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I modified it some for my Christian friends and posted it on my Facebook page too:

### [Cordell Vail](#)

2 mins ·

I thought I would share our church weekly spiritual message with all my friends this time because it seems to relevant to everyone not just our local church. Here it is:

Katy First Ward Spiritual Message #55

**BEWARE OF FALLING COWS: HOW CAN WE KNOW WHAT IS TRUE?**

When I used to give Goal Achieving Seminars around the country, I looked for pictures on the Internet that I could use as transition slides in my presentation. They helped me transition from one thought to the next. Often the pictures were funny to help me keep the audience's attention. There is one picture that I think about a lot because it relates so much to our time and the many different things that are being taught around us.

This sign pictured below is an actual, genuine CalTrans highway sign. It is located at the intersection of SR-178 and the Old Kern Canyon Road and faces west down the canyon. It was installed to warn motorists that cows could fall onto the road from the hills above. The hillside slopes are free-range grazed and some are quite steep. After rains they get really slick as well. I read of one cow falling directly onto a car, and near misses two other times. The more frequent occurrence is when cows slip off the hillside and fall onto the road injuring themselves, and then the cars unable to stop, run into them. As you can imagine the sign is constantly being stolen.

Most people seeing the sign would think it is a Joke. As I used it in my seminar slides it was in fact intended to be a joke. However now as I often think back about it, that sign illustrates such a significant part of spirituality to me. How can we know if something is true or real? We of course have the advantage **in knowing what is right and wrong through the spirit of Christ within us.**

In this day and age there are so many half-truths. When I was in graduate school at the University of Utah Janice and I were constantly faced with half-truths in the church. Things that were not exactly wrong but but because it was a very liberal school we felt those things still were not right. So we coined a phrase for those things. We called them "WROING". So to this day, with all the deceptions around us, I still I think it is good

advice “BE WARE OF FALLING COWS” in our life. That is especially true now with all the distractions we face with social media and smart phones. As Elder Bradley D. Foster said in the April 2010 conference, “a distraction doesn’t have to be evil to be effective”

1 Corinthians 2:14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. 15 But he that is spiritual judgeth all things, yet he himself is judged of no man. 16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

Cordell Vail

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