- Theologian Matt Slick, *"Essential Doctrines of Christianity"*, CARM website

Non-Essential Doctrines of the Christian Faith



Non-Essential Doctrines are those which, while still important, aren't essential for salvation. They are, therefore, non-essential and Christians can and will legitimately disagree on them.

A sampling of the non-Essentials

- **Eschatology**
(how and when the end times will unfold, the rapture, the millenium, the role of Israel today, etc.)
- **Earth Age**
(young v. old earth creationism, etc.)
- **Bible translation preferences**
(King James v. modern translations, word-for-word v. thought-for-thought, etc.)
- **Ecclesiology**
(church government models, the roles of clergy and laity, are Apostles and Prophets for today, etc.)
- **Soteriological Systems**
(Arminianism v. Calvinism, etc)
- **Demonology**
(can a Christian have a demon or not, teachings on various kinds of spiritual warfare, etc.)
- **Sacrament practices**
(wine v. grape juice, leavened v. unleavened bread, who can administer, etc.)

Non-Essential Doctrines of the Christian Faith



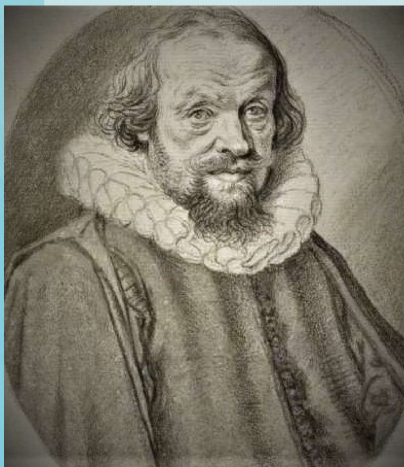
Non-Essential Doctrines are those which, while still important, aren't essential for salvation. They are, therefore, non-essential and Christians can and will legitimately disagree on them.

A sampling of the non-Essentials (continued)

- **Modes of baptism**
(sprinkling v. full immersion, infant baptism, etc.)
- **Worship styles**
(liturgical v. contemporary, hymns v. choruses, choirs, drums v. organs, etc.)
- **The gifts of the Holy Spirit**
(tongues v. no tongues, cessationism v. continuationism, etc.)
- **Worship observances**
(Sabbatarianism v. Sunday worship, observance of special holy days, tithing, etc.)
- **Food and drink**
(consumption of alcohol v. abstinence, kosher v. non-kosher food, etc.)
- **Various do's and don'ts**
(tobacco consumption, playing cards, dancing, makeup, "acceptable" dress, movies, etc.)
- Etc., etc., etc.

This is far from an exhaustive or comprehensive list of Christian non-essentials – it seems endless at times!

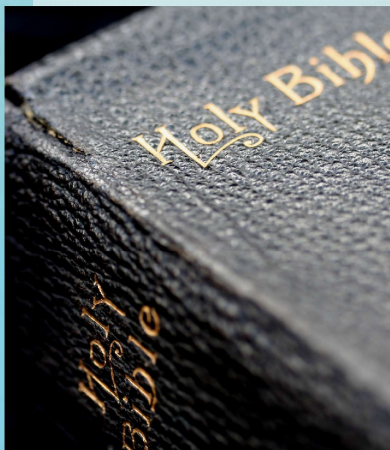
Essential v. Non-Essential Doctrines of the Christian Faith



**“In essentials, unity;
In non-essentials, liberty;
In all things, charity.”**

-- Rupertus Meldenius, 17th century Theologian

Essential v. Non-Essential Doctrines of the Christian Faith Resources



Matt Slick, "Essential Doctrines of Christianity", CARM website:
<http://carm.org/essential-doctrines-of-christianity>

While Mr. Slick's article is an excellent short vernacular primer, C. Michael Patton's "Essentials and Non-Essentials in a Nutshell" article is the better resource for those seeking a fuller, more nuanced understanding of the subject:
<http://www.reclaimingthemind.org/blog/2011/06/essentials-and-non-essentials-in-a-nutshell/>

For those who find Mr. Slick's outline format a bit too cryptic and Mr. Patton's article too long should consider this short but insightful "What are the essentials of the Christian faith?" article on the "Got Questions?" website instead:
<http://www.gotquestions.org/essentials-Christian-faith.html>

"A Bruised Reed" by R.C. Sproul

http://www.ligonier.org/learn/conferences/orlando_2002_national_conference/a-bruised-reed-3167/

This sermon offers a biblical perspective on finding that oh so elusive balance between truth, love, integrity, and tolerance. Christian brothers and sisters you I both appeal to you and challenge you to listen to this amazing sermon. Here's the description from the Ligonier website:

"We don't have to look beyond our own churches to see Christians fighting amongst themselves over all kinds of issues. What is the proper way to respond to Christian brothers and sisters when we are in disagreement with them? Should we treat everyone in the church the same? In this message entitled 'A Bruised Reed,' Dr. Sproul teaches us about the judgement of charity as we seek to maintain peace and unity within the church."

Recommended Facebook Ex-Mormon Support Groups



MIT - Mormons in Transition >

CLOSED GROUP · 395 MEMBERS

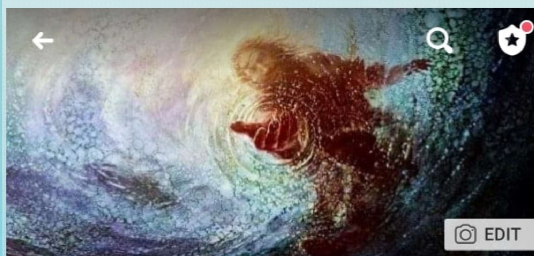
"Facebook edition of the popular Mormons In Transition support group (started in '96) for former Mormons and Mormons with serious questions about their LDS faith. If you are open to a Bible-based spirituality, and don't feel the need to throw God and Christ out with the Mormon bathwater, this Facebook support group is a place to explore matters of faith and relationships with other former Mormons, exMormons and questioning Mormons in a supportive atmosphere. Keep in touch, ask questions, share stories, encouragements, and struggles related to life in the transition lane."

(from the group "About" page)

- Good for those who are open to or considering mainstream Christianity after Mormonism: Seeker friendly.
- Not good for those for those who are antagonistic to theism or who have already chosen atheism.
- Lightly moderated with about average security.
- Very active.

Direct Link: <https://www.facebook.com/groups/139462380423>

Recommended Facebook Ex-Mormon Support Groups



Ex-Mormon Christians >

CLOSED GROUP · 974 MEMBERS

"This group is for Ex-Mormons who have already chosen mainstream Christianity after leaving the LdS Church. If is NOT for those who are thinking about leaving the LdS Church or are unsure if mainstream Christianity is a viable option to Mormonism, Atheism, or anything else. There are many, many, many other groups for the latter, this is not one of them..."

In summary: This group is ONLY for Ex-Mormons who have already left Mormonism, who profess the biblical Christ and historic Christianity and who want or need assistance/support in their transition into a good mainstream Church."

(from the group "About" page)

- Good for those who are firmly committed mainstream Christianity after Mormonism and who are actively taking steps to integrate into it.
- Not good for those for seekers, who are skeptical in regard to theism, or who have already chosen atheism.
- Above normal moderation with high security – including a heavy vet on applicants.
- Extremely active.

Direct Link: <https://www.facebook.com/groups/XMChristians>

Recommended Facebook Ex-Mormon Support Groups



"This is a page for Mormon women who are transitioning or have transitioned into mainstream, Biblical Christianity. Those women who have made this transition know how both exhilarating and frustrating it can be. In some cases it can even be painful or heartbreaking. Thus, everyone needs a support system. We, your fellow travelers, are here to answer any sincere questions about Mormonism or Christianity and to offer you our friendship and support...

We are here to share Biblical truth and help everyone to grow into a deeper personal relationship with Jesus and, through Him, with each other too.

May God guide our conversation and our journey."
(from the group "About" page)

- Good for women who are committed mainstream Christianity after Mormonism and who are actively taking steps to integrate into it.
- Not good for those who are unsure about they stand, are skeptical in regard to theism, or who have already chosen atheism.
- Above average moderation with high security – entry is by invitation only and non-members can't even see the group.
- Low activity.

Private Message An Admin to Join: [Jackie Davidson](#), [Barb Griffin](#), [Amy Fuller](#), or [Pam Hanvey](#)

Recommended Facebook Ex-Mormon Support Groups



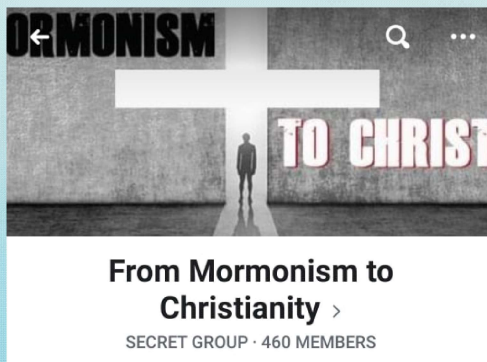
"This is a page for Mormon men who are transitioning or have transitioned into mainstream, Biblical Christianity. Those men who have made this transition know how both exhilarating and frustrating it can be. In some cases it can even be painful or heartbreaking. Thus, everyone needs a support system. We, your fellow travelers, are here to answer any sincere questions about Mormonism or Christianity and to offer you four friendship and support.

We recognize that Mormonism has touched us all in ways that we may never fully understand - and that is both a cause for celebration and a challenge to be overcome. We offer each other experience, strength, and hope that those untouched by Mormonism may never understand."
(from the group "About" page)

- Good for men who are committed mainstream Christianity after Mormonism and who are actively taking steps to integrate into it.
- Not good for those who are unsure about they stand, are skeptical in regard to theism, or who have already chosen atheism.
- Infrequent moderation with high security – including a heavy vet on applicants.
- Lightly active.

Direct Link: <https://www.facebook.com/groups/XMCMQ/>

Recommended Facebook Ex-Mormon Support Groups



"This is a place for Ex-Mormons to discuss their reasons, attitudes, feelings, and experiences in leaving the LDS church."

The purpose of this forum is specifically and exclusively to help Latter-day Saints transition from Mormonism to Biblical faith. While we acknowledge that many former Latter-day Saints choose paths other than Biblical Christianity after exiting Mormonism, this forum isn't the place to pursue those alternatives or persuade others to do so.

From Mormonism to Christianity (FMTC) is a group intended for members to support, encourage, love, and help each other with their transition from Mormonism to Christianity and to help them overcome the negative consequences resulting from leaving the LDS Church."

(from the group "About" page)

- Good for those who are committed mainstream Christianity after Mormonism and who are actively taking steps to integrate into it.
- Not good for those who are unsure about they stand, are skeptical in regard to theism, or who have already chosen atheism.
- About average moderation with high security – entry is by invitation only and non-members can't even see the group.
- Low activity.

Private Message An Admin to Join: [Kymberly Carter](#), [Tracy Tennant](#), [Shawn Lawlor](#), [Allison Biggers](#), or [Amy Cutler](#)

Recommended Facebook Ex-Mormon Support Groups



"This group exists to connect Christians living in Utah with fellow believers in the Way, the Truth, and the Life."

The hope is that we can use discussion and community to provide a place for Christians to connect and share in community with others they may not know about in their area.

In addition, we want to support those leaving Mormonism in finding a safe church they can connect with.

Feel free to post topics, events, or promotions for your church, but please keep posts limited to the scope of Utah, as this is a group specifically for Utah Christians."

(from the group "About" page)

- Especially good for mainstream Christians in Utah.
- Support for Ex-Mormons in transition is secondary to its mission but still accommodated.
- Not an Ex-Mormon transition group more a gathering place for Utah Christians.
- Infrequent moderation with moderately high security – including a vet on applicants.
- About average activity.

Direct Link: <https://www.facebook.com/groups/ChristianUtah/>

Recommended Facebook Ex-Mormon Support Groups



Preaching From an Asbestos Suit: Reasoning With Mormon...
CLOSED GROUP · 419 MEMBERS

"This group is for mainstream Christians (only) who are striving to improve their arguments and presentation of the true God, Jesus, and Gospel of the Bible to Mormons on the Internet.

There are NO Mormons in this group. It's also for those who are looking for solace and support in the midst of one of the hardest, most challenging mission fields on the planet right now."
(from the group "About" page)

- For Christians who are trying to be more effective in their discussions with Mormons.
- Not an Ex-Mormon support or transition group.
- Discussions assume a working, fully developed knowledge of mainstream Christian doctrine and theology.
- More for Mormons who have fully transitioned but also useful for deconstructing Mormonism and improving your arguments with Mormon friends.
- Heavy moderation with extremely high security – including a heavy vet on applicants.
- Extremely high activity.

Direct Link: <https://www.facebook.com/groups/PFAAS>

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On Taking Up The Sword

A caution to transitioning Ex-Mormon Christians

by Fred W. Anson

Without question the loss of community is one of the things most quickly, and often most painfully, felt by Mormons transitioning out of the Church of Jesus Christ of Latter-day Saints. That's why I believe that former Mormons can and should find encouragement and support by joining with others like themselves as soon as possible

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Why You Don't Need a "Ministry"

by Fred W. Anson and Jackie Davidson

She was a really nice lady and a wonderful friend. But she wouldn't stop talking about her "ministry". He was a really great guy, warm, friendly, outgoing and really, genuinely cared about people. But he couldn't stop talking about his "ministry". I could stop right now and you could give us names, places, and "ministries" couldn't you? That's right even if we've never met, even if we live in different states, go to different churches and are theologically at odds we could both tell each other stories about Christians we've known that fit the scenario that I've just described. Isn't that interesting?

Or how about this one?

She had a dramatic, born again experience. Her life was

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SEARCH RESULTS FOR: EX-MORMONS

How to Turn Ex-Mormons Into Atheists

An Appeal to Never Mormon and Ex-Mormon Christians

by Fred W. Anson and Jackie Davidson

Q: What's the quickest way to drive a transitioning Mormon into atheism?

A: Christian infighting, dogmatism, and sectarianism.

This isn't theory. Atheist Ex-Mormon discussion boards are filled with stories about former members of the LDS Church who gave up on Christianity on their way out of the Mormon Church when the Christians that they encountered were just as fanatically sectarian and absolutist as the Mormons that they knew were. Their conclusion? "They're just two sides of the same fanatical coin."

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The Spirit of Mormonism is the Spirit of Rebellion

A caution to transitioning Ex-Mormon Christians

It costs God nothing, so far as we know, to create nice things: but to convert rebellious wills cost His crucifixion.

— C. S. Lewis, "Mere Christianity"

by Fred W. Anson

In 1980 ordained Lutheran minister, Robert N. Hullinger published an award-winning analysis of Joseph Smith. He approached Joseph Smith and the Book of Mormon skeptically, but the same time, as he explained in this thought-provoking re-evaluation of early Mormonism, "I prefer to put the best construction on Joseph Smith and let his expressed motives speak for themselves, then draw conclusions from the outside. This approach must...

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The Fruit of Mormonism

by Fred W. Anson

Citing Matthew 7:20 ("Wherefore by their fruits ye shall know them.") Mormons challenge us to "inspect the fruit" of Mormonism. So I did, and this is what I found:

1. A church that teaches the blasphemy that God was once a man. And that further teaches that good Latter-day Saints can likewise be exalted to Godhood. (see official LDS Church website "Becoming Like God")
2. Via the doctrine of "Continuing Revelation" is a church that engages in and teaches moral relativism based on the example and teaching of its founder who once said, "That which is wrong under one circumstance, may be, and often is, right under another... Whatever

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The Fruit of Joseph Smith

compiled by Fred W. Anson

Citing Matthew 7:20 ("Wherefore by their fruits ye shall know them.") Mormons challenge us to "inspect the fruit" of Joseph Smith. So I did, and this is what I found:

1. While claiming that God demanded that he do it, he had at least 34-wives, about a third of them teenagers, (the youngest ones being two 14-year old girls) daughters of leading members of his church, and about another third of them already the wives of living husbands who also were prominent members of his church. (see official LDS Church website "Plural Marriage in the Church of Jesus Christ of Latter-day Saints")
2. He brought forth the Book of Mormon via the occult practice of scrying (the peep stone in a hat) while

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It Ain't Easy, But It's Worth It: An Open Letter to Former Latter-day Saints

"A former Mormon who has accepted Christ is a living testimony of the awesome power of God."

by Michael Flounoy

If you're a new Ex-Mormon who has accepted Christ, you probably feel anxious, isolated, and confused. You're likely still in the process of rebuilding your identity and hurting from relationships that fell apart during your transition. You might still feel the pull of the Mormon church, like an addiction that won't go away. I want you to know, from one Ex-Mormon to another, that things do get better with time.

Leaving can cause a lot of insecurities. It may feel like you're treading water. No matter the circumstances, I hope

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Are Anti-Mormons Christians?

A caution to transitioning Ex-Mormon Christians

"If your true motivation is not simply hatred of Mormonism... then our plea is simple."

by Jason Wallace, Pastor, Christ Presbyterian Church, Magna, Utah

Former Mormons recognize that religion doesn't make someone a Christian. Mormonism may say nice things about Jesus, produce a great deal of sincerity, emotion, and activity, but it is a fraud. Mormons may quote the Bible, but they are selective in their use of it, touting what fits

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Shawn McCraney and The Church of Anti-Mormonism

by Jason Wallace

I've been asked why I bother to respond to Shawn McCraney. In Shawn's mind, I'm attacking him from jealousy, since he describes me as a "Salieri" to his "Mozart." Despite Shawn's high opinion of himself, I don't see him as a genius, but a boastful, ignorant man who calls the God of the Bible a "monster." I feel compelled to defend the God I love. I have also been encouraged to see people credit my witness in helping them abandon Shawn's cult for Biblical churches. But there is another reason that I believe it's important to respond to Shawn – he is the poster boy for the "Church of Anti-Mormonism."

Because Mormonism is the majority faith in Utah, it shapes how even non-Mormons think about religion. Mormons

<http://beggarsbread.org/>

Fred W. Anson, "From Human Doing to Human Being: Abiding in Jesus After Mormonism" SUPPLEMENTAL CONTENT

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How the LDS Church Prepares Its Members for Atheism (Part 1)



The Star Child from "2001: A Space Odyssey"

by Joshua Valentine

Why do so many Mormons become atheists? Whatever the validity of the observation, online discussions of this topic usually only revolve around the answers of not wanting to be fooled again, burnout, and that the same things that deconstruct Mormonism deconstruct all religions. All of these look outside for an answer, but what about Mormonism, itself? The very doctrines, teachings, and


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How the LDS Church Prepares Its Members for Atheism (Part 2)



by Joshua Valentine

While it does not mirror the atheist worldview as the previous points, the LDS epistemology sets its members up to turn against faith and thus embrace atheistic rationalism. While Mormonism is not strictly speaking a fideistic religion, it relies heavily upon some principles of


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How the LDS Church Prepares Its Members for Atheism (Part 3)



"Mormonism... is even more exclusive, claiming to be the only true version of Christianity."

by Joshua Valentine

The LDS Church's super-exclusive claims do not directly lead to atheism, but they do disqualify other theistic options. Christianity claims to be the truth to the exclusion of other candidates, like any other religious movement. Mormonism, however, is even more exclusive, claiming to be the only true version of Christianity.

Mormonism teaches against any traditional form of Christianity with every unique teaching and claims it is

<http://beggarsbread.org/>

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How the LDS Church Prepares Its Members for Atheism (Part 4)



"The ex-member is motivated to stay away from religion for fatigue, for fear of being duped, and for fear of relinquishing control."

by Joshua Valentine

Members who learn the truth about The Church of Jesus Christ of Latter-day Saints and Mormonism most often feel betrayed and duped by their church, friends, and family. If they leave the church, they often go through a burn out period, not wanting to deal with religion at all. They are understandably resistant to even considering any other


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How the LDS Church Prepares Its Members for Atheism (Part 5)



"There is a common phenomenon in religious activity, where some converts coming from one extreme tend to overconnect to the other extreme."

by Joshua Valentine

Many who consider the issue of Mormons becoming atheists wonder why they go from Mormonism straight to atheism instead of Christianity, which is assumed to be the next closest religion. At wheatandtares.com there is an article that claims that Mormonism is not reversible into Christianity¹. Indeed, when considering all the issues here, it seems obvious that the two, despite their supposed relation, are completely at odds. To a significant degree, The Church of Jesus Christ of Latter-day Saints downplays sin, its seriousness, and its power over humans. The LDS

<http://beggarsbread.org/>

Fred W. Anson, "From Human Doing to Human Being: Abiding in Jesus After Mormonism" SUPPLEMENTAL CONTENT

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Freedom!

A Prayer of Release for Former Mormons and their Descendants



by Tracy Tennant

The following is a prayer of release for former Mormons and their descendants. This can be used in conjunction with healing and deliverance ministry sessions or can be used by individuals who have left or are in the process of leaving Mormonism, or those with Mormon ancestry.

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Let The Dead Bury The Dead

A Biblical Response to Mormon Communion With the Dead Teachings



"Jesus said to him, 'Follow Me, and let the dead bury their own dead.'"
(Matthew 8:22, NKJV)


by Fred W. Anson


It often comes as a shock to many transitioning Ex-Mormons that contact and communication with the dead is prohibited in the strongest terms in the Bible. Please consider the following:

<http://beggarsbread.org/>

Recommended Mormon Transition Websites


https://faithaftermormonism.org






Be Patient with Your Journey from Mormonism

SURVIVING THE EMOTIONAL JOURNEY



whc.faith/watch/fresh-start/



Join us for Service in

DAYS

HRS

MIN

SECS

01


13

14

41


WATCH

FRESH START




The Fresh Start study is a 19 week in-depth look at the Bible

www.ldstransitions.com/#



Transitions

The Mormon migration from religion to relationship



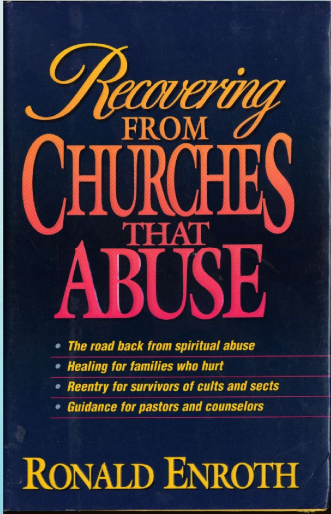
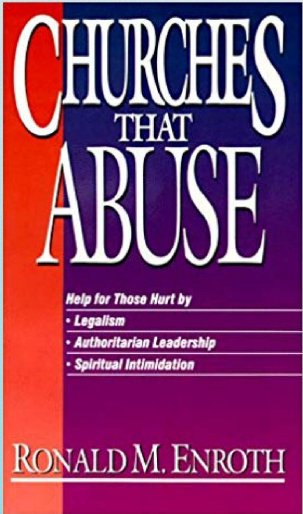
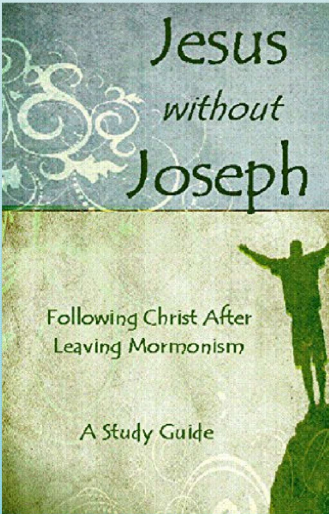
Welcome to *Transitions*

You are not alone. Many people have doubts about Mormonism and have started a journey out. Every year thousands of people experience the same

Fred W. Anson, "From Human Doing to Human Being: Abiding in Jesus After Mormonism" SUPPLEMENTAL CONTENT

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Recommended Mormon Transition Reading



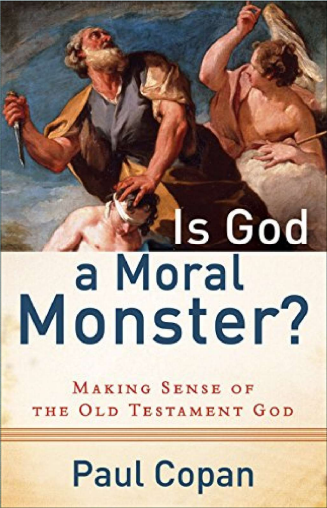
FREE eBook editions in the Ex-Mormon Christians Facebook Group File Library. Other editions on [Amazon](#).

Recommended Mormon Transition Reading



Available on [Amazon](#) in both eBook and paper editions.

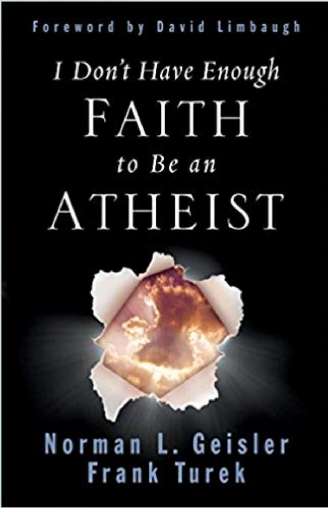
Recommended Mormon Transition Reading



Is God
a Moral
Monster?

MAKING SENSE OF
THE OLD TESTAMENT GOD

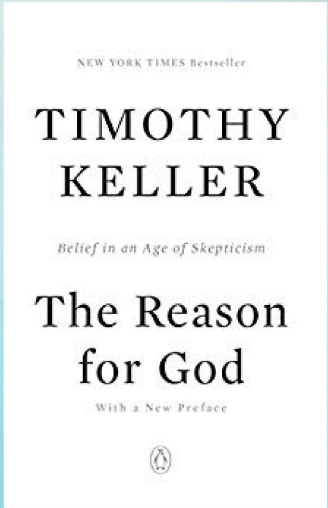
Paul Copan



Foreword by David Limbaugh

*I Don't Have Enough
FAITH
to Be an
ATHEIST*

Norman L. Geisler
Frank Turek



NEW YORK TIMES BESTSELLER

TIMOTHY
KELLER

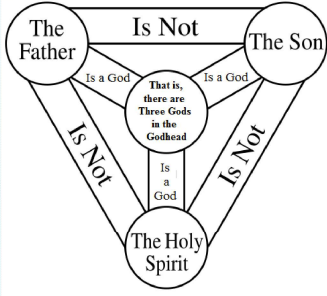
Belief in an Age of Skepticism

The Reason
for God

With a New Preface

Available on [Amazon](#) in both eBook and paper editions.

The Mormon Godhead versus The Trinity



The Father

Is Not

The Son

Is a God

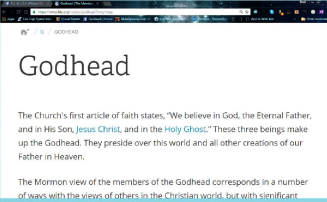
That is, there are Three Gods in the Godhead

Is a God

Is Not

The Holy Spirit

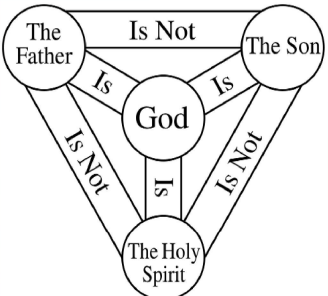
The Mormon Godhead



Godhead

The Church's first article of faith states, "We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost." These three beings make up the Godhead. They preside over this world and all other creations of our Father in Heaven.

The Mormon view of the members of the Godhead corresponds in a number of ways with the views of others in the Christian world, but with significant



The Father

Is Not

The Son

Is

God

Is

Is Not

The Holy Spirit

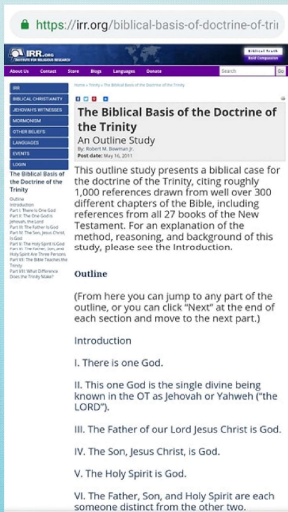
The Trinity

"Within the one Being that is God, there exists eternally three coequal and coeternal persons, namely, the Father, the Son, and the Holy Spirit."
(James R. White, *"The Forgotten Trinity"* p.26)

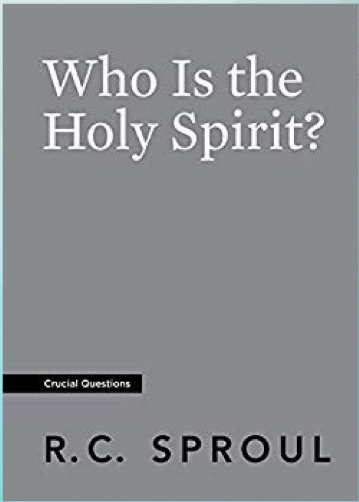
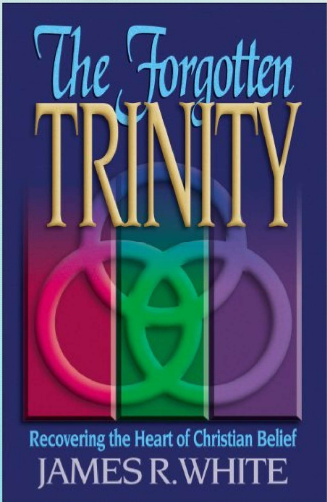
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Recommended Doctrine of the Trinity Resources



<https://irr.org/biblical-basis-of-doctrine-of-trinity>



Available on [Amazon](#).

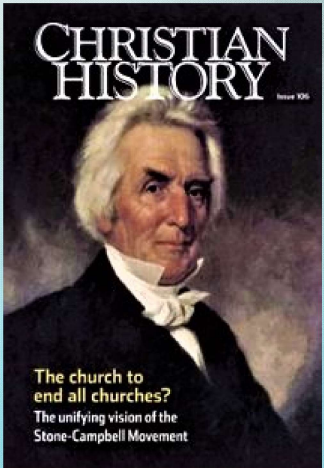
Recommended Church History Resources



<https://www.credocourses.com/product/church-history-boot-camp/>

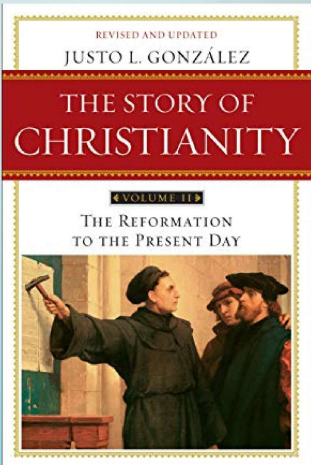
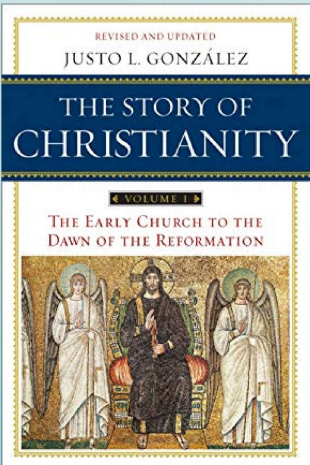
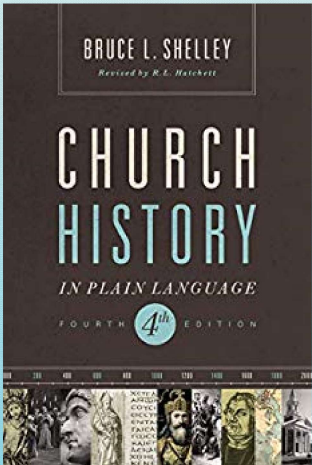


<https://www.ligonier.org/store/survey-of-church-history-complete-dvd-package-collection-parts-1-6/>



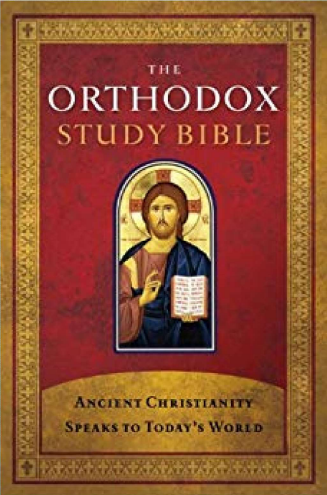
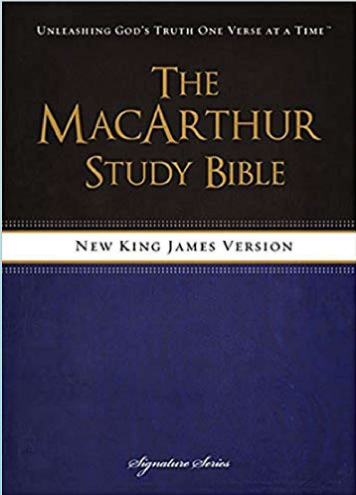
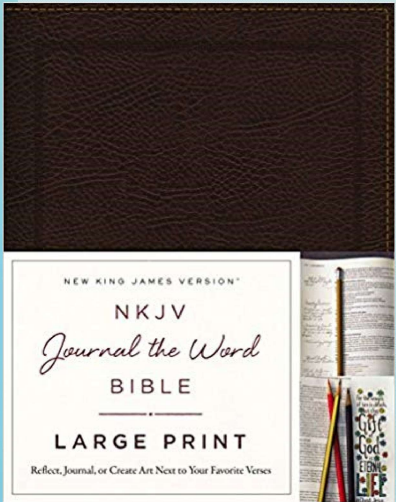
<https://christianhistoryinstitute.org/magazine/>

Recommended Church History Resources



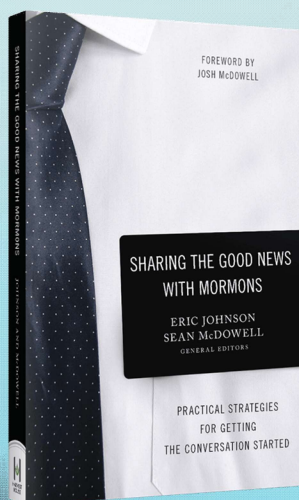
Available on [Amazon](#).

My Personal Favorites



Available on [Amazon](#).

Sharing the Good News With Mormons

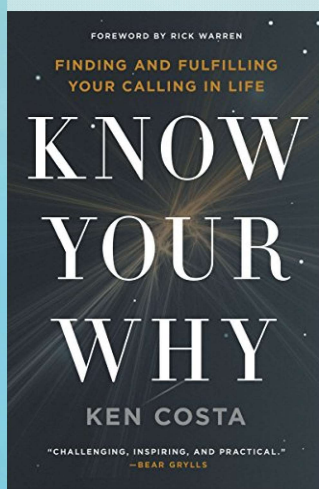


Essays from respected scholars, apologists, and pastors—including Sandra Tanner, Robert Bowman, David Geisler, Bill McKeever, Mark Mittelberg, J. Warner Wallace, Lynn Wilder, and others—lays out a variety of creative methods for sharing the gospel effectively with Latter-day Saints.

(I contributed Chapter 12, "Preaching from an Asbestos Suit: Reasoning-with-Mormons-on-the-Internet Approach")

FREE sample and bonus chapters can be found at: <http://www.mrm.org/sharing-with-mormons>

Recommended "Deep Dive" Follow-up Resource



"This realization that life is best savored when lived for Christ is the key to living well. It moves the center of gravity from me to him, and, in that shift, is the very basis of finding my real calling.

Our destinies are what he calls us to, but they are never a substitute for our identities—knowing who we are, knowing that we are uniquely and passionately loved by God. And for a good reason: in a fast-paced digital world, and in a world in which job changes are frequent, it is hard to find the constant thread that will keep us centered throughout our lives. If we come to the end of a phase at work, then we are tempted to think of ourselves as having no further value. But if we are secure in our identities, we know that the end of an era is not the end of our destinies. There is always more to come."

— Ken Costa, *"Know Your Why: Finding and Fulfilling Your Calling in Life"* pp.17&18