

Book of Mormon

Study Guide for Home-Study Seminary Students

Book of Mormon

Study Guide for Home-Study Seminary Students

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Introduction to the Home-Study Seminary Program

The home-study seminary program is designed to help you strengthen your understanding of the gospel of Jesus Christ and apply its teachings in your daily life through a study of the scriptures. For your study this school year, you will first complete reading assignments from the scripture text for this course—the Book of Mormon—and then you will complete the individual lessons. Once a week you will meet with a seminary teacher to submit your work and participate in a weekly lesson.

Seminary is a daily religious education program. Prayerfully studying your scriptures should be a daily practice. You will need to work on your seminary assignments each school day, even though you will not attend a seminary class each day. There are 32 units to be completed during the course. The reading chart on page viii shows what you should study for each unit. Your teacher will help you understand when each unit is due. The lessons in this study guide should each take about 30 minutes to complete, in addition to your daily scripture study.

You should have two scripture study journals (or two notebooks), separate from your personal journal, in which you will write the assignments from the study guide activities. Each week that you meet with your teacher, you should turn in the scripture study journal containing the completed assignments from the study guide activities you completed for that week. Your teacher will read and respond to the assignments and return that scripture study journal to you the following week. You could also write your responses on paper in a loose-leaf binder and turn in the pages you did that week. Then, when your teacher returns the pages, you could put them back into the notebook.

Using This Manual in a Daily Seminary Program

This manual may be used by teachers and students in a daily seminary program to enhance lessons or for make-up work. However, it is not intended to be given to every daily seminary student. If a student needs to make up a lesson for credit, the teacher may assign him or her to complete the home-study lesson that corresponds with the lesson that was missed.

Using the Home-Study Student Manual

Scripture Mastery

Each of the 25 scripture mastery passages found in the Book of Mormon is treated separately in the lesson in which it appears, to help you deepen your mastery of it.

Introduction to the Scripture Text

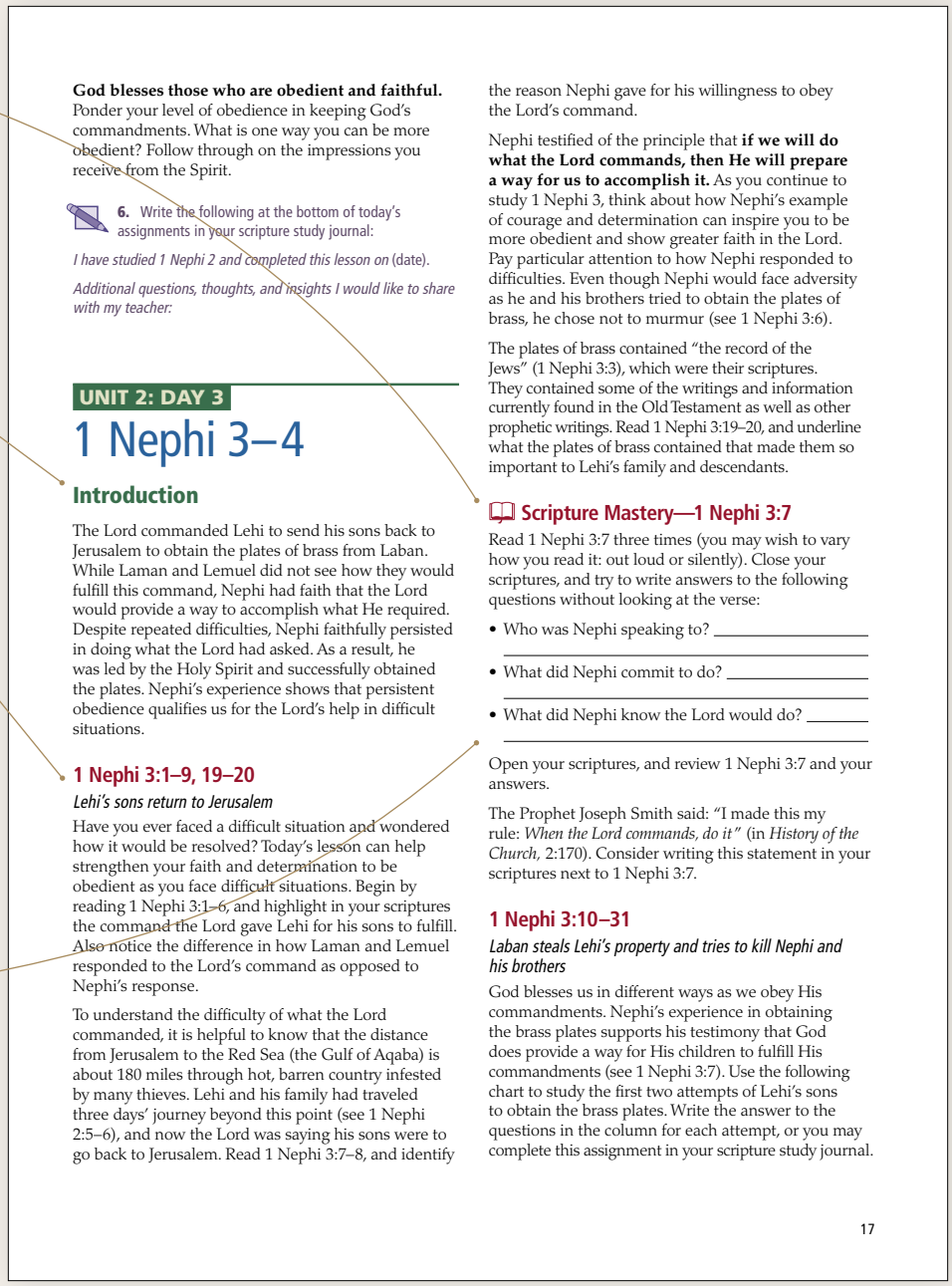
The introduction gives some background information and a summary of the scripture text for each lesson.

Verse Grouping and Content Summary

Verse groupings reflect natural breaks where a change in action or topic occurs. Each is followed by a brief summary of the events or teachings in the verses.

Recording Answers in the Manual

You will sometimes be asked to write answers in the manual on blank lines or in a chart.



God blesses those who are obedient and faithful. Ponder your level of obedience in keeping God's commandments. What is one way you can be more obedient? Follow through on the impressions you receive from the Spirit.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 2: DAY 3

1 Nephi 3–4

Introduction

The Lord commanded Lehi to send his sons back to Jerusalem to obtain the plates of brass from Laban. While Laman and Lemuel did not see how they would fulfill this command, Nephi had faith that the Lord would provide a way to accomplish what He required. Despite repeated difficulties, Nephi faithfully persisted in doing what the Lord had asked. As a result, he was led by the Holy Spirit and successfully obtained the plates. Nephi's experience shows that persistent obedience qualifies us for the Lord's help in difficult situations.

1 Nephi 3:1–9, 19–20

Lehi's sons return to Jerusalem

Have you ever faced a difficult situation and wondered how it would be resolved? Today's lesson can help strengthen your faith and determination to be obedient as you face difficult situations. Begin by reading 1 Nephi 3:1–6, and highlight in your scriptures the command the Lord gave Lehi for his sons to fulfill. Also notice the difference in how Laman and Lemuel responded to the Lord's command as opposed to Nephi's response.

To understand the difficulty of what the Lord commanded, it is helpful to know that the distance from Jerusalem to the Red Sea (the Gulf of Aqaba) is about 180 miles through hot, barren country infested by many thieves. Lehi and his family had traveled three days' journey beyond this point (see 1 Nephi 2:5–6), and now the Lord was saying his sons were to go back to Jerusalem. Read 1 Nephi 3:7–8, and identify the reason Nephi gave for his willingness to obey the Lord's command.

Nephi testified of the principle that **if we will do what the Lord commands, then He will prepare a way for us to accomplish it.** As you continue to study 1 Nephi 3, think about how Nephi's example of courage and determination can inspire you to be more obedient and show greater faith in the Lord. Pay particular attention to how Nephi responded to difficulties. Even though Nephi would face adversity as he and his brothers tried to obtain the plates of brass, he chose not to murmur (see 1 Nephi 3:6).

The plates of brass contained "the record of the Jews" (1 Nephi 3:3), which were their scriptures. They contained some of the writings and information currently found in the Old Testament as well as other prophetic writings. Read 1 Nephi 3:19–20, and underline what the plates of brass contained that made them so important to Lehi's family and descendants.

Scripture Mastery—1 Nephi 3:7

Read 1 Nephi 3:7 three times (you may wish to vary how you read it: out loud or silently). Close your scriptures, and try to write answers to the following questions without looking at the verse:

- Who was Nephi speaking to? _____
- What did Nephi commit to do? _____
- What did Nephi know the Lord would do? _____

Open your scriptures, and review 1 Nephi 3:7 and your answers.

The Prophet Joseph Smith said: "I made this my rule: *When the Lord commands, do it*" (in *History of the Church,* 2:170). Consider writing this statement in your scriptures next to 1 Nephi 3:7.

1 Nephi 3:10–31

Laban steals Lehi's property and tries to kill Nephi and his brothers

God blesses us in different ways as we obey His commandments. Nephi's experience in obtaining the brass plates supports his testimony that God does provide a way for His children to fulfill His commandments (see 1 Nephi 3:7). Use the following chart to study the first two attempts of Lehi's sons to obtain the brass plates. Write the answer to the questions in the column for each attempt, or you may complete this assignment in your scripture study journal.

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". . . Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations" (*Ensign* or *Liahona*, Nov. 2010, 129).

Read 1 Nephi 7:3–5 to find out how the Lord helped Lehi's sons fulfill His commands. How did the Lord help Ishmael and his family accept the invitation to join Lehi's family in the wilderness?

1. Ask your parents, a Church leader, or a teacher to suggest three ways young people today can prepare for marriage and raising children "unto the Lord." Record their counsel in your scripture study journal.

1 Nephi 7:6–15

Nephi tries to persuade his brethren to continue their journey into the wilderness

Visualize the Scriptures

Scripture study may become more meaningful if you picture in your mind what is taking place. Imagine how you might feel and act if you were part of the event described in the scriptures. This can also help you realize how scripture accounts may be similar to situations in your life and prepare you to apply the truths the scriptures teach.

Read 1 Nephi 7:6–7, and find out why Laman, Lemuel, and some of Ishmael's family rebelled during their journey in the wilderness. Imagine what it would be like to be Nephi in this situation. Think of what you would say to Laman and Lemuel and Ishmael's family to try to persuade them to continue their journey to the promised land.

Read 1 Nephi 7:8–12, and identify the questions Nephi asked his brothers to try and persuade them to not return to Jerusalem. What three truths did Nephi say his brothers had forgotten?

Answer the following in your scripture study journal:

2. How could remembering those three truths have helped Laman and Lemuel be faithful to the Lord?

3. List 4–5 blessings you have received from the Lord. How can remembering what the Lord has done for you help you be faithful in choosing to follow Him?

Read 1 Nephi 7:13–15, and identify what Nephi said would happen to Laman, Lemuel, and Ishmael's rebelling family members if they went back to Jerusalem.

4. Write a paragraph in your scripture study journal about why it is essential to remember what the Lord has done for you and follow His guidance.

1 Nephi 7:16–22

The Lord delivers Nephi

Continue to imagine what it would be like to be in Nephi's situation as you read 1 Nephi 7:16. What would you do?

Nephi prayed. Read his prayer in 1 Nephi 7:17–18, and identify what Nephi prayed for.

Notice that Nephi asked to be delivered "according to [his] faith." One of the lessons we learn from these verses is that **God answers prayers according to our faith.** Praying in faith means to pray with trust in the Lord and always includes a willingness to act.

Study the following statement from Elder David A. Bednar of the Quorum of the Twelve Apostles concerning Nephi's prayer in 1 Nephi 7:17 and the power of the Atonement to change our hearts. Underline any phrases that help you understand the importance of being willing to act as we pray in faith.



"Do you know what I likely would have prayed for if I had been tied up by my brothers? My prayer would have included a request for something bad to happen to my brothers and ended with the phrase 'wilt thou deliver me from the hands of my brethren' or, in other words, 'Please get me out of this mess, now!' It is especially interesting to me that Nephi did not pray, as I probably would have prayed, to have his circumstances changed. Rather, he prayed for the strength to change his circumstances. And may I suggest that he prayed in this manner precisely because he knew and understood and had experienced the enabling power of the Atonement of the Savior. . . .

"Brothers and sisters, the implication of this episode for each of us is quite straightforward. As you and I come to understand and employ the enabling power of the Atonement in our personal lives, we will pray and seek for strength to change our circumstances rather than praying for our circumstances to be changed. We will become agents who 'act' rather than objects that are 'acted upon' (2 Nephi 2:14)" ("'In the Strength of the Lord' (Words of Mormon 1:14; Mosiah 9:17; Mosiah 10:10; Alma 20:4)," in *Brigham Young University 2001–2002 Speeches* [2002], 124).

Scripture Study Journal Assignments

Scripture study journal assignments are to be written out and given to your teacher each week for feedback. Giving careful thought to your answers will help you have meaningful experiences as you learn and apply truths from the scriptures.

Doctrines and Principles

As gospel doctrines and principles naturally arise from the scripture text, they are bolded in the lesson to help you recognize them.

Study Helps

Study helps provide insights and explain practices that can enhance your study and understanding of the scriptures.

Book of Mormon Reading Chart

Unit Number	Assigned Chapters I Read This Week	Days I Read the Scriptures						
1	Title Page | Introduction | The Testimony of Three Witnesses | The Testimony of Eight Witnesses | Testimony of the Prophet Joseph Smith | A Brief Explanation about the Book of Mormon |	S	M	T	W	TH	F	S
2	1 Nephi 1 | 2 | 3 | 4 | 5 | 6 | 9 |	S	M	T	W	TH	F	S
3	1 Nephi 7 | 8 | 10 | 11 | 12 | 13 | 14 |	S	M	T	W	TH	F	S
4	1 Nephi 15 | 16 | 17 | 18 | 19 |	S	M	T	W	TH	F	S
5	1 Nephi 20 | 21 | 22 | 2 Nephi 1 | 2 | 3 |	S	M	T	W	TH	F	S
6	2 Nephi 4 | 5 | 6 | 7 | 8 | 9 | 10 |	S	M	T	W	TH	F	S
7	2 Nephi 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |	S	M	T	W	TH	F	S
8	2 Nephi 26 | 27 | 28 | 29 | 30 | 31 |	S	M	T	W	TH	F	S
9	2 Nephi 32 | 33 | Jacob 1 | 2 | 3 | 4 |	S	M	T	W	TH	F	S
10	Jacob 5 | 6 | 7 | Enos 1 | Jarom 1 | Omni 1 |	S	M	T	W	TH	F	S
11	Words of Mormon 1 | Mosiah 1 | 2 | 3 | 4 | 5 | 6 |	S	M	T	W	TH	F	S
12	Mosiah 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |	S	M	T	W	TH	F	S
13	Mosiah 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |	S	M	T	W	TH	F	S
14	Mosiah 26 | 27 | 28 | 29 | Alma 1 | 2 | 3 | 4 |	S	M	T	W	TH	F	S
15	Alma 5 | 6 | 7 | 8 | 9 | 10 |	S	M	T	W	TH	F	S
16	Alma 11 | 12 | 13 | 14 | 15 | 16 |	S	M	T	W	TH	F	S
17	Alma 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |	S	M	T	W	TH	F	S
18	Alma 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |	S	M	T	W	TH	F	S
19	Alma 33 | 34 | 35 | 36 | 37 | 38 |	S	M	T	W	TH	F	S
20	Alma 39 | 40 | 41 | 42 | 43 | 44 |	S	M	T	W	TH	F	S
21	Alma 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 |	S	M	T	W	TH	F	S
22	Helaman 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |	S	M	T	W	TH	F	S
23	Helaman 10 | 11 | 12 | 13 | 14 | 15 | 16 |	S	M	T	W	TH	F	S
24	3 Nephi 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11:1–17 |	S	M	T	W	TH	F	S
25	3 Nephi 11:18–41 | 12 | 13 | 14 | 15 | 16 |	S	M	T	W	TH	F	S
26	3 Nephi 17 | 18 | 19 | 20 | 21 | 22 |	S	M	T	W	TH	F	S
27	3 Nephi 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |	S	M	T	W	TH	F	S
28	4 Nephi 1 | Mormon 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8:1–11 |	S	M	T	W	TH	F	S
29	Mormon 8:12–41 | 9 | Ether 1 | 2 | 3 |	S	M	T	W	TH	F	S
30	Ether 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |	S	M	T	W	TH	F	S
31	Ether 13 | 14 | 15 | Moroni 1 | 2 | 3 | 4 | 5 | 6 | 7:1–19 |	S	M	T	W	TH	F	S
32	Moroni 7:20–48 | 8 | 9 | 10 |	S	M	T	W	TH	F	S

Welcome to the Book of Mormon

What Is the Book of Mormon?

The Book of Mormon is another testament of Jesus Christ. It contains the writings of ancient prophets, giving an account of God's dealings with one branch of the house of Israel on the American continent. For Latter-day Saints the Book of Mormon stands alongside the Bible, the Doctrine and Covenants, and the Pearl of Great Price as holy scripture. The Book of Mormon is a record of great ancient-American civilizations.

Since it was first published in English in 1830, the Book of Mormon has been translated into many languages, and printed copies have totaled more than 150 million. It has been described by prophets of God as the "keystone" of The Church of Jesus Christ of Latter-day Saints.

Why Is the Study of the Book of Mormon Important to Me?

President Ezra Taft Benson taught that the blessing of drawing nearer to God awaits you as you study the Book of Mormon with a sincere heart:

"Is there not something deep in our hearts that longs to draw nearer to God, to be more like Him in our daily walk, to feel His presence with us constantly? If so, then the Book of Mormon will help us do so more than any other book.

"It is not just that the Book of Mormon teaches us truth, though it indeed does that. It is not just that the Book of Mormon bears testimony of Christ, though it indeed does that, too. But there is something more. There is a power in the book which will begin to flow into your lives the moment you begin a serious study of the book. You will find greater power to resist temptation. You will find the power to avoid deception. You will find the power to stay on the strait and narrow path. The scriptures are called 'the words of life' (see D&C 84:85), and nowhere is that more true than it is of the Book of Mormon. When you begin to hunger and thirst after those words, you will find life in greater and greater abundance" ("The Book of Mormon—Keystone of Our Religion," *Ensign,* Nov. 1986, 7).

The Book of Mormon was written for us today. Mormon, the ancient prophet after whom the book is named, and his son Moroni abridged centuries of records when compiling the gold plates from which the Prophet Joseph Smith translated the Book of Mormon. God, who knows the end from the beginning, inspired His prophets on what to include in the abridgment that we would need for our day. Moroni, who was the last of the prophets to write in the Book of Mormon, foresaw our time: "Behold, I speak unto you as if ye were present, and yet ye are not. But behold, Jesus Christ hath shown you unto me, and I know your doing" (Mormon 8:35).

President Benson also taught that studying the Book of Mormon will help you discern between good and evil:

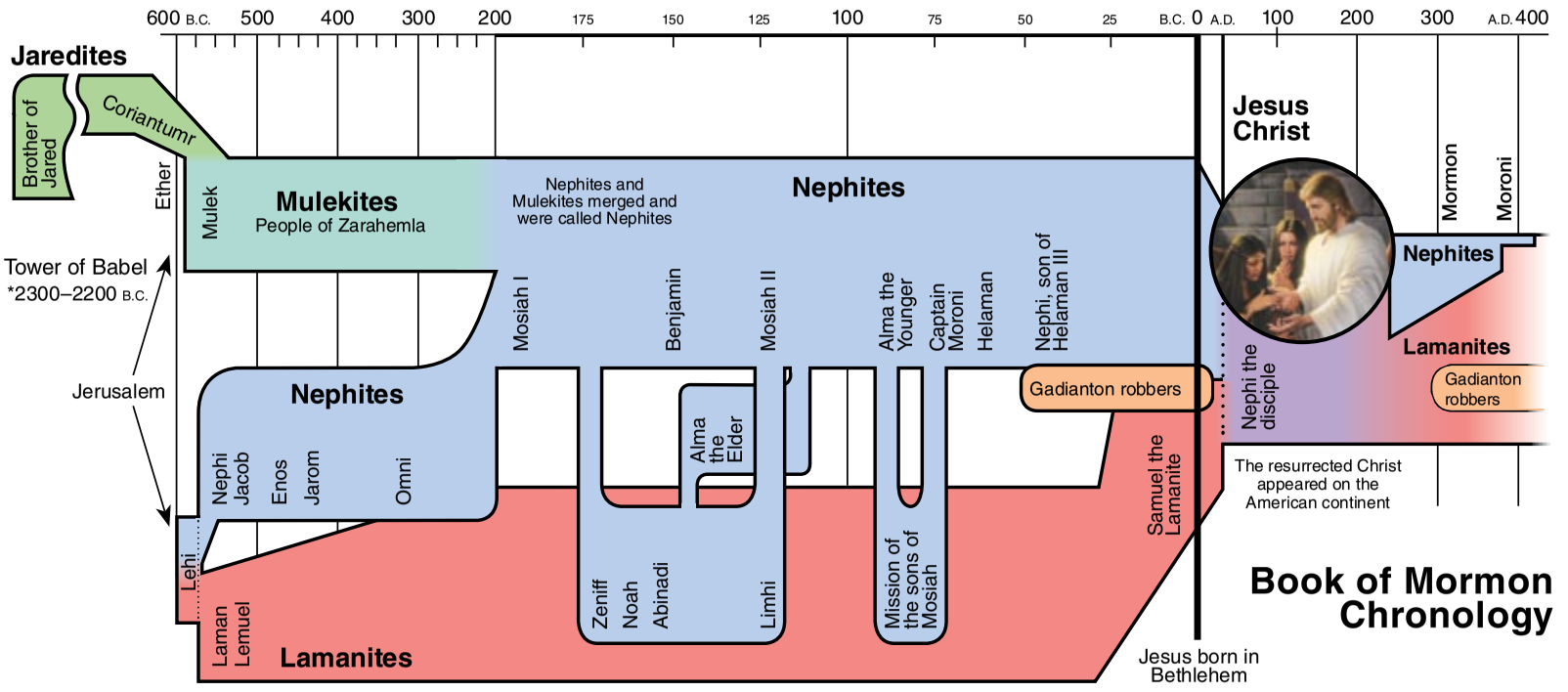
"The Book of Mormon brings men to Christ through two basic means. First, it tells in a plain manner of Christ and his gospel. It testifies of his divinity and of the necessity for a Redeemer and the need of our putting trust in him. It bears witness of the Fall and the Atonement and the first principles of the gospel, including our need of a broken heart and a contrite spirit and a spiritual rebirth. It proclaims we must endure to the end in righteousness and live the moral life of a Saint.

"Second, the Book of Mormon exposes the enemies of Christ. It confounds false doctrines and lays down contention. (See 2 Ne. 3:12.) It fortifies the humble followers of Christ against the evil designs, strategies, and doctrines of the devil in our day. The type of apostates in the Book of Mormon are similar to the type we have today. God, with his infinite foreknowledge, so molded the Book of Mormon that we might see the error and know how to combat false educational, political, religious, and philosophical concepts of our time" ("The Book of Mormon Is the Word of God," *Ensign,* May 1975, 64).

About the Book of Mormon

The Book of Mormon is made up of 15 smaller books. Eight of these books begin with a heading that was written on the original gold plates translated by the Prophet Joseph Smith: 1 Nephi, 2 Nephi, Jacob, Alma, Helaman, 3 Nephi, 4 Nephi, and Ether. Some chapters in the Book of Mormon are also preceded by a heading that was included on the original gold plates (except for the sentences about the inclusive chapters): Mosiah 9, Mosiah 23, Alma 5, Alma 7, Alma 9, Alma 17, Alma 21, Alma 36, Alma 38, Alma 39, Alma 45, Helaman 7, Helaman 13, 3 Nephi 11, and Moroni 9.

At the beginning of each chapter in the Book of Mormon there is a brief summary of the chapter printed in italics. These chapter summaries were written and added under the direction of the First Presidency and were not part of the original Book of Mormon text from the gold plates.



The history of the Jaredites covered nearly twice as many years as that of the Nephites.
*Dates are approximate

Possible Book of Mormon Sites (in relation to each other)*



* Possible relationships of sites in the Book of Mormon, based on internal evidence. No effort should be made to identify points on this map with any existing geographical location.



UNIT 1: DAY 1

Studying the Scriptures

Introduction

The purpose of this lesson is to help you learn how to study the scriptures and to invite the Holy Ghost to inspire and teach you as you do so. This lesson will also teach you skills that will help you better understand the scriptures and apply their teachings in your life. As you study this lesson, look for ways you can invite the Holy Ghost into your gospel study.

Learn by Study and by Faith

Imagine that you want to improve your own physical fitness, so you ask a friend to exercise for you. How much would your friend's exercising affect your physical fitness? Relating this example to your spiritual growth, just as one person cannot exercise for another, one person cannot learn the gospel for another. Each of us is responsible for our own gospel learning and spiritual growth.

In Doctrine and Covenants 88:118, the Lord described how to learn the gospel. As you read it, identify what you need to do to learn the gospel and complete the following statement: "Seek learning, even by _____ and also by _____."

To seek learning by study and by faith requires individual effort. Your efforts to prayerfully study the gospel will invite the Holy Ghost into the learning process. Some of the ways to put forth effort in your gospel study this year are to pray for understanding, fulfill your seminary assignments, share your testimony and your experiences in living the gospel with others, and apply the things you learn in your life.

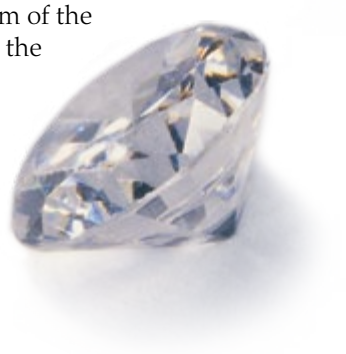
One essential effort you can make to invite the Holy Ghost to be a part of your spiritual learning is to study the scriptures daily. Daily personal scripture study helps you hear the voice of the Lord speaking to you (see D&C 18:34–36). Elder Robert D. Hales of the Quorum of the Twelve Apostles promised: "When we want [God] to speak to us, we search the scriptures; for His words are spoken through His prophets. He will then teach us as we listen to the promptings of the Holy Spirit" ("Holy Scriptures: The Power of God unto Our Salvation," *Ensign* or *Liahona,* Nov. 2006, 26–27).

As you read the scriptures and invite the Holy Ghost into your study, you will receive the blessings of greater spiritual growth, a closeness to God, greater revelation in your life, added strength to resist temptation, and a greater testimony of the gospel of Jesus Christ.

Scripture Study

President Marion G. Romney of the First Presidency identified one of the key purposes for the scriptures when he said, "The scriptures have been written to preserve principles for our benefit" ("Records of Great Worth," *Ensign,* Sept. 1980, 4). We learn the principles and doctrines of the gospel as we study the scriptures. These principles and doctrines will guide us as we apply them to our lives.

Finding the priceless principles and doctrines contained in the scriptures takes effort and practice. Elder Richard G. Scott of the Quorum of the Twelve Apostles compared studying the scriptures to the work of mining valuable gems: "Find the diamonds of truth that sometimes must be carefully mined from the pages of [scripture]" ("Four Fundamentals for Those Who Teach and Inspire Youth," in *Old Testament Symposium Speeches, 1987* [1988], 1). The process of studying, or mining, the scriptures has three important parts: (1) we must understand the background and setting of the scriptures, (2) we must identify the principles and doctrines being taught, and (3) we must apply those truths to our own lives.



1. In your scripture study journal, answer the following question: What are the similarities between a miner searching for diamonds and someone searching the scriptures for gospel principles and applying them in his or her life?

Understand the Background and Setting of the Scriptures

Understanding the background and setting of a scripture passage prepares you to recognize the gospel messages it contains. President Thomas S. Monson counseled: "Become acquainted with the lessons the scriptures teach. Learn the background and setting. . . . Study them as though they were speaking to you, for such is the truth" ("Be Your Best Self," *Ensign* or *Liahona,* May 2009, 68).

When reading the scriptures, it is useful to ask questions like: "Who wrote these verses?" "To whom were they written?" "What is happening in this account?" and "Why did the author write these verses?" Chapter headings (the italicized summaries

at the beginning of each chapter) provide an overview of the main events in the chapter and often answer these questions.

It is also helpful to look up difficult or unfamiliar words in a dictionary. When a phrase or passage of scripture is unclear, referring to any available footnotes can help you understand it better.

To practice using these tools, read 3 Nephi 17:1–10, and look for answers to the following questions: Who was the speaker? Who was He speaking to? What was happening? Remember to look at the chapter heading for a quick overview of the events taking place.

2. Using the footnote in 3 Nephi 17:1, answer the following question in your scripture study journal: What did Jesus mean when He said, "My time is at hand"?

3. In your scripture study journal, write in your own words what happened when the Savior was preparing to leave the multitude. Why did He stay? What did He do for the people?

Identify the Doctrines and Principles

Doctrines and principles are eternal, unchanging gospel truths that provide direction for our lives. The ancient prophets teach us these truths through the events, stories, or sermons they recorded in the scriptures.

Once you understand the background and setting of a passage of scripture, you are prepared to identify the doctrines and principles that it teaches. Elder Richard G. Scott described a helpful way to understand principles: "Principles are concentrated truth, packaged for application to a wide variety of circumstances. A true principle makes decisions clear even under the most confusing and compelling circumstances. It is worth great effort to organize the truth we gather to simple statements of principle" ("Acquiring Spiritual Knowledge," *Ensign,* Nov. 1993, 86).

Some gospel principles are made clear by the use of phrases such as "thus we see" or "nevertheless." Most principles, however, are not stated directly. Instead they are illustrated by the lives of the people in the scriptures. These doctrines and principles can be discovered by asking yourself questions like: "What is the moral or point of this account?" "Why did the writer include this account or event?" "What did the author intend for us to learn?" and "What truths are taught in this passage of scripture?"

4. To practice identifying some of the principles and doctrines taught in 3 Nephi 17:1–10, write an answer for either activity *a* or *b* in your scripture study journal. Remember to read the heading for a quick overview of the chapter.

a. Who is speaking in these verses? Who is He talking to? What is the moral or point of 3 Nephi 17:1–10?

b. What are some things the writer of verses 1, 5–6, and 9–10 intended for us to learn from this account? What are some important truths you learned from these verses?

One of the gospel truths you might have identified from these verses is: **The Lord responds to our genuine desires to draw closer to Him.**

Apply Doctrines and Principles

After you have identified the gospel doctrines and principles, you are ready to *act* and *do* something about them. As you act on what you have learned, you will feel the Holy Spirit witness to the truth of the principle (see Moroni 10:4–5). Every lesson taught in the home, at seminary and church, and in each Duty to God activity and Personal Progress experience aims to help us act on what we have been taught.

President Thomas S. Monson said: "The goal of gospel



teaching . . . is not to 'pour information' into the minds of the [learners]. . . . *The aim is to inspire the individual to think about, feel about, and then do something about living gospel principles"* (in Conference Report, Oct. 1970, 107).

To help you apply the principles you learn, ask questions like: "What does the Lord want me to do with this knowledge?" "What spiritual impressions did I receive to help me improve?" "What difference can this principle make in my life?" "What can I start or stop doing now to live according to this truth?" "How will my life be better if I do what this scripture teaches?"

5. In your scripture study journal, write a short paragraph describing how you can apply a principle or doctrine you learned from 3 Nephi 17:1–10.

Scripture Study Skills and Methods

Using the following study skills and methods will help you understand the background of the scriptures and identify and apply the doctrines and principles taught in them. These methods will be mentioned throughout this manual. Read each skill, and select one or two you feel you need to use more frequently in your personal scripture study.

Cause and Effect. Look for *if-then* and *because-therefore* relationships. Examples: 2 Nephi 13:16–26; Alma 34:33.

Cross-Reference. Group, link, or cluster scriptures together to clarify meaning and unlock understanding. For example, compare Mosiah 11:2–6, 14 and

Deuteronomy 17:14–20. You can also use footnotes to find scripture cross-references. Example: 3 Nephi 12:28–29, footnote 29*a,* references Doctrine and Covenants 42:23.

Determine Setting. Define the *who, what, when,* and *where* of scriptural events. Example: Alma 31:1, 6–11; 32:1–6 gives the setting for Alma 32:21–43.

Key Words. Words and phrases like "nevertheless" or "thus we see" are invitations to stop and look for explanations of what was just written. Examples: Alma 30:60; Helaman 6:35–36; 3 Nephi 18:30–32.

Marking Scriptures. Highlight, circle, or underline important words and phrases in your scriptures that give special meaning to the verse. Also write important short thoughts, feelings, insights, or principles in the margins. This will help you remember what made the scripture important to you.

Name Substitution. Insert your name for one in the scriptures. Example: Substitute your name for Nephi's in 1 Nephi 3:7.

Pondering. Pondering means to think deeply about something. Pondering involves asking questions and evaluating what you know and what you have learned. Pondering often results in knowing how to apply a principle in your life.

Repeated Words. Words or phrases that are repeated may be important for the reader to pay attention to. They are clues to what the writer felt was important. Examples: The word *awful* in 2 Nephi 9:10, 19, 26–27, 39, 46–47; the word *remember* in Helaman 5:6–14.

Scripture Contrasts. On occasion, prophets place accounts of different people, ideas, or events next to each other in the scriptures. The contrast between the two makes it easier to identify and understand important gospel principles being taught. Look for contrasts in single verses, scripture blocks, or chapters. Examples: 2 Nephi 2:27; Alma 47–48.

Scripture Lists. Finding lists within the scriptures can help you better understand what the Lord and His prophets are teaching. When you find lists, you may want to number each element. Example: The list of wicked practices among the Nephites found in Helaman 4:11–13.

Scripture Symbolism. Words such as *like, as,* or *likened unto* help identify symbols. Try to determine what the symbol stands for. Use the footnotes, Bible Dictionary, and Topical Guide to help find the symbol's meaning. Example: Compare Jacob 5:3, 75–77 with Jacob 6:1–7.

Visualization. Picture in your mind what is taking place as you read. Ask questions about the event, and imagine being present when it took place. Example: Try to visualize what is taking place in Enos 1:1–8.

Word Definitions. The scriptures often use words that are not familiar to us. When you encounter an unfamiliar word, use the Bible Dictionary, footnotes, or a regular dictionary to find its meaning.

6. Select and use one of the skills from the preceding "Scripture Study Skills and Methods" section. In your scripture study journal, write about how that skill helped you in your personal scripture study.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied the "Studying the Scriptures" lesson and completed it on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 1: DAY 2

The Plan of Salvation

Introduction

Our Heavenly Father has provided for us, His children, a plan intended to lead all of us to eternal happiness and exaltation. Central to His plan is the Atonement of Jesus Christ. The Atonement overcomes the effects of the Fall and makes it possible for us to repent and be cleansed of our sins so that we might have joy in this life and in eternity.



This lesson will give you a brief overview of Heavenly Father's plan of salvation. It can help you see how the gospel truths you will learn this year relate to one another and to your purpose on earth. As your understanding of the plan of salvation grows, your faith in God and His Son, Jesus Christ, will increase, as will your ability to fulfill your part in the plan. The plan of salvation is "the fulness of the gospel of Jesus Christ, designed to bring about man's immortality and eternal life. It includes the Creation, Fall, and Atonement, along with all God-given laws, ordinances, and doctrines. This plan makes it possible for all people to be exalted and live forever with God" (Guide to the Scriptures, "Plan of Redemption," scriptures.lds.org).

The Plan Helps Us Understand Our Purpose in Mortality

Our Heavenly Father's plan of salvation answers many questions that most people have considered at some point in their lives. Have you ever pondered questions such as: "Where did I come from?" "Why am I here?" "Where do I go after this life?"

Before we were born on the earth, we lived in the presence of our Heavenly Father as His spirit children. We are literally His children, and He loves us. His plan of salvation is the way for each of us to become like He is and enjoy all of His blessings. We understood and accepted His plan before we came to earth.

The Book of Mormon plays a central role in our understanding the plan of salvation. Book of Mormon prophets used many different terms when referring to the plan.

1. Read the scriptures listed below, and identify the name used for Heavenly Father's plan in each verse. In your scripture study journal, write the name next to the scripture reference. The first one is identified for you.

a. 2 Nephi 9:6 "The merciful plan of the great Creator"

b. 2 Nephi 11:5 _____

c. Alma 12:25 _____

d. Alma 24:14 _____

e. Alma 42:8 _____

f. Alma 42:15 _____

Words such as *merciful, deliverance, salvation, happiness,* and *redemption* emphasize the doctrine that **Heavenly Father's plan is designed to bring His children eternal salvation and happiness.**

2. Respond to the following question in your scripture study journal: How does knowing that Heavenly Father has a plan for your happiness and exaltation make a difference in your life?

Scripture Study Journals

During your home-study experience you will have the opportunity to respond to questions and share your insights with your teacher in a scripture study journal. Recording your thoughts and impressions, as well as writing answers to questions from the manual, can invite revelation and help you understand the particular scriptures. Take your scripture study journal with you to your weekly home-study class so you will be prepared to discuss what you have learned and show your teacher the work you have done.

The Role of Agency and the Fall of Adam and Eve in the Plan of Salvation

Adam and Eve were the first of Heavenly Father's children to come to this earth. He placed them in the Garden of Eden and gave them their agency—"the ability and privilege . . . to choose and to act for themselves" (Guide to the Scriptures, "Agency," scriptures.lds.org). He commanded them not to eat of the fruit of the tree of knowledge of good and evil. Obeying this commandment meant that they would be able to remain in the garden, but they could not progress by experiencing opposition in mortality. They could not know joy because they could not experience sorrow and pain.

Read 2 Nephi 2:17–20 and look for what happened to Adam and Eve after they chose to disobey God's commandment. In the space provided, describe what Adam and Eve chose to do and two of the effects that choice—commonly referred to as the Fall—had on them: _____

_____

_____

Read 2 Nephi 2:22–26 and identify more of the consequences of the choice Adam and Eve made. Mark in your scriptures additional truths you learn about the effects of the Fall.

3. In your scripture study journal, finish the following paragraph by describing effects of the Fall of Adam and Eve on you personally. Include ideas about choices, agency, physical bodies, death, children, and sin.

"Because of Adam's and Eve's transgression, I am also in a fallen state and . . ."

The Role of Jesus Christ's Atonement in the Plan of Salvation

Sin and death separate us from the presence of our Father in Heaven. We cannot return to God's presence without divine help. We must understand the role of Jesus Christ and His Atonement in the plan of salvation so that we can have faith in Him and follow Heavenly Father's plan. Study Mosiah 3:17–19, looking for phrases that describe how the Atonement of Jesus Christ overcomes the effects of the Fall and helps us gain happiness and return to our Heavenly Father. Summarize these verses in your own words: _____

_____

_____

A principle we learn is: **Jesus Christ is the central figure in the plan of salvation, and His Atonement is what makes the plan work for all of God's children.**

4. Read the following scripture passages: 2 Nephi 2:8; Mosiah 3:7–11; 16:4–8; Alma 34:9, 15–16; Mormon 9:13–14. In your scripture study journal, write a paragraph explaining what they teach about the central role of the Atonement of Jesus Christ in the plan of salvation. You may wish to underline phrases that are meaningful to you.

Our Responsibility in the Plan of Salvation

Heavenly Father has provided His perfect plan to bring about our eternal happiness and exaltation with Him and our loved ones. Jesus Christ has fulfilled His role in the plan, overcoming death and making it possible for us to overcome sin and return to live again with our Father in Heaven. However, this does not eliminate our responsibility in the plan.



5. In your scripture study journal, write *Some of my responsibilities in the plan of salvation,* and list what each of the following scriptures teaches about our personal responsibility to invite the power of the Atonement into our lives and fully partake of the blessings of the plan of salvation:

a. 2 Nephi 2:25–27

b. Mosiah 3:12–13

c. Alma 12:24–25, 32–34

d. 3 Nephi 27:13–14, 20–22, 27

These scriptures can help us understand that **as we choose to live the gospel of Jesus Christ and follow God's plan, we prepare to receive eternal life through the Savior's Atonement.**

6. Suppose you were asked to give a talk in church about the plan of salvation. Using what you have learned from the scriptures in the above assignment, write in your scripture study journal what you would say about our personal responsibility in Heavenly Father's plan.

Ponder what you could do to better fulfill your responsibility in Heavenly Father's plan and to invite the Savior's power into your life. Consider sharing your thoughts with one of your parents, a sibling, or a close friend.

The Plan of Salvation Provides Answers and Direction

An understanding of the plan of salvation can guide you when making decisions and finding answers to questions you or others may face.

7. In your scripture study journal, respond to one of the questions below by telling how understanding the plan of salvation provides guidance and answers:

a. How does knowing you are a literal son or daughter of God affect your feelings of self-worth?

b. How would you respond to someone who says, "It's my life—I'll do what I want to do"?

c. How could understanding the plan of salvation help someone overcome feelings that life is just about having fun and satisfying our own desires for pleasure?

d. How could you use your knowledge of the plan of salvation to help someone who is experiencing trials and feels it is because God doesn't love him or her?

Understanding the plan of salvation can help you obey God's commandments because it explains *why* we should obey them (see Alma 12:32).

8. Read 2 Nephi 2:25, and summarize the purpose of the plan of salvation by answering the following question in your scripture study journal: In what ways has the plan of salvation brought joy to you and to your family?

9. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied the "Plan of Salvation" lesson and completed it on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 1: DAY 3

Title Page, Introduction, and Testimonies of Witnesses

Introduction

Imagine that a friend asked you why members of The Church of Jesus Christ of Latter-day Saints need the Book of Mormon if we already have the Bible. (Perhaps you have already had this experience!) What would you say to your friend?

The Book of Mormon begins with a title page and an introduction that explain the purpose of this sacred book, including the effect it can have on our testimony and relationship to God. The opening pages of the Book of Mormon also contain the testimonies of witnesses who saw the gold plates from which the book was translated and bore testimony of its divine origin.

As you complete this lesson, think about how you can gain the most from your study of the Book of Mormon this year and how the Book of Mormon can help you develop a greater testimony of the Savior Jesus Christ and His restored gospel.

The Title Page

The Prophet Joseph Smith explained that the ancient prophet Moroni included the title page of the Book of Mormon on the gold plates: "The title-page of the Book of Mormon is a literal translation, taken from the very last leaf, on the left hand side of the collection or book of plates, which contained the record which



has been translated, . . . and . . . said title page is not by any means a modern composition, either of mine or of any other man who has lived or does live in this generation" (*Teachings of Presidents of the Church: Joseph Smith* [2007], 60–61).

As you read the first paragraph on the title page, look for words and phrases Moroni used to testify of the Lord's involvement in the coming forth of the Book of Mormon.

1. In your scripture study journal, explain why it is important to you to know how involved the Lord was in the writing and translation of the Book of Mormon.

As you read the second paragraph on the title page, look for what the three main purposes Moroni gave for the Book of Mormon being written. (You may want to mark these in your scriptures.) The "house of Israel" refers to those who are descendants of Jacob as well as those who are covenant members of the Lord's church (see Bible Dictionary, "Israel"). Additionally, the phrase "Jew and Gentile" includes all of Heavenly Father's children. In the second paragraph, personalize the message of the title page by substituting your name for "the remnant of the House of Israel" and for "the Jew and Gentile."

2. In your scripture study journal, explain how knowing these purposes of the Book of Mormon help you understand its importance.

President Ezra Taft Benson said the following about the "major mission" or purpose of the Book of Mormon:

"The major mission of the Book of Mormon, as recorded on its title page, is 'to the convincing of the Jew and Gentile that Jesus is the Christ, the eternal God, manifesting himself unto all nations.'

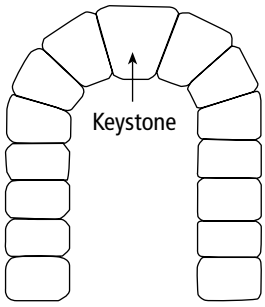
"The honest seeker after truth can gain the testimony that Jesus is the Christ as he prayerfully ponders the inspired words of the Book of Mormon.

"Over one-half of all the verses in the Book of Mormon refer to our Lord. Some form of Christ's name is mentioned more frequently per verse in the Book of Mormon than even in the New Testament" ("Come unto Christ," *Ensign,* Nov. 1987, 83).

As its title page proclaims, **the Book of Mormon is a witness that Jesus is the Christ.** As you study the Book of Mormon this year, focus on what you learn about Jesus Christ and ask Heavenly Father in prayer to confirm what you are learning through the power of the Holy Ghost.

The Introduction to the Book of Mormon

Have you ever wondered how an arch in a bridge or a building is able to keep from falling with no support underneath it? When an arch is constructed, the two sides are built up with supports to hold them. The space at the top of the arch is then carefully measured, and a stone, called the "keystone," is cut to fit it exactly. When the keystone is put in place, the arch can stand without outside support. Imagine what would happen to the arch if the keystone was removed.



Turn to the introduction to the Book of Mormon and read the sixth paragraph, which begins "Concerning this record . . ." As you read this paragraph, look for three significant principles the Prophet Joseph Smith taught concerning the Book of Mormon.

President Ezra Taft Benson explained more about how the Book of Mormon acts as the keystone of our religion. As you read the quotation, underline phrases or statements that could help you describe to someone

else the central role the Book of Mormon plays in our religion.

"There are three ways in which the Book of Mormon is the keystone of our religion. It is the keystone in our witness of Christ. It is the keystone of our doctrine. It is the keystone of testimony.

"The Book of Mormon is the keystone in our witness of Jesus Christ, who is Himself the cornerstone of everything we do. It bears witness of His reality with power and clarity. . . .

"The Lord Himself has stated that the Book of Mormon contains the 'fulness of the gospel of Jesus Christ' (D&C 20:9). That does not mean it contains every teaching, every doctrine ever revealed. Rather, it means that in the Book of Mormon we will find the fulness of those doctrines required for our salvation. And they are taught plainly and simply so that even children can learn the ways of salvation and exaltation. . . .

"Finally, the Book of Mormon is the keystone of testimony. Just as the arch crumbles if the keystone is removed, so does all the Church stand or fall with the truthfulness of the Book of Mormon. The enemies of the Church understand this clearly. This is why they go to such great lengths to try to disprove the Book of Mormon, for if it can be discredited, the Prophet Joseph Smith goes with it. So does our claim to priesthood keys, and revelation, and the restored Church. But in like manner, if the Book of Mormon be true—and millions have now testified that they have the witness of the Spirit that it is indeed true—then one must accept the claims of the Restoration and all that accompanies it" ("The Book of Mormon—Keystone of Our Religion," *Ensign,* Nov. 1986, 5–6).

3. Read the eighth paragraph of the introduction to the Book of Mormon, which begins "We invite all men everywhere . . . ," and identify how you can know the Book of Mormon is true. After you have read the paragraph, complete the following sentence in your scripture study journal: *As we read, ponder, and pray, the Holy Ghost will . . .*

Just as the keystone supports the other stones in an arch, a testimony of the Book of Mormon strengthens our testimonies of other important principles of the gospel. Read the ninth paragraph of the introduction, which begins "Those who gain this divine witness . . . ," and underline three additional truths you will gain a witness of as you follow the counsel in the eighth paragraph. **As we read, ponder, and pray about the Book of Mormon, the Holy Ghost will witness that it is true, that Jesus is the Christ, that Joseph Smith was a prophet of God, and that The Church of Jesus Christ of Latter-day Saints is the Lord's kingdom on earth.**

4. In your scripture study journal, explain why the Book of Mormon is called the keystone of our religion.



Oliver Cowdery David Whitmer Martin Harris

The Testimonies of the Witnesses

Imagine you are a judge trying to determine the truth about what happened in a dispute between two parties. What value would there be of having a witness to what happened? What greater value would there be of having many witnesses?

The Lord showed several witnesses the gold plates from which Joseph Smith translated the Book of Mormon. Read "The Testimony of Three Witnesses," and mark three or four phrases they used to testify of the plates and the coming forth of the Book of Mormon. Then read "The Testimony of the Eight Witnesses." Notice the differences in the experiences of the two groups, as shown in the table below.

Three Witnesses	Eight Witnesses
1. An angel showed them the plates, the Urim and Thummim, the breastplate, the Liahona, and the sword of Laban.	1. Joseph Smith showed them the plates.
2. The voice of God declared the divinity of the record.	2. They handled ("hefted") the gold plates.

5. Answer the following question in your scripture study journal: Why is it important that there were other witnesses of the gold plates in addition to Joseph Smith?

6. In your scripture study journal, write your own testimony regarding the Book of Mormon, Joseph Smith, and the restored gospel of Jesus Christ. If you feel you do not yet have your own testimony, write what you will do to develop a testimony of the Book of Mormon this year. To strengthen your testimony, share your feelings about what you wrote with one of your parents or another family member or friend.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied the "Introductory Materials in the Book of Mormon" lesson and completed it on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 1: DAY 4

Overview of the Book of Mormon

Introduction

The Prophet Joseph Smith described the events surrounding the coming forth of the Book of Mormon. By studying his account, your testimony of his prophetic calling and of the Book of Mormon's divine role in the Restoration of the fulness of the gospel of Jesus Christ can deepen. This lesson will also help you become more familiar with how the Book of Mormon was written anciently. The prophets Mormon and Moroni testified of the Lord's direction as they wrote and compiled the writings of many other prophets on the gold plates. As you study, look for evidence of the Lord's hand in bringing forth the Book of Mormon and for the role the Book of Mormon can have in guiding your life.

Developing a Testimony

President Boyd K. Packer of the Quorum of the Twelve Apostles taught how we can develop a testimony by sharing it with others:

"A testimony is to be *found* in the *bearing* of it! . . .

"It is one thing to receive a witness from what you have read or what another has said; and that is a necessary beginning. It is quite another to have the Spirit confirm to you in your bosom that what *you* have testified is true" ("The Candle of the Lord," *Ensign*, Jan. 1983, 54–55).

"Testimony of the Prophet Joseph Smith"

How would you answer the question "How did your Church get the Book of Mormon?"

The "Testimony of the Prophet Joseph Smith," found in the introductory materials at the beginning of the Book of Mormon, contains excerpts from Joseph Smith—History, found in the Pearl of Great Price. It describes the coming forth of the Book of Mormon in the Prophet's own words. You are encouraged to read his entire account from Joseph Smith—History during your daily scripture study.

Because "Testimony of the Prophet Joseph Smith" does not include verse numbers, this lesson will reference Joseph Smith—History to make it easier for you to find the reading assignments. As you study the Prophet Joseph's testimony, look for evidence that **the Book of Mormon came forth by the power of God.**

Read Joseph Smith—History 1:29–35, 42–43, and underline details of Moroni's visit to Joseph Smith that you would include if you were explaining these events to someone else. In Joseph Smith—History 1:34, what did Moroni say was contained on the gold plates?

1. Answer the following questions in your scripture study journal: What one thing in Joseph Smith—History 1:29–35, 42–43 would you want to emphasize if you were sharing this account with someone else? Why is it significant to you?

2. Read Joseph Smith—History 1:51–54, and record your thoughts about the following questions in your scripture study journal: What did Joseph Smith learn during his yearly visits with the angel Moroni? Why do you think it was important for Joseph to have this four-year period of instruction before obtaining and translating the plates?

After a season of preparation and instruction, Joseph Smith was given the plates in 1827 and the responsibility to translate them by the gift and power of God. Read Joseph Smith—History 1:59–60, and identify the charge he was given concerning the gold plates.

"A Brief Explanation about the Book of Mormon"

To understand how the Book of Mormon is organized, read "A Brief Explanation about the Book of Mormon," which is found after "Testimony of the Prophet Joseph Smith." Compare what you read with the illustration found at the end of this lesson, which illustrates how the different sets of plates fit together to make up the Book of Mormon record.

Many individuals served as record keepers during the history of the Nephites and Lamanites, beginning with Lehi and concluding over 1,000 years later with the prophet-historian Mormon and his son Moroni. Mormon was directed by the Lord to abridge the writings of these ancient prophets and the 1,000-year history of his people. His abridgement was recorded on the plates of Mormon, also known as the gold plates.



Following Mormon's death, his son Moroni finished the record and the plates were hidden until they were given to the Prophet Joseph Smith.

Helaman 3:13–15 is one of several passages where Mormon described making an abridgement of the Nephite records. As you read it, notice that there was much more written than Mormon and Moroni were able to include on the gold plates.

Read Words of Mormon 1:9 and Mormon 8:34–35. Highlight words or phrases that describe how the Lord helped and directed Mormon and Moroni as they compiled the Book of Mormon record.

3. Answer the following question in your scripture study journal: If you were Mormon or Moroni and had the responsibility to condense the volumes of prophetic writings into a single record, how would you decide what to include in your abridgement?

From these verses we can see that **the Book of Mormon writers saw our day and wrote what would be of most help to us.** You may want to note this in your scriptures by Mormon 8:35.

President Ezra Taft Benson testified that the Book of Mormon "was written for our day" and explained how knowing this can help us as we study the Book of Mormon:

"The Nephites never had the book; neither did the Lamanites of ancient times. It was meant for us. Mormon wrote near the end of the Nephite civilization. Under the inspiration of God, who sees all things from the beginning, he abridged centuries of records, choosing the stories, speeches, and events that would be most helpful to us. . . .

"If they saw our day, and chose those things which would be of greatest worth to us, is not that how we should study the Book of Mormon? We should constantly ask ourselves, 'Why did the Lord inspire Mormon (or Moroni or Alma) to include that in his record? What lesson can I learn from that to help me live in this day and age?'" ("The Book of Mormon—Keystone of Our Religion," *Ensign,* Nov. 1986, 6).

Asking these types of questions as you study will help you discover the principles and doctrines the Lord knew would be the greatest help to you in your life.

Think about your life right now. Reflect on questions you have or situations you are facing that you would like to receive some direction about from God. Write one or two of them in your personal journal (*not* your scripture study journal that you show to your teacher). During your study of the Book of Mormon each day, look for principles that offer guidance and counsel related to these situations.



Regarding daily scripture study, President Gordon B. Hinckley said: "You may think you are too busy. Ten or fifteen minutes a day with the scriptures, and particularly with the Book of Mormon, can give you marvelous understanding of the great eternal truths which have been preserved by the power of the Almighty for the blessing of His children. As you read . . . , you will draw closer to Him who is the author of our salvation" ("Rise to the Stature of the Divine within You," *Ensign,* Nov. 1989, 97).

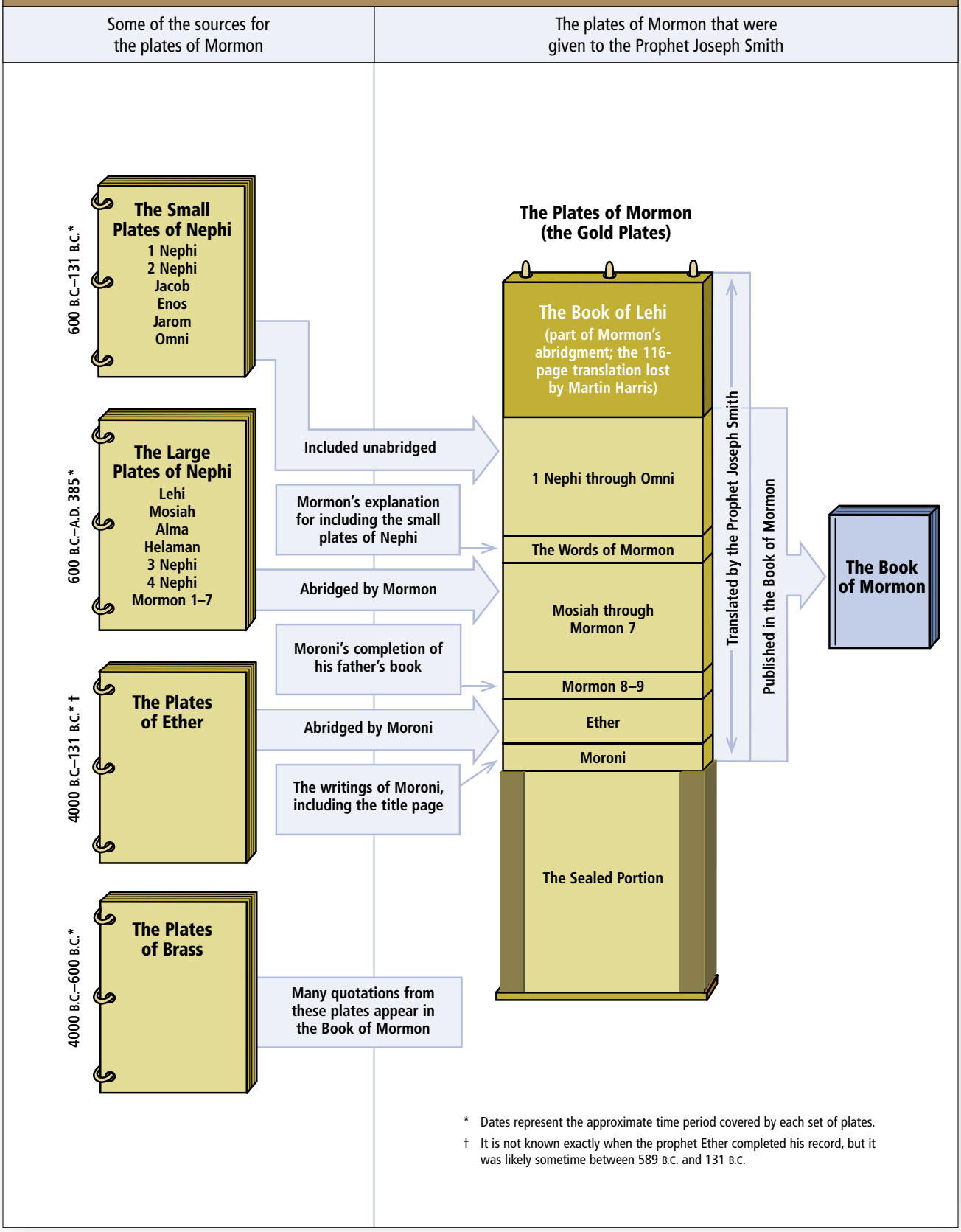
4. Ponder what goal you could set that would help you get the most from your reading of the Book of Mormon this year. Record your goal in your scripture study journal. You might want to establish regular times to evaluate your progress.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied the "Overview of the Book of Mormon" lesson and completed it on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

The Plates and Their Relationship to the Published Book of Mormon



* Dates represent the approximate time period covered by each set of plates.

† It is not known exactly when the prophet Ether completed his record, but it was likely sometime between 589 B.C. and 131 B.C.

INTRODUCTION TO

1 Nephi

Why Study This Book?

As you study 1 Nephi, you will discover that "the tender mercies of the Lord are over all those whom he hath chosen, because of their faith, to make them mighty" (1 Nephi 1:20). For instance, you will see how God helped Nephi obtain the brass plates so his family could have the scriptures, how God saved Nephi from physical threats on his life, and how God saved Lehi and his people from famine in the wilderness and destruction on the ocean, delivering them safely to the promised land.

Lehi and his people experienced God's mercy and help as they kept the commandments. Lehi and Nephi sought guidance from God and received it through the scriptures, dreams, visions, and the Liahona. Nephi received and recorded a vision of earth's history that showed him the all-knowing power of God. Through visions, Nephi saw the future baptism, ministry, and crucifixion of Jesus Christ.

As you study the experiences of Nephi and Lehi in this book, you can learn how to seek and receive the blessings of heaven in your life.

Who Wrote This Book?

Lehi's son Nephi wrote this book in response to the Lord's command that he keep a record of his people. Nephi was likely born in or near Jerusalem. He lived there during the ministry of the prophet Jeremiah and the reign of King Zedekiah.

Nephi sought his own witness about his father's words concerning the destruction of Jerusalem and the need for their family to leave. As he continued to seek and follow the counsel of the Lord, Nephi became an instrument in God's hands. He obediently returned to Jerusalem with his brothers twice—first to obtain the brass plates and later to persuade Ishmael's family to join Lehi's family in the wilderness. With the Lord's help, Nephi built the ship that took his family and others across the ocean to the promised land. When Lehi died, Nephi became the leader of his people.

When and Where Was It Written?

Nephi wrote the account that became 1 Nephi in approximately 570 B.C.—30 years after he and his family left Jerusalem (see 2 Nephi 5:28–31). He wrote it when he was in the land of Nephi.

UNIT 2: DAY 1

1 Nephi 1

Introduction

The Book of Mormon begins with Nephi's account of his father, Lehi, faithfully fulfilling his roles as a prophet and as the priesthood leader of his family. Understanding Lehi's ministry can help you better understand the role of prophets in our day. He was one of "many prophets, prophesying unto the [Jews] that they must repent" (1 Nephi 1:4). Because Lehi was obedient to God and prophesied of the destruction of Jerusalem, the people mocked him and sought to kill him. Nevertheless, Lehi rejoiced in the Lord's mercy and power of deliverance. As you study 1 Nephi 1, think about how God's mercy and personal involvement are shown in your own life.

1 Nephi 1:1–3

Nephi begins his record

Read 1 Nephi 1:1, and identify key words and phrases that reveal what Nephi's life was like.

1. From what you read in verse 1, write in your scripture study journal about at least one way you feel your life is similar to Nephi's life.

2. Answer the following question in your scripture study journal: How do you think Nephi could have "seen many afflictions" yet also be "highly favored of the Lord in all [his] days"?

1 Nephi 1:4–20

Lehi receives a vision and warns the people of the destruction of Jerusalem

Think of a time when your parents or Church leaders warned you about something dangerous. What was their motive in warning you?

Our Heavenly Father loves us and wants us to be safe from sin, which harms us. One of the ways God warns His children is through prophets. **Prophets warn against sin and teach salvation through Jesus Christ.** As you study 1 Nephi 1, look for

Blessings of Scripture Study

One of your opportunities this year as a seminary student is to read the Book of Mormon. Reading the scriptures strengthens your relationship with the Lord. President Spencer W. Kimball taught: "I find that when I get casual in my relationships with divinity and when it seems that no divine ear is listening and no divine voice is speaking, that I am far, far away. If I immerse myself in the scriptures the distance narrows and the spirituality returns" (*Teachings of Presidents of the Church: Spencer W. Kimball* [2006], 67).

evidence of this principle. Nephi began his record by telling us that many prophets preached and warned the people about what would happen if they didn't repent (see 1 Nephi 1:4). Read 1 Nephi 1:5–7, and mark in your scriptures how Lehi prayed and what he prayed about. Lehi's prayer to the Lord shows that he believed what the prophets were saying.

Read 1 Nephi 1:8–10, and circle below all that Lehi saw in the vision.

God	Angels
Jesus Christ	Twelve others

Read 1 Nephi 1:11–12, and notice what happened to Lehi as he read the book he was given. Through this vision the Lord further prepared Lehi to minister among the people of Jerusalem. Read 1 Nephi 1:13, and note what Lehi was taught concerning Jerusalem. As you read, put yourself in Lehi's place and imagine how you would feel if the Lord told you that these things would happen to your home and city.



Being warned about the destruction of his people and city would obviously have been very difficult for Lehi. Yet, read 1 Nephi 1:14–15, and discover why Lehi rejoiced even though he saw that Jerusalem would be destroyed.

3. Write your thoughts about the following question in your scripture study journal: How might Lehi's experience in 1 Nephi 1:5–15 influence his desire to teach the people and invite them to repent?

After being warned about the destruction of Jerusalem, Lehi shared with the people of Jerusalem what he had learned. He warned them that they would be destroyed if they did not repent. Read 1 Nephi 1:18–20, and identify how the people of Jerusalem reacted. Imagine you were an editor for a newspaper and you had to write a headline for 1 Nephi 1:18–20. What would be your headline? _____

_____

Ponder the following statement:

"Like the prophets of old, prophets today testify of Jesus Christ and teach His gospel. They make known God's will and true character. They speak boldly and clearly, denouncing sin and warning of its consequences. At times, they may be inspired to



prophesy of future events for our benefit" (*True to the Faith: A Gospel Reference* [2004], 129).

4. In your own words, write a sentence in your scripture study journal describing the responsibility of a prophet regardless of the opposition he might face.

As Nephi wrote about his father's experiences in Jerusalem, he added a message to the reader partway through 1 Nephi 1:20, starting with the phrase "But behold, I, Nephi will show unto you . . ." This verse introduces a theme Nephi emphasized throughout his writing. Underline this theme in 1 Nephi 1:20, and then read Moroni 10:3 looking for a similar theme. (Moroni was the last of the Book of Mormon prophets. The time between Nephi and Moroni was about 1,000 years.)

Notice that Nephi declared in the first chapter of the Book of Mormon that he would show us "the tender mercies of the Lord" in his writings (1 Nephi 1:20). In the last chapter of the Book of Mormon, Moroni told us to remember "how merciful the Lord hath been" (Moroni 10:3).

Nephi wanted us to understand right from the beginning of his record that **the Lord's tender mercies are extended to those who exercise faith in Him.**



Elder David A. Bednar of the Quorum of the Twelve Apostles explained what the Lord's tender mercies are in our life. Circle words and phrases Elder Bednar used to describe what the "tender mercies of the Lord" are as you read his explanation:

"The Lord's tender mercies are the very personal and individualized blessings, strength, protection, assurances, guidance, loving-kindnesses, consolation, support, and spiritual gifts which we receive from and because of and through the Lord Jesus Christ. . . .

". . . The Lord's tender mercies do not occur randomly or merely by coincidence. Faithfulness, obedience, and humility invite tender mercies into our lives, and it is often the Lord's timing that enables us to recognize and treasure these important blessings" ("The Tender Mercies of the Lord," *Ensign* or *Liahona,* May 2005, 99–100).

5. In your scripture study journal, answer the following question: What example have you seen of the Lord's extending His tender mercies in your life or in the life of someone you know?

Begin or continue to look for and record in your personal journal the tender mercies the Lord has extended to you. As you do, you will more readily see the blessings God has extended to you.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 1 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 2: DAY 2

1 Nephi 2

Introduction

People respond to revelation from God in various ways. The Lord commanded Lehi in a dream to lead his family into the wilderness. Laman and Lemuel murmured against God's commands while Nephi sought a confirming witness. Comparing their different responses will help you decide how to use your agency when responding to the Lord's direction.

1 Nephi 2:1–7

God commands Lehi to depart into the wilderness

Imagine you were Lehi and the Lord asked you and your family to leave your home and all of your possessions. You would have to walk for days and could only take provisions to sustain your family's needs. Think about how you would respond to such a request.

Read 1 Nephi 2:1–6, and look for the circumstances that led to Lehi and his family departing into the wilderness.



Why did the people "seek to take away [Lehi's] life"? (see 1 Nephi 2:1). _____

_____

What did the Lord command Lehi to do? (see 1 Nephi 2:2). _____

_____

Lehi is an example of the gospel principle that **when we are faithful and obedient, the Lord will help us in times of trial.**

1. In your scripture study journal, answer the following question about 1 Nephi 2:4: What can you learn from Lehi's choices of what to take and what to leave behind?

To help you better understand the geography of Lehi's journey, review the map at the end of the lesson.

Read 1 Nephi 2:7, and note what Lehi did after leaving with his family to travel in the wilderness. What word could you use to describe an important character trait Lehi showed? _____

1 Nephi 2:8–14

Laman and Lemuel murmur against their father

All four of Lehi's sons made the same journey, but they did so with different attitudes toward God's commandments.

Study 1 Nephi 2:8–10, and circle the words *river* and *valley.*

2. In your scripture study journal, write your thoughts about the following question: What do you think Lehi tried to teach Laman and Lemuel by comparing them to a river and a valley?

Read 1 Nephi 2:11–14, and find the reasons Laman and Lemuel murmured against their father. (*Note:* The word *stiffneckedness* means stubbornness and pride.)

One reason Satan encourages murmuring is to prevent people from following living prophets, inspired leaders, and parents. Elder H. Ross Workman of the Seventy spoke about murmuring. He said that "murmuring consists of three steps, each leading to the next in a descending path to disobedience."



First, when people murmur, they use their own judgment and begin to question the teachings of the living prophets. "They [question] first in their own minds and then [plant] questions in the minds of others."

Second, those who murmur begin "to rationalize and excuse themselves from doing what they [have] been instructed to do. . . . Thus, they [make] an excuse for disobedience.

"The third step inevitably follows: slothfulness in following the commandment of the Master [see D&C 58:29]. . . .

"I invite you to focus on the commandment from living prophets that bothers you the most. Do you question whether the commandment is applicable to you? Do you find ready excuses why you cannot now comply with the commandment? Do you feel frustrated or irritated with those who remind you of the commandment? Are you slothful in keeping it? Beware of the deception of the adversary. Beware of murmuring" ("Beware of Murmuring," *Ensign,* Nov. 2001, 85–86).



3. Respond to the following question in your scripture study journal: What can you do if you find yourself murmuring (complaining) about a commandment or Church standard?

1 Nephi 2:16–19

Nephi seeks understanding from the Lord

Read 1 Nephi 2:16, 19, and mark what Nephi wanted and what he did that led him to accept the Lord's commandments given through his father. Although Nephi did not murmur, ponder how what he wrote in 1 Nephi 2:16 about the Lord softening his heart hints that leaving Jerusalem may have been difficult for him too.

4. In your scripture study journal, share an example of a time when, like Nephi, you called upon Heavenly Father and experienced a softening of your heart through the Spirit or of a time when you received a testimony of something the Lord said.

Nephi's experience teaches us the following gospel principle: **When we call upon God, He can soften our hearts to believe His words.**

Read 1 Nephi 2:17–18, and identify Nephi's desires and actions after the Lord softened his heart. Think about what you can learn from the different reactions of Nephi, Sam, Laman, and Lemuel. The following is one important truth: **When we share what we have learned through the Holy Spirit, others may believe our words.**

5. Write in your scripture study journal about a time when someone's words led you to believe the word of God, like Sam believed Nephi.

Think about someone with whom you could share something that the Spirit has helped you learn and feel is true. It may be a friend, a member of your family, a Church leader, or a teacher. Take the opportunity this week to talk with that person and share that testimony.

1 Nephi 2:20–24

The Lord assures Nephi that he will prosper through his obedience

Identify and mark the promise contained in 1 Nephi 2:20–21. This promise occurs 34 times throughout the Book of Mormon. During your study of the Book of Mormon you will see how the Lord's words to Nephi were entirely fulfilled. End today's lesson by reading 1 Nephi 2:22–24.


Mediterranean Sea
N
Sea of Galilee
Jerusalem
Dead Sea
"By the borders near the shore of the Red Sea" (1 Nephi 2:5)
"Nearly a south-southeast direction" (1 Nephi 16:13)
Persian Gulf
"In the borders near the Red Sea" (1 Nephi 16:14)
Arabian Desert
Red Sea
"We did travel nearly eastward from that time forth" (1 Nephi 17:1)
Ishmael died at a place "which was called Nahom" (1 Nephi 16:34)
Bountiful (?)
Indian Ocean

God blesses those who are obedient and faithful. Ponder your level of obedience in keeping God's commandments. What is one way you can be more obedient? Follow through on the impressions you receive from the Spirit.



6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 2: DAY 3

1 Nephi 3–4

Introduction

The Lord commanded Lehi to send his sons back to Jerusalem to obtain the plates of brass from Laban. While Laman and Lemuel did not see how they would fulfill this command, Nephi had faith that the Lord would provide a way to accomplish what He required. Despite repeated difficulties, Nephi faithfully persisted in doing what the Lord had asked. As a result, he was led by the Holy Spirit and successfully obtained the plates. Nephi's experience shows that persistent obedience qualifies us for the Lord's help in difficult situations.

1 Nephi 3:1–9, 19–20

Lehi's sons return to Jerusalem

Have you ever faced a difficult situation and wondered how it would be resolved? Today's lesson can help strengthen your faith and determination to be obedient as you face difficult situations. Begin by reading 1 Nephi 3:1–6, and highlight in your scriptures the command the Lord gave Lehi for his sons to fulfill. Also notice the difference in how Laman and Lemuel responded to the Lord's command as opposed to Nephi's response.

To understand the difficulty of what the Lord commanded, it is helpful to know that the distance from Jerusalem to the Red Sea (the Gulf of Aqaba) is about 180 miles through hot, barren country infested by many thieves. Lehi and his family had traveled three days' journey beyond this point (see 1 Nephi 2:5–6), and now the Lord was saying his sons were to go back to Jerusalem. Read 1 Nephi 3:7–8, and identify the reason Nephi gave for his willingness to obey the Lord's command.

Nephi testified of the principle that **if we will do what the Lord commands, then He will prepare a way for us to accomplish it.** As you continue to study 1 Nephi 3, think about how Nephi's example of courage and determination can inspire you to be more obedient and show greater faith in the Lord. Pay particular attention to how Nephi responded to difficulties. Even though Nephi would face adversity as he and his brothers tried to obtain the plates of brass, he chose not to murmur (see 1 Nephi 3:6).

The plates of brass contained "the record of the Jews" (1 Nephi 3:3), which were their scriptures. They contained some of the writings and information currently found in the Old Testament as well as other prophetic writings. Read 1 Nephi 3:19–20, and underline what the plates of brass contained that made them so important to Lehi's family and descendants.

Scripture Mastery—1 Nephi 3:7

Read 1 Nephi 3:7 three times (you may wish to vary how you read it: out loud or silently). Close your scriptures, and try to write answers to the following questions without looking at the verse:

- Who was Nephi speaking to? _____
- What did Nephi commit to do? _____
- What did Nephi know the Lord would do? _____

Open your scriptures, and review 1 Nephi 3:7 and your answers.

The Prophet Joseph Smith said: "I made this my rule: *When the Lord commands, do it"* (in *History of the Church,* 2:170). Consider writing this statement in your scriptures next to 1 Nephi 3:7.

1 Nephi 3:10–31

Laban steals Lehi's property and tries to kill Nephi and his brothers

God blesses us in different ways as we obey His commandments. Nephi's experience in obtaining the brass plates supports his testimony that God does provide a way for His children to fulfill His commandments (see 1 Nephi 3:7). Use the following chart to study the first two attempts of Lehi's sons to obtain the brass plates. Write the answer to the questions in the column for each attempt, or you may complete this assignment in your scripture study journal.

Note: In Nephi's day, casting lots (see 1 Nephi 3:11) was a customary way of making a choice. By casting lots, Nephi and his brothers were seeking the Lord's guidance in fulfilling the commandment to obtain the brass plates (see Proverbs 16:33; Bible Dictionary, "Lots, Casting of").

Questions	First Attempt (1 Nephi 3:10–18)	Second Attempt (1 Nephi 3:21–31)
1. Who went?		
2. What did they do?		
3. How did the brothers react after the attempt failed?		

1. After their *first attempt* to obtain the brass plates failed, Nephi and his brothers were "exceedingly sorrowful" (1 Nephi 3:14). Review 1 Nephi 3:15–16, and in your scripture study journal describe how Nephi's response to the first failure was different from his brothers.

2. After pondering the *second attempt* (see 1 Nephi 3:21–31), answer the following question in your scripture study journal: In what ways do anger, murmuring, and unbelief prevent us from hearing God?

1 Nephi 4:1–26

Nephi obtains the brass plates

Identify the questions Laman and Lemuel asked in 1 Nephi 3:31. If you were Nephi, how would you respond to their questions? Read 1 Nephi 4:1–3, looking for Nephi's answers to his brothers' questions. Why do you suppose Nephi chose the example of Moses and the Red Sea in answering their questions? Write a phrase from Nephi's response to his brothers that you find uplifting: _____

Moses had also faced a seemingly impossible task when he was told to bring the children of Israel out of Egypt. Despite repeated attempts, he was unable to convince Pharaoh to release the Israelites. However, Moses persisted in doing what the Lord commanded him, and the Lord provided a way for him to free the Israelites.

Nephi applied the example of Moses to his personal circumstances and was confident that God would also prepare a way for him to somehow obtain the brass plates. As you study the remainder of the account, look for the results of Nephi's perseverance and determination to be obedient in spite of initial setbacks.

Have you ever needed to do something or felt inspired to do something and yet not immediately known why, when, and how? President Harold B. Lee observed that often in these situations we "want to see the end from the beginning" before we will follow the Lord's direction, and he offered the following counsel: "You must learn to walk to the edge of the light, and then a few steps into the darkness; then the light will appear and show the way before you" (quoted in Boyd K. Packer, "The Edge of the Light," *BYU Today,* Mar. 1991, 23).

Read 1 Nephi 4:4–7, and identify how Nephi stepped with faith into the darkness (the unknown).

What is significant about the phrase "Nevertheless I went forth" (1 Nephi 4:7)? _____

3. In your scripture study journal, describe a situation in which a young man or woman may be asked to do something or may be led by the Holy Spirit to do something and not know beforehand what the outcome will be. Perhaps there is a time when you went forth in faith without knowing beforehand *how* or *when* God was going to help. If so, make note of the experience in your journal. You may also want to share it in class.

Nephi learned why, when, and how the Lord would help him accomplish the commandment to obtain the plates only *after* he allowed the Holy Ghost to direct



him and *after* he decided to go forth in faith. Read 1 Nephi 4:8–26, and notice how the Lord helped him obtain the brass plates.

4. In your scripture study journal, list the reasons the Spirit gave Nephi for slaying Laban (see 1 Nephi 4:8–13).

5. Answer the following question in your scripture study journal: What have you learned from Nephi's final efforts to obtain the brass plates that can help you succeed in the challenges you face or will face in your life?

When you are faced with moments in your own life of not knowing the how, why, and when, remember the principle Nephi's experience illustrates: **When we exercise faith in God and seek to do what He asks, even when we cannot see the outcome, He will lead us by the influence of the Holy Ghost.**



Commentary and Background Information

The Command to Kill Laban

The Prophet Joseph Smith taught that it is the Lord who sets the standard of right and wrong: "God said, 'Thou shalt not kill' [Exodus 20:13]; at another time He said 'Thou shalt utterly destroy' [Deuteronomy 20:17]. This is the principle on which the government of heaven is conducted—by revelation adapted to the circumstances in which the children of the kingdom are placed. Whatever God requires is right, no matter what it is, although we may not see the reason thereof till long after the events transpire. If we seek first the kingdom of God, all good things will be added" (in *History of the Church,* 5:135).

It may help us understand why the Lord required Nephi to slay Laban when we consider the following: The Lord had given Laban at least two opportunities to willingly part with the brass plates, but Laban "would not hearken unto the commandments of the Lord" (1 Nephi 4:11). Laban was a liar and a robber, and he had sought to murder Laman and have all four of the sons of Lehi killed, which, under the law of Moses, was punishable by death (see Exodus 21:14). The Lord knew it was essential for Lehi and his descendants to have the scriptural record, even if "one man should perish" (1 Nephi 4:13) for it to happen.

The brass plates not only blessed the people and nations of the Book of Mormon but also preserved and provided teachings of the ancient prophets for our day when some of the writings were copied onto the gold plates from which the Book of Mormon was translated (such as quotations from Isaiah and the allegory of Zenos). Through the Book of Mormon, those teachings from the brass plates have blessed and continue to bless the lives of millions of people and the nations of the world. Ultimately, all this was at stake when Nephi stood over Laban and followed the voice of the Spirit.

President Ezra Taft Benson suggested "three short tests" to help us avoid being deceived during difficult situations:



"1. What do the standard works have to say about it? 'To the law and to the testimony: if they speak not according to this word, it is because there is no light in them,' said Isaiah. (Isa. 8:20.) . . .

"We must diligently study the scriptures. Of special importance to us are the Book of Mormon and the Doctrine and Covenants. . . .

"2. The second guide is: what do the latter-day Presidents of the Church have to say on the subject—particularly the living President? . . .

"There is only one man on the earth today who speaks for the Church. (See D&C 132:7; 21:4.) That man is [the] President [of the Church]. Because he gives the word of the Lord for us today, his words have an even more immediate importance than those of the dead prophets. When speaking under the influence of the Holy Ghost his words are scripture. (See D&C 68:4.) . . .

"The President can speak on any subject he feels is needful for the Saints. . . .

"3. The third and final test is the Holy Ghost—the test of the Spirit. By that Spirit we '. . . may know the truth of all things.' (Moroni 10:5.) This test can only be fully effective if one's channels of communication with God are clean and virtuous and uncluttered with sin" (in Conference Report, Oct. 1963, 16–17).

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 3–4 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 2: DAY 4

1 Nephi 5–6; 9

Introduction

The prophet Lehi's wife, Sariah, feared that her sons would not return from Jerusalem. Lehi comforted her by expressing his faith in the Lord. When her sons returned safely with the brass plates, Sariah gained a stronger witness of God's hand in directing and preserving her family. As Lehi studied the brass plates, he "was filled with the Spirit, and began to prophesy concerning his seed" (1 Nephi 5:17). As you study this lesson, think about your personal scripture study and what you can do to receive the power that comes from searching the word of God.

1 Nephi 5:1–9

Lehi's sons safely return to their family in the wilderness

The journey to Jerusalem and back probably took Nephi and his brothers several weeks. Reflect upon a time when a brother, sister, parent, or someone else you know left home for a long period of time—such as for a mission, school, or military service. What concerns or worries did you have (or what concerns do you think a parent might have) when separated from loved ones for a long time? Read 1 Nephi 5:1–3, and identify the concerns Sariah expressed to Lehi concerning her sons' journey back to Jerusalem.

Study 1 Nephi 5:4–6, and look for how Lehi responded to Sariah's concerns.

1. In your scripture study journal, restate in your own words Lehi's response to his wife.

Reflect on the following questions:

- What impresses you about how Lehi responded to Sariah's concerns?
- How do Lehi's words show the faith and courage gained from the revelations God had given him?

Restating in Your Own Words

One way to understand the scriptures is to restate principles in your own words. Either in writing or orally, restating what you read will help you better understand the truths contained in the scriptures. It also provides an opportunity for the Spirit of the Lord to testify of truths.

According to 1 Nephi 5:6, what effect did Lehi's testimony have on Sariah? _____

_____

Two truths we can learn from this experience of Lehi and Sariah are that the Lord can bless us with assurances as we follow His inspiration and we can comfort and strengthen others when we express our faith in God.

2. In your scripture study journal, describe a time when you felt God's comforting assurance during a difficult time, shared your testimony to comfort and strengthen someone else, or were comforted and strengthened by someone else's words of faith.

Read 1 Nephi 5:7–9, looking for the effect this experience had on Sariah's faith.

- What did Sariah learn from this experience? _____

_____

3. Answer the following question in your scripture study journal: How is Sariah's testimony in 1 Nephi 5:8 like Nephi's testimony in 1 Nephi 3:7?

1 Nephi 5:10–22

Lehi searches the brass plates

Nephi and his brothers had risked their lives, sacrificed their family riches, traveled far, and been divinely protected in their journey to obtain the brass plates. If you were a member of Lehi's family, how would their efforts have influenced your attitude about studying what was on the brass plates?

After his sons returned safely, Lehi began to search the contents of the brass plates. Read 1 Nephi 5:11–14, and underline what the brass plates contained.

Read 1 Nephi 5:17–20, looking for how studying the brass plates affected Lehi. Based on what you learn in these verses, how would you finish stating the following principle? (see 1 Nephi 5:17): **As we search the scriptures, we can be** _____

_____

Elder Robert D. Hales of the Quorum of the Twelve Apostles confirmed this truth:

"When we want to speak to God, we pray. And when we want Him to speak to us, we search the scriptures; for His words are spoken through His prophets. He will then teach us as we listen to the promptings of the Holy Spirit.

"If you have not heard His voice speaking to you lately, return with new eyes and new ears to the scriptures. They are our spiritual lifeline" ("Holy Scriptures: The Power of God unto Our Salvation," *Ensign* or *Liahona,* Nov. 2006, 26–27).

4. Write in your scripture study journal about a time when you searched the scriptures and felt the Spirit of the Lord.

Read 1 Nephi 5:21–22, and look for why the plates were "of great worth" to Lehi and his family.

Turn to the hymn "As I Search the Holy Scriptures" (*Hymns,* no. 277), and notice the blessings that can come through searching the scriptures. Reflect upon your daily reading of the scriptures. How might you improve in your study of the scriptures? _____

_____

There is wisdom in studying the scriptures as we journey through mortality—our wilderness. Remember that the brass plates were obtained through faith and sacrifice and that without the brass plates Lehi and his family would not have received needed blessings in their journey (see 1 Nephi 5:22). As you search the scriptures, you can be filled with the Spirit of the Lord and receive the strength and faith to keep His commandments.

1 Nephi 6:1–6

Nephi writes to persuade all to come unto Jesus Christ

Choose a book in your home or think of a book you are familiar with. What do you think the author's purpose was in writing that book? How does knowing the author's purpose help you as you read?

Read 1 Nephi 6:3–6, and underline Nephi's purpose in writing his record. The phrase "the God of Abraham, and the God of Isaac, and the God of Jacob" (verse 4) refers to Jehovah, who is Jesus Christ. Nephi's purpose was continued by all those whose writings are found in the Book of Mormon: **One purpose of the Book of Mormon is to persuade all people to come unto Jesus Christ.**

5. In your scripture study journal, describe how understanding Nephi's purpose in writing his record will affect the way you study the Book of Mormon.



1 Nephi 9

Nephi makes two sets of plates

In 1 Nephi 9 (see also chapter 6), Nephi explained that he was commanded to make two sets of records—these are known as the small plates and the large plates of Nephi. The small plates were to contain the sacred history of his people—the ministry of the prophets and the revelations of the Lord—and the large plates were to contain the secular history (see 1 Nephi 9:2–4). Nephi used the phrases "these plates" and "other plates" to refer to the two sets of plates the

Lord commanded him to make. In the margin of your scriptures by 1 Nephi 9, write a note like the following to help you remember which set of plates Nephi was referring to: *"these plates" = small plates (sacred); "other plates" = large plates (secular).*

As you study the Book of Mormon you will come to understand why Nephi kept two sets of records. Nephi was inspired to make an abridgement, a shortened version, of his father's account (found in 1 Nephi 1–8) on the small plates. Nearly 1,000 years later the prophet Mormon was directed by the Lord to include the small plates of Nephi with the gold plates (see Words of Mormon 1:7). Both men did not know why they were to do what they did (see 1 Nephi 9:5), but they followed the Lord's command.

6. As you read 1 Nephi 9 in your personal study, reflect upon and record in your scripture study journal why it is important to obey the Lord even when we don't fully understand His reasons.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 5–6 and 9 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 3: DAY 1

1 Nephi 7

Introduction

Nephi's complete dedication to the Lord is shown in 1 Nephi 7. With his brothers, he obeyed the Lord's command to return to Jerusalem and bring Ishmael and his family with them into the wilderness. On the return journey into the wilderness, Laman, Lemuel, and some of Ishmael's family rebelled against Nephi and wanted to return to Jerusalem. When they bound and sought to kill Nephi, he prayed in faith, was delivered by the Lord, and sincerely forgave those who had persecuted him. As you study this lesson, ponder how you can respond faithfully to commandments and hardships as Nephi did.



Nephi and his brothers talking to Ishmael's family

1 Nephi 7:1–5

The Lord commands Lehi's sons to return to Jerusalem for Ishmael and his family

Think about your family, and ponder why families are important in God's plan.

Read 1 Nephi 7:1–2, and find out what the Lord commanded Lehi to have his sons do and why He wanted them to do it. (It may be helpful to know that the word *seed* in 1 Nephi 7:1 refers to children and posterity.)

One of the truths we learn from these verses is that **the Lord commands us to marry and raise up children unto Him.** As you continue your study of 1 Nephi 7, ask yourself why marriage and family are important enough that the Lord would command Nephi and his brothers to endure the many days of hard travel through the wilderness to return to Jerusalem.

Read the following statement from "The Family: A Proclamation to the World," and identify what modern-day prophets have declared about the importance of marriage: "We the First Presidency and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children" (*Ensign* or *Liahona,* Nov. 2010, 129).

You may want to circle the phrase "unto the Lord" in 1 Nephi 7:1. Think about what that phrase means in our day.

Look for additional insights into raising up children unto the Lord as you read the following teaching from "The Family: A Proclamation to the World":

"We declare that God's commandment for His children to multiply and replenish the earth remains in force. . . .

". . . Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations" (*Ensign* or *Liahona,* Nov. 2010, 129).

Read 1 Nephi 7:3–5 to find out how the Lord helped Lehi's sons fulfill His commands. How did the Lord help Ishmael and his family accept the invitation to join Lehi's family in the wilderness?

1. Ask your parents, a Church leader, or a teacher to suggest three ways young people today can prepare for marriage and raising children "unto the Lord." Record their counsel in your scripture study journal.

1 Nephi 7:6–15

Nephi tries to persuade his brethren to continue their journey into the wilderness

Visualize the Scriptures

Scripture study may become more meaningful if you picture in your mind what is taking place. Imagine how you might feel and act if you were part of the event described in the scriptures. This can also help you realize how scripture accounts may be similar to situations in your life and prepare you to apply the truths the scriptures teach.

Read 1 Nephi 7:6–7, and find out why Laman, Lemuel, and some of Ishmael's family rebelled during their journey in the wilderness. Imagine what it would be like to be Nephi in this situation. Think of what you would say to Laman and Lemuel and Ishmael's family to try to persuade them to continue their journey to the promised land.

Read 1 Nephi 7:8–12, and identify the questions Nephi asked his brothers to try and persuade them to not return to Jerusalem. What three truths did Nephi say his brothers had forgotten?

Answer the following in your scripture study journal:

2. How could remembering those three truths have helped Laman and Lemuel be faithful to the Lord?

3. List 4–5 blessings you have received from the Lord. How can remembering what the Lord has done for you help you be faithful in choosing to follow Him?

Read 1 Nephi 7:13–15, and identify what Nephi said would happen to Laman, Lemuel, and Ishmael's rebelling family members if they went back to Jerusalem.

4. Write a paragraph in your scripture study journal about why it is essential to remember what the Lord has done for you and follow His guidance.

1 Nephi 7:16–22

The Lord delivers Nephi

Continue to imagine what it would be like to be in Nephi's situation as you read 1 Nephi 7:16. What would you do?

Nephi prayed. Read his prayer in 1 Nephi 7:17–18, and identify what Nephi prayed for.

Notice that Nephi asked to be delivered "according to [his] faith." One of the lessons we learn from these verses is that **God answers prayers according to our faith.** Praying in faith means to pray with trust in the Lord and always includes a willingness to act.

Study the following statement from Elder David A. Bednar of the Quorum of the Twelve Apostles concerning Nephi's prayer in 1 Nephi 7:17 and the power of the Atonement to change our hearts. Underline any phrases that help you understand the importance of being willing to act as we pray in faith.



"Do you know what I likely would have prayed for if I had been tied up by my brothers? My prayer would have included a request for something bad to happen to my brothers and ended with the phrase 'wilt thou deliver me from the hands of my brethren' or, in other words, 'Please get me out of this mess, now!' It is especially interesting to me that Nephi did not pray, as I probably would have prayed, to have his circumstances changed. Rather, he prayed for the strength to change his circumstances. And may I suggest that he prayed in this manner precisely because he knew and understood and had experienced the enabling power of the Atonement of the Savior. . . .

"Brothers and sisters, the implication of this episode for each of us is quite straightforward. As you and I come to understand and employ the enabling power of the Atonement in our personal lives, we will pray and seek for strength to change our circumstances rather than praying for our circumstances to be changed. We will become agents who 'act' rather than objects that are 'acted upon' (2 Nephi 2:14)" ("'In the Strength of the Lord' (Words of Mormon 1:14; Mosiah 9:17; Mosiah 10:10; Alma 20:4)," in *Brigham Young University 2001–2002 Speeches* [2002], 124).

5. Answer one of the following questions in your scripture study journal:

a. When in your life have you prayed with faith and recognized the Lord's answer to your prayer?

b. How can you follow Nephi's example to pray and seek strength to change your circumstances rather than praying for your circumstances to be changed?

After Nephi was delivered from his bonds, his brothers again wanted to attack him. Read 1 Nephi 7:19–21, and identify what impresses you about Nephi's attitude. Think about a situation in your own family that required forgiveness. Consider why it is so important that family members be willing to forgive one another.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 7 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 3: DAY 2

1 Nephi 8

Introduction

In 1 Nephi 8 we read about Lehi's vision of the tree of life. He felt great joy as he partook of the fruit of the tree, which symbolizes the blessings of the Atonement. He then saw various groups of people who responded differently to the tree and its fruit. To help you prepare for this lesson, you may want to sing or read the words to "The Iron Rod" (*Hymns,* no. 274). As you study this chapter, ponder how the Atonement has brought you great joy and what you must do now and in the future to receive all of its blessings. Reflect upon what obstacles you may need to overcome to claim these blessings.

Include Music in Your Study

The First Presidency taught that "the hymns invite the Spirit of the Lord" and "create a feeling of reverence" (*Hymns,* ix). If singing or listening to hymns is inconvenient or uncomfortable where you study, reading the words of a hymn or reviewing it in your mind can also be effective.

1 Nephi 8:1–18

Lehi partakes of the fruit of the tree of life and invites his family to do the same

Think about a time in your life when you felt the Lord's love for you personally. Consider how the choices you make affect your closeness to the Lord and your ability to feel His love. As you study 1 Nephi 8, look for what it teaches you to do and what you should avoid to come closer to the Lord and feel His love more powerfully in your life.

Read 1 Nephi 8:2, and identify what Lehi experienced while in the wilderness. Read 1 Nephi 8:5–12, looking for what appears to be the central image or focal point of Lehi's dream.

After identifying the central image, list some of the words and phrases Lehi used to describe the fruit in 1 Nephi 8:10–11. _____



The Lord often uses objects we are familiar with as symbols to help us understand eternal truths. To help you identify what the tree and fruit in Lehi's dream represent, read the following statement from Elder Neal A. Maxwell of the Quorum of the Twelve Apostles: "The tree of life . . . is the love of God (see 1 Ne. 11:25). The love of God for His children is most profoundly expressed in His gift of Jesus as our Redeemer: 'God so loved the world, that he gave his only begotten Son' (John 3:16). To partake of the love of God is to partake of Jesus' Atonement and the emancipations [freedom from restraint or sin] and joys which it can bring" ("Lessons from Laman and Lemuel," *Ensign,* Nov. 1999, 8).

To help you identify a gospel principle being illustrated in 1 Nephi 8:10–12, underline in your scriptures what Lehi did with the fruit in 1 Nephi 8:11, and underline

the results in 1 Nephi 8:12. Think about ways you could "partake" of the Atonement like Lehi "partook" of the fruit.

Lehi's experience shows that **coming to Jesus Christ and partaking of His Atonement brings happiness and joy.**

1. Answer the following question in your scripture study journal: When has the Savior's Atonement brought happiness and joy into your life?

Ponder why we, like Lehi, should desire that our family and friends experience the blessings of the Atonement after we have experienced them. Read 1 Nephi 8:3–4, 13–18, and look for how members of Lehi's family reacted to Lehi's invitation to partake of the fruit of the tree of life.

We cannot decide whether others will choose to partake of the love of God. However, like Lehi, we can invite and encourage them. Consider how you could invite and encourage someone you know to come unto Christ and receive the blessings of His Atonement.

1 Nephi 8:19–35

Lehi sees the success of some and the failure of others as they move toward the tree of life and partake of the fruit

Later in 1 Nephi you will read about how Nephi was also shown the vision of the tree of life. He recorded what the various symbols and images in the vision mean. Use the following chart to identify the symbols and their interpretations. Search your scriptures to complete the following exercise. You have already studied and learned the interpretation of the first two symbols.

Symbol from Lehi's Dream	The Interpretation of the Symbol Given to Nephi
The tree (see 1 Nephi 8:10; it is called the tree of life in 1 Nephi 15:22)	The love of God (see 1 Nephi 11:25)
The fruit of the tree (see 1 Nephi 8:10–12)	The greatest of God's gifts—the blessings of the Atonement of Jesus Christ (see 1 Nephi 15:36)
The river of (filthy) water (see 1 Nephi 8:13)	_____ _____ (see 1 Nephi 12:16; 15:27)
The rod of iron (see 1 Nephi 8:19)	_____ _____ (see 1 Nephi 11:25; 15:23–24)
The mist of darkness (see 1 Nephi 8:23)	_____ _____ (see 1 Nephi 12:17)
The great and spacious building (see 1 Nephi 8:26)	_____ _____ (see 1 Nephi 11:36; 12:18)

It may be helpful to mark your scriptures by writing the interpretation of each symbol (the answers in the second column of the chart above) next to the verse or verses where the symbol is mentioned (the verses in the first column of the chart).

Mark the Scriptures

Notes written in your scriptures can be more accessible than information in a journal or on a piece of paper. Writing the interpretations of symbols, cross references, and other information in your scriptures can make it easier for you to understand the scriptures and teach from them later.

As you read the following quotation from President Boyd K. Packer of the Quorum of the Twelve Apostles, underline what he said about why it is important for us to study Lehi's dream:

"You may think that Lehi's dream or vision has no special meaning for you, but it does. You are in it; all of us are in it. . . .

"Lehi's dream or vision of the iron rod has in it everything a Latter-day Saint needs to understand the test of life" ("Finding Ourselves in Lehi's Dream," *Ensign*, Aug. 2010, 22).

As you study the remainder of 1 Nephi 8, consider how what you are learning can help you "understand the test of life." Read 1 Nephi 8:21–33 looking for how the river, the mist of darkness, and the great and spacious building prevented the people in Lehi's dream from eating or enjoying the fruit of the tree of life. You might consider marking in your scriptures key words and phrases that refer to these obstacles and the effect they had on people.

What might those obstacles Lehi saw be in our lives today? Underline any of the following obstacles you have seen prevent someone from coming to the Savior and feeling joy: pornography, seeking the acceptance

or praise of others, addictions, selfishness, greed, being envious of others, failing to pray and study the scriptures, excessive use of electronic entertainment, excessive participation in any activity or sport, dishonesty, and following what everyone else does. Think of some other modern-day examples of these obstacles.

The following gospel principle is one way of summarizing what you can learn from studying the obstacles in 1 Nephi 8:21–33: **Pride, worldliness, and submitting to temptations can keep you from receiving the blessings of the Atonement.**

2. In your scripture study journal, write the above summary and your feelings about its truthfulness and ways it can be applied in your life.

Ponder how the filthiness of the world, Satan's temptations, and the pride of the world may be preventing or slowing your spiritual progress.

Search 1 Nephi 8:21–33 again. This time look for answers to the following questions:

- How was the iron rod (the word of God—which includes the scriptures, the inspired words of prophets and other Church leaders, and personal revelation) essential to those who successfully partook of the fruit?
- What phrase in 1 Nephi 8:30 describes what we must do in order for the word of God to safely lead us to the tree of life?

3. Write in your scripture study journal how the word of God can guide and keep us safe from temptation.

These verses teach the following gospel principles: **If we hold fast to the word of God, it will help us overcome temptation and worldly influences. Holding fast to the word of God helps us grow closer to the Lord and receive the blessings of the Atonement.**

4. To help you see evidence of these principles in your life, answer one or both of the following questions in your scripture study journal:

a. When has the word of God guided you and kept you safe from temptation, pride, or worldliness?

b. When has the word of God helped you come closer to the Savior?

Lehi urged his family "with all the feeling of a tender parent, that they would hearken to his words" (1 Nephi 8:37). He wanted them to experience the joy and blessings of the Atonement of Jesus Christ as he did.

5. In your scripture study journal, write a goal for improving your study of God's word.

As you follow and hold fast to the word of God, you can overcome obstacles that would prevent you from partaking of the Atonement and receiving true joy.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 8 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 3: DAY 3

1 Nephi 10–11

Introduction

Lehi's teachings about the tree of life and his prophecies about the Jews increased Nephi's desire to see, hear, and know for himself the things his father had seen. While Nephi was pondering the things his father had said, he was "caught away in the Spirit of the Lord" (1 Nephi 11:1) and saw the vision of the tree of life for himself. In his vision he also saw the Savior's life, ministry, and death—Nephi witnessed the Savior's love for us. As you study this lesson, ponder what you can learn from Nephi's example of seeking personal revelation. Also reflect on the life and mission of the Savior and His great love for all of us.

1 Nephi 10:1–16

Lehi prophesies

After relating his vision of the tree of life, Lehi prophesied about future events. His prophecies are recorded in 1 Nephi 10:1–16. Read 1 Nephi 10:4–6, and mark the answers to the following questions in your scriptures:

- When did Lehi prophesy that the Messiah—the Savior—would come?
- What did Lehi say would happen to those who do not "rely on this Redeemer"?

1 Nephi 10:17–11:6

Nephi seeks to see, hear, and know the same truths as his father

Consider the following scenario, and think about how people involved in the same situation can have such different experiences: Three young people attended the same Church meeting. One of them thought the meeting was boring and a waste of time. Another thought the meeting was nice but did not learn anything from it. The third felt uplifted by the Holy Ghost and received personal inspiration and direction beyond what was taught in the meeting.

As you study Nephi's experience in 1 Nephi 10:17–11:6, notice what Nephi *did* that allowed him to receive additional revelation beyond what his father had taught.

Read 1 Nephi 10:17, and underline what Nephi felt after hearing about Lehi's vision.

Read 1 Nephi 10:19, and find a phrase that teaches how the mysteries of God are revealed to us.

According to 1 Nephi 10:19, those who seek diligently receive the mysteries of God. Write what you think it means to diligently seek. _____

_____

Nephi provided an excellent example of diligently seeking revelation. Read 1 Nephi 10:17–19 and 11:1–6; choose two of the three subjects listed in the chart below—desires, belief, and pondering; and write your answers to the corresponding questions in the chart.

Desires	What did Nephi desire to know? _____ _____ How do you think our desires affect our ability to receive revelation? _____ _____ What do you desire to know from the Lord? _____ _____
Belief	What are several things Nephi believed in that led to revelation? _____ _____ How do you think these beliefs might affect our ability to receive revelation today? _____ _____ Do you believe what the Lord has revealed to you? _____ _____
Pondering (thinking deeply about something; opening your mind and heart to the Holy Ghost)	What happened as Nephi sat pondering? (See 1 Nephi 11:1.) _____ _____ How do you think pondering can lead to revelation? _____ _____ What can you do to ponder the gospel more in your life? _____ _____

Summarize a gospel principle you have learned from Nephi's experience by completing the following sentence: **God reveals truth to all those who** _____ _____.

1. Write the answer to one or both of the following questions in your scripture study journal:

a. When have you felt God answered your prayers or felt promptings from the Spirit while you were diligently seeking help or guidance from the Lord?

b. What is one way you can more diligently seek inspiration from the Lord?

1 Nephi 11:7–36

Nephi witnesses the condescension of Jesus Christ

Nephi continued to ponder and seek divine guidance during his vision. Read the following statement from President Boyd K. Packer, President of the Quorum of the Twelve Apostles, and identify what he said was the main focus of Nephi's vision:

"Prophecies concerning the Messiah appear in the Old Testament. But the Book of Mormon records a vision of that event which has no equal in the Old Testament.

"After the people of Lehi [left Jerusalem], Lehi had a vision of the tree of life. His son Nephi prayed to know its meaning. In answer, he was given a remarkable vision of Christ.

"In that vision he saw:

"• A virgin bearing a child in her arms,
"• One who should prepare the way—John the Baptist,
"• The ministry of the Son of God,
"• Twelve others following the Messiah,
"• The heavens open and angels ministering to them,
"• The multitudes blessed and healed,
"• The crucifixion of the Christ,
"• The wisdom and pride of the world opposing his work. (See 1 Ne. 11:14–36.)

"That vision is the central message of the Book of Mormon" ("The Things of My Soul," *Ensign,* May 1986, 60–61).

An angel helped Nephi discover the interpretation of the tree of life and then asked, "Knowest thou the meaning of the tree which thy father saw?" (1 Nephi 11:21). Review the meaning of the tree by underlining the phrases Nephi and the angel used to describe the tree in 1 Nephi 11:21–24.

Read 1 Nephi 11:16 and underline an earlier question the angel had asked Nephi. You may wish to write in your scriptures that the word *condescension* means to willingly descend from a position of high status to help or bless others.

Define Difficult Words

It is important to define difficult words as you study the scriptures. This will help you have a better understanding of them. Check the scripture footnotes, use a dictionary, or consult with a parent or teacher if you encounter words in your study that you do not understand. It may be helpful to write the meaning of these words in your scriptures.

In 1 Nephi 11:17, identify Nephi's answer to the angel's question. What did Nephi know? What didn't he know? After Nephi's response, the angel showed him that **the condescension of Jesus Christ demonstrates God's love for us.**

After you have learned the meaning of the word *condescension,* read 1 Nephi 11:13–21, and then read the following quotation from Elder Gerald N. Lund, who was then serving as a member of the Seventy, and ponder how the Savior's birth shows His condescension and His love for us: "Here was Jesus—a member of the Godhead, the Firstborn of the Father, the Creator, Jehovah of the Old Testament—now leaving His divine and holy station; divesting Himself of all that glory and majesty and entering the body of a tiny infant; helpless, completely dependent on His mother and earthly father. That He should not come to the finest of earthly palaces and be swaddled in purple [a sign of royalty] and showered with jewels but should come to a lowly stable is astonishing. Little wonder that the angel should say to Nephi, 'Behold the condescension of God!' " (*Jesus Christ, Key to the Plan of Salvation* [1991], 16).

2. Write in your scripture study journal what it means to you that Jesus Christ "would descend from his throne divine" ("I Stand All Amazed," *Hymns,* no. 193) and His glorious position in the premortal world to be born as a tiny infant.

Read 1 Nephi 11:27, and consider how the Savior's baptism also shows His condescension. Though He had no sin, He was baptized to show His obedience to the laws of God. It also shows His love for us by giving us an example to follow.



Read 1 Nephi 11:28–31, and think about how Jesus Christ's life of service to others shows His condescension. Notice who the Savior ministered to and healed.

3. Write in your scripture study journal how what you read in 1 Nephi 11:28–31 shows the Savior's love for His people. How do you feel this relates to His love for you today?

Read 1 Nephi 11:32–33, and ponder how the crucifixion of Jesus Christ shows His condescension. Read the following statement from Elder Earl C. Tingey, who was then serving as a member of the Presidency of the Seventy, and look for what he said about how the Savior's Atonement shows His love and blesses you:

"As the one who was chosen to fulfill the requirements of the Atonement, Jesus Christ condescended . . . to be tempted, tried, mocked, judged, and crucified, even though He had power and authority to prevent such actions.



"President John Taylor described the condescension of Christ in these beautiful words: 'It was further necessary that He should descend below all things, in order that He might raise others above all things . . .' [*The Mediation and Atonement* (1882), 144].

"Christ's suffering in the Garden of Gethsemane epitomizes the most magnificent of all the attributes of Christ, His perfect love. Here we see that He truly loved all of us. . . .

"The Atonement is an event that enables us to be reconciled to God. . . . In terms of family, it means to be reunited with one another and with God and His Son, Jesus Christ. It means sadness through separation will become happiness through reuniting" ("The Great Plan of Happiness," *Ensign* or *Liahona,* May 2006, 73–74).

The Atonement of Jesus Christ was an essential part of His condescension and the greatest manifestation of His love for us.

4. Write in your scripture study journal how knowing about the condescension of Jesus Christ affects your feelings and love for Him.

End today's study by singing, listening to, or reading the words to the hymn "I Stand All Amazed" (*Hymns,* no. 193). Notice the phrases that testify of what you have studied today. Ponder why the blessings of the Atonement of Jesus Christ are "most desirable" and "most joyous" to you (see 1 Nephi 11:22–23). Like Nephi, as you diligently seek understanding through revelation, you will draw nearer to the Lord and feel the power of His sacrifice in your life and the joy it brings.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 10–11 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 3: DAY 4

1 Nephi 12–14

Introduction

The account of Nephi's vision, which begins in 1 Nephi 11, continues in 1 Nephi 12–14. In his vision Nephi saw terrible tragedies, including the eventual destruction of his posterity. He saw the wicked remove plain and precious truths from the Bible, causing many to stumble spiritually. However, Nephi's vision also gave him reason for great hope in the future. He saw Columbus and the colonizing of America. He saw that the Lord would prepare the way for the Restoration of the gospel, including restoring many of the plain and precious truths that had been lost. Nephi witnessed how in the last days the Lord would help and protect those who live righteously. As you study 1 Nephi 12–14, ponder the importance in your life of the plain and precious truths taught in the Book of Mormon and other latter-day scriptures. As you strive to live righteously and honor your covenants with God, you too can triumph over evil.

1 Nephi 12

Nephi sees the future of the Nephite and Lamanite nations

In 1 Nephi 12, Nephi described what he saw for the future of his posterity and how they would be affected by influences represented by the mist of darkness and the large and spacious building. He used the word *seed* to refer to descendants.

Nephi saw that some of his descendants would accept all of the blessings of the Atonement. However, he also saw that his descendants would eventually be destroyed by the Lamanites. Read 1 Nephi 12:19, and underline the reasons why the Nephites were destroyed. Think about how you can guard against pride and avoid the temptations of the devil.

1 Nephi 13:1–9

Nephi sees the great and abominable church

Circle any of the following sports you have played or watched, and add to the list any other sports you have played or watched:

Soccer	Tennis
Cricket	Rugby
Basketball	Ice Hockey
Baseball	Volleyball
Table Tennis	American Football

In professional sports, teams often study their opponents' past games and strategies before they compete. Understanding an opponent's purpose, methods, and strategies can help us prepare to defend ourselves against them.

In 1 Nephi 13, Nephi described what he saw about those who would oppose the Church of God in the latter-days. Read 1 Nephi 13:1–6, and identify what Nephi saw that would be formed among the Gentiles and what the angel said about it.

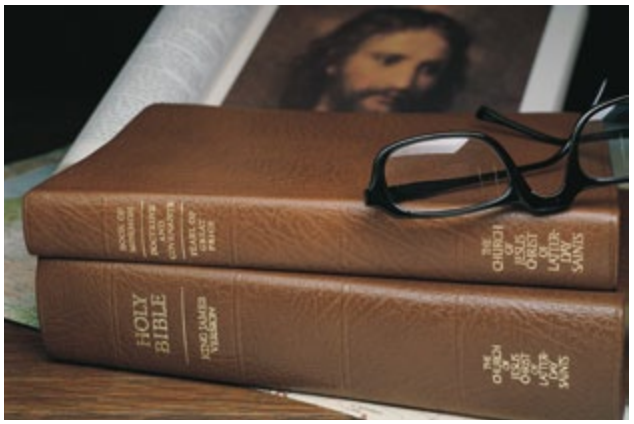


This "great and abominable church" that Nephi saw does not represent one particular group, denomination, or church. Elder Bruce R. McConkie of the Quorum of the Twelve Apostles defined it as "all . . . organizations of whatever name or nature . . . which are designed to take men on a course that leads away from God and his laws and thus from salvation in the kingdom of God" (*Mormon Doctrine,* 2nd ed. [1966], 137–38). You may want to write Elder McConkie's definition next to 1 Nephi 13:4–6.

Read 1 Nephi 13:8–9, and identify the desires and motivation of the great and abominable church.

1. Answer the following question in your scripture study journal: Why do you think it is important to know that Satan organizes his forces to lead us away from God and His laws?

As you study 1 Nephi 13 further, you will see one way the great and abominable church has tried to block those seeking the Savior.



1 Nephi 13:10–42

Nephi sees future Gentiles with the Bible, the Book of Mormon, and other latter-day scriptures

To combat the effects of the great and abominable church, the Lord prepared the way for the Restoration of His gospel. In 1 Nephi 13, Nephi foresaw such events as Columbus and the pilgrims coming to the land of promise because "the Spirit of God . . . wrought [rested or worked] upon [them]" (see 1 Nephi 13:12–13). He also foresaw the American War of Independence—when "the Gentiles who had gone forth out of captivity" fought against "their mother Gentiles [who] were gathered together . . . against them," but they were "delivered by the power of God out of the hands of all other nations" (see 1 Nephi 13:16–19).

Read 1 Nephi 13:20–23, and identify the book that Nephi saw early gentile colonizers in the land of promise would carry among them.

Write "the Bible" in your scriptures by 1 Nephi 13:20. Nephi explained that the Bible would be "of great worth" to us (1 Nephi 13:23) and that when it was originally written "it contained the fulness of the gospel of the Lord" (1 Nephi 13:24). Use 1 Nephi 13:26–27, 29 to fill in the blanks to the following summary:

The great and abominable church removed "many parts which are _____ and most _____; and also many _____ of the Lord have they taken away" from the Bible (1 Nephi 13:26). They removed these things to "_____ the right ways of the Lord, that they might _____ the eyes and _____ the hearts of the children of men" (1 Nephi 13:27). Because these things are missing, "an exceedingly great many do _____" (1 Nephi 13:29).

Reread the above summary after you have filled in the blanks.

One of the purposes of the great and abominable church is to "pervert the right ways of the Lord" (1 Nephi 13:27) by taking away many of the plain and precious truths. To "pervert" is to cause to turn aside or away from something that is right. Think about the negative consequences of turning aside or turning away from the "right ways of the Lord."

Use your scriptures to answer the following questions:

- According to 1 Nephi 13:34, what will the Lord bring forth because of his mercy? (It may be helpful to know that the title "the Lamb" refers to the Savior, Jesus Christ.) _____
- In 1 Nephi 13:35–36, what did the Savior say would be hid up to come forth to the Gentiles? _____
- In 1 Nephi 13:36, what did the angel say was written in the record that was hidden—the Book of Mormon? _____

- In addition to the Book of Mormon, what "other books" might 1 Nephi 13:39 refer to? _____

_____

Read 1 Nephi 13:40–41, and underline what the Book of Mormon and these "other books" will make known unto all people. It is important to notice that we must come to the Savior "according to the words which shall be established by the mouth of the Lamb" (1 Nephi 13:41)—the scriptures.

Through this portion of Nephi's vision, we learn that **the Book of Mormon and latter-day scriptures restore plain and precious truths that help us know that Jesus Christ is the Son of God and help us know how to come unto Him.**

2. Write the answer to the following questions in your scripture study journal:

a. How have the plain and precious truths in the Book of Mormon and other latter-day scriptures influenced your testimony of Jesus Christ?

b. How have they helped you understand and live His gospel?

> ***Write Your Thoughts about the Scriptures***
>
> When writing your thoughts about the scriptures, be sure to give yourself enough time. Though you are trying to finish an assignment, carefully ponder the question. Some questions require time and thought to answer well. Seek the guidance of the Holy Spirit as you write.

Take a moment to evaluate how well your scripture study is helping you come closer to the Savior.

1 Nephi 14:1–17

Nephi sees the battle between the great and abominable church and the Church of the Lamb of God

In 1 Nephi 14 we read about a battle between the great and abominable church and the Church of the Lamb of God. Read 1 Nephi 14:10–13, and identify which side would have more people. Notice in 1 Nephi 14:12 why the number of people supporting the Church of the Lamb would be few and why the great and abominable church was able to gather together multitudes.

How would you feel if you were outnumbered and fighting in a war? Read 1 Nephi 14:14, and underline phrases that identify the help "the saints of the church of the Lamb" and "the covenant people of the Lord" will receive as they fight against evil.

An important gospel principle taught in 1 Nephi 14:1–17 is **as we live righteously and keep our covenants, the power of God will help us triumph over evil.**

3. Write a short paragraph in your scripture study journal explaining how being one of "the covenant people of the Lord" and being "armed with righteousness" (living righteously) have helped you triumph over temptations that could lead you away from God and His laws.

Nephi saw that in the last days those who support the great and abominable church will meet "their utter destruction" (1 Nephi 14:3). You can have confidence that God's kingdom will triumph in the last days.

4. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 12–14 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 4: DAY 1

1 Nephi 15

Introduction

In 1 Nephi 15 you will see the contrast between Nephi's diligent efforts to receive personal revelation and the faithless efforts of his brothers. As you study this chapter, ponder the effort you are making to receive answers and guidance from the Lord.

1 Nephi 15:1–11

Nephi's brothers complain that they cannot understand Lehi's vision

Many activities require effort on our part *before* we are able to enjoy the results. Think of an activity that you participate in—such as schoolwork, playing a musical instrument, or athletics—and ponder the relationship between the effort you put into the activity and the results that follow. Look for a similar pattern as you study 1 Nephi 15. Notice how putting forth effort relates to learning spiritual truths and receiving revelation from the Lord.

After diligently seeking to understand his father's vision and teachings and then receiving his own revelation, Nephi returned to his father's tent. There he found his brothers disputing with each other. Search 1 Nephi 15:1–3, and identify what they were discussing.

In 1 Nephi 15:6–7, underline what troubled Nephi's brothers and caused the dispute. According to 1 Nephi

15:3, why was it difficult for them to understand Lehi's teachings? _____

_____

Read 1 Nephi 15:8, and underline the question Nephi asked his brothers. Why is this a logical question for Nephi to ask after what he had just experienced?

Underline the brothers' response in 1 Nephi 15:9. The word *for* in this verse means *because.* In other words, Nephi's brothers explained, "We haven't asked the Lord because He doesn't speak to us."

1. Imagine you have a friend who doesn't ask the Lord for guidance because he or she doesn't believe He will answer. Study 1 Nephi 15:11, and ponder the counsel Nephi gave his brothers about obtaining answers from the Lord. Then, in your scripture study journal, write a letter encouraging your friend to ask God in faith. Share Nephi's counsel and your own feelings about prayer in the letter.

One gospel principle we can learn from Nephi's and his brothers' actions and experiences is that **if we inquire of the Lord in faith and obey His commandments, then we will be prepared to receive greater revelation and guidance from Him.**

2. Select one of the questions below, and answer it in your scripture study journal:

a. What would you say to help a new member of the Church understand what is required of us in order to be taught and guided by the Lord?

b. How have your efforts to learn spiritual truths and seek the Lord's guidance affected your ability to feel the Spirit and understand the gospel?

Sometime within the next day, share your answer to the above assignment with a parent, other family member, Church leader, or teacher. As you do, invite the person to share experiences with you about when he or she put forth effort and faith in seeking Heavenly Father's help and guidance.

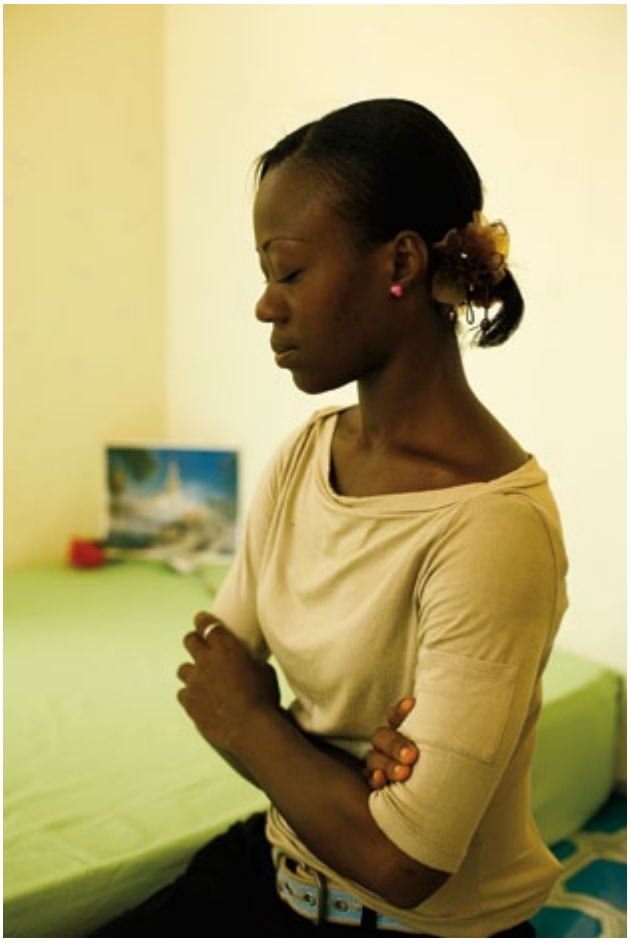
1 Nephi 15:12–20

Nephi explains the scattering and gathering of Israel

Nephi's brothers were confused about Lehi's prophecy and teachings of the olive tree and the Gentiles (see 1 Nephi 15:7; see also 1 Nephi 10:12–15). Nephi explained that the scattering of the natural branches of the olive tree symbolized the physical and spiritual scattering of the house of Israel (God's covenant people) because of their disobedience. In their scattered state they lost the knowledge of the gospel, as well as their identity as members of the house of Israel. As part of the gathering of the house of Israel in the latter days, people all over the earth will accept the restored gospel and realize that they are the covenant people of the Lord (see 1 Nephi 15:14–15).

Read 1 Nephi 15:14, and mark what scattered Israel will understand in the latter days.

Nephi taught that those who join the Church are as if they were grafted "into the true olive-tree" (1 Nephi 15:16). He also said that, like the scattering of the house of Israel, this grafting or gathering would happen "by way of the Gentiles" (1 Nephi 15:17). It may be helpful to understand that "in the scriptures, *Gentiles* has several meanings. Sometimes it designates people of non-Israelite lineage, sometimes people of non-Jewish lineage, and sometimes nations that are without the gospel, even though there may be some Israelite blood among the people. This latter usage is especially characteristic of the word as used in the Book of Mormon" (Guide to the Scriptures, "Gentiles," scriptures.lds.org).



The Lord keeps His promises and remembers His covenants with His children. He desires all of His children to receive the blessings of the everlasting gospel (see 1 Nephi 15:18). Your efforts to share the gospel with friends and family and your commitment to serve an honorable mission help fulfill Lehi's prophecy.

1 Nephi 15:21–36

Nephi answers his brother's questions about Lehi's vision from his own experience

The remainder of 1 Nephi 15 covers questions Nephi's brothers asked him about Lehi's dream. They asked, "What meaneth the rod of iron which our father saw, that led to the tree?" (1 Nephi 15:23.) Read Nephi's answer in 1 Nephi 15:24–25, and identify the blessings promised those who hearken diligently to the word of God. In the following statements from President Ezra Taft Benson about the power of the word of God, underline phrases that are similar to what Nephi taught:

- "Not only will the word of God lead us to the fruit which is desirable above all others, but in the word of God and through it we can find the power to resist temptation, the power to thwart the work of Satan and his emissaries."
- "The word of God . . . has the power to fortify the Saints and arm them with the Spirit so they can resist evil, hold fast to the good, and find joy in this life."
- "Success in righteousness, the power to avoid deception and resist temptation, guidance in our daily lives, healing of the soul—these are but a few of the promises the Lord has given to those who will come to His word. . . . However diligent we may be in other areas, certain blessings are to be found only in the scriptures, only in coming to the word of the Lord and holding fast to it as we make our way through the mists of darkness to the tree of life" ("The Power of the Word," *Ensign,* May 1986, 80, 82).

It is vital that we hold to the word of God through scripture study, prayer, and listening to inspired leaders.

3. In your scripture study journal, design a flyer promoting the word of God. Be sure to include the blessings Nephi promised to those who hold fast to the word of God. You may also want to list sources for finding the word of God.



Consider writing the following principle in your scriptures near 1 Nephi 15:24–25: **Studying and following the word of God daily strengthens us against Satan's temptations.**

4. To help strengthen your testimony of this principle, answer one or both of the following questions in your scripture study journal:

a. What experience related to your personal scripture study has helped you to know that this principle is true?

b. How can you find out if this principle is true?

In Lehi's dream, those who held fast to the iron rod were led safely through the mist of darkness to the tree of life. In 1 Nephi 15:26, Nephi's brothers asked him to explain the meaning of the river that was near the tree of life. Look in 1 Nephi 15:27–29, and identify what the river represented.

Read 1 Nephi 15:32–36. Why would Nephi's brothers have been troubled by these teachings?

5. Answer the following questions in your scripture study journal:

a. What parts of Lehi's dream and Nephi's interpretation of the dream show God's love and concern for Nephi's brothers?

b. How do you see God's love and concern for you in 1 Nephi 15?



6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 15 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 4: DAY 2

1 Nephi 16

Introduction

Feeling the power of Nephi's words, his brothers humbled themselves before the Lord. As the family traveled in the wilderness, the Lord gave them the Liahona to guide them in their journey. The family experienced many hardships as they traveled, including their bows losing their spring and the breaking of Nephi's bow, which limited obtaining food. While most of the family murmured as a result of this loss, Nephi made a new bow and sought the Lord's counsel about where to hunt. Studying 1 Nephi 16 provides an opportunity for you to consider how you might respond to both correction and affliction. Just as the Lord guided Lehi's family through their hardships, He will guide you through challenges in your life if you humbly seek and follow His counsel.

1 Nephi 16:1–6

Nephi responds to the murmuring of his brethren

Have you ever seen someone being corrected or rebuked for misbehavior? How did that person react?

Laman and Lemuel felt rebuked by Nephi when he taught them that the wicked would be rejected and not allowed to partake of the tree of life (see 1 Nephi 15:36–16:1). Read 1 Nephi 16:1–2, and underline how Nephi said some people react to hearing truth when they are not living it.

The phrase "cutteth them to the very center" means that it exposes their guilt. What do you think "the guilty taketh the truth to be hard" means? _____

_____

1. In your scripture study journal, list a few things you could do to be obedient even when a truth is hard to hear and "cutteth [you] to the very center" (1 Nephi 16:2). Why do you think some youth find it hard to be obedient to certain truths? Compare your list to what Nephi told Laman and Lemuel in 1 Nephi 16:3–4.

According to 1 Nephi 16:5, how did Laman and Lemuel chose to respond to Nephi's instruction? What word or phrase in this verse describes what we should do when a truth cuts us to the very center? Mark the answers to these questions in your scriptures.

1 Nephi 16:7–33

Lehi's family is guided by the Liahona

Answer the following statements true (T) or false (F) in this quiz by circling your answers:

T F Nephi married Ishmael's oldest daughter.

T F Lehi was given a compass-like ball called the Liahona.

T F The round ball had four spindles that gave direction to Lehi and his family.

T F After Lehi's family received the ball, their journey in the wilderness was easy.

As you study 1 Nephi 16:7–10 and the chapter summary, review your answers to the first three questions (see also Alma 37:38). Read 1 Nephi 16:17–19 to determine if you answered the fourth question correctly. (The correct answers are at the end of this lesson.)

Even when we are obedient, we will still experience trials. Many of the trials we face are not the consequences of making wrong choices. Rather they come to us as a natural result of mortal life, but they give us the opportunity to learn and grow during our mortal journey, just as the Savior did (see D&C 122:7–8). One of our tests in life is how we respond to these trials.

Based on Nephi's description of the ball in 1 Nephi 16:10, how might such a gift be helpful to Lehi and his family as they journeyed to the promised land? Find and mark how the Liahona benefited Lehi's family in 1 Nephi 16:16.

Search 1 Nephi 16:20–22, and identify how some of Lehi's family reacted when Nephi broke his bow. Study 1 Nephi 16:23–25, 30–32, looking for Nephi's reaction to this trial. How did his reaction affect his family?

2. Answer the following question in your scripture study journal: What are some things you have learned by comparing the different reactions of Nephi and his family to the same trial?

Rather than complaining, Nephi made a new bow and then sought guidance to know where to find food. Nephi's example demonstrates that **if we do all we can and also seek the Lord's direction, then He will help us through our difficulties.**

During these events, the Lord explained to Lehi how the Liahona worked. In 1 Nephi 16:26–29, look for what was required for the Lord to guide Lehi's family through the Liahona.

3. Imagine you are teaching a young child about the Liahona. In your scripture study journal, explain in simple terms how the Liahona guided Lehi's family and what they had to do in order for it to continue guiding them.

4. Answer the following question in your scripture study journal: How does the Liahona show us that **"by small means the Lord can bring about great things"**? (1 Nephi 16:29).

Like Lehi's people, the Lord has provided you with many gifts to help you receive personal guidance. Read the following three statements concerning some of these gifts, and ponder how each of these gifts from the Lord is similar to the Liahona.

Patriarchal Blessing

President Thomas S. Monson referred to patriarchal blessings as a personal Liahona:



"The same Lord who provided a Liahona to Lehi provides for you and for me today a rare and valuable gift to give direction to our lives, to mark the hazards to our safety, and to chart the way, even safe passage—not to a promised land, but to our heavenly home. The gift to which I refer is known as your patriarchal blessing. Every worthy member of the Church is entitled to receive such a precious and priceless treasure. . . .

". . . Your blessing is not to be folded neatly and tucked away. It is not to be framed or published. Rather, it is to be read. It is to be loved. It is to be followed. Your patriarchal blessing will see you through the darkest night. It will guide you through life's dangers. . . . Your patriarchal blessing is to you a personal Liahona to chart your course and guide your way" ("Your Patriarchal Blessing: A Liahona of Light," *Ensign,* Nov. 1986, 65–66).

The Scriptures and the Words of the Prophets



Elder W. Rolfe Kerr, who was then serving as a member of the Seventy, confirmed that the words of Christ and His servants are a spiritual Liahona: "The words of Christ can be a personal Liahona for each of us, showing us the way. Let us not be slothful because of the easiness of the way. Let us in faith take the words of Christ into our minds and into our hearts as they are recorded in sacred scripture and as they are uttered by living prophets, seers, and revelators. Let us with faith and diligence feast upon the words of Christ, for the words of Christ will be our spiritual Liahona telling us all things what we should do" ("The Words of Christ—Our Spiritual Liahona," *Ensign* or *Liahona,* May 2004, 37).

The Holy Ghost



Elder David A. Bednar of the Quorum of the Twelve Apostles compared the Holy Ghost and the Liahona: "As we strive to align our attitudes and actions with righteousness, then the Holy Ghost becomes for us today what the Liahona was for Lehi and his family in their day. The very factors that caused the Liahona to work for Lehi will likewise invite the Holy Ghost into our lives. And the very factors that caused the Liahona not to work anciently will likewise cause us to withdraw ourselves from the Holy Ghost today" ("That We May Always Have His Spirit to Be with Us," *Ensign* or *Liahona,* May 2006, 30).

5. Write in your scripture study journal two or three ways that a patriarchal blessing, the scriptures and the words of the prophets, or the Holy Ghost is like the Liahona.

6. In your scripture study journal, describe a time when following the direction from one of the sources listed above led to your receiving guidance from the Lord?

1 Nephi 16:34–39

Ishmael's daughters mourn his death, and Laman plots to kill Lehi and Nephi

In 1 Nephi 16:34–38 we learn that Ishmael died after traveling many days in the wilderness. His daughters mourned the loss of their father exceedingly, and some of his family murmured against Lehi and Nephi and wanted to return to Jerusalem. Laman even conspired to murder Nephi and Lehi. Once again Nephi's brothers showed their weakness and faithlessness because they did not seek the will of the Lord. They had rejected the Holy Ghost and the help He would have given them.

Read 1 Nephi 16:39, and discover what the Lord did in this situation. From what you learn in this verse, why does the Lord chasten us? _____

_____

The Lord guides and chastens us for our benefit. If we act on the guidance or chastening we receive from the Lord, He will bless us.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 16 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

Answers to True/False quiz: (1) F, (2) T, (3) F, (4) F.

UNIT 4: DAY 3

1 Nephi 17

Introduction

After traveling eight years in the wilderness, Lehi's family arrived at a place by the seashore. They called the place Bountiful. Nephi obeyed the Lord's command to build a ship. He also rebuked his brothers for their wickedness that prevented them from receiving inspiration from the Lord. As you study 1 Nephi 17 and Nephi's example, you will see that through obedience you can accomplish all that God has commanded. You will also learn to better recognize the Lord speaking to you through the still, small voice.

1 Nephi 17:1–51

Lehi's family journeys to Bountiful, where Nephi is commanded to build a ship

Would you describe your life as easy or difficult? Why? Read 1 Nephi 17:1, 4, 6, and circle words that indicate whether the time Nephi and his family spent in the wilderness was easy or difficult.

Read 1 Nephi 17:3, and identify the reason Nephi gave for why his family was blessed during this difficult time—it begins with the word *if.* Mark this principle in your scriptures.

Learn How to Identify Principles and Doctrines

As you study the scriptures look for words or phrases such as "thus we see," "therefore," "wherefore," "behold," or "if . . . then . . ." They often indicate when a statement of doctrine or a gospel principle is being given.

Gospel principles are often stated in the scriptures in an "if-then" format. This "if-then" format can also be seen in the direction of individual lives, as well as families and whole nations. The word *if* describes our action, and *then* explains the consequence or blessing we will receive for that action. While 1 Nephi 17:3 does not contain the word *then,* it does describe an action and a blessing that will follow. How would you state the principle Nephi is testifying of in your own words? **If** _____**, then** _____.

Notice how this principle is illustrated in 1 Nephi 17:2, 12–13. As you read these verses, mark some ways the Lord strengthened and blessed Nephi and his family when they kept the commandments. Look for additional evidence of the truth of this principle as you continue to study Nephi's experience.

1. Take time to meaningfully answer the following questions in your scripture study journal. This exercise will help you see that Nephi continued to live the principle he stated in 1 Nephi 17:3, while other family members failed to live it. Remember to think about how this principle applies to your own life.

a. What did the Lord command Nephi to do? (See 1 Nephi 17:7–8.) What may have been difficult about obeying this commandment?

b. What impresses you about Nephi's response to this commandment? (See 1 Nephi 17:9–11, 15–16). How did his brothers respond? (See 1 Nephi 17:17–21.) What can you learn from these responses.

c. Nephi replied to his brothers by recalling the experience of Moses. How did the Lord help Moses accomplish the task he was commanded to do? (See 1 Nephi 17:23–29.) How were Nephi's brothers like the children of Israel? (See 1 Nephi 17:30, 42.)

d. Are there some commandments that are difficult for you? How can you respond to difficult tasks or commandments from God as Nephi and Moses did?

When you have finished the assignment above, read Nephi's expression of faith in 1 Nephi 17:50.

Read 1 Nephi 17:51, and apply this verse to yourself by adding your name after the word "me" and replacing the phrase "build a ship" with a commandment you noted in question *d* above.

2. In your scripture study journal, write about an experience (your own or that of someone you know) that helped you to know that if you are faithful to God, He will help you accomplish whatever He asks of you.

The principle Nephi exemplified in 1 Nephi 17 and throughout his life is that **if we keep the commandments, then the Lord will strengthen us and provide means for us to accomplish that which He has commanded.**

1 Nephi 17:45–55

Nephi rebukes his brethren for their wickedness

Read 1 Nephi 17:48, 53–54, and identify why Nephi "stretched forth [his] hand unto [his] brethren."

According to 1 Nephi 17:53, what did the Lord do to Nephi's brothers? Why? _____

_____

The shock given to Nephi's brothers was one of many ways the Lord had sought to communicate with them. Read 1 Nephi 17:45, and identify some other ways the Lord had tried to communicate with them.





Ponder the following quotation from President Boyd K. Packer of the Quorum of the Twelve Apostles: "The Holy Ghost speaks with a voice that you *feel* more than you *hear.* It is described as a 'still small voice' [D&C 85:6]. And while we speak of 'listening' to the whisperings of the Spirit, most often one describes a spiritual prompting by saying, 'I had a *feeling* . . .'" ("Personal Revelation: The Gift, the Test, and the Promise," *Ensign,* Nov. 1994, 60).

You may want to mark 1 Nephi 17:45 and write the following principle next to it: **The Holy Ghost speaks with a still, small voice that we feel more than we hear.**

3. Write answers to the following questions in your scripture study journal:

a. When have you *felt* the Lord speak through a still, small voice?

b. What can you do to feel and recognize the still, small voice?

Mark the following phrase in 1 Nephi 17:45: "he hath spoken unto you in a still small voice, but ye were past feeling, that ye could not feel his words." Look again at the first sentence of 1 Nephi 17:45, and identify a reason why Nephi's brothers had become "past feeling."

How can sin prevent us from feeling the Holy Ghost? What other kinds of things can distract us from feeling the Holy Ghost? _____

_____

_____

President James E. Faust of the First Presidency used an analogy to identify some ways sin can prevent us from feeling the Holy Ghost:



"Cellular phones are used for much of the communication in our time. Occasionally, however, we find dead spots where the signal coming to a cell phone fails. This can happen when the cell phone user is in a tunnel or a canyon or when there is other interference.

"So it is with divine communication. . . . We often put ourselves in spiritual dead spots—places and situations that block out divine messages. Some of these dead spots include anger, pornography, transgression, selfishness, and other situations that offend the Spirit" ("Did You Get the Right Message?" *Ensign* or *Liahona,* May 2004, 67).

4. Ponder how well you have listened to the messages the Lord has sought to communicate to you recently. List in your scripture study journal any "spiritual dead spots"—situations and places that can prevent you from receiving the still, small voice—and what you will do to avoid them.

You can receive communication from the Lord through the still, small voice as you seek to be worthy of and pay attention to these gentle promptings.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 17 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 4: DAY 4

1 Nephi 18–19

Introduction

Following the Lord's directions, Nephi and his family finished building the ship and set sail for the promised land. During their voyage, many on the ship, led by Laman and Lemuel, rebelled. As a result, the Liahona ceased to work and a great storm threatened the lives of everyone onboard. After the rebellious repented and Nephi prayed in faith, the Liahona began to work and the Lord calmed the storm and again directed their journey. After arriving in the promised land, Nephi exhorted his family to remember the Savior and to liken the scriptures to themselves. As you study 1 Nephi 18–19, liken Nephi's experience of facing trials to the challenges of facing your own trials. Seek to follow Nephi's example.

1 Nephi 18:1–8

Lehi's family prepares to sail to the promised land

Why is it important to both work diligently and seek direction from the Lord? How did Nephi demonstrate both of these qualities when building the ship? Read 1 Nephi 18:1–8.

1. In your scripture study journal, list all of the words and phrases in 1 Nephi 18:1–8 that describe the effort put forth by Nephi and his family. Then identify all the words and phrases that show how the Lord directed and helped them. What relationship do you see between Nephi's effort and the help he received from the Lord?

Nephi's experience shows us that **in order to accomplish what the Lord commands, we need to seek His help and put forth our own effort.**

2. Think of a situation you are in now where you need God's help. Write in your scripture study journal what you can do to seek the Lord's direction and what effort you may need to make.

1 Nephi 18:8–25

Laman and Lemuel lead a rebellion on the ship that hinders the voyage to the promised land

When we experience trials or hardships in life, it is common to wonder why we are facing such difficulties. Perhaps you or someone you know has asked "Why?" during a difficult time.



Elder L. Whitney Clayton of the Presidency of the Seventy identified three sources for the hardships we experience. As you read, underline the sources he describes.



"In a general sense, our burdens come from three sources. Some burdens are the natural product of the conditions of the world in which we live. Illness, physical disability, hurricanes, and earthquakes come from time to time through no fault of our own. . . .

"Other burdens are imposed on us by the misconduct of others. Abuse and addictions can make home anything but a heaven on earth for innocent family members. Sin, incorrect traditions, repression, and crime scatter burdened victims along the pathways of life. Even less-serious misdeeds such as gossip and unkindness can cause others genuine suffering.

"Our own mistakes and shortcomings produce many of our problems and can place heavy burdens on our own shoulders. The most onerous [difficult] burden we impose upon ourselves is the burden of sin. We have all known the remorse and pain which inevitably follow our failure to keep the commandments" ("That Your Burdens May Be Light," *Ensign* or *Liahona,* Nov. 2009, 12–13).

After Nephi and his family began to sail to the promised land, they experienced many difficulties. As you study 1 Nephi 18, look for one of the types of suffering Elder Clayton discussed. Read 1 Nephi 18:9–11, and identify examples of wrong choices made by some of the people on the ship.

While it is not wrong to dance, listen to music, or have fun, 1 Nephi 18:9 indicates that they did these things "with much rudeness." The word *rude* means to be harsh, vulgar, or coarse. Satan can use dancing, music, or the way we speak to corrupt our hearts and minds, causing us to lose the companionship of the Holy Ghost.

According to 1 Nephi 18:10, what did Nephi fear would happen if those who were rebelling did not repent? _____

_____.

What did Nephi do about it? How would you respond if a parent or Church leader asked you to change the music you listen to, the way you dance, or to refrain from using foul language? Would you be willing to listen and to change?

Read 1 Nephi 18:12–14, 17–19, and look for the consequences of their rebellion. How did Nephi and other family members suffer as a result of the actions of others? Notice how the rebellious actions of some affected the entire group's ability to receive guidance from God.

The actions of those who rebelled show us that **sin leads to suffering for ourselves and sometimes for others as well.**

3. Some common temptations teenagers face today include being disrespectful to parents and leaders, cheating in school, gossiping, dressing immodestly, breaking the law of chastity, breaking the Word of Wisdom (tobacco, alcohol, and drugs), and viewing pornography. Select two or more of those temptations, and write in your scripture study journal how each might affect the family and friends of someone who gives in to the temptation.



The rest of 1 Nephi 18 teaches us how to respond when hardships come, whether they come from making bad choices or through no fault of our own. Read 1 Nephi 18:15–16, 20–23, and mark phrases that teach what to do in either situation.

There are several doctrines and principles illustrated in these verses. After each of the following statements, write the number of the verse or verses from 1 Nephi 18:15–16, 20–23 that you feel show an example of that truth:

- **We can look to God and remain faithful during our trials.** _____
- **Prayer can help us find peace during our trials.**

_____

_____

4. Choose one of the verses you used in the preceding exercise that is especially meaningful to you, and explain in your scripture study journal why you like it. Include what you learned from the verse and what it taught you about responding to afflictions. If you have seen an example of what this verse teaches in your own or someone else's life, write about that as well.

In spite of the hardships they faced, Nephi and his family eventually reached the promised land. As you seek the Lord's direction and work diligently to follow it, you too can successfully complete the journey the Lord sent you to earth to fulfill.

Elder L. Whitney Clayton offered this testimony:

"No matter the burdens we face in life as a consequence of natural conditions, the misconduct of others, or our own mistakes and shortcomings, we are all children of a loving Heavenly Father, who sent us to earth as part of His eternal plan for our growth and progress. Our unique individual experiences can help us prepare to return to Him. The adversity and afflictions that are ours, however difficult to bear, last, from heaven's perspective, for 'but a small moment; and then, if [we] endure it well, God shall exalt [us] on high' [D&C 121:7–8]. We must do everything we can to bear our burdens 'well' for however long our 'small moment' carrying them lasts. . . .

". . . I know that as we keep the commandments of God and our covenants, He helps us with our burdens. He strengthens us. When we repent, He forgives us and blesses us with peace of conscience and joy" ("That Your Burdens May Be Light," 13–14).

1 Nephi 19

Nephi records prophecies concerning Jesus Christ to persuade us to remember Him

After arriving in the promised land, Nephi prophesied concerning the coming of the Savior and how He would be received by His people. Read 1 Nephi 19:8–10, and identify phrases that teach about the nature and character of Jesus Christ.

5. Record in your scripture study journal how what you learned in 1 Nephi 19:8–10 increases your love for the Savior.

Conclude today's lesson by reading 1 Nephi 19:18–19, 23 and underlining what Nephi desired to persuade his people and all those who read the Book of Mormon to do. Look for an opportunity today to share your testimony of the Savior with a friend or family member, or bear your testimony in a Church setting. In doing so, you might help them remember and believe in their Redeemer.

6. Record in your scripture study journal ways in which you could follow Nephi's example in your own life.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 18–19 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 5: DAY 1

1 Nephi 20–22

Introduction

In 1 Nephi 20–21, Nephi quoted prophecies of the Old Testament prophet Isaiah, whose writings were contained on the brass plates Nephi and his brothers had been sent back to Jerusalem to obtain from Laban. Isaiah taught that even when ancient Israel did not keep their covenants, the Lord still loved them and invited them to repent and come unto Him. As you study these chapters, focus on what Isaiah taught about Jesus Christ and His desire to redeem His people.



1 Nephi 20

The Lord chastises Israel and invites them to return to Him

Can you think of a time when you did something that was not consistent with the covenants you have made or with the standards of the Church? How did you feel about your decision? Read 1 Nephi 20:1–2 (to "stay" in verse 2 means to rely upon). Who was Isaiah speaking to? Who is the "house of Jacob"?

In the Old Testament, Jacob was the son of Isaac and the grandson of Abraham. He was given the name Israel by the Lord (see Genesis 32:28). "The house of Israel" refers to his descendants and is sometimes called the "house of Jacob." It also refers to any true believers in Jesus Christ. (See Bible Dictionary, "Israel"; see also Bible Dictionary, "Israel, Kingdom of.") Just as in ancient times, those who make covenants (such as baptism) with God today are considered covenant members of the house of Israel.

Search 1 Nephi 20:3–4, 8, 18, and underline words or phrases that indicate the house of Israel had not been faithful to the Lord. The phrase "thy neck is an iron sinew, and thy brow brass" (1 Nephi 20:4) symbolically represents a condition the scriptures repeatedly call "stiffneckedness." One possible explanation of this phrase is that animals such as oxen and donkeys

stiffen their necks so that they cannot be guided or led by their masters. Another explanation is that people who are not willing to bow their heads are stiffnecked. Similarly, the house of Israel stiffened their necks through pride and wickedness and refused to be guided by the Lord.

To better understand these verses and liken them to our day, think about how these descriptions of the house of Israel describe the actions of some people today.

As you read 1 Nephi 20:9–14, 16, ponder what these verses teach about the Lord and what He is like.

1. Write short answers to the following questions in your scripture study journal:

a. Though the people had been rebellious in the past, how did the Lord respond to them? Why? (See 1 Nephi 20:9–11, 14.)

b. What did the Lord want His covenant people to do? (See 1 Nephi 20:12, 16.)

Pondering

President Henry B. Eyring of the First Presidency taught: "Reading, studying, and pondering are not the same. We read words and we may get ideas. We study and we may discover patterns and connections in scripture. But when we ponder, we invite revelation by the Spirit. Pondering, to me, is the thinking and the praying I do after reading and studying the scriptures carefully" ("Serve with the Spirit," *Ensign* or *Liahona*, Nov. 2010, 60). Studying the scriptures in a quiet place where you can ponder them will help you feel the influence of the Holy Ghost.

From these verses we learn that **the Lord invites those who have been disobedient to repent and return to Him.** As you read the following statement from President Dieter F. Uchtdorf of the First Presidency, underline one or more phrases that confirm this truth:

"[Satan] wants us to feel that we are beyond forgiveness (see Revelation 12:10). Satan wants us to think that when we have sinned we have gone past a 'point of no return'—that it is too late to change our course. . . .

"Christ came to save us. If we have taken a wrong course, the Atonement of Jesus Christ can give us the assurance that sin is *not* a point of no return. A safe return is possible if we will follow God's plan for our salvation" ("Point of Safe Return," *Ensign* or *Liahona*, May 2007, 99).

1 Nephi 21:1–17

Isaiah prophesies that the Messiah will not forget His covenant people

In 1 Nephi 21:1–13, Nephi recorded one of Isaiah's prophecies about Jesus Christ, who would be the Messiah. *Christ* (a Greek word) and *Messiah* (a Hebrew word) both mean "the Anointed" or "the Chosen One." Jesus Christ was chosen to be the Redeemer of both Israel and the Gentiles.

As you read 1 Nephi 21:6–13, mark in your scriptures those phrases that describe Jesus Christ and what He would do as the Redeemer of Israel.

As a consequence of their sins, the children of Israel had distanced themselves from the Lord and felt forgotten and forsaken by Him (see 1 Nephi 21:14). Although they felt forsaken by the Lord, search 1 Nephi 21:14–16 for evidence that **the Lord loves us, and He will never forget us.** You may want to mark any phrases in these verses that are meaningful to you.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles explained how the Savior retained the wounds of His crucifixion as evidence that He would never forget us: "Christ will not forget the children he has redeemed or the covenant he has made with them for salvation in Zion. The painful reminders of [His] watch care and covenant are the marks of the Roman nails graven upon the palms of his hands" (*Christ and the New Covenant* [1997], 84).

2. Write short answers to the following questions in your scripture study journal:

a. Why do you think people sometimes feel that the Lord has forgotten them?

b. What do you think it means to be graven upon the palms of the Savior's hands? How does this help you appreciate the Savior's suffering on the cross?

c. What experiences have helped you know that the Lord has not forgotten you?

3. Imagine that you have a friend who said that he or she no longer feels worthy to attend church because of past sins. In your scripture study journal, write a short letter of encouragement to the friend, using what you have learned from 1 Nephi 20–21 and President Uchtdorf's statement in the study section for 1 Nephi 20.



1 Nephi 21:18–22:22

Nephi explains Isaiah's prophecy of the scattering and gathering of Israel

Nephi included one of Isaiah's prophecies about the gathering of Israel in his record. It is found in 1 Nephi 21:18–26. In 1 Nephi 22, Nephi provided his own explanation and commentary on Isaiah's prophecy. As you read 1 Nephi 22:4–12, look for Nephi's explanation of how Israel will be gathered in the last days.

It may help to know that in the Book of Mormon the term "Gentiles" often refers to people who are not descendants of Judah. The phrase "a marvelous work" refers to the latter-day Restoration of the gospel. Also notice how often Nephi mentions covenants—you may want to mark these in your scriptures.

The Lord promised to restore the gospel and gather Israel in the last days. Mark in your scriptures what will happen to Satan because of the righteousness of the people as you study 1 Nephi 22:17, 19–22, 25–28.

4. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 1 Nephi 20–22 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

2 Nephi

Why Study This Book?

The book of 2 Nephi will help you understand basic gospel doctrines, such as the Fall of Adam and Eve, the Atonement of Jesus Christ, and agency. Additionally, this book is filled with prophecies from Nephi, Jacob, and Isaiah, who were special witnesses of the Savior. They prophesied of the Restoration of the gospel in the latter days, the gathering of God's covenant people, the Second Coming of Jesus Christ, and the Millennium. The book of 2 Nephi also contains Nephi's explanation of the doctrine of Christ and concludes with Nephi's testimony of the Savior.

Who Wrote This Book?

Nephi, the son of Lehi, wrote 2 Nephi. Nephi was a prophet and the first great leader of the Nephite people. His writings reveal that he experienced the Lord's redeeming power (see 2 Nephi 4:15–35; 33:6) and desired with his whole soul to bring salvation to his people (see 2 Nephi 33:3–4). To accomplish this purpose, he established a temple and taught his people to believe in Jesus Christ.

When and Where Was It Written?

Nephi began writing the account that became 2 Nephi in approximately 570 B.C.—30 years after he and his family left Jerusalem (see 2 Nephi 5:28–31). He wrote it when he was in the land of Nephi (see 2 Nephi 5:8, 28–34).

UNIT 5: DAY 2

2 Nephi 1

Introduction

As you study 2 Nephi 1, notice that it contains the words of a loving parent and priesthood leader who was about to die. Father Lehi pled with his family to obey the commandments of God (see 2 Nephi 1:16). He prophesied that if they would obey the commandments of God, they would prosper in the promised land. He also exhorted his children and those who came with them from Jerusalem to follow Nephi's prophetic leadership. As you study this chapter, evaluate your personal obedience to the Lord's commandments. How well do you follow the counsel of Church leaders?

2 Nephi 1:1–23

Lehi exhorts his people to live righteously

Imagine that you suddenly have to leave your family and never see them again. You have one last opportunity to speak to them. What might you say to them in this situation?

In 2 Nephi 1–4, Nephi recorded his father's final counsel to his family. As you study these chapters, think of ways Lehi's final recorded teachings apply to you.

Read 2 Nephi 1:1–4, and identify what "great things the Lord had done" for Lehi's family.

1. Write short answers to the following questions in your scripture journal:

a. In what ways did the Lord show mercy to Lehi's family?

b. What "great things" has the Lord done for you and your family? What feelings do you have for the Lord when you think about how merciful He has been to you and your family?

Lehi taught his family that choosing to keep God's commandments would determine whether or not they would continue to receive "great things" and the "mercies of God" in their lives.

2. To help you see that **the Lord blesses us when we keep His commandments, and He withholds blessings when we do not keep His commandments,** draw a diagram like the one below in your scripture journal. Read 2 Nephi 1:7–11, and identify actions ("if") that Lehi said would bring about certain consequences ("then"). Write what you discover under the appropriate column of the diagram in your study journal.

Identify Doctrines and Principles

Learning how to identify gospel doctrines and principles found in the scriptures takes thoughtful effort and practice. Writing truths you discover in the scriptures in an "if-then" format can you help you understand principles that can then be applied to your life.

If (actions)	Then (consequences)



Lehi was particularly concerned about the spiritual conditions of Laman and Lemuel and realized that they needed to repent. As he exhorted them, he used several symbols to help them understand sin and repentance. Search 2 Nephi 1:13–14 for the symbols Lehi used to encourage his sons to repent, and write your answers in the blanks below:

"_____ from a deep _____"

"_____ off the _____ _____"

"_____ from the _____"

3. Answer the following question in your scripture journal: How is repentance like each of the phrases in the above exercise?

Read 2 Nephi 1:15, and mark in your scriptures the three phrases Lehi used to describe the blessings he received because of his obedience to God's commandments. Contrast these blessings with the negative consequences in 2 Nephi 1:17–18, 22 that Lehi said will come upon those who do not keep God's commandments.

Mark Lehi's counsel in 2 Nephi 1:23, and ponder what you need to do in your life in order to "awake" or "shake off" or "arise" so you can receive the blessings that Lehi spoke of in this chapter.

2 Nephi 1:24–32

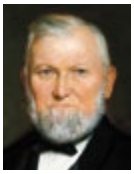
Lehi exhorts his sons to follow Nephi's prophetic leadership

Lehi next reminded his family and others of another source of direction and inspiration they had been blessed with to help them make righteous decisions in their lives. Read 2 Nephi 1:24, and identify this source.

As you read 2 Nephi 1:24–27, look for how Lehi encouraged his people to follow Nephi. Think about your answers to the following questions:

- What qualities did Lehi emphasize that would help you trust Nephi as a leader?
- Why would you trust a leader with these qualities?
- How have you seen Church leaders today demonstrate these same qualities?

Read 2 Nephi 1:28–32, and mark in your scriptures the promises Lehi gave to those who would follow Nephi's leadership. These promises show that **as we follow those whom God has called to lead us, we are blessed with spiritual prosperity and security.** Ponder what Church leaders have taught you recently about how obedience to inspired counsel can lead to your spiritual prosperity and security.



Read the following quotation by President Wilford Woodruff, and underline the promises he made if we will follow the counsel of the Lord's servants: "I hope we may all pursue the course laid down for us by the servants of the Lord, for if we do this I know that we shall be safe in this world, and secure happiness and exaltation in the world to come. . . . If we are faithful they will lead us in the way of life, and in as much as we have faith to believe in their instructions, in the teachings of the Holy Spirit through them, we are always in the safe path, and shall be sure of our reward" (*Teachings of Presidents of the Church: Wilford Woodruff* [2004], 199).

4. Write in your scripture journal why you think being obedient to the Lord's commandments and the counsel of His servants is important to do throughout your life.

5. Write the following at the bottom of today's assignments in your scripture journal:

I have studied 2 Nephi 1 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



UNIT 5: DAY 3

2 Nephi 2

Introduction

In 2 Nephi 2, Lehi taught his son Jacob why Heavenly Father has placed His children in a world where afflictions, sorrow, sin, and death exist. To help Jacob understand the purpose of mortality, he explained fundamental doctrines of the plan of redemption—including agency, the Fall of Adam, and the Atonement of Jesus Christ. Studying the truths taught in 2 Nephi 2 can help you more fully appreciate how the Atonement of Jesus Christ overcomes the effects of the Fall and makes it possible for each of us to make choices that will lead to eternal life.

2 Nephi 2:1–25

Lehi teaches about the Fall of Adam and the Atonement of Jesus Christ

Think about some of the challenges you have faced lately. Have you ever wondered why life has such challenges? As you read 2 Nephi 2:1, you might want to mark words or phrases that Lehi used to describe Jacob's early years. Then read 2 Nephi 2:2, and mark what Lehi promised Jacob would result from his afflictions. One meaning of the word *consecrate* is to dedicate or make holy. Lehi seems to be promising Jacob that the Lord will dedicate Jacob's trials for his ultimate benefit.

Lehi taught Jacob about the necessity of the Fall of Adam and our need for the Atonement of Jesus Christ in Heavenly Father's plan. He wanted Jacob to know that the Fall and the Atonement make it possible for us to exercise our agency so that we can grow and progress toward eternal life. Read 2 Nephi 2:15–18, and write short answers to the following questions:

- What did God provide for Adam and Eve in the Garden of Eden that allowed them to use their agency? (See 2 Nephi 2:15–16.) _____

- What was Satan seeking in the Garden of Eden? (See 2 Nephi 2:17–18.) How do you see Satan pursuing that same purpose today? _____

1. Draw the chart below in your scripture journal. Search 2 Nephi 2:19–25, and identify what the consequences would have been if Adam and Eve had not eaten the forbidden fruit and fallen, as well as the consequences that occurred because of the Fall.

If Adam and Eve had not fallen (2 Nephi 2:22–23)	Because Adam and Eve fell (2 Nephi 2:19–20, 25)

After completing the chart, consider why **the Fall of Adam and Eve is an essential part of Heavenly Father's plan of happiness.**

2. Suppose a friend tells you that Adam and Eve made a mistake by partaking of the forbidden fruit. Using what you have learned in 2 Nephi 2:19–25, write a paragraph in your scripture journal explaining why the Fall was essential to Heavenly Father's plan for our salvation.

Practice Explaining Gospel Truths

You will be asked to explain your beliefs and the teachings of the gospel throughout your life—as a missionary, in Church callings, or to your family, friends, and acquaintances. As you practice explaining the gospel in writing, it may be helpful to imagine you are writing to a specific person. This will help you to focus on personalizing the message of the gospel for that person.

While the Fall of Adam and Eve opened the way for us to progress, it also introduced other consequences. Before the Fall, Adam and Eve were in the presence of God in the Garden of Eden; after partaking of the forbidden fruit, they had to leave His presence.

Read 2 Nephi 2:5, and identify the phrase that indicates Adam and Eve's separation from God after the Fall. "Temporal law" refers to the physical laws that came into effect as a result of the Fall. Thus, to be "cut off" according to the "temporal law" refers to the mortal condition on earth that we inherit as descendants of Adam and Eve. Because of these laws we are physically separated from the presence of God and are subject to sorrows, pains, afflictions, and physical death. To be "cut off" according to the "spiritual law" refers to being separated from the presence of God because of our sins.

Ponder how you have personally experienced these consequences of the Fall by reflecting on the following questions:

- What afflictions, pains, and sorrows have you experienced in this life?
- Who do you know who has died? How has this person's death affected you?
- When have you felt spiritually separated from God?

As you read 2 Nephi 2:6–10, you might want to mark key words or phrases that show that **through the Atonement, Jesus Christ redeems us from the effects of the Fall and offers redemption from our sins.** In 2 Nephi 2:9–10, the word *intercession* means to act for the benefit of another.

Scripture Mastery—2 Nephi 2:25

While Lehi was teaching Jacob about the Fall of Adam and the opposition that we experience in mortality, he emphasized the positive outcomes of the Fall for all mankind.

3. Answer the following questions in your scripture study journal:

a. From what you have learned about the Fall, how does it bring joy to mankind?

b. When have you experienced joy because of the positive consequences of the Fall?

2 Nephi 2:11–18, 26–30

Lehi teaches about agency and the consequences of our choices

Think about an important choice you had to make recently and what the long-term consequences of that choice might be. Lehi taught his people the fundamental importance of agency in Heavenly Father's plan of salvation. To help you understand that **we are free to choose liberty and eternal life or captivity and death** (see 2 Nephi 2:27), complete the activity below.

4. Write each of the following statements taken from *For the Strength of Youth* ([booklet, 2011], 2–3) in your scripture journal. Then, as you read each verse in 2 Nephi 2:11–18, 26–29, pause and write that verse number after the statement or statements you think it supports. Each of the verse numbers should be written after one of the statements. A statement may apply to more than one verse, and a verse may relate to more than one statement. As an example, a verse is written in for the first statement—one truth Lehi taught in 2 Nephi 2:16 is that we have been given the ability to act for ourselves.

a. "Heavenly Father has given you agency, the ability to choose right from wrong and to act for yourself." 2 Nephi 2:16

b. "While here on earth, you are being proven to see if you will use your agency to show your love for God by keeping His commandments."

c. "While you are free to choose your course of action, you are not free to choose the consequences."

d. "Sinful . . . choices delay your progression and lead to heartache and misery."

e. "Righteous choices lead to lasting happiness and eternal life."

Read 2 Nephi 2:26–27. What are you free to choose? Read 2 Nephi 2:28, and mark what else God has given you to help you "choose eternal life." Ponder the choices you have made in your own life that show you have chosen eternal life.

Scripture Mastery—2 Nephi 2:27

Work to memorize 2 Nephi 2:27, a scripture mastery verse. Read it several times, and then close your scriptures and use the first letter of each word in this verse listed below to try to recite it to yourself or to a family member. Repeat this exercise until you feel that you can do it well.

W, m a f a t t f; a a t a g t w a e u m. A t a f t c l a e l, t t g M o a m, o t c c a d, a t t c a p o t d; f h s t a m m b m l u h.

5. Using only the first letter of each word in 2 Nephi 2:27 above, write this scripture mastery passage in your scripture journal. No peeking!

6. Write the following at the bottom of today's assignments in your scripture journal:

I have studied 2 Nephi 2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 5: DAY 4

2 Nephi 3

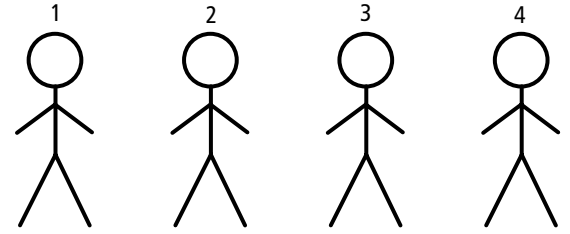
Introduction

In 2 Nephi 3, Lehi gave words of counsel and blessing to his youngest son, Joseph. In doing so, Lehi recounted Joseph of Egypt's prophecy concerning the role of the choice seer Joseph Smith Jr. in bringing forth the Book of Mormon. In this lesson you will have the opportunity to gain greater appreciation for the Prophet Joseph Smith and a stronger testimony of his divinely appointed role in the Restoration of the gospel.

2 Nephi 3:1–25

Lehi recounts Joseph of Egypt's prophecy about the Prophet Joseph Smith

Lehi continued his final counsel to his family by teaching his son Joseph about three other men who were also named Joseph. Draw a line from the scripture reference in 2 Nephi 3 to the Joseph or Josephs you learn about in that verse.



2 Nephi 3:3 | 2 Nephi 3:4 | 2 Nephi 3:14 | 2 Nephi 3:15

This lesson will focus on Joseph of Egypt's prophecy about the Prophet Joseph Smith—given over 3,000 years before Joseph Smith was born!

1. Begin a list in your scripture journal of events and teachings that come to mind as you think about the Prophet Joseph Smith and his role in the Restoration of the gospel. You will be adding to this list as you discover more information throughout this lesson, so leave room to write more.

Read 2 Nephi 3:6–8, and identify words and phrases that Joseph of Egypt used to describe the Prophet Joseph Smith and the work he would accomplish. Add any of these words and phrases that you feel are important to your list about the Prophet in your scripture journal. In these verses Joseph of Egypt testified that **the Lord raised up the Prophet Joseph Smith to help**

Making a List

Lists can help you organize what you learn from the scriptures and the prophets so that you can remember it and be ready to share what you know with others. When making a list, give it a clear title and include sufficient information so you can remember the purpose of the list when you come back to it later.

bring about the Restoration of the gospel. As you continue to study 2 Nephi 3, look for additional truths about the Prophet Joseph Smith that can strengthen your testimony of his divine mission and add them to your list.

To help you understand Joseph of Egypt's prophecy better, note how often the word *seer* occurs in 2 Nephi 3:6–7, 11, and 14. You may wish to make a note in your margin beside one of these verses that a seer is a person who can know of things past, present, and future (see Mosiah 8:13–17).



In 2 Nephi 3:7, Joseph of Egypt said that the Lord told him that Joseph Smith would "do a work . . . which shall be of great worth" to his descendants. Search 2 Nephi 3:11–15, 19–21 looking for what work "of great worth" the Lord would accomplish through the Prophet Joseph. The study aids that are available to you (chapter summaries, footnotes, Guide to the Scriptures, and such) can help you understand many of the details Joseph of Egypt referred to. As you find new information about the role of the Prophet Joseph Smith, add it to the list in your scripture journal.

When the scriptures refer to "the fruit of [someone's] loins," they are referring to that person's descendants. Joseph of Egypt prophesied that the Prophet Joseph Smith, one of his descendants, would bring forth the Book of Mormon in the latter days.

In 2 Nephi 3:12, the phrase "the fruit of thy loins [Joseph of Egypt's descendants] shall write" refers to the written scriptural record—the Book of Mormon—made by the descendants of Joseph (see 2 Nephi 3:4). It was prophesied that the Book of Mormon would "grow together" with the Bible, a sacred record written by "the fruit of the loins of Judah." Search 2 Nephi 3:12 for phrases that describe the impact the Book of Mormon and Bible would have on the world as they grew together.

Joseph of Egypt also prophesied that the Prophet Joseph Smith would play an important role in Heavenly Father's plan to "bring my people unto salvation" (2 Nephi 3:15).

2. Answer the following questions in your scripture journal to help you continue to expand your appreciation for Joseph Smith's role in Heavenly Father's plan of salvation:

a. What are some examples of covenants, authority, or ordinances that were restored through the Prophet Joseph Smith that can help bring people salvation?

b. What differences have these blessings made in your life?

Look for words or phrases that describe the Prophet Joseph Smith in 2 Nephi 3:24, and add them to the list in your scripture journal. As you read the following quotation from President Gordon B. Hinckley, add to your list any additional teachings of the Prophet Joseph Smith that confirm he was "an instrument in the hands of God":

"Permit me to name a few of many doctrines and practices which distinguish us from all other churches, and all of which have come of revelation to the youthful Prophet [Joseph Smith]. . . .

"The first of these, of course, is the manifestation of God Himself and His beloved Son, the risen Lord Jesus Christ. . . .

"This knowledge of Deity, hidden from the world for centuries, was the first and great thing which God revealed to his chosen servant. . . .

"The Book of Mormon has come forth by the gift and power of God. . . .



"Another [contribution of the Prophet Joseph Smith] is the restored priesthood. . . .

"Another great and singular revelation given to the Prophet was the plan for the eternal life of the family. . . .

"The innocence of little children is another revelation which God has given through the instrumentality of the Prophet Joseph. . . .

". . . The great doctrine of salvation for the dead is unique to this Church. . . .

"The eternal nature of man has been revealed. . . .

". . . There is one more that I must mention. This is the principle of modern revelation. . . .

". . . During the brief 38 and one-half years of his life, there came through [the Prophet Joseph Smith] an incomparable outpouring of knowledge, gifts, and doctrine" ("The Great Things Which God Has Revealed," *Ensign,* May 2005, 80–83).

After the Prophet Joseph Smith's martyrdom, President John Taylor wrote what became Doctrine and Covenants 135. Read Doctrine and Covenants 135:3, and ponder what you have learned in this lesson about Joseph Smith's role in Heavenly Father's plan for the Restoration of the gospel.

3. Write a response to one of the following questions in your scripture journal:

a. What have you learned or felt today as you studied 2 Nephi 3 that strengthens your testimony of the Prophet Joseph Smith?

b. What did Joseph Smith do, teach, or restore that you feel is "of great worth" (2 Nephi 3:7) to you?

Prayerfully seek ways to share your testimony of the Prophet Joseph Smith with your friends and family to help them recognize the many things of great worth that were restored through him.

4. Write the following at the bottom of today's assignments in your scripture journal:

I have studied 2 Nephi 3 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 6: DAY 1

2 Nephi 4–5

Introduction

In 2 Nephi 4 you will read how Lehi called his posterity together to give them his final counsel and blessing before he died. After Lehi's death, Laman and Lemuel became angry with Nephi for preaching to them "the admonitions of the Lord" (see 2 Nephi 4:13–14). Troubled by his brothers' attitudes and actions and by his own weaknesses and sins, Nephi recorded his feelings in expressive and poetic language (see 2 Nephi 4:15–35). As recorded in 2 Nephi 5, the Lord warned Nephi and those who supported him to flee from

Laman, Lemuel, and the sons of Ishmael. Following this separation, the Nephites lived in righteousness and happiness, while those who stayed with Laman and Lemuel cut themselves off spiritually from the Lord. Nephi's devotion to the Lord strengthened him to overcome sin and discouragement. Nephi then recorded how he and his people "lived after the manner of happiness" (2 Nephi 5:27).

2 Nephi 4:3–11

Lehi counsels and blesses his family

Think of a time when you received counsel or advice from your mother, father, or leaders. Did you follow the advice? Why or why didn't you follow the advice? Do you have any regrets? In 2 Nephi 4:1–11, Nephi recorded Lehi's final counsel and blessing to his family. Read 2 Nephi 4:4–5, and identify the counsel Lehi gave his children that could also apply to you. Have your parents, family members, or leaders ever given you similar counsel?



1. Make a list in your scripture study journal of some of the blessings that have come into your life from listening to the counsel of those who care about you. What blessings have come from being obedient to the commandments of the Lord?

2 Nephi 4:12–35

Nephi expresses his trust in the Lord and acknowledges his weaknesses

In 2 Nephi 4:12–35, Nephi wrote "the things of [his] soul" (2 Nephi 4:15). Read 2 Nephi 4:15–16, and look for what Nephi delighted in.

Think about the wholesome things that bring you great joy. Complete the following phrase with several answers: My soul delighteth in _____ _____.

2. Write in your scripture study journal what you think it means to delight in the things of the Lord.

Nephi mentioned that his "heart pondereth" (2 Nephi 4:15) the scriptures. Pondering means not only to meditate and think deeply about the scriptures but also to open our hearts to revelation and understanding.

Nephi experienced moments of great joy in his life; however, he also encountered difficult moments. Refer back to 2 Nephi 4:12–13 to discover some difficult challenges Nephi faced at that time in his life.

Ponder Scriptural Words and Phrases

There is great value in pondering what scriptural words and phrases mean. When you practice pondering and then restate in your own words what you think a scriptural phrase means, it can help you come to a greater understanding of that truth.

Read 2 Nephi 4:17–18, and find what else made Nephi sorrowful. As you read, keep the following definitions in mind: *Wretched* means miserable or worthless. *Flesh* refers to weakness in our mortal state. *Beset* means to surround or press in on all sides, to trouble, or to harass. Though Nephi felt sorrow for his sins, this should not be misunderstood to mean that he was guilty of any major transgressions.

Consider a time in your life when you could relate to how Nephi felt (such as when you have lost a loved one, others have been angry with you for following the Lord, you have faced hardship or disappointment, or you have felt sorrow because of your sins, weaknesses, and temptations). Read 2 Nephi 4:19, and identify the phrase that expresses Nephi's hope despite his sorrows. What do you think Nephi meant when he said, "I know in whom I have trusted"? How can you put greater trust in God?

As you continue your study, look for evidence of the gospel principle that **God supports those who put their trust in Him.**

3. In your scripture study journal, answer the questions in the following chart:

Scripture Reference	How These Verses Applied to Nephi	How These Verses Can Apply to You
2 Nephi 4:20–25	a. How had the Lord blessed Nephi in the past for placing his trust in Him?	b. How has the Lord blessed you when you have trusted in Him?
2 Nephi 4:26–30	c. How did remembering his blessings affect Nephi's desires to be righteous?	d. How have the blessings of the Lord affected your desire to be righteous?
2 Nephi 4:31–33	e. What did Nephi pray for?	f. How might you apply these verses in your prayers?

Read 2 Nephi 4:34–35, and mark phrases that show Nephi's confidence in the Lord.

4. Write in your scripture study journal what you have learned from studying 2 Nephi 4:17–35 and ways you would like to increase your trust in the Lord.

2 Nephi 5:1–8

The Lord separates the Nephites from the Lamanites

As you study 2 Nephi 5, think of difficult problems and decisions you may be experiencing or have experienced. In this chapter Nephi explained that his brothers "did seek to take away my life" (2 Nephi 5:2). Notice in 2 Nephi 5:1 what Nephi did to find a solution to the problem. Then mark in your scriptures what the Lord did to help Nephi in 2 Nephi 5:5.



As a result of this warning, Nephi and "all . . . those who believed in the warnings and the revelations of God" (2 Nephi 5:6) left the land of their first inheritance. They journeyed "for the space of many days" (2 Nephi 5:7) and settled in a place they called Nephi. This experience illustrates that **safety comes from obeying the revelations of God.**

Read the following testimony from Elder Paul V. Johnson of the Seventy: "It is not surprising that in the face of tremendous evil and temptation the Lord does not leave us to find our way on our own. In fact, there is more than enough guidance available to each of us if we will listen. You have received the gift of the Holy Ghost to direct and inspire you. You have the scriptures, parents, Church leaders and teachers. You also have the words of the prophets, seers, and revelators who live in our day. There is so much guidance and direction available that you won't make major mistakes in your life unless you consciously ignore the guidance you receive" ("The Blessings of General Conference," *Ensign,* Nov. 2005, 51).

5. In your scripture study journal, write a warning you have received from the Lord, His prophets, or other Church leaders. What are you doing to heed that warning? How has heeding that warning helped you in your life, and how will it help you in the future?

2 Nephi 5:9–18, 26–27

The Nephites live after the manner of happiness

After recounting the circumstances that led to the division of Lehi's family, Nephi described what life was like among "the people of Nephi" (2 Nephi 5:9). Read 2 Nephi 5:27, and mark the phrase that indicates how the Nephites lived. What do you think it means to live "after the manner of happiness"?

6. Carefully read 2 Nephi 5:10–18, 26, and mark in your scriptures what the Nephites had or did that contributed to their happiness. Select one of these things, and write in your scripture study journal how that action or attitude has contributed to your happiness. For example, if you chose the fact that the Nephites built a temple (see 2 Nephi 5:16), you could write how the temple has brought greater happiness to you or your family.

The actions and attitudes you have identified are part of living the gospel of Jesus Christ. You may want to write the following principle in your scriptures

next to 2 Nephi 5:27: **As the gospel of Jesus Christ becomes our way of life, we increase in happiness.** This was true for the Nephites even during a time of great difficulty. Examine your life and determine something you will do to live more fully after the way of happiness. Write it down in your personal journal or in your scriptures. The principles you have studied today lead to happiness.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 4–5 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 6: DAY 2

2 Nephi 6–8

Introduction

Nephi's record of the first part of a sermon taught by his younger brother Jacob is found in 2 Nephi 6–8. (The second part of Jacob's sermon is found in 2 Nephi 9–10.) Jacob prophesied that since the time Lehi left Jerusalem, the Jews had been taken captive and scattered because of their wickedness. However, the Lord would mercifully gather the Jews back to Jerusalem. Jacob also prophesied that the Jews would be scattered a second time after they rejected the Savior during His mortal ministry; again the Lord would show mercy and gather them in the last days as they come to a knowledge of the Savior. Additionally, Jacob quoted Isaiah's prophecies showing the Savior's loyalty to His covenant people, His mercy, and the greatness of His promises to the faithful.

2 Nephi 6

Jacob prophesies of the scattering and gathering of Israel

How would you act if people you loved treated you unkindly? What if they showed by their actions or attitudes that your relationship was no longer important to them? Ponder if you have ever acted this way toward the Lord. In 2 Nephi 6–8, Jacob taught how the Lord responds to those who, by their attitudes and actions, have turned away from Him.

Read 2 Nephi 6:3–5; 9:1, 3, and look for reasons why Jacob gave this sermon.

As you study today, look for how Jacob's teachings can help you "learn and glorify the name of your God" (2 Nephi 6:4), better understand the covenants you have made with the Lord (see 2 Nephi 9:1), and give you reason to "rejoice, and lift up your heads forever" (2 Nephi 9:3).

1. Answer the following questions in your scripture study journal:

a. Jacob begins his sermon by prophesying what happened to the Jews after Lehi left Jerusalem because they had rejected the Lord. How did he describe it in 2 Nephi 6:8?

b. Lehi, Jeremiah, and other prophets prophesied about this destruction. When the Babylonians conquered the Jews in about 587 B.C., many were killed and others were taken captive into Babylon. The Jews eventually softened their hearts toward the Lord. According to the first sentence of 2 Nephi 6:9, what did Jacob prophesy would happen to them?

c. Jacob prophesied that the Savior would live His mortal life among the Jews after they returned from captivity. According to 2 Nephi 6:9–10, how would the Jews act and feel toward the Savior?

d. According to 2 Nephi 6:10–11, what would happen to the Jews who rejected the Savior?

Read 2 Nephi 6:11, 14, and look for phrases that describe how the Lord feels about the house of Israel even though they rejected Him. You may want to circle the phrases "merciful unto them" and "recover them" in your scriptures.

2. In your scripture study journal, write your answers to the following questions:

a. What does it mean to "recover" someone or something?

b. How does the Lord's willingness to recover Israel a second time show His mercy?

Look for the Author's Intent

It is useful to pay close attention to verses or phrases that indicate why a speaker or writer in the scriptures taught what he did. For example, phrases like "I speak unto you . . . that ye may *learn and glorify the name of your God*" (2 Nephi 6:4; italics added) and "that ye might know *concerning the covenants of the Lord that he has covenanted with all the house of Israel*" (2 Nephi 9:1; italics added) help us understand Jacob's intent. Such phrases can help you better understand and focus on the main ideas and principles in the scriptures.

In these same verses Jacob taught what the Jews must do in order to receive these blessings from the Lord. Read 2 Nephi 6:11, 14 again, and find the phrase "when they shall" in each verse. Highlight the words that complete the phrase. According to these verses, how will Israel qualify for the Lord's mercy? These verses teach the principle: **The Lord is merciful to those who return to Him.**



3. Ponder ways you have witnessed the Lord's mercy and willingness to forgive those who return to Him. In your scripture study journal write: *I know the Lord is merciful because . . .* Then complete the statement with your own thoughts and feelings. You may want to repeat this exercise as you think of different ways the Lord has demonstrated that He is merciful.

In 2 Nephi 6 there is a great promise of hope for Israel—which includes all of us. Read 2 Nephi 6:17–18, and complete the following promises made by the Savior:

"The Mighty God shall _____" (2 Nephi 6:17).

"All flesh shall know that _____" (2 Nephi 6:18).

2 Nephi 7–8

Jacob quotes Isaiah's prophecies about the Savior's loyalty to the covenant people and His ability to redeem us

As recorded in 2 Nephi 7–8, Jacob quoted Isaiah's prophecies concerning the Lord's desire and ability to redeem Israel from the sufferings caused by their sins. Read 2 Nephi 7:1–2, and identify questions the Lord asked Israel that indicate He still loved them and wanted to redeem them.

It may be helpful to understand that the Lord used symbolic language relating to divorce and slavery, and the social customs familiar to people of that day, to teach them in an impactful and memorable way. The phrases "put thee away," "the bill of your mother's divorcement," and "sold you" refer to the idea of breaking or severing a covenant. The questions could be rephrased as follows: "Have I turned away from you? Have I put aside the covenant we have made?" The answer to these questions is, "No." The Lord will never turn away from us or forget the covenants He has made. His questions are a way of emphasizing that He will never break His covenant with Israel.

At the end of 2 Nephi 7:1, underline the Lord's explanation of why Israel was separated from God and suffering in captivity.



4. Answer one of the following questions in your scripture study journal:

a. Why is it important to understand that our thoughts, decisions, and actions can separate us from God?

b. Why is it important for you to know that the Lord never forgets or forsakes us, even though we may forget and forsake Him?

In 2 Nephi 7:2 the Lord asked Israel a vital question that applies to each of us. Find and highlight the question.

What do you think the Lord meant when He asked, "Is my hand shortened at all that it cannot redeem?" To help you visualize this, imagine you are stretching out your hand, trying to reach someone in need. If you were to lengthen your reach, what would you be trying to do for the person in need? If instead you shortened or pulled back your hand, what would it say about your desire to help the person? With this imagery in mind, another way to phrase the Lord's question to Israel is: "Am I holding back and not reaching out to redeem you?"

The phrase "have I no power to deliver?" invited Israel to ponder on their faith that the Lord had the power to deliver them from the suffering caused by their sins.

In the remainder of 2 Nephi 7–8, Isaiah gave several examples of the Savior's desire and power to redeem His covenant people.

Read 2 Nephi 7:5–7, and look for phrases in this prophecy that tell what the Messiah would do and experience as part of His atoning sacrifice to redeem us. In 2 Nephi 7:6, footnote *a,* there are cross references that explain and show the fulfillment of this prophecy. You might want to mark Matthew 27:26 in the footnote; then read Matthew 27:26–31, looking for ways Isaiah's prophecy was fulfilled.



5. Answer the following question in your scripture study journal: What does 2 Nephi 7:2, 5–7 show us about the Savior's desire and willingness to redeem us?

To help you discover further evidence of the Lord's mercy and power in the remainder of Isaiah's prophecy, imagine you were asked to give a talk in church on the principle: **The Savior desires to redeem His covenant people and has all power to do so.** To prepare for your talk, read 2 Nephi 8:3, 11–13, 16, 22, and choose

phrases that you feel offer assurance of the Lord's desire and power to redeem us.

6. Make an outline of your talk in your scripture study journal by:

a. Listing two or three phrases that stood out to you and explaining how each phrase is an example of the Savior's desire to redeem us or of His power to do so.

b. Choosing one of those phrases and describing how you have either experienced, or would like to experience, that blessing in your life.

As you finish this lesson, remember that Jacob taught the truths you have studied today "that ye may learn and glorify the name of your God" (2 Nephi 6:4), "that ye might know concerning the covenants of the Lord" (2 Nephi 9:1), and "that ye may rejoice, and lift up your heads forever" (2 Nephi 9:3). Look for an opportunity today to share your appreciation for the Lord and His love for you with someone.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 6–8 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 6: DAY 3

2 Nephi 9

Introduction

Your study of Jacob's sermon, which began in 2 Nephi 6–8, continues in 2 Nephi 9. In 2 Nephi 6–8 you studied Jacob's teachings about the Savior's mercy and His power to deliver the house of Israel from their lost and scattered state. In chapter 9 you will study Jacob's testimony of the power of the Savior's Atonement to deliver us from the effects of the Fall, including both physical and spiritual death as well as the consequences of our sins. President Joseph Fielding Smith taught that 2 Nephi 9 is "one of the most enlightening discourses ever delivered in regard to the atonement. . . . It should be carefully read by every person seeking salvation" (*Answers to Gospel Questions,* comp. Joseph Fielding Smith Jr., 5 vols. [1957–66], 4:57).

2 Nephi 9:1–9

Jacob teaches that the Fall brought physical and spiritual death upon all mankind

What comes to mind when you think of the word *monster?*

The word *monster* usually refers to something that is frightening and capable of inflicting great harm. Although many people think only of imaginary creatures when they think of a monster, consider if there is anything that is actually capable of bringing lasting harm to you and is, therefore, genuinely frightening. Jacob used the image of a monster to symbolize a frightening condition we all face in mortality. Read 2 Nephi 9:10, and identify the two elements of the monster that Jacob described. Then fill in the blanks in the chart below.

Awful Monster	
D_____	H_____
"d_____ of the b_____"	"d_____ of the s_____"

It is important to understand that when Jacob taught about the "death of the spirit" he did not mean that our spirits would literally die, but rather that we are spiritually separated or cut off from the presence of God (see 2 Nephi 9:6). This separation is often referred to as spiritual death in the scriptures. You may wish to write the phrase *cut off from the presence of God* in the margin of your scriptures next to "death of the spirit" in 2 Nephi 9:10.

Read 2 Nephi 9:6, and notice that Jacob began by talking about the death of the body and ended by discussing being cut off from the presence of God. Search this verse carefully. What event brought both physical death and spiritual death upon mankind?

_____

_____

Read 2 Nephi 9:7–9, and identify what Jacob taught would happen to our bodies and our spirits if there were no Atonement and physical and spiritual death remained forever. Before you read, it will help you to know the meaning of the following terms Jacob uses in verse 7: The phrase "the first judgment which came upon man" (2 Nephi 9:7) refers to the consequences of the Fall of Adam and Eve. The term *corruption* refers to the mortal body because it is imperfect and will eventually die. The term *incorruption* refers to the resurrected body, which will live forever.



1. In your scripture study journal, list a few phrases you identified in 2 Nephi 9:7–9 that describe what would happen to our bodies and spirits if there were no Atonement.

Read the following statement by Elder D. Todd Christofferson of the Quorum of the Twelve Apostles to clarify what our fate would be without the Atonement of Jesus Christ: "If our separation from God and our physical death were permanent, moral agency would mean nothing. Yes, we would be free to make choices, but what would be the point? The end result would always be the same no matter what our actions: death with no hope of resurrection and no hope of heaven. As good or as bad as we might choose to be, we would all end up 'angels to a devil' " ("Moral Agency," *Ensign,* June 2009, 50).

2. Write a sentence in your scripture study journal explaining in your own words what you think Elder Christofferson was saying about our fallen condition. Add a short explanation of why you think Jacob would compare physical death and being separated from God to an "awful monster."

2 Nephi 9:10–27

Jacob teaches how the Savior's suffering delivers us from the effects of the fall and the consequences of sin

God did not leave us to suffer the full effects of "that awful monster, death and hell." Read 2 Nephi 9:10, and mark what God has prepared for us.

Read the following analogy from President Joseph Fielding Smith that illustrates our need for a Savior:

"A man walking along the road happens to fall into a pit so deep and dark that he cannot climb to the surface and regain his freedom. How can he save himself from his predicament? Not by any exertions on his part, for there is no means of escape in the pit. He calls for help and some kindly disposed soul, hearing his cries for relief, hastens to his assistance and by lowering a ladder, gives to him the means by which he may climb again to the surface of the earth.

"This was precisely the condition that Adam placed himself and his posterity in, when he partook of the forbidden fruit. All being together in the pit, none could gain the surface and relieve the others. The pit was banishment from the presence of the Lord and temporal death, the dissolution of the body. And all being subject to death, none could provide the means of escape.

"Therefore, in his infinite mercy, the Father heard the cries of his children and sent his Only Begotten Son, who was not subject to death nor to sin, to provide the means of escape. This he did through his infinite atonement and the everlasting gospel" (*Doctrines of Salvation,* ed. Bruce R. McConkie, 3 vols. [1954–56], 1:126–27).

Most of Jacob's message in chapter 9 focuses on the way the Lord prepared for us to escape the grasp of physical and spiritual death, and it assures us that we can be delivered.

3. Search 2 Nephi 9:5, 19–21, and answer the following questions in your scripture study journal:

a. According to 2 Nephi 9:5, 21, what did the Savior go through so that we can be delivered from death and hell?

b. For whom did the Savior suffer, according to 2 Nephi 9:21?

Think about how many people "belong to the family of Adam" (2 Nephi 9:21). This includes all those who have lived, are now living, and will yet live on the earth—including you. You may want to write your name next to 2 Nephi 9:21 to remember the Savior's sacrifice was made for you.



Jacob taught that the Savior's suffering would help us escape from the awful monster—physical death and being cut off from God's presence forever. Read 2 Nephi 9:22, and identify a phrase that states we will be able to overcome physical death and a phrase that shows we will be in God's presence again. Write what you identify in the sentences below:

Inserting Your Name in the Scriptures

Using your own name in a verse of scripture helps make the teaching more personal. After reading a verse that you think applies to you, inserting your name can help you liken that message to your life.

Because of the Fall, our bodies will die, but because of Christ's suffering, our bodies will be _____ _____.

Because of the Fall, we are cut off from God's presence, but because of Christ's suffering, all will again stand _____ _____.

From Jacob's teachings we learn the doctrine: **The Atonement of Jesus Christ delivers all mankind from physical and spiritual death brought by the Fall.**

In addition to this message of hope, Jacob taught that the Savior's suffering can also deliver us from the spiritual death caused by our own sins. Read 2 Nephi 9:27, and identify how Jacob described the state of those who transgress or sin. Read 2 Nephi 9:15–16, and mark the spiritual anguish or torment that our sins will bring upon us if we don't repent.

In addition to this torment, notice the phrase "they shall go away" in 2 Nephi 9:16. Because of the Atonement, all mankind will return to the presence of God to be judged. However, if we have not repented of our sins, we will again be separated from God's presence. While deliverance from the Fall is a gift to all mankind, our deliverance from the consequences of our personal sins depends on our desires and actions. Read 2 Nephi 9:21, 23–24. Because of the Atonement, what can we do to be saved from the eternal consequences of our sins?

After reading Jacob's words, complete the following principle: **Through the Atonement of Jesus Christ, we can overcome the consequences of our sins** if we

_____

_____.

Take a moment and reflect on what you can do to more fully feel the cleansing power of the Savior's Atonement. Are there things the Lord would have you repent of? Ponder how you can repent of these things. How can you better hearken to His voice?

4. Write a short paragraph in your scripture study journal expressing how you feel about the Savior's atoning sacrifice for you.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 9 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 6: DAY 4

2 Nephi 9–10

Introduction

In the previous lesson you studied Jacob's testimony of what Jesus Christ would do for us through His Atonement. In this lesson you will complete your study of 2 Nephi 9 and the first day of Jacob's sermon and learn what we must do to receive the blessings of the Atonement. Jacob warned against making decisions that lead to a separation from God, and he invited all to come to Christ and be saved. You will also read 2 Nephi 10 and study what Jacob told the people the next day. Jacob again taught that although Israel would be scattered because of sin, the Lord would remember



His covenants with them, and He would gather them when they repented and returned to Him. Jacob said that there was "none other nation on earth that would crucify their God" (2 Nephi 10:3). He foretold that America would be a land of liberty, fortified against all nations, and have no kings upon it. Jacob testified that one must submit to God's will and remember that only through God's grace would they be saved.

2 Nephi 9:28–54

Jacob warns of actions and attitudes that separate us from God and invites all to come unto Christ

Because of the Fall and because of our personal sins, each of us needs the Savior. Jacob testified that through the Atonement we are freed from the effects of the Fall and can overcome our sins and receive eternal life. Jacob used the image of a gate and path to illustrate this. Read 2 Nephi 9:41, and look for how Jacob described the path we must walk to attain eternal life. Ponder the following questions: What do you think it means to "come unto the Lord"? (Consider if you are on the path that will bring you closer to the Savior.) What does it mean to you that "the way [to the Savior] is narrow, but it lieth in a straight course"?

Jacob also described the Savior as "the keeper of the gate." This is symbolic of the Savior's role as our judge. It is He who extends the blessings of His Atonement to us based on our attitudes and actions. Jacob also taught us more specifically how our attitudes and actions affect our ability to come to the Savior.

1. To help you identify attitudes, thoughts, and actions that can lead us to the Savior, do the following in your scripture study journal:

a. Draw a line down the center of a full page in your scripture study journal, and write *Distancing Ourselves from Christ* on one side and *Coming unto Christ* on the other side.

b. Read 2 Nephi 9:27–39, and identify any actions or attitudes that Jacob warned can distance us from the Savior. Make a list of what you find that belongs in the "Distancing Ourselves from Christ" column in your scripture study journal. You may also want to mark what you find in your scriptures. (Note that 2 Nephi 9:28–29 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

c. Choose one of the actions or attitudes that you identified, and answer the following question on a separate page in your scripture study journal: How can this action or attitude keep us from coming to Christ and receiving the full blessings of His Atonement?

d. In addition to warning about actions and attitudes that distance us from the Lord, Jacob taught about actions and attitudes that will help us come to Jesus Christ. Read 2 Nephi 9:23, 42, 45–46, 49–52, and find what Jacob taught would bring us to the Lord. List what you find in the "Coming unto Christ" column of your chart.



Studying 2 Nephi 9:28–54, you learned the principle: **By choosing to come to the Lord and live according to His will, we can receive the full blessings of the Atonement.**

2. To help you apply what you have learned, write your answers to the questions in two or more of the assignments below in your scripture study journal:

a. In 2 Nephi 9:23 you read that the Lord commanded us to repent and be baptized. Though you may already be baptized, how does renewing baptismal covenants through the sacrament help you come to the Lord and receive the blessings of His Atonement?

b. What do you think it means to have "perfect faith in the Holy One of Israel" (2 Nephi 9:23)? What are some ways you currently show faith in the Lord?

c. What does it mean to "turn away from your sins" (2 Nephi 9:45)? What can help you turn away from your sins?

d. What are some examples of spending money "for that which is of no worth" or working "for that which cannot satisfy" (2 Nephi 9:51)? How does avoiding evil or trivial pursuits help you come to the Lord? How can you better balance how you spend your time in various school, study, Church, recreational, and social activities?

e. What are some ways you can "feast upon that which perisheth not" (2 Nephi 9:51)?

f. Jacob urged the people to "give thanks" and to "let your hearts rejoice" (2 Nephi 9:52). Why do you think it is important to follow this counsel as you strive to come to the Savior?

3. Write in your scripture study journal how one or more of the actions and attitudes you have studied have brought you closer to the Savior.

Scripture Mastery—2 Nephi 9:28–29

What are you doing to make the most of your current educational opportunities? What are your future plans for your education? _____

_____

_____

Read the following statement from President Gordon B. Hinckley, and underline the blessings that can come from learning: "You face great challenges that lie ahead. You are moving into a world of fierce competition. You must get all of the education you can. The Lord has instructed us concerning the importance of education. It will qualify you for greater opportunities. It will equip you to do something worthwhile in the great world of opportunity that lies ahead. If you can go to college

and that is your wish, then do it. If you have no desire to attend college, then go to a vocational or business school to sharpen your skills and increase your capacity" ("Converts and Young Men," *Ensign*, May 1997, 49–50).

Read 2 Nephi 9:28, and mark what Jacob said were pitfalls of learning with the wrong attitude.

4. Answer the following question in your scripture study journal:

a. What do you think the statement "when they are learned they think they are wise" means?

b. What are the dangers of thinking we are wiser than a parent, our bishop or branch president, the prophet, or our Heavenly Father?

Read 2 Nephi 9:29, and identify what you need to remember as you seek education.

5. In your scripture study journal, answer the following question: How does diligent scripture study help you live according to the principle in 2 Nephi 9:29?

2 Nephi 10

Jacob encourages the people to rejoice and come to the Lord

During the second day of his teaching, Jacob again testified of the Lord's power of deliverance from the consequences of sin. Jacob also taught his people how they should respond to the merciful gift of the Atonement. Read 2 Nephi 10:20, 23–25, and mark phrases that indicate what Jacob taught we should do in response to the Savior's sacrifice for us.

6. Answer one or more of the following questions in your scripture study journal:

a. Considering what you have studied about the Savior, why do you want to always "remember him" (2 Nephi 10:20)?

b. Why do you feel that laying aside or repenting of something you are doing wrong would show your gratitude and love for the Savior?

c. What have you learned about the Savior that helps you feel hope rather than "hang down" your head in discouragement?

An important phrase in this chapter is "reconcile yourselves to the will of God" (2 Nephi 10:24). It means that we should reestablish a close relationship with the Lord in which we are obedient and in harmony with His will. Review any scriptures you have marked in 2 Nephi 9–10. Seek the guidance of the Holy Spirit as you determine something you can do to reconcile yourself to the will of God.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 9–10 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 7: DAY 1

2 Nephi 11–16

Introduction

The prophet Isaiah lived approximately 100 years before the time of Nephi. (Isaiah started prophesying sometime previous to 740 B.C. and continued prophesying for over 40 years, until 701 B.C.; see Bible Dictionary, "Isaiah.") In many ways, Nephi may have had the same feelings of admiration and love for Isaiah that we have today for the Prophet Joseph Smith. We know from Nephi's writings that he "delighted" in Isaiah's words (see 2 Nephi 11:2). As recorded in 2 Nephi 12–16, Nephi quoted from Isaiah's writings, which were found on the brass plates. These writings described ancient Israel's pride and wickedness and the judgments that awaited them. Isaiah also recounted his vision of the Lord, in which he was cleansed of his sins.

2 Nephi 11:1–8

Nephi delights in Isaiah's testimony of Jesus Christ

Think about a time when you were impressed with someone's testimony of the Savior. Read 2 Nephi 11:2–3, and identify what experience Nephi, Jacob, and Isaiah each had with Jesus Christ.

The Lord calls prophets to bear witness of Him. By studying the testimonies of witnesses of Jesus Christ, we can strengthen our faith in Jesus Christ and rejoice in Him.

Studying Isaiah

Although you may find the Isaiah chapters in the Book of Mormon difficult to understand, President Boyd K. Packer, President of the Quorum of the Twelve Apostles, gave this encouraging counsel: "Do not stop reading! Move forward through those difficult-to-understand chapters of Old Testament prophecy, even if you understand very little of it. Move on, if all you do is skim and merely glean an impression here and there" ("The Things of My Soul," *Ensign*, May 1986, 61).



1. In your scripture study journal, write your thoughts about why you think it is important to have a witness of Jesus Christ from multiple prophets.

Find the four times Nephi said "my soul delighteth" in 2 Nephi 11:4–6. You might want to mark these in your scriptures.

To "delight" in something suggests that one takes great pleasure in it and that the thing brings great joy.

2. Write in your scripture study journal three or more "my soul delighteth" statements that represent elements of the gospel you delight in. Explain why each of these brings you joy.

Read 2 Nephi 11:8, and write what Nephi hoped would result from your study of the writings of Isaiah.

2 Nephi 12:1–5

Isaiah prophesies that a temple will be established in the last days

Imagine a large mountain. Can you think of any comparisons that can be drawn between a mountain and a temple?

Read 2 Nephi 12:2–3, 5, looking for what God promised to establish in the last days. The term "mountain of the Lord's house" means a temple of the Lord. According to these verses, what blessings will come from the Lord's house in the last days?

You may want to write in your scriptures something like this: God has established temples to teach us of His ways and to help us walk in His paths (see 2 Nephi 12:3).

3. Answer the following questions in your scripture study journal:

a. How do temples help us walk in the Lord's paths?

b. How can you prepare yourself to enter the temple?

2 Nephi 12–15

This lesson will not provide detailed helps for understanding 2 Nephi 12–15. However, as you read and ponder these chapters in your personal reading of the Book of Mormon, look for the consequences of pride and sin. The following commentary, or explanation, will also help you in your reading:

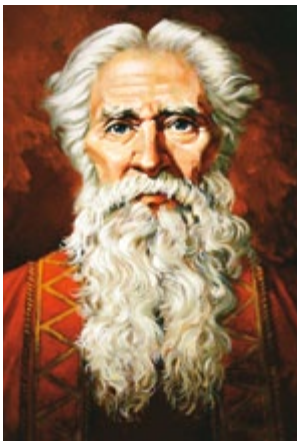
2 Nephi 12:6–18. Take special notice of all the references to the worshipping of idols, as well as words and images that indicate pride—for instance, *lofty, haughtiness, proud, lifted up,* and *high.* This will help you understand why such severe judgments awaited these people.

2 Nephi 12:9–11. The "mean man" (verse 9) refers to the ordinary or common man. Both the "mean man" and the "great man," if they are proud, will be humbled at the Second Coming of Jesus Christ (see verse 11).

2 Nephi 12:12–13. "The day of the Lord" is a phrase that refers to a time of judgment. The Second Coming of Christ will be a "day of the Lord" when the wicked will be destroyed.

2 Nephi 13–14. In 2 Nephi 13 is the continuation of Isaiah's discussion of what will happen if the Israelites persist in their wickedness. Isaiah called the Israelite women the "daughters of Zion" (verse 16), suggesting that they are children of the covenant. Isaiah likened them to a prideful woman who is cursed by the Lord, and all her jewelry and other physical adornments are taken away (see 2 Nephi 13:16–26). In contrast, 2 Nephi 14 includes Isaiah's description of what will happen if the daughters of Zion humble themselves, repent, and turn to the Lord. If you have access to an LDS edition of the Bible, use the footnotes for Isaiah 3 to help you understand 2 Nephi 13:16–26.

2 Nephi 15:8–22. The word *wo* refers to a condition of deep sadness. Isaiah used it six times in these verses as he identified the sins of the Israelites. Isaiah knew that if the Israelites did not repent, the consequences of their sins would bring deep sadness—especially at the time of judgment. If Isaiah were a prophet on earth today, would he find the same kinds of sins that he saw among the Israelites?



4. Read 2 Nephi 15:20. Write in your scripture study journal some ways in which people today call good things evil, or evil things good.

2 Nephi 16:1–8

Isaiah is called to serve as a prophet

Isaiah's writings are rich in symbolism. Symbols are one way the Lord teaches us about gospel principles. As recorded in 2 Nephi 16, Isaiah described his experience of seeing the Lord. As you read 2 Nephi 16, keep in mind the following symbols and their possible meanings:

Seraphim: Angels who reside in the presence of God. The Prophet Joseph Smith taught that "an angel of God never has wings" (*History of the Church,* 3:392). The angels' wings symbolized their power to move and to act.

Smoke: May indicate the presence of the Lord (see Revelation 15:8).

Unclean lips: Unworthiness.

Live coal (fire): Purifying agent, like the cleansing power of the Holy Ghost.

Altar: Literally, an altar was the place where sacrifices were made. It may refer here to the sacrifice made by Jesus Christ on our behalf—the Atonement.

5. Read 2 Nephi 16:1–7, and record in your scripture study journal your answers to the following questions:

a. What did one of the seraphim say about the Lord of Hosts?

b. What do you think Isaiah meant when he said, "Wo is unto me! for I am undone; because I am a man of unclean lips"? What made him suddenly feel this way? (3 Nephi 27:19 may offer a suggestion.)

c. What happened to change Isaiah's feelings of unworthiness?

d. How would this experience prepare Isaiah to go out among the people and teach repentance?

One of the great truths taught in the calling of Isaiah is that **we can be cleansed of our unworthiness through the Atonement of Jesus Christ.** Ponder about a time when you felt the cleansing power of the Atonement in your life.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 11–16 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 7: DAY 2

2 Nephi 17–20

Introduction

In 2 Nephi 17–20, Nephi recorded that Isaiah tried to persuade the king of Judah and his people to trust in the Lord rather than in worldly alliances. Using types and shadows—symbols or representations that teach and testify of great truths—Isaiah prophesied concerning events of his own day, the birth of Jesus Christ, and the destruction of the wicked at the Second Coming of the Lord.

2 Nephi 17–18

The kingdom of Judah is blessed when they put their trust in Jesus Christ

To help prepare you for today's lesson, think of a time when you were faced with a fearful situation. Do you recall your first reaction? As you study 2 Nephi 17–18, try to identify Isaiah's counsel to those who find themselves in a difficult or fearful situation.

For your study of 2 Nephi 17–18, you will need to know about the three small nations of Syria, Israel, and Judah, as well as the much larger Assyrian Empire, which sought to conquer these smaller nations. Review the following map and the accompanying chart.



Nation	Syria	Israel (Ephraim)	Judah
King	Rezin	Pekah	Ahaz
Capital	Damascus	Samaria	Jerusalem

Read 2 Nephi 17:1–2, and refer to the map. "Syria is confederate with Ephraim" means that these two countries formed an alliance or agreement. Try to determine who was attacking whom. Be aware that the phrase "house of David" in verse 2 refers to Ahaz and the people of Judah.

The kingdoms of Israel and Syria wanted to conquer the kingdom of Judah and force Judah to enter into an alliance with them against the powerful Assyrian Empire. Assyria was threatening to conquer an entire region of the world at that time. Israel and Syria believed that by conquering Judah, they could have more people and more resources to fight the approaching Assyrians (see 2 Nephi 17:5–6). King Ahaz contemplated making this alliance with Israel and Syria.

Consider what you would do if you were King Ahaz. On one side, Assyria is threatening to attack your people. On the other side, Syria and Israel are threatening to attack if you do not join an alliance with them to fight against Assyria. Isaiah lived in the kingdom of Judah, and the Lord sent him to Ahaz with a message. How do you think you would feel about a message from the prophet if you were King Ahaz?

1. Read 2 Nephi 17:3–8, and underline the Lord's message to Ahaz and his people, as given through the prophet Isaiah. (The term "smoking firebrands" in verse 4 refers to a torch whose flame has burned out, symbolic of these two kingdoms being broken and conquered.) Imagine you heard Isaiah say this to Ahaz. Later, a friend asks you what Isaiah said. Write two or three sentences in your scripture study journal describing how you would answer your friend.

Isaiah tried to help the king and his people rely on the Lord for help, rather than trusting in unstable political alliances.

2. Answer the following questions in your scripture study journal:

a. Why is it important for us to turn to the Lord when we need help rather than relying only on other people to help us?

b. What are some ways in which young people may be tempted to put their relationships with other people before their relationship with Heavenly Father and Jesus Christ?

The Lord said he would give Ahaz and the kingdom of Judah a sign that He would protect them and that they would not need to rely on worldly alliances. Read 2 Nephi 17:14 to determine the sign. Circle the word *Immanuel* in this verse. Next to this verse write "Matthew 1:22–23." Read Matthew 1:22–23 to discover the meaning of the title Immanuel.



How would a sign that meant "God with us" help Ahaz at this time? How could such a prophecy by Isaiah also have reference to the birth of Jesus Christ centuries later?



For further understanding of the sign of a child being born, contemplate the following explanation by Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles: "There are plural or parallel elements to this prophecy, as with so much of Isaiah's writing. The most immediate meaning was probably focused on Isaiah's wife, a pure and good woman who brought forth a son about this time [see 2 Nephi 18:3], the child becoming a type and a shadow of the greater, later fulfillment of the prophecy that would be realized in the birth of Jesus Christ" (*Christ and the New Covenant* [1997], 79).

Isaiah prophesied that before the child was grown, Assyria would conquer the armies of both Israel (Ephraim) and Syria (see 2 Nephi 17:15–25). The sign meaning "God with us" was intended to reassure King Ahaz that **God will be with us when we trust in Him, even during times of difficulty and fear.** Consider writing this principle in your scriptures.

Read 2 Nephi 18:6–8, and underline the phrase "waters of Shiloah." The waters of Shiloah symbolized for Isaiah the calming, steady, sustaining influence and power of God that needed to be part of the nation's political life (see 2 Nephi 18:6). Isaiah used the reference to the waters of Shiloah as a contrast because the people of Israel and the people of Judah rejected the Messiah—"the waters of Shiloah," or the calm, soft, steady, sustaining power of God. Therefore, as Isaiah prophesied, the king of Assyria and the horrible influence and torrential power of his invading army—represented by "the waters of the river, strong and many"— conquered Syria and Israel.

Isaiah, as a poet, used the two flowing but dramatically different streams of water to explain what would happen to Judah. The Assyrian army then came upon Judah—represented by the word *land.* But the army did not conquer Jerusalem—represented by the statement "he shall overflow and go over, he shall reach even to the neck."

Read 2 Nephi 18:9–12, and notice how many times the Lord counseled Judah not to join with Syria and Israel. As recorded in 2 Nephi 18:13, where did the Lord, through Isaiah, counsel Judah to go for help instead?

By the time the Assyrians had overrun Judah and were threatening Jerusalem, the kingdom of Judah had a new king. His name was Hezekiah. He trusted in the Lord and the prophet Isaiah. Eventually 185,000

Assyrian soldiers were slain in their camp by an angel of the Lord (see 2 Kings 19:35; Isaiah 37:36).

3. Answer one or more of the following questions in your scripture study journal:

a. What are the dangers of putting your trust in worldly things and influences rather than in the Lord? (You might want to think of situations that might tempt you to make decisions based on fear.)

b. When have you turned to the Lord for strength when you were initially tempted to turn to other sources? What did you learn from the experience?

c. Under King Hezekiah, the people of Judah were spared from destruction because they followed Isaiah's counsel from the Lord. How can following modern prophets guard you against spiritual harm?

2 Nephi 19:1–7

Isaiah speaks Messianically

Have you ever gone for a long time without seeing the sun or feeling its warmth? If you have not, imagine that you had a constant shadow on you, with no access to the light and warmth of the sun (like being in a dark room all the time). Isaiah used a similar image to illustrate the spiritual condition of people who live without the light of Jesus Christ.

There are two lands mentioned in 2 Nephi 19:1–2. Read these verses, and mark the names of the two lands.

Over the centuries prior to the time Isaiah wrote these verses, multiple wars had been fought in an attempt to control the area now known as the Holy Land. Some referred to this area as "the land of the shadow of death" because so many had lost their lives there in battle. During New Testament times, Nazareth, Capernaum, Nain, and Cana were located in the regions formally known as the lands of Zebulun and Naphtali. These are cities where Jesus Christ spent much of His time, ministering to the people more than 500 years later. It is known today as the Galilee area.

Mark in 2 Nephi 19:2 what Isaiah said the people of this region would eventually see.

Isaiah's statement that those who "walked in darkness" and dwelt in the "land of the shadow of death" had "seen a great light" was a prophecy about Jesus Christ's mortal mission in this part of the world. The people who lived in the Galilee area were walking in spiritual darkness, but when Jesus Christ lived and ministered among them, they saw "a great light."

4. Read 2 Nephi 19:6–7, and contemplate which of the Savior's titles in verse 6 might have been especially meaningful to the people of Judah, given their circumstances. In your scripture study journal, write how one or more of these titles describes how you feel about the Savior.

2 Nephi 19–20

Isaiah describes the destruction of the wicked at the Second Coming

Isaiah's prophecy of the destruction of Assyria, recorded in 2 Nephi 20, is also a prophecy of the destruction of the wicked at the Second Coming. As you read this chapter, remember that just as Hezekiah trusted in Isaiah's counsel from the Lord and was blessed, if you place your confidence in the Lord, you need not fear the judgments that will come upon the inhabitants of the earth in the time leading up the Second Coming.

What sentence is repeated in 2 Nephi 19:12, 17, 21 and 2 Nephi 20:4? You may wish to mark this in your scriptures. Write the sentence in your study journal, and underline the word *anger* and the word *hand.* Under the word *anger,* write *judgment,* and under the word *hand,* write *mercy.* Read the sentence aloud, substituting the words *judgment* and *mercy.* ("For all this his [judgment] is not turned away, but his [mercy] is stretched out still.")

5. Answer the following questions in your scripture study journal:

a. How does the sentence in the study exercise above describe how the Lord responds to nations, families, or individuals who reject Him?

b. How can you apply the following truths in your life? **Jesus Christ is a God of judgment and mercy. His mercy is extended to those who repent and keep His commandments.**

6. In your scripture study journal, write about a time when you were obedient to a certain commandment and felt God's mercy.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 17–20 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 7: DAY 3

2 Nephi 21–24

Introduction

Many of Isaiah's prophecies in the Book of Mormon are about the last days. He prophesied about the Restoration of the gospel, the Prophet Joseph Smith, the Second Coming, and the destruction of the wicked. He foresaw that the Lord would "set up an ensign for the nations" to gather His people in the last days (see 2 Nephi 21:11–12). Isaiah also testified that the Lord would triumph over Satan and usher in the Millennium, an era of peace and joy.



2 Nephi 21:1–4, 10–12

Isaiah foresees the Restoration of the gospel of Jesus Christ in the latter days

Pause for a moment, and imagine a light beginning to appear before you. The light becomes brighter and brighter. Suddenly a messenger sent from the presence of God is standing in front of you. He tells you that ancient prophecies are about to be fulfilled and that you will help in their fulfillment. What would be your initial reactions, thoughts, and questions?

On the night Moroni first appeared to Joseph Smith—September 21, 1823—he quoted Isaiah 11, which is also found in 2 Nephi 21. Moroni told Joseph Smith that the prophecies in that chapter were about "to be fulfilled" (Joseph Smith—History 1:40). As you study these prophecies from Isaiah, reflect upon why Nephi would record them on the small plates and also why Moroni would quote them to Joseph Smith.

Using Scripture to Understand Scripture

Our books of scripture work together to help us understand gospel truths and prophecies. For example, this lesson refers to Doctrine and Covenants 113 to help clarify prophecies and teachings of Isaiah. Nephi also helped us understand Isaiah's words. Elder Bruce R. McConkie of the Quorum of the Twelve Apostles observed that "the Book of Mormon is the world's greatest commentary on the book of Isaiah" ("Ten Keys to Understanding Isaiah," *Ensign*, Oct. 1973, 81).

The Prophet Joseph Smith received a revelation that clarified the meaning of the prophecies recorded in 2 Nephi 21. Scholars have long been fascinated with trying to understand the meaning of the symbols used in this chapter. The Book of Mormon and modern prophets have helped us better understand the meaning. For example, Isaiah used the imagery of a tree or plant. Read 2 Nephi 21:1, 10, and identify the specific parts of the tree or plant Isaiah mentioned. Then read Doctrine and Covenants 113:1–6 to help you understand what these symbols mean. It may be helpful to write the interpretations of the symbols in your scriptures.

Stem of Jesse—Jesus Christ

Rod out of the stem of Jesse—A servant of Jesus Christ

Root of Jesse—An individual who holds priesthood keys

Consider the following statement by Elder Bruce R. McConkie, who explained that the "root of Jesse" and the "rod out of the stem of Jesse" both refer to the Prophet Joseph Smith: "Are we amiss in saying that the prophet here mentioned [in D&C 113:5–6] is Joseph Smith, to whom the priesthood came, who received the keys of the kingdom, and who raised the ensign for the gathering of the Lord's people in our

dispensation? And is he not also the 'servant in the hands of Christ, who is partly a descendant of Jesse as well as of Ephraim, or of the house of Joseph, on whom there is laid much power'? [D&C 113:3–4]" (*Millennial Messiah* [1982], 339–40).

Read 2 Nephi 21:10, 12, and look for what Isaiah prophesied the Lord would do through the "root of Jesse" (Joseph Smith). The word *ensign* refers to a "standard" to which people gather.

These verses teach the following truth: **The Lord has restored His gospel and His Church through the Prophet Joseph Smith and is now gathering His people in the last days.**

1. Answer the following question in your scripture study journal: How is The Church of Jesus Christ of Latter-day Saints an ensign to the world?

2 Nephi 21:6–9; 22:1–6

Isaiah describes the Millennium

One of the most discussed subjects among Christians is the Savior's millennial reign. Have you ever thought much about it? Imagine that a friend asked you what you believe about the Millennium. What would you say?



Isaiah prophesied that after the Savior's Second Coming, there would be changes on the earth that would last for a thousand years. We call this period of peace the Millennium. Read 2 Nephi 21:6–9, looking for what conditions will be like on the earth during the Millennium.

According to 2 Nephi 21:9, one prophecy about the Millennium is that "the earth shall be full of the knowledge of the Lord." Ponder how the fulfillment of this prophecy will affect people around the world. Read 2 Nephi 22:1–6, and notice the spirit of worship that people will have during the Millennium. How can we develop that same attitude today?

The verses you have studied teach this truth: **During the Millennium, the earth will be a place of peace because it will be full of the knowledge of the Lord.** Which aspects of the Millennium would you like to have in your life right now? Ponder for a moment what you could do to receive some of these blessings.

You may wish to sing, listen to, or read "The Lord Is My Light" (*Hymns,* no. 89) to complement your study of 2 Nephi 22.

2 Nephi 23–24

Isaiah describes the fall of Babylon, the fall of the wicked, and the fall of Lucifer

As recorded in 2 Nephi 23–24, Isaiah condemned the wickedness of the house of Israel and compared the destruction of the wicked in the last days to the destruction of ancient Babylon. Babylon was a very wicked nation in Isaiah's day and has since come to symbolize the wickedness of the world (see D&C 133:14).

Study what Isaiah prophesied would happen to the wicked in the last days by reading 2 Nephi 23:1, 4–9, 11, 15, 19, and 22.

Isaiah also compared the destruction of ancient Babylon to Lucifer's (Satan's) fall from heaven. He spoke of Lucifer as the symbolic king of Babylon, meaning the whole wicked world. Isaiah used the fall of Lucifer in the premortal world as an illustration of how the wicked would fail and fall. Study 2 Nephi 24:12–14, and mark the phrases that highlight the arrogance and pride of Satan.

Do you notice the use of the word *I* in these verses? You may want to circle the *I*'s in your scriptures. President N. Eldon Tanner of the First Presidency once said that Satan "was more concerned with credit than with results; glory and praise were the end in themselves"

("For They Loved the Praise of Men More Than the Praise of God," *Ensign,* Nov. 1975, 76).

Search 2 Nephi 24:15–16 for what will ultimately happen to Satan and how people will feel about him when they see him for what he is.

Read the following statement by President Ezra Taft Benson: "In the premortal council, it was pride that felled Lucifer, 'a son of the morning.' (2 Ne. 24:12–15; see also D&C 76:25–27; Moses 4:3.). . . . Lucifer placed his proposal in competition with the Father's plan as advocated by Jesus Christ. (See Moses 4:1–3.) He wished to be honored above all others. (See 2 Ne. 24:13.) In short, his prideful desire was to dethrone God. (See D&C 29:36; 76:28.)" ("Beware of Pride," *Ensign,* May 1989, 4–5).

In 2 Nephi 23:22, we learn that you can take comfort if you are righteous. God will be merciful to you, but the wicked will perish.

2. Answer the following questions in your scripture study journal:

a. What can I change in my life today to be more obedient?

b. How can I resolve to stay obedient?

Pray for opportunities to share your testimony about the truths you learned in 2 Nephi 23.

3. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 21–24 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 7: DAY 4

2 Nephi 25

Introduction

After recording the prophecies of Isaiah (2 Nephi 12–24), the prophet Nephi emphasized the importance of these prophecies and explained that those with the spirit of prophecy can come to understand and appreciate Isaiah's words (2 Nephi 25). He explained that the purpose of his writing was "to persuade our children, and also our brethren, to believe in Christ, and to be reconciled to God" (2 Nephi 25:23). He invited all to believe in Jesus Christ and to "worship him with all your might, mind, and strength, and your whole soul" (2 Nephi 25:29).

2 Nephi 25:1–8

Nephi teaches that we can understand the words of Isaiah when we have the spirit of prophecy



People often use locks to keep valuable possessions safe. They might keep the only key to the lock, or they might give a copy of the key to a trusted friend or family member. Nephi knew that the prophecies of the Isaiah were "of great worth" (2 Nephi 25:8), and he wanted everyone to understand them. He provided a key for anyone who wants to unlock the meaning of Isaiah's words.

Read the first sentence in 2 Nephi 25:4, and look for the key to understanding the words of Isaiah. What does it mean to have "the spirit of prophecy"? How do you think the spirit of prophecy could help you better understand the scriptures, particularly the words of Isaiah?

The spirit of prophecy refers to the spirit of revelation. This means that when you diligently and prayerfully study the scriptures and seek to understand their meaning, you can have the spirit of revelation, and the Holy Ghost will enlighten your mind and your understanding. Also, the scriptures teach that "the testimony of Jesus is the spirit of prophecy" (Revelation 19:10). As you grow in your knowledge and testimony of the Savior, your understanding of the scriptures—including the teachings of Isaiah—will increase and you will better understand how the teachings relate to you.

Nephi shared other ideas that can enhance our understanding of Isaiah's words. Search the following scriptures, and identify three more keys to understanding the words of Isaiah:

- 2 Nephi 25:1 _____
- 2 Nephi 25:5–6 _____
- 2 Nephi 25:7–8 _____

Remember that symbolism and poetic language are often used in ancient Jewish prophecies (see 2 Nephi 25:1). Also, studying the culture, history, and geography of ancient Israel will help you understand

Isaiah's words (see 2 Nephi 25:5–6). Living in the last days and seeing the fulfillment of many prophecies also helps us understand Isaiah (see 2 Nephi 25:7–8).

2 Nephi 25:9–19

Nephi prophesies about the Jews

As recorded in 2 Nephi 25:9–19, Nephi prophesied about the Jews and their homeland in Jerusalem and the surrounding areas. He said that the Jews who had been taken captive to Babylon after the destruction of Jerusalem would return to "the land of their inheritance" (see 2 Nephi 25:9–11). Jesus Christ, the Messiah, would live among them, but many would reject Him and crucify Him (see 2 Nephi 25:12–13). After the Savior's death and Resurrection, Jerusalem would again be destroyed, and the Jews would be scattered and scourged by other nations (see 2 Nephi 25:14–15). They would eventually believe in Jesus Christ and His Atonement, and the Lord would restore them "from their lost and fallen state" (see 2 Nephi 25:16–19).



2 Nephi 25:20–30

Nephi testifies of Jesus Christ

Think about how you might respond to someone who claims that Latter-day Saints do not believe in Jesus Christ. As you study the rest of 2 Nephi 25, look for passages that you could share in such a situation.

Quickly look over 2 Nephi 25:20–30, and consider marking the name "Christ" each time it appears.

1. Read 2 Nephi 25:28–29, and identify what Nephi said was "the right way." Search 2 Nephi 25: 23–26 for reasons why believing in Jesus Christ is "the right way." (Note that 2 Nephi 25:23, 26 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.) Record your answers in your scripture study journal.

The word *reconciled* in 2 Nephi 25:23 means to be brought into harmony with God. The Lord's "grace" is ultimately how reconciliation with God occurs. Read the following explanation of the Lord's grace:

"The word *grace,* as used in the scriptures, refers primarily to the divine help and strength we receive through the Atonement of the Lord Jesus Christ. . . .

". . . Through grace, made available by the Savior's atoning sacrifice, all people will be resurrected and receive immortality. [But if we are to qualify for eternal life in God's presence, we must be made clean from our sins through His grace.]

"The phrase 'after all we can do' [2 Nephi 25:23] teaches that effort is required on our part to receive the fulness of the Lord's grace and be made worthy to dwell with Him. The Lord has commanded us to obey His gospel, which includes having faith in Him, repenting of our sins, being baptized, receiving the gift of the Holy Ghost, and enduring to the end. . . .

"In addition to needing grace for your ultimate salvation, you need this enabling power every day of your life. As you draw near to your Heavenly Father in diligence, humility, and meekness, He will uplift and strengthen you through His grace" (*True to the Faith: A Gospel Reference* [2004], 77–78).

2. In your scripture study journal, write answers to the following questions:

a. What is the relationship between the Lord's grace and our efforts to live the gospel?

b. What does it mean to you to be saved by grace?

c. What does the phrase "all we can do" mean to you?

Ponder the following truth: **Because of Jesus Christ, we can be saved by grace after all we can do.** Think of a time when you did all you could do and were blessed with divine help and strength.

Recall Experiences

Recalling experiences when the Lord blessed you with help can strengthen you in difficult moments. Sharing those experiences by bearing your testimony, writing in your journal, or explaining to someone close to you not only helps you, but it can strengthen others who may be in difficult circumstances and need support to help them believe God really exists and has power to help us.

Another truth Nephi taught (see 2 Nephi 25:26) is: **Through the Savior's Atonement, we can receive a remission of our sins.**

Consider writing a letter to a friend or family member about your belief in Jesus Christ or testifying of your belief in a testimony meeting or other appropriate setting.

3. Read 2 Nephi 25:26 again, and then answer the following questions in your scripture study journal:

a. In what ways do you worship or revere Jesus Christ? What activities show others that you believe in and worship Jesus Christ?

b. What can you do to better worship the Savior with all your might, mind, and strength?

Scripture Mastery—2 Nephi 25:23, 26

Use the following format to help you memorize 2 Nephi 25:26:

"And we talk of Christ,
we rejoice in Christ,
we preach of Christ,
we prophesy of Christ,
and we write according to our prophecies,
that our children may know
to what source they may look
for a remission of their sins."

After repeating the passage a few times, cover the top line with your hand and try it again. Then cover another line, and continue until you feel you have the passage memorized.

4. Recite 2 Nephi 25:26 to a family member, and write that you have memorized it in your scripture study journal.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 25 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



UNIT 8: DAY 1

2 Nephi 26–27

Introduction

Nephi foresaw Jesus Christ's visit to the Americas and the destruction that would later come upon his people. Nephi also foresaw those living in the last days and warned them against pride, secret combinations, and priestcrafts. To illustrate how the Lord would provide a way for us to overcome the effects of wickedness and apostasy, Nephi included Isaiah's prophecies about the Restoration of the gospel of Jesus Christ in the latter days.

2 Nephi 26

Nephi prophesies concerning the last days and invites all to come unto Christ

Have you ever been in an earthquake, severe lightning storm, or other devastating event or seen photos or videos of them? Nephi saw that in the latter days the inhabitants of the earth "shall be visited with thunderings, and lightnings, and earthquakes, and all manner of destructions" (2 Nephi 26:6). What comes

to your mind when you read about "the anger of the Lord" (2 Nephi 26:6) or "the judgments of God" (2 Nephi 25:3)? God's judgments are intended to bless His children—to bring the wicked to repentance and to protect the righteous. In 2 Nephi 26:1–11, Nephi prophesied of destructions that would precede Jesus Christ's visit to the Americas and of the eventual destruction of his people because of their wickedness. Read 2 Nephi 26:8–9, and look for blessings that Nephi said would come to his righteous descendants. Then read 2 Nephi 26:12–13, and look for what is promised to us as we exercise faith in Jesus Christ.

1. Jesus Christ manifests Himself to those who exercise faith in Him and endure in righteousness. Record your answers to the following questions in your scripture study journal:

a. How does Jesus Christ manifest Himself to those who exercise faith in Him? (See 2 Nephi 26:13.)

b. How have you witnessed or experienced some of these manifestations of Jesus Christ?

In 2 Nephi 26:14–19, Nephi prophesied that in the latter days, after his people and the seed of his brothers are weakened by unbelief, the Book of Mormon would come forth. In 2 Nephi 26:20–22, he described how many people in the latter days will be full of pride, reject the miracles of God, and rely on their own wisdom and learning. In what ways have you seen examples of Nephi's prophecy being fulfilled?

Nephi warned us that the devil uses pride, greed, and secret works to ruin or destroy us. In your scriptures by 2 Nephi 26:22, mark how Satan seeks to bind us. A flaxen cord is a thin linen thread that can easily be broken. However, when multiple threads are woven together they become a strong cord. Read 2 Nephi 26:32, and notice the examples of "works of darkness" that the Lord commands us to avoid. Ponder how a single strand of thread can become the "strong cords" in 2 Nephi 26:32.

2. Imagine you are teaching a friend how to avoid the traps of the devil (Satan). Using 2 Nephi 26:20–22, 32, write a paragraph in your scripture study journal that explains the process by which the devil seeks to bind us. Specifically notice in 2 Nephi 26:22 how the adversary uses flaxen cords until his victim is bound with stronger cords, and give an example.

Nephi saw the destruction caused by the adversary and warned of Satan's traps and influences in the last days. In contrast to Satan's works of darkness, Nephi taught that God's love is extended to all and that His purpose is to save as many as will come unto Him. Read 2 Nephi 26:23–24, and highlight words and phrases that describe how God works with His children. According to 2 Nephi 26:24, what is God's purpose in everything He does? You may want to highlight the phrase that teaches this doctrine: **Everything the Lord does is for the benefit of the world.**

3. Answer the following question in your scripture study journal: How does understanding that everything the Lord does is for the benefit of the world help you increase your faith in our Heavenly Father and give you peace and assurance in this life?

Skim through 2 Nephi 26:25–28, 33, and mark each time the words *all, any,* and *none* appear. Then go back and reread these verses, paying special attention to these words and how Nephi taught that **the Lord loves all people and invites all to come unto Him and partake of His salvation.** Ponder how this principle affects the way you view commandments, standards, and other people.

4. Read 2 Nephi 26:29–31. In your scripture study journal, list two or three characteristics of priestcrafts listed in verse 29, and then answer the following questions:

a. Why do you think priestcrafts are damaging to the Church?

b. According to 2 Nephi 26:30, how are priestcrafts prevented?



2 Nephi 27:1–23

Nephi prophesies of the coming forth of the Book of Mormon

5. Answer the following question in your scripture study journal: How do you know (or why do you believe) that the Book of Mormon is the word of God?

The Lord revealed to the prophet Isaiah details concerning the coming forth of the Book of Mormon, which Nephi recorded in 2 Nephi 27. After Isaiah prophesied that in the last days many people would be full of iniquity and reject the prophets, he taught that God would reveal a book of ancient writings (see 2 Nephi 27:1–7). Read 2 Nephi 27:12–14, and look for what it teaches the Lord would do to establish the truth of the book that would come forth in the last days.

One way the Lord established the truthfulness of the Book of Mormon was to allow other individuals to be witnesses of the gold plates. Oliver Cowdery, David Whitmer, and Martin Harris were selected as the Three Witnesses and are referred to in 2 Nephi 27:12. (See "The Testimony of Three Witnesses" at the front of the Book of Mormon.)

The "few" referred to in 2 Nephi 27:13 included the Eight Witnesses (see "The Testimony of Eight Witnesses" at the front of the Book of Mormon). Consider marking the phrase "as many witnesses as seemeth him good" in 2 Nephi 27:14. As you receive and share your testimony of the Book of Mormon, you also become a witness of the truthfulness of this book. You might want to write your name by 2 Nephi 27:14 as one of these additional witnesses of the truthfulness of the Book of Mormon.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles said of his own witness of the Book of Mormon:



"I testify that one cannot come to full faith in this latter-day work—and thereby find the fullest measure of peace and comfort in these, our times—until he or she embraces the divinity of the Book of Mormon and the Lord Jesus Christ, of whom it testifies. . . .

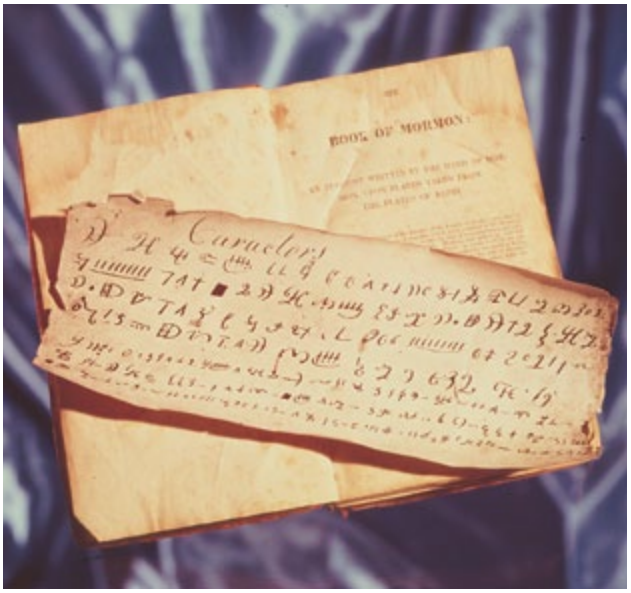
"I ask that my testimony of the Book of Mormon and all that it implies, given today under my own oath and office, be recorded by men on earth and angels in heaven. . . . I want it absolutely clear when I stand before the judgment bar of God that I declared to the world, in the most straightforward language I could summon, that the Book of Mormon is true, that it came forth the way Joseph said it came forth and was given to bring happiness and hope to the faithful in the travail of the latter days" ("Safety for the Soul," *Ensign,* Nov. 2009, 89–90).

Reflect on what you can do to strengthen your conviction of the truthfulness of the Book of Mormon.

6. In your scripture study journal, write down what you will do this year to strengthen your witness of the truthfulness of the Book of Mormon.

To complete the following activity, you will need to refer to Joseph Smith—History, which is in the Pearl of Great Price. Read Joseph Smith—History 1:63–65, and identify the individuals in the account. Then read the assigned passages from 2 Nephi 27 in the chart below, and match a name to each set of verses.

a. Charles Anthon b. Joseph Smith c. Martin Harris	_____ The unlearned man (see 2 Nephi 27:9, 15, 19–20) _____ The man who takes the words, or characters, to the learned man (see 2 Nephi 27:15, 17) _____ The learned man (see 2 Nephi 27:15, 18)



The word *characters* in Joseph Smith—History 1:63–65 refers to the reformed Egyptian characters Joseph Smith had copied and translated from the gold plates that Martin Harris presented to Professor Charles Anthon. Charles Anthon was an instructor at Columbia College and a man who had a reputation for knowing ancient languages. After stating and certifying in writing that Joseph Smith's translation of the characters was correct, Professor Anthon tore up his endorsement of the translation when he was told of the miraculous way the plates had been obtained. He offered to translate the record himself. When Martin Harris explained that some of the plates were sealed, Professor Anthon said he could not read a sealed book.

According to 2 Nephi 27:16, what do we learn about Charles Anthon's motive for wanting to translate the plates?

Read 2 Nephi 27:20–23, and mark the phrase that is repeated in verses 20 and 21.

7. Write in your scripture study journal how what you have studied so far in 2 Nephi 27:1–23 confirms that God is able to do His work. (If you need additional information about the coming forth of the Book of Mormon, see D&C 20:8–12.)

You may want to write the following truth in your scriptures: **The coming forth of the Book of Mormon is one of the ways God will accomplish His work in the latter days.**

8. Respond to the following question in your scripture study journal: How does the fulfillment of the ancient prophecy about the Book of Mormon strengthen your testimony of the book and its role in the Restoration of the Lord's Church?

2 Nephi 27:24–35

Nephi prophesies of the positive impact of the restored gospel of Jesus Christ

God chose a young man named Joseph Smith to be the prophet of the Restoration and bring about His marvelous work in the last days. The "marvelous work" referred to in the scriptures is the Restoration of the gospel of Jesus Christ, which includes the coming forth of the Book of Mormon. Read 2 Nephi 27:25–26, mark the phrase "marvelous work and a wonder," and identify some of the conditions that would exist when the Lord began this marvelous work. Ponder how the Book of Mormon and the Restoration have helped you avoid those conditions.



Read 2 Nephi 27:29–30, 34–35, and mark the blessings that come because of the coming forth of the Book of Mormon and Restoration of the gospel. **The Book of Mormon and the restored gospel will bring joy and understanding to those who study and accept them.**

9. Record your answer to the following question in your scripture study journal: How has the Restoration of the gospel, which includes the coming forth of the Book of Mormon, been a "marvelous work" in your life?

10. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 26–27 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 8: DAY 2

2 Nephi 28

Introduction

Nephi prophesied of some of the challenging conditions of the latter days, including the false teachings and pride of false churches that would be built up. He teaches how to recognize false doctrines and worldly attitudes and identifies ways Satan will endeavor to distract men and women from a life of righteousness.

2 Nephi 28:1–19

Nephi describes false churches and false ideas of our day

In most cultures there are traffic signs warning travelers when any danger is ahead on the road or path. In the country and town where you live, what shape and color are traffic signs that alert drivers to a danger that lies ahead? Similarly, poisons and other hazardous materials are usually marked with symbols and warnings on the packaging and containers. How are these items marked where you live?

Like these physical warning signs, the Book of Mormon contains warnings to help you avoid influences that are harmful to your spirit. President Ezra Taft Benson identified how the Book of Mormon can warn and strengthen you against Satan's evil designs: "The Book of Mormon exposes the enemies of Christ. It confounds false doctrines and lays down contention. (See 2 Ne. 3:12.) It fortifies the humble followers of Christ against the evil designs, strategies, and doctrines of the devil in our day. The type of apostates in the Book of Mormon are similar to the type we have today. God, with his infinite foreknowledge, so molded the Book of Mormon that we might see the error and know how to combat false educational, political, religious, and philosophical concepts of our time" ("The Book of Mormon Is the Word of God," *Ensign,* Jan. 1988, 3).

The Book of Mormon exposes the false ideas of the devil and strengthens us against his evil designs. As recorded in 2 Nephi 28, Nephi pointed out some of the false teachings of the devil common in all generations. Search 2 Nephi 28:3–9, and mark the false teachings and deceptions of Satan you learn about there. (Note that 2 Nephi 28:7–9 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

1. In your scripture study journal, record from 2 Nephi 28:3–9 one of the false teachings you think is most damaging to the youth today, and explain your reasons. Also include an example of how young people can become enticed by that false teaching.

Read 2 Nephi 28:12–14, and look for what Nephi warned would happen to many churches and people, even some of "the humble followers of Christ" (verse 14). These things are caused by the pride and the false doctrine you read about in 2 Nephi 28:3–9. Read 2 Nephi 28:15–16, 19, and identify some consequences of these false teachings. You may want to mark the phrase in 2 Nephi 28:19 that explains what the devil will do with those who do not repent.

Scripture Mastery—2 Nephi 28:7–9

2. Read aloud 2 Nephi 28:7–9. Spend some time memorizing 2 Nephi 28:8. You might want to write it in your scripture study journal from memory or recite it to a family member or friend. In the last days many people will teach false, vain, and foolish doctrines. In your scripture study journal, list a few ways these foolish doctrines are promoted and briefly explain how you can recognize the foolish doctrines of the world and avoid them.

2 Nephi 28:20–32

Nephi warns of Satan's deception

As preparation for your study of the remainder of 2 Nephi 28, read the following experience of President Boyd K. Packer, President of the Quorum of the Twelve Apostles, when he was visiting a wildlife reserve while on an assignment in Africa:

"We stopped at a water hole to watch the animals come to drink. It was very dry that season and there was not much water, really just muddy spots. . . .



"The antelope, particularly, were very nervous. They would approach the mud hole, only to turn and run away in great fright. I could see there were no lions about and asked the guide why they didn't drink. His answer, and this is the lesson, was 'Crocodiles.'

"I knew he must be joking and asked him seriously, 'What is the problem?' The answer again: 'Crocodiles.'

" 'Nonsense,' I said. 'There are no crocodiles out there. Anyone can see that.' . . .

"He could tell I did not believe him and determined, I suppose, to teach me a lesson. We drove to another location where the car was on an embankment above the muddy hole where we could look down. 'There,' he said. 'See for yourself.'

"I couldn't see anything except the mud, a little water, and the nervous animals in the distance. Then all at once I saw it!—a large crocodile, settled in the mud, waiting for some unsuspecting animal to get thirsty enough to come for a drink.

"Suddenly I became a believer! When he could see I was willing to listen, he continued with the lesson. 'There are crocodiles all over the park,' he said, 'not just in the rivers. We don't have any water without a crocodile somewhere near it, and you'd better count on it.' . . .

"On another trip to Africa I discussed this experience with a game ranger in another park. . . .

"He then showed me a place where a tragedy had occurred. A young man from England was working in the hotel for the season. In spite of constant and repeated warnings, he went through the compound fence to check something across a shallow splash of water that didn't cover his tennis shoes.

" 'He wasn't two steps in,' the ranger said, 'before a crocodile had him, and we could do nothing to save him' " ("Spiritual Crocodiles," *Ensign,* May 1976, 30–31).

What is the danger of doubting the existence of crocodiles when you can't see them? How is President Packer's and the young man's experience like what Nephi described in 2 Nephi 28:22?

President Packer explained:

"Those ahead of you in life have probed about the water holes a bit and raise a voice of warning about crocodiles. Not just the big, gray lizards that can bite you to pieces, but *spiritual crocodiles,* infinitely more dangerous, and more deceptive and less visible, even, than those well-camouflaged reptiles of Africa.

"These spiritual crocodiles can kill or mutilate your souls. They can destroy your peace of mind and the peace of mind of those who love you. Those are the ones to be warned against, and there is hardly a watering place in all of mortality now that is not infested with them ("Spiritual Crocodiles," 31).

On the following lines, answer the following question: In what ways might the crocodiles in Africa be similar to the temptations and tactics of Satan? _____

_____

_____

Read 2 Nephi 28:20–21, 24–26, and look for ways Satan seeks to destroy us. (It may be helpful to know that the word *pacify* in 2 Nephi 28:21 means to calm, lull, or put to sleep spiritually.) According to these verses, what methods does Satan use to try to pacify us and lead us into his power? _____

_____.

A major principle taught in these verses is: **Satan uses many tactics to try to overpower us, such as by stirring us up to anger, pacifying us and lulling us, and flattering us.**

3. Answer one or more of the following questions in your scripture study journal:

a. How does Satan use anger to deceive and destroy individuals, families, and communities?

b. What are some good things that Satan has enticed individuals to be angry toward?

c. Describe at least two examples of how some people have been pacified and become blinded to the dangers of Satan.



Read the following explanation from Bishop Richard C. Edgley, a counselor in the Presiding Bishopric, regarding the gradual process that Satan uses to trap us: "We cannot say we will sow a few wild oats in our youth or that we will just dabble a little around the fringes of sin. There are *no fringes* of sin. Every act, good or bad, has a consequence. Every *good* act improves our ability to do good and more firmly stand against sin or failure. Every transgression, regardless of how minor, makes us more susceptible to Satan's influence the next time he tempts us. Satan takes us an inch at a time, deceiving us as to the consequences of so-called minor sins until he captures us in major transgressions. Nephi describes this technique as one of pacifying, lulling, and flattering us away until Satan 'grasps [us] with his awful chains,

from whence there is no deliverance' (2 Ne. 28:22; see also v. 21)" ("That Thy Confidence Wax Strong," *Ensign,* Nov. 1994, 40).

Satan uses these subtle tactics to persuade us to think, say, and do wrong things. Read 2 Nephi 28:27–29, and look for additional warnings.

The Lord gave another warning and blessing, which is included near the end of this chapter. Read 2 Nephi 28:30–32, and ponder the following questions: Why does God call some people blessed? How will hearkening to God's counsel help us overcome the devil's tactics?

4. In your scripture study journal, write about what you have learned from this lesson that will help you overcome Satan's tactics. What are some places, activities, or attitudes you want to avoid so you are not exposed to Satan's influence?

5. Think about the discussion on warning signs at the beginning of this lesson. In your scripture study journal, draw a warning sign that illustrates a spiritual danger you think youth need to be warned of today. Be prepared to share this with your teacher and class members.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 28 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 8: DAY 3

2 Nephi 29–30

Introduction

Nephi's message about the marvelous work of the Restoration of the gospel continues in 2 Nephi 29–30. He testified that in the last days all scriptures will work together to show all nations, kindreds, tongues, and people that the Lord remembers His children. These records are a witness and testimony that Jesus Christ is our Savior. Nephi prophesied that many will reject the Book of Mormon but those who believe will be gathered into the Church. In addition, Nephi taught that God's covenant people are those who repent and believe in the Son of God.



2 Nephi 29:1–14

The Lord tells Nephi that in the last days many will reject the Book of Mormon

Nephi saw that many people in the latter days would believe the Bible to be the only book of scripture revealed from God and would reject the Book of Mormon. How would you respond if you had a friend ask, "Why do Mormons have another Bible?"

Nephi provided some answers to this question by recording the Lord's words about the role of the Book of Mormon in the latter-day Restoration of the gospel, which the Lord called "a marvelous work" (2 Nephi 29:1). Read 2 Nephi 29:1–2, and identify what the Lord's words would do in the last days. (They would "proceed forth" to Nephi's seed, or descendants, and they would also "hiss forth unto the ends of the earth.") To "hiss" means to "whistle," which is suggestive of a signal to gather (see Isaiah 5:26, footnote *b*).

The word *standard* in 2 Nephi 29:2 refers to an object used to gather and unify people. Flags are often called standards. According to 2 Nephi 29:2, what is the standard that will go forth "unto the ends of the earth" to gather the Lord's people? (You may want to write something like *The Book of Mormon—the words of Nephi's seed, or descendants* next to 2 Nephi 29:2.)

1. Write in your scripture study journal what, according to 2 Nephi 29:1–2, the Lord's purpose is for providing additional scripture such as the Book of Mormon.



Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles shared the following insight regarding the Book of Mormon: "The Book of Mormon is the preeminent statement of God's covenant with and his love for his children here on earth" (*Christ and the New Covenant: The Messianic Message of the Book of Mormon* [1997], 4).

In 2 Nephi 29 the word *Gentiles* refers to people who are not of the house of Israel. The word *Jews* refers to people who are of the house of Israel, including Lehi's family and descendants. Read 2 Nephi 29:3–6, looking for the reaction some Gentiles would have toward additional scripture. Write your answers to the following questions in the space provided.

How will some react to additional scripture? _____

_____

What did the Lord say about people who react this way? _____

_____

Nephi was prophetic in his description of people's reaction to the Book of Mormon. People today often express doubts about the Book of Mormon because they already have the Bible. Highlight words or phrases in 2 Nephi 29:7–11 that describe the Lord's purposes for giving additional scripture. Think about how you might explain these purposes to someone who does not understand the need or value of receiving additional revelation from God.

2. Using what you marked in 2 Nephi 29:7–11, write a response in your scripture study journal to the question presented at the beginning of this lesson: "Why do Mormons have another Bible?"

The Lord provides scriptures as a second witness and to gather people to His covenant. Read 2 Nephi 29:13–14, and look for the blessing that results when the scriptures—"the words of the Nephites" (the Book of Mormon), "the words of the Jews" (the Bible), and "the words of the lost tribes of Israel"—are had among the people.

2 Nephi 30:1–8

Nephi prophesies of the role of the Book of Mormon in the last days

After teaching that God would remember the house of Israel, Nephi cautioned his people not to think they were more righteous than the Gentiles would be. He also reminded them that all people can become God's covenant people. Read 2 Nephi 30:2, and in the space provided write two things people need to do before the Lord will enter into covenants with them. _____

_____

_____



Take a moment and ponder the effect the Book of Mormon has had on you or someone you are close to. Then read 2 Nephi 30:3–8, and complete the following activity with phrases describing the impact of the Book of Mormon on those who receive it.

Groups of People	The Impact of the Book of Mormon
Descendants of Lehi (2 Nephi 30:3–6)	
Jews (2 Nephi 30:7)	
Gentiles, or all nations (2 Nephi 30:8)	

Read the following statement from President Henry B. Eyring of the First Presidency and highlight reasons why the Book of Mormon is a powerful missionary tool:



"The Book of Mormon has been at the center of missionary work since the gospel was restored through the Prophet Joseph. We use it every day in missionary work. One fact about the Book of Mormon being the key to power in each part of missionary work is this: the Book of Mormon is a testament of Jesus Christ. The title page tells us that. It says that the purpose of the book is to show what great things the Lord has done for His people, to help them know that the covenants the Lord has made with His people are still in force, and to convince all people that Jesus is the Christ" ("Why the Book of Mormon?" *New Era,* May 2008, 6, 8).

Studying 2 Nephi 30:1–8 shows us that **the Book of Mormon can help all people come to know Jesus Christ and live His gospel.**

3. Select one of the following questions to answer in your scripture study journal:

a. How has the Book of Mormon helped you come to know the Savior?

b. How will you use the Book of Mormon to help others come to know the Savior?

2 Nephi 30:9–18

Nephi prophesies of conditions of the earth during the Millennium

Read 2 Nephi 30:9–10, and look for what will happen among the people before the Millennium—the 1,000 years of righteousness and peace following the Savior's Second Coming, when Jesus Christ shall "reign personally upon the earth" (Articles of Faith 1:10). How have you seen a "great division" (2 Nephi 30:10) separating the righteous from the wicked? What will eventually happen to the wicked?

Read 2 Nephi 30:12–18, looking for what life will be like during the Millennium.

4. In your scripture study journal, write a newspaper headline (a highlight or summary in a few words) describing the millennial condition you most look forward to. After you have written a headline, explain how that headline is an indication of the peace that will prevail on the earth during the Millennium.

Consider what it will be like when **Satan will not have power over the hearts of people during the Millennium, and righteousness and peace will prevail.** Think about how your school or community would be different if those conditions prevailed today.

5. Write in your scripture study journal about what you can do to help yourself, your family, and others prepare for this period of peace and righteousness.

Commentary and Background Information

How Will Additional Scriptural Records Come Forth?



Elder Bruce R. McConkie of the Quorum of the Twelve Apostles suggested that the records spoken of in 2 Nephi 29:12–14 would "come forth in a marvelous manner, at the direction of the president of The Church of Jesus Christ of Latter-day Saints, who is a revelator and a translator and who holds the keys of the kingdom of God" (*The Millennial Messiah* [1982], 217). We know that the Savior visited some of the lost tribes of Israel after His Resurrection and visit to the Nephites and that they will also write accounts of His ministry among them after His resurrection (see 3 Nephi 16:1–3; 17:4).

When Will the "Jews . . . Begin to Believe in Christ"?

Elder Bruce R. McConkie also discussed the prophesied conversion of the Jews:

"'And it shall come to pass that the Jews which are scattered also shall *begin* to believe in Christ; and they shall begin to gather in upon the face of the land.' (2 Ne. 30:7.) Much of the old Jewish bitterness against Christ has ceased; many now accept him as a great Rabbi, though not the Son of God. A few have accepted him in the full sense, coming into the true Church along with the gathered remnants of Ephraim and his fellows.

"But the great conversion of the Jews, their return to the truth as a nation, is destined to follow the Second Coming of their Messiah. Those able to abide that day, in their extremity and mourning, will ask: 'What are these wounds in thine hands and in thy feet? Then shall they know that I am the Lord; for I will say unto them: These wounds are the wounds with which I was wounded in the house of my friends. I am he who was lifted up. I am Jesus that was crucified. I am the Son of God.' (D. & C. 45:51–52; Zech. 12:8–14; 13:6.)" (*Mormon Doctrine,* 2nd ed. [1966], 722–23).

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 29–30 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 8: DAY 4

2 Nephi 31

Introduction

Nephi taught the doctrine of Christ: we must exercise faith in Jesus Christ, repent of our sins, be baptized, receive the Holy Ghost, and endure to the end. He also testified that as we apply these teachings, God will bless us with the companionship of the Holy Ghost and lead us to eternal life.

2 Nephi 31:1–21

Nephi teaches that the Savior set the perfect example for us

Jesus went to John the Baptist to be baptized. Since Jesus did not commit any sins, why do you think He was baptized? Why were you baptized? Pondering these questions will help you prepare for this lesson.



Read 2 Nephi 31:2, 21, and mark the phrase "doctrine of Christ." Notice that in verse 2, Nephi stated that he "must speak concerning the doctrine of Christ." Then in verse 21 he said that he had spoken of "the doctrine of Christ." In 2 Nephi 31:3–20 we learn about those truths that Nephi called "the doctrine of Christ." Two truths we learn are: **Jesus Christ fulfilled all righteousness by obeying all the commandments of the Father,** and **we must follow Jesus Christ's example of obedience by being baptized and receiving the Holy Ghost.**

1. Write the following headings in parallel columns in your scripture study journal: *Reasons Why Jesus Was Baptized* and *Reasons Why We Are Baptized.* Then read 2 Nephi 31:4–12, and list what you learn under each of those headings.

According to 2 Nephi 31:11, what must precede baptism?

To help explain why baptism by water is required, read the following statement by the Prophet Joseph Smith:

"Baptism is a sign to God, to angels, and to heaven that we do the will of God, and there is no other way beneath the heavens whereby God hath ordained for man to come to Him to be saved, and enter into the kingdom of God, except faith in Jesus Christ, repentance, and baptism for the remission of sins, and any other course is in vain; then you have the promise of the gift of the Holy Ghost" (*Teachings of Presidents of the Church: Joseph Smith* [2007], 91).

2. Imagine that a friend who is not a member of the Church asked you why baptism is so important. Write how you would respond in your scripture study journal.

3. Write in your scripture study journal how following the example of Jesus Christ by being baptized has influenced and blessed your life.

There is more for us to do after we are baptized. Read 2 Nephi 31:13, and mark the phrases that describe the attitude someone should have as they follow the Savior's example.

According to 2 Nephi 31:13, when we fulfill our covenant with full purpose of heart and with real intent, what does our Father in Heaven promise us in return? (You may want to mark this in your scriptures.) Read the last phrase in 2 Nephi 31:17, and identify why we need to receive the Holy Ghost. In the space provided, write a doctrinal statement or a principle based on scripture that explains what the Holy Ghost will do for us. _____

_____

Fire is used to purify materials such as metals. It burns out impurities, leaving behind a cleaner material. This is similar to what happens to us spiritually when we receive the gift of the Holy Ghost. It is also known as the "baptism of fire" (see 2 Nephi 31:13). **The Holy Ghost witnesses of the Father and the Son and brings a remission of sins.** President Marion G. Romney of the First Presidency taught, "This baptism of fire and of the Holy Ghost . . . cleanses, heals, and purifies the soul" (*Learning for the Eternities,* comp. George J. Romney [1977], 133).

To find another component of the "doctrine of Christ," read 2 Nephi 31:15–16, and highlight what you find. Relate the phrases you discovered in 2 Nephi 31:13 to the instruction given in 2 Nephi 31:15–16, and think about how you can endure to the end with "real intent" and "full purpose of heart."

4. Answer the following questions in your scripture study journal:

a. How might the terms "with full purpose of heart," "acting no hypocrisy," and "with real intent" apply to such activities as daily scripture study or Church attendance?

b. What is the difference between someone who "says their prayers" and someone who prays "with full purpose of heart"?

c. What is the difference between someone who "partakes of the sacrament" and someone who partakes of the sacrament "with real intent"?

Read 2 Nephi 31:18, and look for where we are after we pass through the gate of repentance and baptism. When we exercise faith, repent, are baptized, and receive the Holy Ghost, we enter into the "strait and narrow path." *Strait* means narrow, strict, exacting, and allowing for no deviation. According to 2 Nephi 31:18, how can we know if we are on the strait and narrow path? _____

_____

Experiencing the gift of the Holy Ghost is not simply a nice feeling we receive from time to time. The companionship of the Holy Ghost is a witness from God that we are on the path leading to eternal life.

5. Answer the following questions in your scripture study journal:

a. How has the companionship of the Holy Ghost helped you stay on the strait and narrow path?

b. In what other ways has the Holy Ghost blessed your life?

Marking Lists

When you find lists in the scriptures, you may want to mark them to help you understand what the Lord and His prophets are teaching. Numbering each item can help you easily see each one in the text. Choosing a simple name for the list and numbering each item can help you easily see each one and help you remember what you learned.

Read 2 Nephi 31:19–21, and make a list by numbering in your scriptures other things we must do in order to stay on the path. (Note that 2 Nephi 31:19–20 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

6. In your scripture study journal, write one sentence describing what it means to you to "press forward with a steadfastness in Christ" (2 Nephi 31:20).

In the spaces provided, summarize 2 Nephi 31:19–20 with a statement of principle:

If we _____,
then we _____.
(You may want to write it in your scriptures.)

Elder Russell M. Nelson of the Quorum of the Twelve Apostles offered this hopeful counsel to those who feel they have strayed from the strait and narrow path: "In your journey through life, you meet many obstacles and make some mistakes. Scriptural guidance helps you to recognize error and make the necessary correction. You stop going in the wrong direction. You carefully study the scriptural road map. Then you proceed with repentance and restitution required to get on the 'strait and narrow path which leads to eternal life' [2 Nephi 31:18]" ("Living by Scriptural Guidance," *Ensign,* Nov. 2000, 17).

Ponder how this statement and the scriptures you studied today bring you a "brightness of hope" (2 Nephi 31:20).

Scripture Mastery—2 Nephi 31:19–20

7. Spend five minutes working to memorize 2 Nephi 31:20. Have a family member or friend test your knowledge of the scripture, or you may choose to cover the verse up with your hand and try to quote it without looking at it. Try writing the verse from memory in your scripture study journal.

8. Using 2 Nephi 31:20, select one of the things we must do to stay on the correct path that you are doing well. Then write a description in your scripture study journal of how you are doing it. Then select one area you would like to improve in, and write how you will do that.

Commentary and Background Information

How can we avoid hypocrisy?

Nephi warned against hypocrisy in 2 Nephi 31:13. *Hypocrisy* means to pretend or play a part for others to see that does not reflect our true identity. Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles spoke of acting with no hypocrisy:



"Do we, indeed, actually live the gospel, or do we just *manifest* the appearance of righteousness so that those around us *assume* we are faithful when, in reality, our hearts and unseen actions are *not* true to the Lord's teachings?

"Do we take on only the 'form of godliness' while denying the 'power thereof' [see Joseph Smith—History 1:19]?

"Are we righteous in fact, or do we feign [pretend] obedience only when we think others are watching?

"The Lord has made it clear that He will not be fooled by appearances, and He has warned us not to be false to Him or to others. He has cautioned us to be wary of those who project a false front, who put on a bright

pretense that hides a darker reality. We know that the Lord 'looketh on the heart' and not on the 'outward appearance' [see 1 Samuel 16:7]" ("True to the Truth," *Ensign,* May 1997, 15–16).

How do we "endure to the end"?

The term "endure to the end" (2 Nephi 31:16) is frequently used to suggest the need to patiently suffer hardships throughout our lives. Elder Joseph B. Wirthlin explained that to endure to the end also means to continue in faithfulness to Christ until the end of our lives:

"Enduring to the end is the doctrine of continuing on the path leading to eternal life after one has entered into the path through faith, repentance, baptism, and receiving the Holy Ghost. Enduring to the end requires our whole heart. . . .

"Enduring to the end means that we have planted our lives firmly on gospel soil, staying in the mainstream of the Church, humbly serving our fellow men, living Christlike lives, and keeping our covenants. Those who endure are balanced, consistent, humble, constantly improving, and without guile. Their testimony is not based on worldly reasons—it is based on truth, knowledge, experience, and the Spirit" ("Press On," *Ensign,* Nov. 2004, 101).

9. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 31 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 9: DAY 1

2 Nephi 32

Introduction

After teaching about the "strait and narrow path which leads to eternal life" (2 Nephi 31:18), Nephi saw that his people wondered what they should do after beginning on that path. He answered their questions by encouraging them to "feast upon the words of Christ" and "pray always" (2 Nephi 32:3, 9). He assured them that if they would do these things, the Holy Ghost would help them know what to do.

2 Nephi 32:1–7

Nephi counsels us to seek divine direction through the words of Jesus Christ

Think of a time when someone gave you directions to get from one place to another. Was it easy or difficult to understand those directions? Why is it important to have someone give clear directions?

In the previous lesson you studied some directions Nephi gave his people. After sharing these directions, he said, "This is the way" (2 Nephi 31:21). Quickly search 2 Nephi 31:17–18, and review how someone gets started on the path to eternal life. Then read 2 Nephi 32:1, and look for a question that was in the hearts of the people regarding what Nephi had taught them. Describe the people's question in your own words: _____

_____

Read 2 Nephi 32:2–3, and look for what Nephi said we need to do after we have entered the path. It may be helpful to know that speaking with the tongue of angels, according to President Boyd K. Packer, President of the Quorum of the Twelve Apostles, "simply means that you can speak with the power of the Holy Ghost" ("The Gift of the Holy Ghost: What Every Member Should Know," *Ensign,* Aug. 2006, 50).

You may want to mark the phrase "feast upon the words of Christ" in 2 Nephi 32:3 (this verse is a scripture mastery passage). Nephi used the phrase "the words of Christ" to describe teachings inspired by the Holy Ghost. List some ways or places you can read, hear, or receive teachings inspired by the Holy Ghost.

_____

_____

The words of Christ include the scriptures and the words of modern-day prophets. To help you ponder what it might mean to "feast upon the words of Christ," read the following quotations:



Elder Russell M. Nelson of the Quorum of the Twelve Apostles taught: "To feast means more than to taste. To feast means to savor. We savor the scriptures by studying them in a spirit of delightful discovery and faithful obedience. When we feast upon the words of Christ, they . . . become an integral part of our nature" ("Living by Scriptural Guidance," *Ensign,* Nov. 2000, 17).

Elder Robert D. Hales of the Quorum of the Twelve Apostles said: "If you and I are to feast upon the words of Christ, we must study the scriptures and absorb His words through pondering them and making them a part of every thought and action" ("Healing Soul and Body," *Ensign,* Nov. 1998, 15).

1. In your scripture study journal, write in your own words what you think it means to feast upon the words of Christ.

Ponder the difference between the words *feast, snack,* and *starve.* Think for a moment about how some less-effective ways of studying the words of Christ might be compared to snacking or even starving.

Fill in the rest of the following principle according to 2 Nephi 32:3: **When we feast on the words of Christ, the words of Christ will** _____ _____.

2. In your scripture study journal, either write about a time when feasting on the words of Christ helped you know what to do in your life or describe a situation you now face where feasting on the words of Christ could help you.

Fill in the blanks below to evaluate how well you are feasting on the words of Christ and how you might improve. In each of the examples below, write the word—*feast, snack,* or *starve*—that best describes how well you seek to know the words of Christ in that setting. For example, you might *feast* on the scriptures in your personal study but only *snack* on the words of Christ in general conference.

Personal scripture study: _____

Sacrament meeting: _____

General conference: _____

Family scripture study: _____

Seminary: _____

Family home evening: _____

Aaronic Priesthood quorum meeting or Young Women class: _____

Sunday School: _____

Personal prayer: _____

3. Take a moment to choose one of the activities for which you wrote that you currently "snack" or "starve." In your scripture study journal, write how you will better feast on the words of Christ in that setting. Then follow through and do it.

Read 2 Nephi 32:4–7, and ponder answers to the following questions (you will be writing your answer to one of the questions for assignment 4):

- In verse 4, what do you think it means to "ask" or "knock"? How might prayer be a good example of asking or knocking?
- Also in verse 4, what did Nephi say are the consequences for those who will not ask or knock?
- In verse 5, what blessing did Nephi promise we can have when we receive the Holy Ghost?
- In verse 7, what attitudes did Nephi's people have that led him to mourn for them? Why do you think these attitudes keep people from searching and understanding "great knowledge"?

4. Write in your scripture study journal one truth you learned from 2 Nephi 32:4–7, and explain why this truth is important in your life.

Scripture Mastery—2 Nephi 32:3

5. How long do you think it might take you to memorize 2 Nephi 32:3 if you recite it each time you eat food? Write the verse on a card or small piece of paper, and carry it with you. For the next few days, feast on the words of Christ by seeking to memorize 2 Nephi 32:3 before and after each meal you eat. In your scripture study journal, report on how many meals it took for you to memorize the scripture.

2 Nephi 32:8–9

Nephi counsels us to pray always

Many people say that after they have sinned they do not want to pray to Heavenly Father. Think for a moment about why this might be. Who would not want you to pray anytime, especially after you had sinned? Why? Look in 2 Nephi 32:8 for what the Holy Ghost teaches us to do regarding prayer. Ponder the following questions: Why do you think the Lord wants you to pray? Why do you think Satan does not want you to pray?

Read 2 Nephi 32:9, and look for how often we should pray and what blessings the Lord promises us if we pray. As you read this verse, it may be helpful to know that *consecrate* means to dedicate to the service of God or to make holy.

From 2 Nephi 32:9 we learn this principle: **As we pray always, we will be able to do all the Lord would**

Evaluating Our Lives

When we take the time to honestly evaluate how well we are living a certain principle, we give the Holy Ghost the opportunity to help us realize what we are doing well and how we can improve. As you evaluate yourself, try to seek the guidance of the Holy Spirit and be completely honest.

have us do for the welfare of our souls. (Note that 2 Nephi 32:8–9 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

Ponder what it means to pray always. As you read the following statement by Elder David A. Bednar of the Quorum of the Twelve Apostles, underline one or more ways we can fulfill the command to "pray always":



"There may be things in our character, in our behavior, or concerning our spiritual growth about which we need to counsel with Heavenly Father in morning prayer. After expressing appropriate thanks for blessings received, we plead for understanding, direction, and help to do the things we cannot do in our own strength alone. . . .

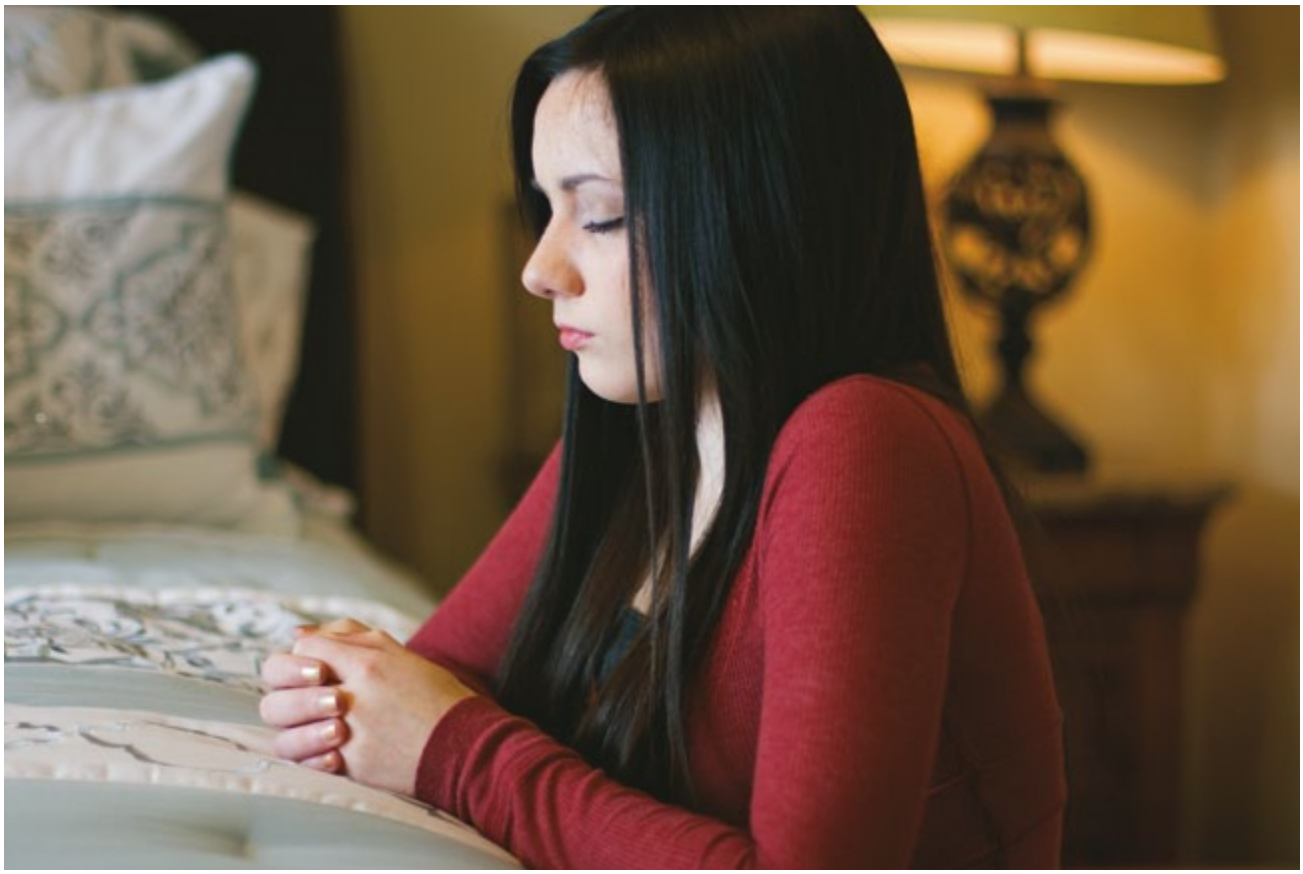
"During the course of the day, we keep a prayer in our heart for continued assistance and guidance. . . .

"We notice during this particular day that there are occasions where normally we would have a tendency to speak harshly, and we do not; or we might be inclined to anger, but we are not. We discern heavenly help and strength and humbly recognize answers to our prayer. Even in that moment of recognition, we offer a silent prayer of gratitude.

"At the end of our day, we kneel again and report back to our Father. We review the events of the day and express heartfelt thanks for the blessings and the help we received. We repent and, with the assistance of the Spirit of the Lord, identify ways we can do and become better tomorrow. Thus our evening prayer builds upon and is a continuation of our morning prayer. And our evening prayer also is a preparation for meaningful morning prayer.

"Morning and evening prayers—and all of the prayers in between—are not unrelated, discrete events; rather, they are linked together each day and across days, weeks, months, and even years. This is in part how we fulfill the scriptural admonition to 'pray always' (Luke 21:36; 3 Nephi 18:15, 18; D&C 31:12). Such meaningful prayers are instrumental in obtaining the highest blessings God holds in store for His faithful children" ("Pray Always," *Ensign* or *Liahona,* Nov. 2008, 41–42).

6. Write in your scripture study journal how you think following Elder Bednar's instructions on how to "pray always" could help you in your life.



To conclude this lesson, read the following testimony from Elder Spencer J. Condie, who was then serving as a member of the Seventy, concerning feasting on the words of Christ: "You may be facing decisions regarding a mission, your future career, and, eventually, marriage. As you read the scriptures and pray for direction, you may not actually see the answer in the form of printed words on the page, but as you read you will receive distinct impressions, and promptings, and, as promised, the Holy Ghost 'will show unto you all things what ye should do' [2 Nephi 32:5]" ("Becoming a Great Benefit to Our Fellow Beings," *Ensign,* May 2002, 45).

Scripture Mastery—2 Nephi 32:8–9

7. During the next 24 hours, try to incorporate what you have learned about how to "pray always" into your life. At the beginning of the next lesson, you will be invited to report your thoughts and feelings about this experience. Write in your scripture study journal how striving to "pray always" can make a difference in your prayers.



8. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 32 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 9: DAY 2

2 Nephi 33

Introduction

Nephi concluded his record by declaring that his written words testify of Jesus Christ and persuade people to do good and endure to the end. He said that although he wrote "in weakness," his message was "of great worth" and his words would "be made strong" for those who would read them (see 2 Nephi 33:3–4). He testified that his writings were "the words of Christ" and that people would be accountable to God for their response to them (see 2 Nephi 33:10–15).

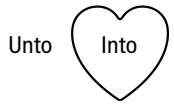
1. In the previous lesson, you were invited to try to "pray always" for 24 hours. In your scripture study journal, write your thoughts and feelings about your experience.

2 Nephi 33:1–15

Nephi explains his purposes for writing

Think for a moment of reasons why you may want the Holy Ghost to bring a message into your heart.

What is the difference between a message going *unto* someone's heart and a message going *into* someone's heart?



Read 2 Nephi 33:1, and look for which word—*unto* or *into*—Nephi used to describe where the Holy Ghost carries messages to us. You may want to mark what you find.

Why do you think it is significant that the Holy Ghost carries the truth *unto* our hearts but not *into* our hearts? _____

_____

Elder David A. Bednar of the Quorum of the Twelve Apostles made the following statement about 2 Nephi 33:1: "Please notice how the power of the Spirit carries the message *unto* but not necessarily *into* the heart. A teacher can explain, demonstrate, persuade, and testify, and do so with great spiritual power and effectiveness. Ultimately, however, the content of a message and the witness of the Holy Ghost penetrate into the heart only if a receiver allows them to enter. Learning by faith opens the pathway *into* the heart" ("Seek Learning by Faith," *Ensign,* Sept. 2007, 61).



Elder Gerald N. Lund, who was then serving as a member of the Seventy, explained why the Holy Ghost will carry the word *unto,* but not *into,* our hearts: "Why just *unto* the heart? Individual agency is so sacred that Heavenly Father will never force the human heart, even with all His infinite power. Man may try to do so, but God does not. To put it another way, God allows us to be the guardians, or the gatekeepers, of our own hearts. We must, of our own free will, open our hearts to the Spirit, for He will not force Himself upon us" ("Opening Our Hearts," *Ensign* or *Liahona,* May 2008, 33).

What do you think people need to do to open their hearts to the Spirit? _____

_____

Read 2 Nephi 33:2, and identify what happens when people choose to harden their hearts. It may be helpful to know that the phrase "things of naught" means "worthless."

2. Write in your scripture study journal what behaviors and attitudes you think someone with an open heart would demonstrate during personal scripture study, during home-study seminary, and during sacrament meeting.

In 2 Nephi 33:1–2 we are taught this principle: **When we open our hearts, messages from the Holy Ghost can enter our hearts.** You may want to write this principle in your scriptures.

3. Write in your scripture study journal answers to the following questions:

a. When have you felt that a gospel message has entered your heart? What were the circumstances, and what were the results?

b. What does this tell you about your heart at that time?

Read 2 Nephi 33:3–7, looking for Nephi's hopes for those who would read his words. Then complete the following sentences, using your own words or the words of Nephi. Be aware that a few of the phrases might have more than one answer:

2 Nephi 33:3—I pray continually for _____ _____.

2 Nephi 33:4—I know _____ _____.

2 Nephi 33:6—I glory _____ _____.

2 Nephi 33:7—I have _____ _____.

As you finish studying 2 Nephi 33, keep in mind that these verses are Nephi's final testimony recorded in scripture. Read 2 Nephi 33:10–14, and imagine you are hearing these words from Nephi himself. You might underline phrases that are meaningful to you.

4. Write in your scripture study journal some of the phrases from 2 Nephi 33:10–14 that were meaningful to you, and explain why. Also answer the following question in your scripture study journal: If people believe in Christ, how will they feel about the Book of Mormon? (See 2 Nephi 33:10.)

Read 2 Nephi 33:15, and ponder Nephi's final words: "I must obey." You may want to write "1 Nephi 3:7" as a cross-reference in your scriptures next to 2 Nephi 33:15. Review 1 Nephi 3:7, and identify how these two verses are related.

5. Spend a few minutes reviewing 1 Nephi and 2 Nephi, identifying examples of Nephi's obedience. In your scripture study journal, write some of the examples you find. Also look for a favorite or meaningful passage that has persuaded you to do good, to be better, or to believe in the Savior, as Nephi said (see 2 Nephi 33:1). Write this passage in your scripture study journal.

Using Cross-References

A cross-reference is a scripture reference that will lead you to additional information and insight on the topic you are studying. As you study, you will benefit greatly by writing cross-references in your scriptures when you find verses that help you understand another verse of scripture or a scripture topic.

Nephi's final testimony and his warning to those who might reject his words add to our accountability for how we treat the Book of Mormon. President Joseph Fielding Smith taught that, as members of the Church, we have a responsibility to study the Book of Mormon:

"It seems to me that any member of this Church would never be satisfied until he or she had read the Book of Mormon time and time again, and thoroughly considered it so that he or she could bear witness that it is in very deed a record with the inspiration of the Almighty upon it, and that its history is true. . . .

". . . No member of this Church can stand approved in the presence of God who has not seriously and carefully read the Book of Mormon" (in Conference Report, Oct. 1961, 18).

You have the opportunity to decide how you will treat Nephi's words and the Book of Mormon.

6. Evaluate your efforts to study the Book of Mormon, and write in your scripture study journal one way you could improve your study.



To conclude this lesson, read President Gordon B. Hinckley's promise to all those who diligently study the Book of Mormon: "Regardless of how many times you previously may have read the Book of Mormon, there will come into your lives and into your homes an added measure of the Spirit of the Lord, a strengthened resolution to walk in obedience to His commandments, and a stronger testimony of the living reality of the Son of God" ("A Testimony Vibrant and True," *Ensign,* Aug. 2005, 6).

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 2 Nephi 33 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



INTRODUCTION TO

Jacob

Why Study This Book?

By studying the book of Jacob, you can learn important lessons from a man who had unshakable faith in Jesus Christ. Jacob repeatedly testified of the Savior and invited his people and those who would read his words to repent. He taught and demonstrated the importance of diligently fulfilling callings from the Lord. He warned his people against the dangers of pride, riches, and immorality. Jacob also quoted and commented on Zenos's allegory of the olive trees, which illustrates the Savior's tireless efforts to bring about the salvation of all God's children. In his encounter with Sherem, an anti-Christ, Jacob demonstrated how to righteously respond to those who question or criticize our faith.

Who Wrote This Book?

Jacob, the fifth son of Sariah and Lehi, wrote this book. He was born in the wilderness during his family's journey to the promised land. In his youth, Jacob "suffered afflictions and much sorrow, because of the rudeness of [his] brethren" (2 Nephi 2:1). However, Lehi promised him that God would "consecrate [Jacob's] afflictions for [his] gain" and that he would spend his days "in the service of [his] God" (2 Nephi 2:2–3). In his youth, Jacob beheld the Savior's glory (see 2 Nephi 2:3–4). Nephi consecrated Jacob to be a priest and teacher of the Nephites (see 2 Nephi 5:26) and later entrusted him with the small plates of Nephi (see Jacob 1:1–4). As a faithful priesthood leader and teacher, Jacob labored diligently to persuade his people to believe in Christ (see Jacob 1:7). He received revelations concerning the Savior, experienced the ministering of angels and heard the voice of the Lord (see Jacob 7:5), and saw his Redeemer (see 2 Nephi 11:2–3). Jacob was the father of Enos, to whom he entrusted the plates before his death.

When and Where Was It Written?

The book of Jacob begins in approximately 544 B.C., when Nephi entrusted Jacob with the small plates. It concludes near the end of Jacob's life, when he passed the plates to his son, Enos. Jacob wrote this record while living in the land of Nephi.

UNIT 9: DAY 3

Jacob 1–2

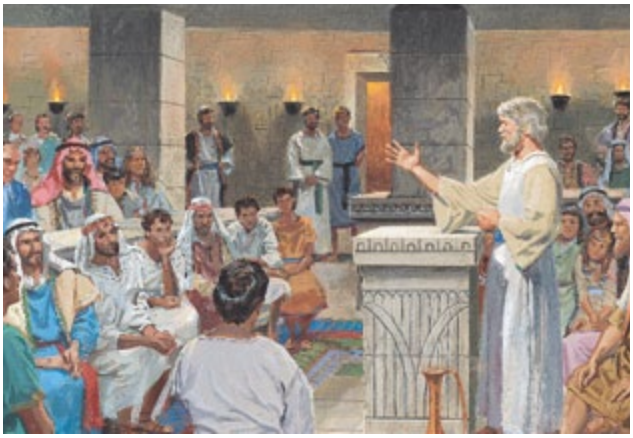
Introduction

After Nephi's death, the Nephites began to "indulge themselves somewhat in wicked practices" under the reign of a new king (Jacob 1:15). Nephi's two younger brothers, Jacob and Joseph, had been consecrated by Nephi as priests and teachers of the people, and they diligently labored to persuade the people to repent and come unto Christ. Jacob obeyed Nephi's commandment to record sacred teachings, revelations, and prophecies on the small plates. True to his divinely given responsibility, Jacob called his people to repentance, warning them of the sins of pride, the love of riches, and sexual immorality. He taught about the dangers and consequences of these three prevalent sins.

Jacob 1:1–2:11

Jacob warns the people of their wickedness

Consider what you would say in the following situation: One of your friends at Church expresses a negative attitude toward his or her priesthood leaders and says, "They don't seem to be in touch with the real world. They keep warning about choices that aren't a big deal. I wish they wouldn't spend so much time telling us all the bad things we need to avoid. They should just talk about positive things."



Think about why priesthood leaders sometimes warn against sin. Jacob recorded that after Nephi's death (see Jacob 1:9), the people began to engage in certain wicked practices. Read Jacob 1:15–16, and identify what the people were doing that concerned Jacob.

You may want to circle the word *began* in Jacob 1:15–16. Why is it a blessing to have priesthood leaders who warn us about problems when or even before they begin? _____

Read Jacob 1:6–8, and identify *why* Jacob and his fellow leaders were counseling the people of Nephi against sin. Why do you think priesthood leaders in your family, as well as local and general priesthood leaders, warn you about sin and teach you the gospel so diligently? You may want to mark the phrases in Jacob 1:7 that teach the following truth: **Priesthood leaders labor diligently to help us come to Christ.**

Read Jacob 1:17–19, and look for any additional reasons why Jacob and his brother Joseph were laboring so diligently to teach the people.

What do you think it means to receive an "errand from the Lord" (Jacob 1:17)? _____

You might want to mark any other phrases that help teach the following principle: **Priesthood leaders have a divinely given responsibility to teach the word of God and warn against sin.**

Ponder for a moment about why it is important to understand that Church leaders are held accountable for their efforts to teach us what the Lord wants us to know.

As you read Jacob 2:1–3, 6–7, 10–11, look for phrases that indicate how Jacob felt about his difficult task of calling his people to repentance.

1. Think about what the following phrases teach you about Jacob's motivation to complete his difficult task: "I this day am weighed down with much more desire and anxiety for the welfare of your souls" (Jacob 2:3) and "I must do according to the strict commands of God" (Jacob 2:10). Write in your scripture study journal a response to the following questions:

a. When have you felt a priesthood leader's love and concern for you?

b. When have you felt that a priesthood leader's words or actions were inspired by God to help you?

Reflect again upon the situation presented at the beginning of the lesson. Think about how you would answer your friend based on what you have studied today.

Jacob 2:12–21

Jacob chastises his people for their pride

To help you prepare to study what the Lord commanded Jacob to teach, think about blessings the Lord has given you in the following areas: family, friends, Church leaders and teachers, artistic and musical abilities, athletic skills, talents, schooling, opportunities to grow, gospel knowledge, and material goods. Think of other ways the Lord has blessed you.

Relating Scriptures to Our Daily Lives

As you study the scriptures, it is important to pause and ponder how a particular principle can be applied in your life. Think about how you would act if you understood and lived a principle taught in the scriptures. In this case, pondering how you would answer a friend with a negative attitude about priesthood leaders can help you understand why our leaders warn us against sin.

Read Jacob 2:12–13, and identify what the Nephites were seeking. Notice that Jacob taught that "the hand of providence" had blessed the Nephites with riches. This phrase refers to our Father in Heaven.

2. Write in your scripture study journal why it is important for you to remember that the Lord has given you the blessings and abilities you have.

If we are not careful, we can allow ourselves to be lifted up in pride after we receive the blessings we seek, like the Nephites did. In the space provided, write what you think it means to be "lifted up in the pride of your hearts." _____

As recorded in Jacob 2:13, what did Jacob say were several causes of the Nephites' pride? _____

Think of a modern-day person or group of people who mistreat, ignore, or persecute others because they "have obtained more abundantly" than those they mistreat (Jacob 2:13). For example, because some people have more money, more friends, more athletic ability, or even a greater knowledge of the gospel than someone else, they may mistakenly think they are better than others or even persecute them. Ponder if there has been a time in your life when you have acted in a prideful manner.

Read Jacob 2:17–21, and mark phrases that could help you overcome pride.

3. In your scripture study journal, write two or more of the phrases that you found in Jacob 2:17–21, and explain how those phrases can help you overcome pride. Some of the following questions may be helpful to consider as you complete this assignment: What do you think it means to seek the kingdom of God? To obtain a hope in Christ? How would seeking the kingdom of God and obtaining a hope in Christ influence how you view and treat others?

Imagine that your mother, father, or leader asked you what you studied today. Write down one principle from Jacob 2:17–21 that you could use to answer them.

One principle in Jacob 2:17–21 is: **We should seek the kingdom of God above all other interests.**

4. Write in your scripture study journal one way you can use the blessings and opportunities the Lord has given you to help build the kingdom of God and bless the lives of others.

Jacob 2:22–30

Jacob chastises his people for sexual immorality

The following statement was made by President Ezra Taft Benson. Guess what two words go in the blanks:

"The plaguing sin of this generation is _____ _____" ("Cleansing the Inner Vessel," *Ensign,* May 1986, 4; look at the end of the lesson for the correct answer).

Read Jacob 2:22–23, 28, and mark phrases Jacob used to describe the seriousness of sexual immorality. It may be helpful to understand that the word *whoredoms* refers to sexual sins.



Elder Richard G. Scott of the Quorum of the Twelve Apostles explained some actions that violate the Lord's law of chastity: "Any sexual intimacy outside of the bonds of marriage—I mean any intentional contact with the sacred, private parts of another's body, with or without clothing—is a sin and is forbidden by God. It is also a transgression to intentionally stimulate these emotions within your own body" ("Making the Right Choices," *Ensign,* Nov. 1994, 38).

Homosexual acts and viewing pornography also violate the Lord's law of chastity.

Notice how the Nephites sought to excuse their sins, as recorded in Jacob 2:23–24. Take a moment to think about how people seek to excuse sexual immorality today.

One of the sins of the Nephites was the unauthorized practice of plural marriage. Jacob taught the Lord's commandment that a man should be married to only one wife (see Jacob 2:27). Having more than one wife without the Lord's authorization through His appointed priesthood leaders is an example of a sexual sin. In God's eyes, sexual sins are very serious (see Alma 39:5).

The Lord's people are authorized to practice plural marriage only when the Lord commands it (see Jacob 2:30). At certain times in the history of the world, the Lord has commanded His people to practice plural marriage. For example, plural marriage was practiced in Old Testament times by Abraham and Sarah (see Genesis 16:1–3; D&C 132:34–35, 37) and by their grandson Jacob (see D&C 132:37), and it was practiced for a time during the early days of the restored Church, beginning with the Prophet Joseph Smith (see D&C 132:32–33, 53). However, God commanded His prophet Wilford Woodruff to end the practice of plural marriage (see Official Declaration 1 in the Doctrine and Covenants).

Read Jacob 2:31–35, and mark phrases showing some of the negative consequences of sexual sin.

5. Answer the following questions in your scripture study journal:

a. According to Jacob, how does sexual immorality affect families?

b. Some youth may rationalize that they can be sexually immoral because they are not married and, therefore, are not unfaithful to a spouse, and they do not have children. How might immorality affect a teenager and his or her family?

c. Why do you think the Lord considers immorality to be such a serious sin?

Review the beginning of Jacob 2:28, and mark what the Lord delights in. (Note that though Jacob specifically mentioned women in this verse, it is equally true that the Lord delights in the chastity of men.) This verse teaches the principle: **The Lord delights in chastity.**

Based on what you have learned today, consider why the Lord delights in the chastity of His children. Think about your family, as well as the family you hope to have in the future. How will living according to the Lord's law of chastity bless you and them? Ponder

how the choices you are making to be chaste and clean delight the Lord.

You can remain clean. If you have already sinned against the law of chastity, you can repent and become clean through the Atonement of Jesus Christ. Seek the guidance of the Holy Spirit as you think of one or more ways you can better guard yourself against breaking the law of chastity. If you have committed any sexual transgressions, do whatever is necessary, including meeting with your bishop or branch president, to confess what you have done in violation of the Lord's law of chastity.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Jacob 1–2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

Answer to the missing words in the quotation at the beginning of this lesson: President Benson said, "The plaguing sin of this generation is *sexual immorality.*"

UNIT 9: DAY 4

Jacob 3–4

Introduction

Jacob 3 contains the conclusion of a sermon Jacob delivered to his people. In this conclusion, Jacob briefly offered words of comfort and promise to the pure in heart. He also rebuked the proud and unchaste among his people, warning them of the consequences if they would not repent. Jacob 4 contains words that Jacob was inspired to write for the people who would someday read his record. He testified of the Atonement of Jesus Christ and exhorted his readers to reconcile (restore to harmony) themselves to God the Father through the Atonement. With a warning voice, he told of Jews who would reject Jesus Christ and the plainness of His gospel.

Jacob 3

Jacob encourages the pure in heart, and he urges others to repent

Think about what advice you might give to a young man or woman in the following situations:



- A young woman who is striving to live righteously suffers because her father is addicted to alcohol.
- A young man who does his best to live the gospel struggles because of his parents' divorce.
- A young woman diligently tries to love her family, but she struggles at home because of the selfishness and inconsiderate actions of her sister.

Ponder a time you experienced trials even though you were striving to live righteously. Jacob taught us what to do in such situations. Read the first sentence of Jacob 3:1, and identify whom Jacob addressed first in chapter 3.

Jacob said that because of others' pride and immorality (which he had previously warned against, as recorded in Jacob 2) the pure in heart had suffered. Read Jacob 3:1–2, and fill in the following chart:

What did Jacob exhort the pure in heart to do?	What does God promise the pure in heart?

1. Review your answers in the first column. To help you further consider this principle, answer two of the following questions in your scripture study journal:

a. How do you think a young person can "look unto God with firmness of mind"?

b. What do you think it means to pray unto God "with exceeding faith" during a time of trial?

c. What do you think a young person can do to "receive the pleasing word of God"?

2. Review your answers in the second column. These verses teach that **God will console the pure in heart in their afflictions.** To help you further consider this principle,

answer one or more of the following questions in your scripture study journal:

a. How has God consoled you in your afflictions as you have tried to follow Him?

b. How has praying "with exceeding faith" helped you during a time of trial?

c. When has receiving God's word helped you feel His love?

After speaking to the pure in heart, Jacob addressed those who were not pure in heart. Read Jacob 3:3–4, 10–12, and identify what Jacob urged these people to do. It may be helpful to know that the phrase "arouse the faculties" means to awaken our abilities and emotions, and the words *fornication* and *lasciviousness* refer to sexual sins and lust.

In Jacob 3:3–4, 10–12, we also read Jacob's warnings about what would happen if his people did not repent. After studying these verses, circle the phrases that describe the following consequences: (a) The Lamanites would destroy them. (b) Their example would lead their children to destruction. (c) They would experience the second death, or in other words, a separation from God.

Consider for a moment how Jacob's warning could be considered a great blessing to his people.

As recorded in Jacob 3:5–7, Jacob boldly stated that the Lamanites were "more righteous" than the Nephites because "their husbands love their wives, and their wives love their husbands; and their husbands and their wives love their children." The Nephites needed to repent of all their sins, specifically those that led to decreased love and trust in their families.

Ponder Jacob 3:11–12, and summarize the message in your own words. _____

_____

Summarizing Scriptures in Your Own Words

To summarize scriptures in your own words, seek to understand what the scriptures teach, and then think about, say, or write the message in a way that makes sense to you. Doing this can help you apply scriptural truths to your life. After summarizing a verse or verses, reread them to make sure your summary is true to the main point of the verse or verses.

Take a moment to think about the temptations you face and what awful consequences you escape as you repent of your wrongdoings.

Jacob 4

Jacob exhorts his people to gain a hope that they can return to the presence of God

To prepare to study Jacob 4, lift your pen or pencil at least two feet or one meter above your manual, and try to drop it so that it hits the center of the target—"the mark." You may want to try this several times. Think about how less effective your efforts would be if you were looking somewhere other than the target. How well do you think people would do in archery if they never looked at the target, or mark, while they were shooting or if they looked at what was beyond the mark? Read Jacob 4:14, and identify characteristics of the people Jacob prophesied would look "beyond the mark."



You may want to write in your scriptures next to Jacob 4:14 that "the mark is Christ" (Neal A. Maxwell, "Jesus of Nazareth, Savior and King," *Ensign,* May 1976, 26). Similarly, Paul taught, "I press toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:14).

The prophet Jacob was referring to the Jews who misunderstood the law of Moses and its intent to lead them to the Savior. Many of the Jews were looking for a different kind of deliverance than the kind Jesus, the Messiah, offered them—they were looking for deliverance from foreign rule and oppression.

3. Answer the following questions in your scripture study journal:

a. What do you think it means to look beyond the mark (Jesus Christ)?

b. What attitudes and actions listed in Jacob 4:14 blinded the Jews and prevented them from accepting Jesus Christ?

c. What might be some examples of looking beyond the mark, or failing to focus on the Savior, today?

Jacob wanted those who would read his record to have an attitude completely different from the attitude of the Jews who missed the mark. Read Jacob 4:4, and identify what Jacob wanted all who would read his record to know. Read also Jacob 4:12, and mark the phrase "why not speak of the atonement of Christ." As recorded in Jacob 4:4–12, Jacob gave several reasons why he believed in Jesus Christ and why he felt it was important to let others know of the Atonement.

4. Write the following scripture references in your scripture study journal, and then write brief summaries of what Jacob taught about Jesus Christ or the Atonement in each reference:

a. Jacob 4:4–6

b. Jacob 4:7–8

c. Jacob 4:9–10

d. Jacob 4:11

What words or phrases in Jacob 4:4–6 indicate Jacob's people understood the nature of the Godhead?

It may be helpful to know that being "presented as the first-fruits of Christ unto God" (Jacob 4:11) refers to standing before God worthy of entering the celestial kingdom. Also, it is important to understand that if we are to have "a hope of [the Savior's] glory" (Jacob 4:4), we must believe that Jesus Christ has provided the way for us to be redeemed from our sins and be resurrected so we can return to the presence of Heavenly Father.

One truth we can learn in Jacob 4 is this: **Through the Atonement of Jesus Christ, we can be filled with hope and reconcile ourselves with God.**

5. Write short answers to the following in your scripture study journal:

a. Review the truths about Jesus Christ you studied in Jacob 4:4–12, and choose one that particularly motivates you to want to speak about the Atonement. Write that truth, and explain why you chose it.

b. What other personal reasons motivate you to want to speak of Jesus Christ and the Atonement?

As you conclude this lesson, ponder why you are grateful for the Savior. Consider sharing your reasons with a family member or close friend.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Jacob 3–4 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 10: DAY 1

Jacob 5–6

Introduction

Jacob 5 contains the allegory of the tame and wild olive trees, which was originally given by a prophet named Zenos. Jacob used this allegory to teach that the Lord is always working to bring salvation to His covenant people, even when they turn away from Him. The allegory shows that the Lord scattered portions of the house of Israel—His covenant people—throughout the earth and that He will gather His people in the



A vineyard is a section of land used to plant grapevines and olive trees. Olive trees were extremely valuable in ancient Israel. Olives were used for food, and olive oil was used for cooking, medicine, and fuel for lamps. However, olive trees required much care and labor to help them produce good fruit.

latter days. The allegory has specific and personal application to us today as members of the house of Israel and servants of the Lord. In Jacob 6, Jacob emphasized the Lord's mercy and justice while encouraging his people—and us—to repent.

Jacob 5:1–12

Jacob quotes Zenos, who likened the house of Israel to a tame olive tree

Do you know of a friend or loved one who has questioned God's love for him or her, particularly during a time of trial when the person may have turned away from Him? Consider the following examples:

- A young priesthood holder develops a sinful habit. He believes that others can be forgiven, but he doubts the Lord will accept his repentance.
- A young woman transgresses a commandment. She experiences guilt, feels terrible about herself, and questions if the Lord still loves her.

Jacob prophesied that the Jews would reject Jesus Christ (see Jacob 4:15). He also prophesied that Jesus Christ would continue to labor for the salvation of His people even after they had rejected Him. To illustrate this truth, Jacob quoted an allegory given by a prophet named Zenos (see Jacob 5:1). An allegory, like a parable, is a story that uses symbolic characters, objects, and actions to teach truths. As you study Jacob 5, consider how the Lord is always reaching out to you even when you have sinned.

Read Jacob 5:2, and mark in your scriptures whom Zenos directed this teaching to.

Because you have made covenants with the Lord through baptism, you are a member of the house of Israel. You are part of the story told in Jacob 5. Read Jacob 5:3, and mark what Zenos used in his allegory to represent the house of Israel. Also mark what began to happen to the tame olive tree.

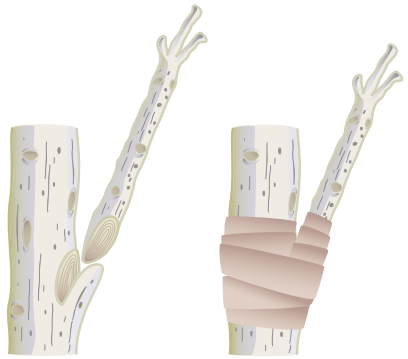
Notice that footnote *d* in Jacob 5:3 indicates that the decay of the tree represents apostasy. Apostasy occurs when individuals or groups of people turn away from the Lord and His gospel.

The following chart lists symbols that help us understand the meaning of Zenos's allegory. Also listed are the verses where these symbols first appear. Mark these symbols in your scriptures. You may also want to write the meaning of some of the symbols in the margins of your scriptures.

Jacob 5: The Allegory of the Tame and Wild Olive Trees

Symbol	Meaning
Tame olive tree (verse 3)	The house of Israel, God's covenant people
The vineyard (verse 3)	The world
Decay (verse 3)	Sin and apostasy
Master of the vineyard (verse 4)	Jesus Christ
Pruning, digging, and nourishing (verse 4)	The Lord's efforts to help us be righteous and produce good works
Branches (verse 6)	Groups of people
Wild olive tree (verse 7)	Gentiles—those who have not made covenants with the Lord. Later in the allegory, natural olive trees, representing portions of the house of Israel in apostasy, are also described as "wild."
Plucking and grafting branches (verses 7–8)	The scattering and gathering of the Lord's covenant people. In addition, the grafting of wild olive branches into the tame olive tree represents the conversion of Gentiles who become part of the Lord's covenant people through baptism.
Burning branches (verse 7)	God's judgments upon the wicked
Fruit (verse 8)	The lives or works of people
Roots of the tame olive tree (verse 11)	The covenants the Lord makes with those who follow Him. Roots may also represent individuals with whom the Lord covenanted anciently, such as Abraham, Isaac, and Jacob (see Jacob 6:4).

Read Jacob 5:4–6, and mark what the Master of the vineyard did first to save the tame olive tree. Look at the chart above, and notice who the Master of the vineyard is and what His actions of pruning, digging, and nourishing represent.



In the process of grafting, healthy living branches are cut from a tree and inserted into the trunk of another tree to grow.



Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles explained what the allegory is intended to be about. As you read his explanation, underline what he teaches is the deeper meaning of this allegory.

"This allegory as recounted by Jacob is from the outset intended to be about Christ [the Master of the vineyard]. . . .

"Even as the Lord of the vineyard and his workers strive to bolster, prune, purify, and otherwise make productive their trees in what amounts to a one-chapter historical sketch of the scattering and gathering of Israel, the deeper meaning of the Atonement undergirds and overarches their labors" (*Christ and the New Covenant: The Messianic Message of the Book of Mormon* [1997], 165).

While Jacob 5 appears to be about olive trees, this allegory is about people who have turned away from the Lord in sin and the Lord's efforts to help them return to Him. This chapter teaches that **the Lord loves us and labors diligently for our salvation.** As you continue to study the allegory, look for evidence of this truth by paying close attention to the Lord's feelings for Israel—the tame olive tree—and His tireless efforts to save it. For example, read Jacob 5:7, and ponder the phrase "It grieveth me that I should lose this tree." What emotions do you think the Lord expressed here, and why? _____

Read the phrase again, and this time insert your name in place of "this tree": "It grieveth me that I should lose [your name]." By inserting your name throughout Jacob 5 in places that are meaningful and appropriate, you will be able to relate the allegory to yourself and learn more about the Lord's concern for you.

Read Jacob 5:7–11, and look for what the Lord of the vineyard did next to save the tame olive tree.

1. Using the meaning of the symbols on the chart, write an explanation in your scripture study journal of what the Lord of the vineyard and His servant do in Jacob 5:7–11 to try and save Heavenly Father's children.

Substituting Your Name into Verses You Study

You may also insert the word *I* or *me* in suitable places in the scriptures. This practice can help you engage in meaningful scripture study and see how certain passages may relate to you.

The Lord takes people who are not of the house of Israel and grafts them into Israel, making them part of His covenant people. To save the house of Israel, He plucks off the most wicked branches (people) and destroys them.

Read Jacob 5:13–14, and look for what the Lord did with the young and tender branches from the tame olive tree mentioned in verse 6. You may want to write in your margin that *nethermost* means lowest or least visible.

2. Using the meanings of the symbols on the chart, explain in your scripture study journal how the family of Lehi could be compared to a young and tender branch that was hid in the nethermost part of the vineyard.

President Joseph Fielding Smith explained that the Lord's servants "took some of the branches and grafted them in to all the wild olive trees. Who were the wild olive trees? The Gentiles. And so the Lord sent his servants to all parts of his vineyard, which is the world, and planted these branches of the tree. . . .



"Now in that parable the olive tree is the House of Israel. . . . In its native land it began to die. So the Lord took branches like the Nephites, like the lost tribes, and like others that the Lord led off that we do not know anything about, to other parts of the earth. He planted them all over his vineyard, which is the world. No doubt he sent some of these branches into Japan, into Korea, into China. No question about it, because he sent them to all parts of the world" (*Answers to Gospel Questions,* comp. Joseph Fielding Smith Jr., 5 vols. [1957–66], 4:204–5).

President Smith also taught that "the interpretation of this parable . . . is a story of the scattering of Israel and the mixing of the blood of Israel with the wild

olive trees, or Gentile peoples, in all parts of the world. Therefore we find in China, Japan, India, and in all other countries that are inhabited by the Gentiles that the blood of Israel was scattered, or 'grafted,' among them" (*Answers to Gospel Questions,* 4:40–41).

Jacob 5:15–77

The Lord of the vineyard and his servants labor to help the vineyard produce good fruit

Many of the verses in Jacob 5 describe different time periods and events about various parts of the house of Israel being scattered throughout the world and the Savior's work to gather them. The chapter ends with the Millennium and the earth's final cleansing.

To emphasize the Lord's concern for the trees of His vineyard and His continual efforts to save them, Zenos repeated a few important phrases throughout his allegory. Read Jacob 5:20, 23–25, 28, 31, and mark each time the Lord mentioned His efforts to nourish the trees of His vineyard.

In spite of the efforts of the Lord and His servant to help the vineyard produce good fruit, eventually all the fruit of the vineyard became corrupt (see Jacob 5:39). Read Jacob 5:41–42, 46–47, and mark phrases in your scriptures that show the Lord's love, concern, or sorrow for His vineyard.

Because the trees were producing bad fruit despite all He had done, the Lord of the vineyard considered cutting down all of the trees (see Jacob 5:49). Read Jacob 5:50–51. The rest of Jacob 5 represents the Lord's and His servants' efforts to save those who live in the last days. He gathers his people and nourishes them one last time (see Jacob 5:52–77).

President Joseph Fielding Smith taught that the gathering of Israel described in Jacob 5 is occurring now: "In this day of gathering the Lord is fulfilling his purposes and is calling back into the fold of the True Shepherd, the children of Abraham" (*Answers to Gospel Questions,* 4:41).

3. Write in your scripture study journal what you have learned from Jacob 5 about the Lord's love for you. Record an example of how you have seen His love manifested in your life or in the life of someone you know.

Jacob 6

Jacob teaches of God's mercy and justice and invites us to repent

Jacob 6 contains Jacob's summary of important truths from the allegory of the olive trees. Read Jacob 6:4–6, and look for what Jacob emphasized about God's character. What word would you use to summarize what Jacob wanted us to learn about God? _____

Jacob concluded his message in Jacob 6:7–13 by testifying that **we are wise to prepare now for judgment by repenting and receiving the Lord's mercy.**

4. Review Jacob 6:5. Notice that Jacob encouraged us to "cleave unto God as he cleaveth unto you." To cleave means to cling or hold on to. Answer the following questions in your scripture study journal:

a. What did you learn from the allegory of the olive trees that illustrates how God cleaves or holds on to you?

b. What can you do to cleave more firmly unto Him as He cleaves unto you?

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Jacob 5–6 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

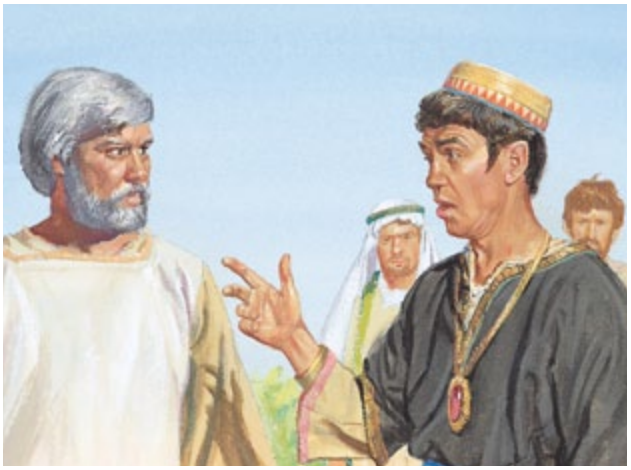
UNIT 10: DAY 2

Jacob 7

Introduction

Jacob relied on his testimony and the Lord to overcome the false ideas and arguments of Sherem, an anti-Christ. An anti-Christ is someone who vigorously or intensely opposes Christ and tries to destroy other people's faith in Him, His true Church, His gospel, or the plan of salvation.

To thwart Sherem's efforts, Jacob drew strength from past experiences that had increased his faith in Jesus Christ. He also relied on the guidance of the Holy Spirit, his knowledge of the scriptures and the words of the prophets, and his testimony of Jesus Christ. When Sherem demanded a sign that would prove Jacob's words were true, he was smitten by God. Jacob concluded his record by describing how the Nephites trusted in the Lord as they fortified themselves against the Lamanites. Before Jacob died, he entrusted the small plates to his son Enos.



Jacob 7:1–14

Jacob relies on the Lord as he faces Sherem, an anti-Christ

Elder Robert D. Hales of the Quorum of the Twelve Apostles taught: "One of mortality's great tests comes when our beliefs are questioned or criticized. In such moments, we may want to respond aggressively. . . . But these are important opportunities to step back, pray, and follow the Savior's example. Remember that Jesus Himself was despised and rejected by the world. . . . When we respond to our accusers as the Savior did, we not only become more Christlike, we invite others to feel His love and follow Him as well" ("Christian Courage: The Price of Discipleship," *Ensign* or *Liahona*, Nov. 2008, 72).

Think of a time when your beliefs were questioned or criticized. As you study Jacob 7 you will learn how Jacob experienced criticism of his faith from a man named Sherem and how he successfully responded to this challenge.

Read Jacob 7:1–5, and look for words and phrases that indicate (1) what Sherem was trying to do and (2) how he sought to accomplish his goals. You may want to mark these in your scriptures.

According to Jacob 7:3, what effect did Sherem have on the people? _____

_____

1. Notice in Jacob 7:4 that Sherem "was learned" and had "much power of speech." Write in your scripture study journal why it is sometimes difficult to defend your faith against a person like Sherem.

Remember that not all people who question or criticize our faith necessarily have the same motives as Sherem. While some people, like Sherem, deliberately seek to destroy faith, others may question our faith because they are curious, or perhaps they have been misinformed concerning our beliefs.

As you read Jacob 7:5–14, ponder how you would respond to a person like Sherem. As you study Jacob's response, you will see that **as we rely on the Lord we can overcome challenges to our faith.** You may want to write this principle in the margin of your scriptures near these verses. Look for ways Jacob demonstrated this principle in his encounter with Sherem.

In the chart below, read the verse or verses from Jacob 7:5–14 in the first column and match that reference to the statement in the second column that best describes how Jacob relied on the Lord in that reference. Write the letter of the statement on the line next to the scripture reference.

What Jacob Did to Rely on the Lord	
1. _____ Jacob 7:5	a. He testified of the scriptures and words of prophets.
2. _____ Jacob 7:8	b. He left the outcome in God's hands.
3. _____ Jacob 7:10–11	c. He relied on guidance and strength from the Holy Ghost.
4. _____ Jacob 7:12	d. He remembered past experiences that had strengthened his faith.
5. _____ Jacob 7:13–14	e. He shared the testimony he had received through the Holy Ghost.

You can check your answers to this matching activity by referring to the correct responses found at the end of this lesson.

How can you strengthen your testimony so that it will not be shaken when what you believe is questioned or criticized? Notice in Jacob 7:5 that Jacob demonstrated the following truth: **We cannot be shaken in our faith if our testimonies are based on revelation and true spiritual experiences.** Ponder the strength of your testimony of Jesus Christ and what you can do to strengthen it.

Jacob's response to Sherem provides an example for us to follow as we respond to individuals who question or criticize our faith.

2. Answer three of the questions below in your scripture study journal to help you think about the things Jacob did to rely on the Lord and how these same actions have helped or can help you when others challenge your faith:

a. Notice in Jacob 7:5 that because of Jacob's previous spiritual experiences his faith became unshakable. What are some experiences that have strengthened your faith? How can remembering or recording these experiences help you when someone questions or criticizes your faith?

b. In Jacob 7:8, Jacob stated that "the Lord God poured in his Spirit into my soul." What do you need to do to be able to have the Spirit poured into your soul? How has the Holy Ghost helped you as you have dealt with questions or criticisms about your faith?

c. How can a daily habit of studying the scriptures and the words of latter-day prophets help you in circumstances when others question or criticize your faith? (see Jacob 7:10–11).

d. When have you shared your testimony with someone who has questioned or criticized your faith? (see Jacob 7:12). What was the result?

e. Rather than seeking to prove the truthfulness of his testimony when Sherem sought for a sign, Jacob left the outcome in the Lord's hands (see Jacob 7:14). How can it help you to know that you don't need to prove the truthfulness of your testimony to those who challenge your faith?

Jacob 7:15–23

Sherem is smitten, confesses, and dies, leading the Nephite multitude to turn to the Lord

Elder Robert D. Hales taught:



"When we do not retaliate—when we turn the other cheek and resist feelings of anger—we . . . stand with the Savior. We show forth His love, which is the only power that can subdue the adversary and answer our accusers without accusing them in return. That is not weakness. *That* is Christian courage.

"Through the years we learn that challenges to our faith are not new, and they aren't likely to disappear soon. But *true disciples of Christ see opportunity in the midst of opposition. . . .*

". . . Fortunately, the Lord knows the hearts of our accusers and how we can most effectively respond to them. *As true disciples seek guidance from the Spirit, they receive inspiration tailored to each encounter.* And in every encounter, *true disciples respond in ways that invite the Spirit of the Lord"* ("Christian Courage: The Price of Discipleship," 72–73).

What do you think it means to "see opportunity in the midst of opposition"? _____

_____

Good can result as we respond to those who challenge our faith in ways that invite the Spirit of the Lord. Read Jacob 7:15–23, and look for the good that resulted from Jacob's encounter with Sherem.

What evidence do you see in Jacob 7:21–22 that Jacob desired his experience with Sherem to help others?

_____

_____

According to Jacob 7:23, how did Jacob's encounter with Sherem ultimately affect the multitude? _____

_____

3. One principle we learn from Jacob's encounter with Sherem is that **as we respond to questions or criticisms of our faith in ways that invite the Spirit, we can help others turn to the Lord.** Write answers to the following questions about this principle in your scripture study journal:

a. How can knowing this principle allow you to help others turn to the Lord?

b. How might you seek to apply this principle?

Jacob 7:24–27

Jacob describes Nephite dealings with the Lamanites and concludes his record

Read Jacob 7:24–27. Highlight a phrase in Jacob 7:25 that reinforces Jacob's message about the importance of relying on the Lord as we face challenges.

4. Answer the following question in your scripture study journal: What is one thing you will do to prepare for a time when someone challenges your faith?

If you have concerns about how to deal with specific questions or criticisms of your faith, study the manual *True to the Faith: A Gospel Reference,* Elder Robert D. Hales's general conference address "Christian Courage: The Price of Discipleship" (*Ensign* or *Liahona,* Nov. 2008, 72–75), and other resources available on LDS.org and youth.lds.org.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Jacob 7 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

Answers to the matching activity at the beginning of this lesson: 1) d, 2) c, 3) a, 4) e, 5) b.

INTRODUCTION TO

Enos

Why Study This Book?

The book of Enos illustrates the power of the Atonement of Jesus Christ to cleanse people from sin and make them whole. Enos wrestled before God in mighty prayer before his sins were forgiven. He then prayed for the spiritual welfare of the Nephites and Lamanites. He spent the remainder of his life laboring for their salvation. As you study the book of Enos, you can discover important lessons about prayer, repentance, and revelation. You can also learn that as individuals receive the blessings of the Atonement, they will desire to share those blessings with others.

Who Wrote This Book?

Enos, the son of Jacob and the grandson of Lehi and Sariah, authored this book. Enos recorded that his father taught him "in the nurture and admonition of the Lord" (Enos 1:1). Near the end of his life, Enos wrote that he had declared "the word according to the truth which is in Christ" (Enos 1:26) throughout all his days. Before his death, Enos passed the small plates of Nephi to his son Jarom. Enos concluded his record by rejoicing in the day when he would stand before his Redeemer. He declared, "Then shall I see his face with pleasure, and he will say unto me: Come unto me, ye blessed, there is a place prepared for you in the mansions of my Father" (Enos 1:27).

When and Where Was It Written?

Enos closed his record by declaring that 179 years had passed since Lehi left Jerusalem (see Enos 1:25). That places the date of his writing between approximately 544 B.C. (when Jacob closed his record) and 420 B.C. Enos wrote this record while living in the land of Nephi.

UNIT 10: DAY 3

Enos

Introduction

After reflecting on the words of his father, Enos prayed for and received a remission of his sins. He then prayed for the spiritual welfare of the Nephites and Lamanites and spent his life laboring for their salvation.

Enos 1:1–8

After reflecting on the words of his father, Enos prays for and receives a remission of his sins

Read Enos 1:1, 3, and notice the influence Jacob had on Enos. Although Enos was the son and grandson of prophets, he still needed to experience the power of the Atonement of Jesus Christ for himself.

Think of a time when you have felt very hungry. Circle some words below that describe what you feel when you are hungry:

empty	pain
weak	anxious
unsatisfied	a craving
starving	

Highlight the phrase "my soul hungered" in Enos 1:4. What do you think this phrase means? _____

_____

The phrase "my soul hungered" may involve feelings such as spiritual emptiness or pain or a desire to be filled spiritually. Enos wrote about a time when he experienced this spiritual hunger. He wrote that his father's words "sunk deep into [his] heart" (Enos 1:3). As he reflected on those words, he experienced desires that led him to act in faith. His faithful actions brought changes in his life and blessings from the Lord.



1. Begin a series of exercises to help you understand Enos's experience and relate it to your life by dividing a full page of your scripture study journal into six sections and labeling each section as follows:

What Enos desired:	What I desire:
What Enos did:	What I need to do:
What Enos experienced:	My experience:

2. Read Enos 1:2–3, and look for phrases in each verse that indicate what Enos desired to have in his life. Write these phrases in the section marked "What Enos desired" in your scripture study journal chart.

Enos's desire for a remission of his sins helps us understand what he meant in Enos 1:4 when he wrote, "My soul hungered." In addition to hungering for forgiveness, Enos also desired "eternal life, and the joy of the saints" (Enos 1:3). He wanted to feel the happiness that comes from being worthy to be with the Lord and others who are righteous.

3. Consider if you have some of the same feelings of spiritual hunger that Enos described. In your scripture study journal chart, in the section marked "What I desire," write about some of the spiritual desires that you hunger for in your life.

Enos's desires led him to exercise his faith and act. In Enos 1:2, identify and mark the word Enos used to describe the effort he made. Notice that Enos did not wrestle *with* God but *before* God in prayer. Such wrestling involves a mental and spiritual struggle to show Heavenly Father the sincerity of our desires and our willingness to repent and make necessary changes in our lives. In Enos 1:4, Enos recorded some details describing his wrestle.

4. Read Enos 1:4, and mark the things Enos did to show he was sincere as he sought a remission of his sins. List what you identify under "What Enos did" in your scripture study journal chart.

The word *supplication* in Enos 1:4 means to ask humbly and with great desire. Our prayers may not be as long as Enos's, but they need to be sincere.

5. In your scripture study journal chart, under "What I need to do," write your thoughts about how you can show the Lord your sincerity as you pray and seek His spiritual blessings.

6. Enos's faithful and sincere efforts led to great blessings in his life. Read Enos 1:5–8, and mark what Enos experienced. List these in the "What Enos experienced" section of your scripture study journal chart. As you read verses 5 and 6, notice how Enos knew he had been forgiven. The voice mentioned in verse 5 was a voice that came into Enos's mind (see Enos 1:10).

Enos 1:7–8 teaches that **as we exercise faith in Jesus Christ, our sins can be forgiven and we can be made whole.** Our desires to improve, our sincere prayers, and our efforts to repent are ways we can show faith in Jesus Christ.

President Dieter F. Uchtdorf of the First Presidency explained how our guilt can be swept away as we exercise faith in Jesus Christ and repent of our sins:



"Once we have truly repented, Christ will take away the burden of guilt for our sins. We can know for ourselves that we have been forgiven and made clean. The Holy Ghost will verify this to us; He is the Sanctifier. No other testimony of forgiveness can be greater. . . .

"[The Lord] declared, 'Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more' (D&C 58:42).

"Satan will try to make us believe that our sins are not forgiven because *we* can remember them. Satan is a liar; he tries to blur our vision and lead us away from the path

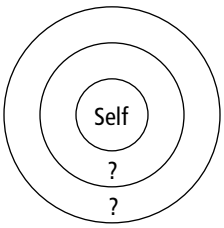
of repentance and forgiveness. God did not promise that *we* would not remember our sins. Remembering will help us avoid making the same mistakes again. But if we stay true and faithful, the memory of our sins will be softened over time. This will be part of the needed healing and sanctification process" *Ensign* or *Liahona,* May 2007, 101).

To help you apply President Uchtdorf's words, reflect on the following questions: When have you felt that the Lord forgave you of your sins? How did you know you were forgiven? Have you felt the Lord's forgiveness recently?

7. After pondering the questions above, record in the "My experience" section in your scripture study journal chart your experience with the feelings of forgiveness. Or you could write about what you hope to experience as you exercise faith in Jesus Christ.

Enos 1:9–27

Enos prays for the Nephites and the Lamanites and labors with others for their salvation



This diagram illustrates Enos's prayer. He first prayed for himself and then expanded his prayers to include others. Read Enos 1:9–10, and mark in your scriptures whom Enos prayed for second. Read Enos 1:11–14, and mark whom Enos prayed for third.

8. Respond to the following question in your scripture study journal: Based on Enos's description of the Lamanites' intentions in Enos 1:14, what impresses you about his prayer for them?

We learn from Enos's example that **as we experience the blessings of Jesus Christ's Atonement, we will seek to help others receive salvation.** To help you remember this truth, you may want to write all or part of the following statement from President Howard W. Hunter in the margin of your scriptures:



"Any time we experience the blessings of the Atonement in our lives, we cannot help but have a concern for the welfare of our brethren. . . .

"A great indicator of one's personal conversion is the desire to share the gospel with others" (*The Teachings of Howard W. Hunter,* ed. Clyde J. Williams [1997], 248–49).

Read Enos 1:19–20, 26, and mark words or phrases that show the sincerity of Enos's desires for the Nephites and the Lamanites after he prayed for them.

Read Enos 1:27, and look for evidence of the joy Enos experienced for his efforts and the assurance of eternal life he received.

9. To help you apply what you have learned in this lesson, prayerfully decide one or more ways you can follow Enos's example. Choose one statement below, and complete it in your scripture study journal:

a. Like Enos, I desire to receive a remission of my sins. I will show the Lord I am sincere in this desire by . . .

b. Like Enos, I desire to help my family members and friends come unto Jesus Christ. One person I will seek to help is (person's name). I will seek to help this person by . . .

c. Enos prayed for the Lamanites, who could be considered his enemies. Like Enos, I want to show the Lord's love toward those who are unkind to me. One way I will do this is . . .

Seek to accomplish what you have written in your scripture study journal. As you exercise faith in the Atonement of Jesus Christ and repent, you can experience forgiveness, joy, and an increased desire to help others.

10. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Enos 1 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

Jarom

Why Study This Book?

As you study the book of Jarom, you will see that God keeps His promise to bless those who obey His commandments. You will also learn about the efforts of Nephite kings, prophets, teachers, and priests of Jarom's day to help the people repent and avoid destruction.

Who Wrote This Book?

Enos's son Jarom wrote this book. Like his father—and like his grandfather Jacob and his great-grandfather Lehi—Jarom had the spirit of prophecy and revelation (see Jarom 1:2). When he finished his record, he passed the small plates of Nephi to his son Omni.

When and Where Was It Written?

The book of Jarom covers approximately 59 years, from about 420 B.C. to 361 B.C. (see Enos 1:25; Jarom 1:13). It was written in the land of Nephi.

INTRODUCTION TO

Omni

Why Study This Book?

Through your study of the book of Omni, you will learn that the Lord protected the righteous Nephites and led them to the land of Zarahemla (see Omni 1:7, 12–13). The book of Omni also mentions other groups—the Mulekites (or people of Zarahemla) and the Jaredites, whom the Lord guided to the promised land.

Who Wrote This Book?

The book of Omni was written by five different men: Omni, Amaron, Chemish, Abinadom, and Amaleki. Omni was the son of Jarom and a great-great-grandson of Lehi and Sariah. Omni described himself as "a wicked man" who had "not kept . . . the commandments of the Lord" (Omni 1:2). Amaron (son of Omni), Chemish (brother of Amaron), and Abinadom (son of Chemish) each added short entries. Abinadom's son Amaleki wrote most of the book of Omni and was the last person to write on the small plates of Nephi. He entrusted the plates to King Benjamin.

When and Where Was It Written?

The various authors of the book of Omni wrote sometime between 361 B.C. and 130 B.C. The first four authors wrote in the land of Nephi. Amaleki made his record in the land of Zarahemla.

UNIT 10: DAY 4

Jarom and Omni

Introduction

The books of Jarom and Omni contain the final writings from the small plates of Nephi. Jarom received the plates from his father, Enos, and recorded the Nephites' struggles and blessings over a period of approximately 60 years. He then passed the plates to his son Omni. The book of Omni contains the writings of five different Nephite record keepers and covers approximately 230 years.

Jarom 1:1–15; Omni 1:5–7

Jarom describes how the Nephites prosper when they keep the commandments of the Lord

To prepare to study an important principle taught in Jarom and Omni, read the following experience shared by President Dieter F. Uchtdorf of the First Presidency:

"I remember when I was preparing to be trained as a fighter pilot. We spent a great deal of our preliminary military training in physical exercise. I'm still not exactly sure why endless running was considered such an essential preparatory part of becoming a pilot. Nevertheless, we ran and we ran and we ran some more.

"As I was running I began to notice something that, frankly, troubled me. Time and again I was being passed by men who smoked, drank, and did all manner of things that were contrary to the gospel and, in particular, to the Word of Wisdom.

"I remember thinking, 'Wait a minute! Aren't I supposed to be able to run and not be weary?' But I *was* weary, and I was overtaken by people who were definitely not following the Word of Wisdom. I confess, it troubled me at the time. I asked myself, was the promise true or was it not?" ("Continue in Patience," *Ensign* or *Liahona,* May 2010, 58).

Have you ever wondered if or how the Lord would fulfill His promise to bless you for keeping His commandments?

The prophet Jarom, who was the son of Enos, explained how a specific promise of the Lord to his fathers was verified, or proven to be true. Read Jarom 1:9, and mark the promise that the Lord verified to the people.

1. Jarom showed that **as we obey the commandments of God, we will prosper.** To see examples of this truth, study each of the scripture references below, and answer the accompanying questions in your scripture study journal:

a. Jarom 1:4–5, 8. What are some examples of how the Nephites were obedient and how they were blessed?

b. Jarom 1:7, 10–12. What role did prophets and other leaders play in helping the Nephites be obedient and prosper?

c. Omni 1:5–7. How was God's promise later verified in a different way?



Read what President Uchtdorf taught and testified about his experience of wondering if the Lord would verify the promise given in the Word of Wisdom: "The answer didn't come immediately. But eventually I learned that God's promises are not always fulfilled as quickly as or in the way we might hope; they come according to His timing and in His ways. Years later I could see clear evidence of the temporal blessings that come to those who obey the Word of Wisdom—in addition to the spiritual blessings that come immediately from obedience to any of God's laws. Looking back, I know for sure that *the promises of the Lord, if perhaps not always swift, are always certain*" ("Continue in Patience," 58, italics added).

2. In your scripture study journal, describe an experience when the Lord has blessed or prospered you for keeping His commandments. From your experience, what are you able to testify about the Lord and His promises?

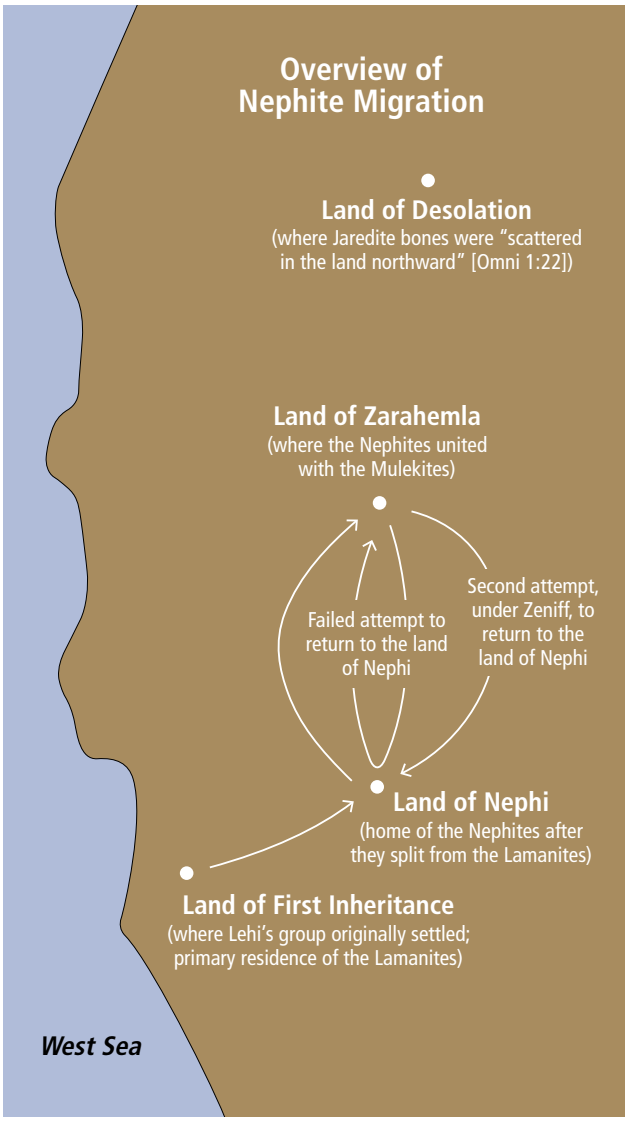
Omni 1:1–30

Record keepers recount Nephite history

The descendants of Jarom wrote the book of Omni, which covers approximately 230 years. Mark the names of the different men who kept the small plates after Jarom. You can find these in Omni 1:1, 4, 9, 10, 12, and 25.

The book of Omni describes several important events in Book of Mormon history. You may remember that in Nephi's time the Nephites left the Lamanites and settled in a place they called the land of Nephi. This migration is represented on the map by the arrow from the land of first inheritance to the land of Nephi.

Read Omni 1:12–13, and identify how the Nephites came to live in the land of Zarahemla. You may want to underline any phrases in these verses that indicate the Nephites traveled by the Lord's direction and power. On the map, the arrow from the land of Nephi to the land of Zarahemla represents this migration.



Read Omni 1:14–19, and look for similarities and differences between the Nephites and the people they discovered in the land of Zarahemla.

3. Answer the following questions in your scripture study journal:

a. How did the lack of scriptures affect the people of Zarahemla?

b. How might knowing this help you feel more grateful for the scriptures and be more diligent in studying them?

The book of Omni also introduces two other groups of people that you will study later in the Book of Mormon. To identify one of these groups, read Omni 1:20–22, and write the word *Jaredites* in your scriptures next to these verses. Coriantumr was one of the final two survivors of the Jaredite nation; the other was the prophet Ether. You will learn about the Jaredites in your study of the book of Ether.

To learn about the final group of people mentioned in Omni, note the arrow on the map that extends from the land of Zarahemla nearly to the land of Nephi and then back to Zarahemla and the arrow from the land of Zarahemla that extends all the way to the land of Nephi. These arrows represent the migrations of the people of Zeniff, who are referred to in Omni 1:27–30. (You may want to write "people of Zeniff" next to these verses.) You will learn about this group of people as you study the book of Mosiah.

The Book of Mormon does not claim to be a record of all of the peoples who have inhabited the Americas. Besides the Jaredites, the people of Zarahemla, and the descendants of Lehi, there were others who came to the American continent as well. President Anthony W. Ivins of the First Presidency stated at the April 1929 general conference: "The Book of Mormon . . . does not tell us that there was no one here before [the Book of Mormon peoples]. It does not tell us that people did not come after" (in Conference Report, Apr. 1929, 15).

Notice in Omni 1:23–24 that the final portion of this book was written by Amaleki. He lived during the time of King Benjamin, following the Nephites' migration to the land of Zarahemla. Read Omni 1:25–26, and mark an invitation that Amaleki extends three times.



Notice that each of the three invitations to come unto Christ in Omni 1:25–26 is followed by the word *and,* as well as a specific direction that helps us know how to come unto Christ. Refer again to Omni 1:25–26, and mark what Amaleki encouraged us to do to come unto Christ.

Look for Repeated Words, Phrases, and Ideas in the Scriptures

Those who wrote the scriptures often emphasized important truths through repetition. As you discover repeated words, phrases, and ideas, seek to understand why they are emphasized and what the Lord would have you learn from them.

You should have found the following counsel on how to come unto Christ:

- Believe
- Partake of His salvation (receive the blessings of His Atonement)
- Offer your whole soul to Him (give your heart, your desires, and your best efforts—holding nothing back)
- Fast and pray
- Endure to the end

Amaleki offered a promise at the end of Omni 1:26 to those who follow this counsel. Find the promise, and complete the following principle: **If we come unto Christ and endure to the end, we** _____ _____.

4. Choose one of the phrases in the counsel on how to come unto Christ listed above, and write or outline in your scripture study journal a one- to two-minute talk explaining how we can come unto Christ by applying that principle.

For example, you could write your talk on how fasting and prayer can help us come unto Christ. Your talk might include (1) reading Omni 1:25–26 and explaining in your own words the phrase you chose; (2) additional scriptures that clarify or add meaning to the phrase; (3) an experience from your life or from the life of someone you know that shows an example of the phrase; and (4) your thoughts, feelings, and testimony.

Your teacher may ask you to share your talk the next time you meet. You may also want to share your talk in a family home evening or some other setting.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Jarom–Omni and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

The Words of Mormon

Why Study This Book?

Through a study of Words of Mormon, you can increase your faith that "the Lord knoweth all things" (Words of Mormon 1:7) and that He guides His servants to bring about His purposes. As a historical account, the book serves as a bridge between the small plates of Nephi (1 Nephi–Omni) and Mormon's abridgment of the large plates of Nephi (Mosiah–4 Nephi). Words of Mormon can help you better understand which records Mormon abridged as he compiled the Book of Mormon. It also introduces you to the faith and accomplishments of King Benjamin.

Who Wrote This Book?

Mormon wrote this book. He was a prophet, a record keeper, and the abridger and compiler of most of the Book of Mormon. The Book of Mormon is named after him. He was also a Nephite general and a righteous father. The prophet Moroni was his son.

When and Where Was It Written?

Mormon wrote this book about A.D. 385, after having "witnessed almost all the destruction of [his] people, the Nephites" (Words of Mormon 1:1). Mormon did not record where he was when he wrote this book.

INTRODUCTION TO

Mosiah

Why Study This Book?

In your study of the book of Mosiah, you will read powerful testimonies of the mission of Jesus Christ. You also will learn about people whom the Lord delivered from the bondage of sin or from physical oppression. Furthermore, you will learn how the righteous efforts of individuals such as King Benjamin, Abinadi, and Alma brought tremendous blessings to others. Conversely, you will see how the poor choices of individuals such as Zeniff and his son, King Noah, brought negative consequences upon themselves and their people.

Who Wrote This Book?

Mormon compiled and abridged the records of several other writers to create the book of Mosiah. The book is named for Mosiah, who was a son of King Benjamin. Mosiah was a prophet, seer, revelator, and king who ruled in Zarahemla from approximately 124 to 91 B.C. He was named after his grandfather Mosiah, who was also a king of Zarahemla (see Omni 1:12–13, 19).

Mormon drew from a number of records to compose the book of Mosiah. He abridged and quoted from the record kept by Mosiah on the large plates of Nephi, which detailed the history of the Nephites in the land of Zarahemla (see Mosiah 1–7; 25–29). He also drew from the record of Zeniff, which recounts the history of Zeniff's people from the time they left Zarahemla until they returned (see Mosiah 7–22). Additionally, Mormon quoted from and abridged portions of the writings of Alma, who preserved the words of Abinadi (see Mosiah 17:4) and kept a record of his own people (see Mosiah 18; 23–24).

When and Where Was It Written?

The original records used as sources for the book of Mosiah were likely written between 200 B.C. and 91 B.C. Mormon abridged these records sometime between A.D. 345 and 385. Mormon did not record where he was when he compiled this book.

UNIT 11: DAY 1

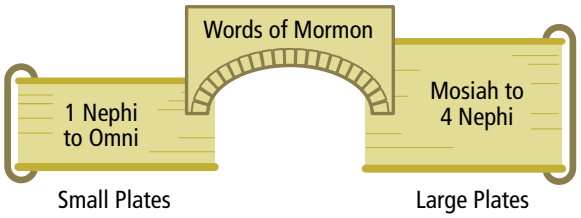
Words of Mormon–Mosiah 2

Introduction

The Words of Mormon serves as a bridge between the small plates of Nephi and Mormon's abridgement of the large plates of Nephi. Written almost 400 years after the birth of Jesus Christ, this book contains a short explanation of what the small plates of Nephi are and why Mormon felt they needed to be included with the other sacred writings. The Words of Mormon also provides valuable insight into why King Benjamin had such great influence with his people.

The small plates of Nephi were mainly devoted to the spiritual matters and the ministry and teachings of the prophets. The large plates of Nephi contained mostly a secular history of the people written by the kings, starting with Nephi. (See 1 Nephi 9:2–4.) From the time of Mosiah, however, the large plates also included items of major spiritual importance.

The plates of Mormon, or the gold plates delivered to Joseph Smith, contained an abridgment by Mormon from the large plates of Nephi, with many commentaries. These gold plates also contained a continuation of the history by Mormon and additions by his son Moroni.



Mosiah 1 is a record of King Benjamin's teachings to his sons. He taught them that the scriptures help us remember God and keep His commandments. As King Benjamin approached the end of his life, he desired to speak to his people about his service as king and to encourage them to be obedient to God. King Benjamin's speech is recorded in Mosiah 2–5 and describes Christ's suffering and Atonement, the role of justice and mercy, and the need to take upon ourselves the name of Christ by covenant. At the beginning of his speech, recorded in Mosiah 2, King Benjamin emphasized the need to serve God by serving others and the happy state of those who keep the commandments.



Words of Mormon 1:1–11

Mormon teaches that God has preserved various records for a wise purpose

Think about a time when you felt prompted by the Spirit to do something. Did you know how everything would turn out if you followed this prompting? What gave you the determination and confidence to act on the prompting?

The prophet Mormon was commanded by God to abridge the records of his people, which had been kept on the plates of Nephi. In about A.D. 385, as he was about to deliver his abridged records to his son, Moroni, he followed a prompting even though he did not know the outcome.

Mormon found something as he was searching among the records. Read Words of Mormon 1:3 to discover what he found. ("These plates" refers to the small plates of Nephi, which contained 1 Nephi through Omni.) Read Words of Mormon 1:4–6, and consider marking in your scriptures why Mormon was pleased when he discovered what was on these small plates.

Read Words of Mormon 1:7, and identify why Mormon included these small plates with his abridgment of the plates of Nephi. You may wish to mark this principle

in your scriptures: **"The Lord knoweth all things."** By understanding and believing this truth, you can develop faith to obey the promptings from the Holy Ghost that you receive.

The Lord had commanded Nephi to make the small plates and write the sacred things of his people on them (see 1 Nephi 9:3). At that time, Nephi declared, "The Lord hath commanded me to make these plates for a wise purpose in him, which purpose I know not" (1 Nephi 9:5).

This purpose was made clear centuries later, in 1828, when the Prophet Joseph Smith began translating the gold plates. He first translated 116 pages of manuscript from Mormon's abridgment of the large plates of Nephi, and then these pages were lost or stolen when Joseph allowed Martin Harris to take them. The Lord told Joseph not to retranslate the lost portion because evil men planned to alter the words on the lost pages and thereby discredit the authenticity of the Book of Mormon. The Lord told him to translate the history on the small plates, which covered the same time period. This history focused more on sacred things. (See D&C 10:10, 41–43; see also 1 Nephi 9:3–4.)

This experience is significant evidence that the Lord knows all things that are to come. He knew that the history on the small plates would be needed, and He prompted Mormon to include the plates with his abridgment.

How can knowing this truth help you when you receive promptings from the Spirit?

1. Describe in your scripture study journal a time when you or someone you know acted on a prompting from the Holy Ghost even though you or they may not have understood the prompting at first. Write about how you think you can better prepare to recognize and respond to the Lord's promptings. Remember that as you are faithful to the promptings of the Spirit of the Lord, He will work "in [you] to do according to his will" (Words of Mormon 1:7).

Words of Mormon 1:12–18

King Benjamin defeats the Lamanites and reigns in righteousness

King Benjamin was a righteous king who faced many obstacles during his reign, including war with the Lamanites and doctrinal contention among his people. King Benjamin led the armies of the Nephites "in the strength of the Lord" against their enemies and eventually established peace in the land (see Words of Mormon 1:13–14). With the help of "many holy men," he labored to rebuke the false prophets and false teachers who were causing contention among the people, thereby also establishing the peace that comes from righteousness (see Words of Mormon 1:15–18).



Read Words of Mormon 1:12–18, and fill in the blanks below with the numbers of the verses that best teach the following truths:

- The Lord calls prophets who can lead people to peace despite challenges. _____
- We can find peace by following the inspired leadership of the prophets. _____
- In the strength of the Lord, we can overcome challenges. _____

Mosiah 1:1–18

King Benjamin teaches his sons the importance of the scriptures

Imagine what your life would be like if you had never had the scriptures to read, study, and be taught from.

King Benjamin taught his sons how their lives would have been different if they had not had the scriptures. As recorded in Mosiah 1:3–5, three times he used a variation of the phrase "were it not for these things [the scriptures]" to help his sons understand the importance of the scriptures.

2. As you read Mosiah 1:1–8, look for the blessings the Nephites would have lost if they had not had the scriptures. Compare what you learned with Omni 1:17–18. In your scripture study journal, write three or four sentences completing the following phrase: If I did not have the scriptures . . .

Consider writing the following principle in your scriptures next to Mosiah 1:1–8: **Searching the scriptures helps us to know and keep the commandments.**

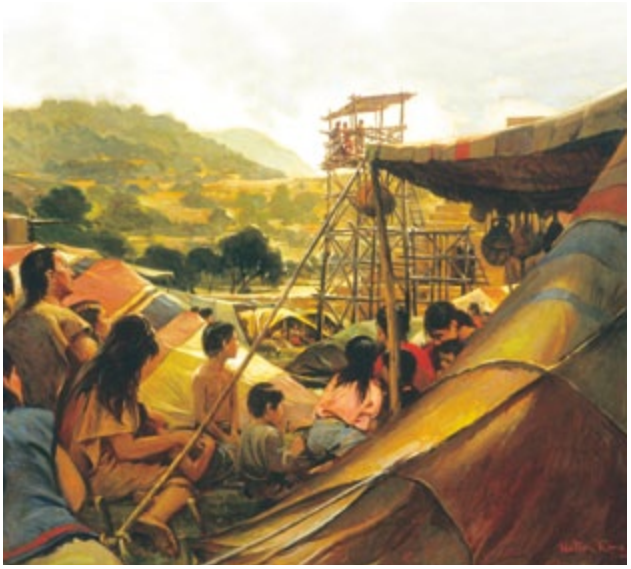
King Benjamin taught his people the importance of being faithful to the commandments and explained what happens to those who become wicked after having been "highly favored people of the Lord" (Mosiah 1:13). Read Mosiah 1:13–17, and compare Mosiah 1:13 with Alma 24:30. Then identify at least five consequences that come upon those who turn away from the Lord. You may want to mark or number these consequences in your scriptures.

Mosiah 2:1–41

The Nephites gather to hear King Benjamin's words

Read Mosiah 2:1–9, and write in answers to the following questions:

- Who was gathered together? _____
- Where did they gather? _____



- What was done so the large crowd could hear King Benjamin's words? _____

To better understand King Benjamin's character, read Mosiah 2:11–15 and identify phrases that show King Benjamin was focused on righteousness and service rather than status or recognition.



Then ponder the following statement by President Howard W. Hunter: "Don't be overly concerned with status. Do you recall the counsel of the Savior regarding those who seek the 'chief seats' or the 'uppermost rooms'? 'He that is greatest among you shall be your servant.' (Matt. 23:6, 11.) It is important to be appreciated. But our focus should be on righteousness, not recognition; on service, not status" ("To the Women of the Church," *Ensign,* Nov. 1992, 96).

Study Mosiah 2:16–17, and mark the principle we can learn about service from King Benjamin: **When we are serving our fellow beings, we are serving God.** (Mosiah 2:17 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

Think about a time when someone blessed your life by serving you. How did you (or how could you) show your appreciation to God for the person who served both you and God in righteousness? How did you show your appreciation to that person?

After teaching his people about the need to serve others, King Benjamin taught about the many ways in which God blesses us and our need to be grateful to Him.

3. As you study Mosiah 2:19–24, 34, consider the many ways in which God blesses you. Think about how you can show your gratitude to Him. Then answer the following questions in your scripture study journal:

a. Why would King Benjamin refer to himself, his people, and us as "unprofitable servants"?

b. Why is it important for us to remember our indebtedness to God?

King Benjamin's words teach us that **when we feel indebted to God, we want to serve others and our gratitude increases.**

In Mosiah 2:34, King Benjamin taught that we should "render" to God all that we have and are. To *render* means to "give or submit." You may want to write the definition next to this word in your scriptures. Reflect on how you might give to God all that you have and are. Remember that as you keep God's commandments and seek to give sincere service, He blesses you for it.

The last verses of Mosiah 2 contain an important warning from King Benjamin to his people. Have you ever seen a sign that told you to "beware"? (For example, a sign might warn you about high voltage wires, fallen rocks, wild animals, or a strong current.) Read Mosiah 2:32–33, 36–38 to discover what King Benjamin told his people to beware of. (The word *wo* in verse 33 means "sorrow and misery.") Write a sentence describing what will happen to those who are "in open rebellion against God" (verse 37) or who knowingly break the commandments of God. _____

_____

Read the following statement: "Some people knowingly break God's commandments, planning to repent later, such as before they go to the temple or serve a mission. Such deliberate sin mocks the Savior's Atonement" (*For the Strength of Youth* [booklet, 2011], 29).

Elder David A. Bednar of the Quorum of the Twelve Apostles commented on the importance of recognizing when we may be withdrawing ourselves from the Spirit:



"We should . . . endeavor to discern when we 'withdraw [ourselves] from the Spirit of the Lord . . .' (Mosiah 2:36). . . .

"The standard is clear. If something we think, see, hear, or do distances us from the Holy Ghost, then we should stop thinking, seeing, hearing, or doing that thing. If that which is intended to entertain, for example, alienates us from the Holy Spirit, then certainly that type of entertainment is not for us. Because the Spirit cannot abide that which is vulgar, crude, or immodest, then clearly such things are not for us. Because we estrange the Spirit of the Lord when we engage in activities we know we should shun, then such things definitely are not for us" ("That We May Always Have His Spirit to Be with Us," *Ensign* or *Liahona,* May 2006, 30).

Ponder what people lose—sometimes without even realizing it—when they withdraw themselves from the Spirit. Read Mosiah 2:40–41, and identify what King Benjamin wanted us to consider and what he wanted us to remember.

4. In your scripture study journal:

a. Record some experiences that have taught you that if you are obedient to the Lord, you will be blessed both temporally and spiritually.

b. Select one area of your life in which you would like to be more obedient to God's commandments. Write a goal to improve in that area.

Scripture Mastery—Mosiah 2:17

Read Matthew 22:36–40; 25:40; and Mosiah 2:17. Make a scripture list, chain, or cluster by cross-referencing these scriptures together. This scripture study technique will help clarify meanings and enlarge understanding.

Explain the connections between the passages you just linked. _____

_____

Ponder the following questions:

- When have you felt that you were serving God by serving another person?
- What specific things can you do for someone in your life that the Savior would do if He were here?

5. After you have worked to memorize Mosiah 2:17, write it by memory in your scripture study journal.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Words of Mormon–Mosiah 2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 11: DAY 2

Mosiah 3

Introduction

Continuing his address to his people, King Benjamin told them that an angel had spoken to him about the ministry of Jesus Christ. King Benjamin testified that through faith in Jesus Christ and repentance, those who have sinned can receive salvation. He also taught that through the Atonement of Jesus Christ an individual can overcome the natural man by yielding to the enticings of the Holy Spirit.

Mosiah 3:1–10

King Benjamin delivers the words of an angel regarding the Atonement



Draw how much water you would pour into the glass if you wanted only a taste.



Draw how much water you would pour into the glass if you wanted to quench your thirst.



Draw how much water you would pour into the glass if you knew the water represented happiness.

As you study Mosiah 3, look for the source of "glad tidings of great joy" (Mosiah 3:3).

Read Mosiah 3:1–5, and look for what the angel told King Benjamin. The angel declared that King Benjamin's people had reason to rejoice and be filled with joy.

What was it in the angel's message that could fill the Nephites with joy? _____

_____

Read Mosiah 3:5–10, and mark words or phrases about the Savior and His ministry that help you better appreciate the Savior's mortal ministry.

1. Select two phrases you marked, and write an explanation in your scripture study journal about what they teach you to help you better understand and appreciate the Savior's ministry.

There are many doctrines and principles taught in Mosiah 3:5–10. One of the most important is this: **Jesus Christ suffered so we can be saved from our sins.** Consider writing this doctrine in your scriptures next to Mosiah 3:7–9.

After reading Mosiah 3:7–9, read Luke 22:44 and Doctrine and Covenants 19:16–18. What additional insight does Mosiah 3 offer? How does Mosiah 3 help us appreciate what happened to the Savior?

Read the following statement from Elder James E. Talmage of the Quorum of the Twelve Apostles about the Savior's suffering in the Garden of Gethsemane:



"Christ's agony in the garden is unfathomable by the finite mind, both as to intensity and cause. . . . He struggled and groaned under a burden such as no other being who has lived on earth might even conceive as possible. It was not physical pain, nor mental anguish alone, that caused him to suffer such torture as to produce an extrusion of blood from every pore; but a spiritual agony of soul such as only God was capable of experiencing. . . . In that hour of anguish Christ met and overcame all the horrors that Satan, 'the prince of this world' [John 14:30] could inflict. . . .

"In some manner, actual and terribly real though to man incomprehensible, the Savior took upon Himself the burden of the sins of mankind from Adam to the end of the world" (*Jesus the Christ,* 3rd ed. [1916], 613).

2. In your scripture study journal, write about an experience that has helped you know that Jesus Christ is the Savior. How does remembering this experience add joy to your life?

Mosiah 3:11–27

King Benjamin describes how to overcome the natural man

As King Benjamin continued to teach his people, he taught them how the Atonement blesses God's children. He also taught how we can overcome the natural man and become Saints through the Savior's Atonement.

Remembering Experiences

When you reflect upon spiritual experiences you have had, the Holy Ghost witnesses to you again of the truths you learned. Recording these experiences in your journal shows the Lord your desire to remember His hand in your life and helps you remember them.



To better understand how the Atonement blesses God's children, read the following scripture passages and write a description of the group of people that verse testifies will be blessed through the Atonement of Jesus Christ:

- Mosiah 3:11 _____

  _____

- Mosiah 3:16 _____

  _____

It is important to know that although Jesus Christ atoned for the sins of those who do not know the gospel—those who die in ignorance—they must still repent and exercise faith in Jesus Christ in the spirit world in order to be saved (see D&C 131:6; 138:31–34). Also, the Lord has revealed that children are born innocent in the sight of God and that Satan has no power to tempt them. Until they begin to become accountable at eight years old, little children are saved through the Atonement of Jesus Christ without needing to repent or be baptized (see Moroni 8:8–15; D&C 29:46–47; 137:10).

We must act on the knowledge we have of the gospel of Jesus Christ. Read Mosiah 3:12–13, and underline words and phrases that teach that **we can be saved from our sins and rejoice as we exercise faith in Jesus Christ and repent.**

Recall the image of the cup that was filled with "happiness." Remember the angel's words declaring that joy comes from understanding the Savior's mission and Atonement (see Mosiah 3:4–5). To understand the opposite of this image, read Mosiah 3:24–27. Underline what those who choose not to repent will drink at the judgment day.

What will happen to those who choose not to exercise faith in Jesus Christ and repent? _____

_____

After teaching his people about the Savior's Atonement and the need to repent and have faith in the Savior, King Benjamin taught his people how to put off the sinful part of their nature and become Saints through the Atonement.

Read Mosiah 3:19, and identify any words or phrases you do not understand. It may be helpful to write three definitions in your scriptures near this verse. A "natural man" is a person who chooses to be influenced by the passions, desires, and appetites of the flesh rather than the promptings of the Holy Spirit. To "yield" means to submit to someone or something. "Enticings" are persuasive or pleasant invitations. Mosiah 3:19 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.

3. Write the heading "To Put Off the Natural Man" in your scripture study journal. Under this heading, make a list of what Mosiah 3:19 teaches we must do to overcome the "natural man." Circle one action that you feel would be most important for you to work on at this time. Make a plan to apply this action.

One of the principles Mosiah 3:19 teaches is that if we yield to the enticings of the Holy Spirit, we can overcome the natural man through the Atonement of Christ.

In your own words, what does it mean to yield "to the enticings of the Holy Spirit"? _____

_____

Read the following statement from Elder Neal A. Maxwell of the Quorum of the Twelve Apostles about putting off the natural man: "*Personal* righteousness, worship, prayer, and scripture study are so crucial in order to '[put] off the natural man' (Mosiah 3:19)" ("The Tugs and Pulls of the World," *Ensign,* Nov. 2000, 36).

4. Answer the following question in your scripture study journal: In what ways are you seeking to yield to the enticings of the Holy Spirit in your life?

5. What can you do to more fully yield "to the enticings of the Holy Spirit" in your own life? Write a goal in your scripture study journal to help you improve in this area this week. You might consider working on one of the attributes that help us become like a child, listed in Mosiah 3:19—for example, becoming more submissive, meek, humble, patient, full of love, or willing to submit to all things that the Lord sees "fit to inflict upon" you.

6. Write in your scripture study journal some of the obstacles in your life that keep you from yielding to the enticings of the Spirit.

Scripture Mastery—Mosiah 3:19

7. To help you remember or memorize Mosiah 3:19, you may want to read it through three times. The repetition will help you become familiar with the content of the verse. After doing this, try to write as much of the verse, or the ideas in the verse, as you can in your scripture study journal without referring to your scriptures. Try repeating the verse aloud at various times, such as while you are walking, exercising, or preparing for bed. Doing this for several days in a row can help you memorize and remember the important principles in this verse.

8. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 3 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 11: DAY 3

Mosiah 4

Introduction

King Benjamin's teachings had a profound effect on the people who heard him. These people exercised faith in the Atonement, repented, and received a remission of their sins. King Benjamin then taught them what they must do to retain a remission of their sins. He declared that we are like beggars because we are completely dependent upon God for our salvation. King Benjamin warned that we must always watch our thoughts, deeds, and actions.

Mosiah 4:1–8

The multitude is overcome by the Spirit and receives a remission of their sins

Imagine that a friend asked, How can I know if I have been forgiven of a particular sin? How would you respond?

Study Mosiah 4:1–3, and look for ideas to help you answer your friend's question. Write how you might respond: _____

_____

One of the principles taught in these verses is this: **As we exercise faith in Jesus Christ and sincerely repent, we receive a remission of our sins.** Such repentance is an important element in obtaining joy and peace of conscience.

Typically, when someone asks us a question we want to give an answer. This time, as you are thinking about how to answer your friend's question, consider how you could answer the question with a question. Reflect on Mosiah 4:1–3 and the following statement by Elder F. Burton Howard, an emeritus member of the Seventy: "When you have fully repented, you feel an inner peace. You know somehow you are forgiven because the burden you have carried for so long, all of a sudden isn't there anymore. It is *gone* and *you know* it is gone" ("Repentance," *Ensign,* May 1983, 59).

Think of a question you could ask your friend to help him or her discover how we can know if we have been forgiven.

It may be helpful to understand two terms in Mosiah 4:1–3 as you think about a question to ask. Viewing ourselves in our "carnal state" means recognizing our fallen or earthly condition. Viewing ourselves as "even less than the dust of the earth" means that the dust of the earth is obedient to the commands of God (see Helaman 12:7–8), but God's children are not always obedient to His commands.

An example of answering your friend's question with a question may be: Do you feel peace of conscience when you think about having repented of your sin? Are you filled with joy?

1. Answer the following questions in your scripture study journal:

a. The people of King Benjamin were forgiven because of the "exceeding faith which they had in Jesus Christ" (Mosiah 4:3). What actions recorded in Mosiah 4:1–2 demonstrated their faith? What attitude and feelings should you have that would be similar to those of the people of Mosiah?

b. How can you exercise your faith in Jesus Christ as you seek a remission of your sins?

After witnessing his people's repentant attitudes, King Benjamin taught them some of the things they must do to gain salvation. As you read Mosiah 4:4–8, look for what we must do to receive salvation.

Explain or give examples of how you are trying to do the things King Benjamin described:

"Put [your] trust in the Lord": _____

_____

"Be diligent in keeping his commandments": _____

_____

"Continue in the faith even unto the end of [your] life": _____

_____

Mosiah 4:9–30

King Benjamin teaches how to retain a remission of sins

After the Nephites received a remission of their sins, King Benjamin taught them how to retain (or keep) that clean and pure state. Search Mosiah 4:9–11, 26, 28, 30, looking for what we must *believe* and *do* to retain a remission of our sins. Record what you discover in the following chart:

Retaining a Remission of Sins	
Believe	Do

King Benjamin taught his people many things, as recorded in Mosiah 4:9–30, but one of the most important principles he taught is: **If we humble ourselves before God and strive to develop Christlike attributes, we can retain a remission of our sins.**

2. King Benjamin taught that we must "believe in God" (Mosiah 4:9) and always remember "the greatness of God" (Mosiah 4:11). In your scripture study journal, describe what experiences you or someone you know have has that have helped you realize that God is real, that He is powerful, and that He loves you. Why do you think it is important to understand and remember God's power, goodness, and love? When you remember these things, how do they affect your life?

King Benjamin described the actions of people who are trying to retain a remission of their sins. Study Mosiah 4:12–16 to learn some of the actions King Benjamin identified. (The word *succor* in Mosiah 4:16 means to give relief or assistance in time of need.)

3. In your scripture study journal, write about how the actions described by King Benjamin show that someone is striving to retain a remission of his or her sins. Can you list a few other actions that would show someone is striving to retain a remission of sins? List one or more ways in which you have given succor to those in need.

King Benjamin compared each of us to a beggar, for we are each completely dependent upon God for everything we have. This analogy can help us appreciate the blessings we have received from the Lord. Read Mosiah 4:19–21, looking for how each of us is like a beggar in the sight of God.

Think of your dependence upon God. What is one blessing that you could thank Heavenly Father for at this moment?

After teaching that we are in constant need of help from God, King Benjamin asked us to think about how we should treat those who ask us for help. Study Mosiah 4:26–27, looking for how we should treat those in need.

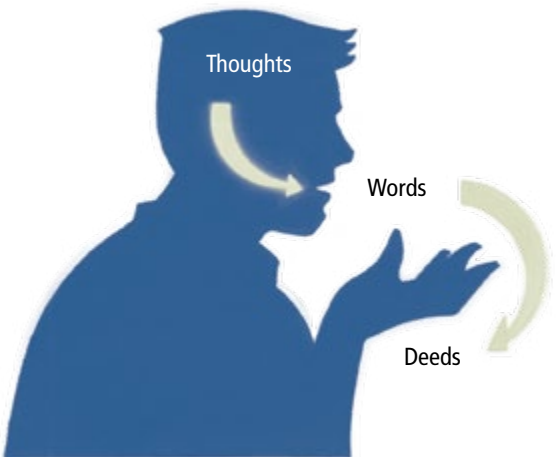
4. In your scripture study journal, record your answer to the following question: How can remembering King Benjamin's teachings in Mosiah 4 help you to be more compassionate to those who are in spiritual or temporal need?

5. Take a moment to ponder the scriptures you have studied today. Have you felt an impression from the Holy Ghost about what you should do, based on what you learned from the teachings of King Benjamin? Write this impression in your scripture study journal.

Remember that the Lord has a profound love for you. As you repent of any wrongdoings and do your best to follow the Savior's example, you can retain a remission of your sins.

Scripture Mastery—Mosiah 4:30

Read aloud Mosiah 4:30. What is the relationship between your thoughts, your words, and your deeds?



Writing Down Impressions You Receive

Elder Richard G. Scott of the Quorum of the Twelve Apostles encouraged us to write down impressions we receive: "Write down in a secure place the important things you learn from the Spirit. You will find that as you write down precious impressions, often more will come. Also the knowledge you gain will be available throughout your life. Always, day or night, wherever you are, whatever you are doing, seek to recognize and respond to the direction of the Spirit" ("To Acquire Knowledge and the Strength to Use It Wisely," *Ensign,* June 2002, 32).

President Ezra Taft Benson described this relationship: "Think clean thoughts. Those who think clean thoughts do not do dirty deeds. You are not only responsible before God for your acts but also for controlling your thoughts. . . . The old adage is still true that you sow thoughts and you reap acts, you sow acts and you reap habits, you sow habits and you reap a character, and your character determines your eternal destiny. 'As a man thinketh, so is he.' (See Prov. 23:7.) (in Conference Report, Oct. 1964, 60).

6. As you learn to control your thoughts, you will reap the blessing of being more Christlike in your words and actions. In your scripture study journal, write one or more ways in which you can control your thoughts and keep them more Christlike.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 4 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 11: DAY 4

Mosiah 5–6

Introduction

Mosiah 5 concludes King Benjamin's address to his people that began in Mosiah 2. As a result of their faith in King Benjamin's words, the people experienced a mighty change of heart. They entered into a covenant with God and took upon themselves the name of Jesus Christ. As recorded in Mosiah 6, King Benjamin transferred his governing power over his kingdom to his son Mosiah, and Mosiah ruled in righteousness, following the example of his father.

Mosiah 5:1–4

King Benjamin's people experience a mighty change

Think about the following questions: Have you ever wished you could change something about yourself? What did you do about it?

Elder David A. Bednar of the Quorum of the Twelve Apostles described the need for each of us to experience a mighty change in our lives: "The essence of the gospel of Jesus Christ entails a fundamental and permanent change in our very nature made possible through our reliance upon 'the merits, and mercy, and grace of the Holy Messiah' (2 Nephi 2:8). As we choose to follow the Master, we choose to be changed—to be spiritually reborn" ("Ye Must Be Born Again," *Ensign* or *Liahona,* May 2007, 20).

You may want to write the following phrase in your scriptures next to Mosiah 5:2: "As we choose to follow the Master, we choose to be changed."

In what ways do you think we choose to change when we choose to follow Jesus Christ? _____

Review the chapter summaries for Mosiah 3 and Mosiah 4 to recall the main focus of King Benjamin's address. At the conclusion of his sermon, King Benjamin asked the people if they believed the words he had taught them about the Atonement of Jesus Christ (see Mosiah 5:1). Read Mosiah 5:2–4, and look for what changed in the hearts of the people after they listened to their king's words. As you read, it will be helpful to know that "disposition" (Mosiah 5:2) refers to an individual's attitudes, desires, or temperament.



Read the following statement from Elder David A. Bednar: "The gospel of Jesus Christ encompasses much more than avoiding, overcoming, and being cleansed from sin and the bad influences in our lives; it also essentially entails doing good, being good, and becoming better. . . . To have our hearts changed by the Holy Spirit such that 'we have no more disposition to do evil, but to do good continually' (Mosiah 5:2), as did King Benjamin's people, is the covenant responsibility we have accepted. This mighty change is not simply the result of working harder or developing greater individual discipline. Rather, it is the consequence of a fundamental change in our desires, our motives, and our natures made possible through the Atonement of Christ the Lord. Our spiritual purpose is to overcome both sin and the desire to sin" ("Clean Hands and a Pure Heart," *Ensign,* Nov. 2007, 81–82).

1. In your scripture study journal, answer the following questions:

a. What do you think it means to experience a "mighty change" in your heart? (Mosiah 5:2).

b. When we choose to follow Jesus Christ, why do we need to change our dispositions and not just our behavior?

c. Why do you think the Atonement of Jesus Christ is necessary for a change to occur within us?

Study Mosiah 5:2, 4, looking for what the people did that allowed a mighty change of heart to occur within them. You might mark these things in your scriptures. Remember that King Benjamin's words were about the power of the Atonement of Jesus Christ, and the people had great faith in these words.

One of the principles we learn from these verses is this: **As we exercise faith in Jesus Christ and receive the Holy Spirit, we can experience a mighty change of heart.**

2. Based on your study of Mosiah 5:1–4 and the principle above, write in your scripture study journal what you can do to exercise more faith in the Savior. What specific things can you do, starting today, to exercise more faith so that you can encourage and maintain a mighty change of heart in your life?

Mosiah 5:5–15

King Benjamin's people enter into a covenant with God and are given a new name

After King Benjamin's people experienced a mighty change of heart, they desired to enter into a covenant with the Lord. Identify words or phrases in Mosiah 5:5 that show the level of commitment King Benjamin's people felt toward making and keeping this covenant.

When we make covenants with God, He determines the conditions for the covenants, and we agree to the conditions. God then promises us certain blessings for our obedience (see D&C 82:10). Making covenants is one way we show the Lord we are sincere in our desires to serve Him.

3. Answer the following questions in your scripture study journal:

a. What phrases in Mosiah 5:5 remind you of the promises we renew each time we partake of the sacrament?

b. How do you think making and keeping covenants help you maintain a mighty "change of heart"?

Refer back to Mosiah 1:11–12. One of King Benjamin's purposes in gathering his people was to give them a name. Read Mosiah 5:6–7, and mark the name King Benjamin gave his people after they had made their covenant with the Lord.

These verses teach this principle: **We take upon ourselves the name of Jesus Christ through sacred covenants.** Read Mosiah 5:8–14, and look for why it is necessary for us to take upon ourselves the name of Jesus Christ.

What are some blessings of having the name of Jesus Christ written in our hearts? _____

_____

What can cause the name to be "blotted out" of your heart or someone's heart? _____

_____

Read Mosiah 5:15, and look for the promises the Lord makes to those who keep their covenants.

4. In your scripture study journal, write how you feel when you think about having the name of Jesus Christ written in your heart. Write one or more reasons why you want to keep this name and never lose it.

Mosiah 6:1–7

Mosiah begins his reign as king

Read Mosiah 6:3, and identify what King Benjamin did before he dismissed the multitude.

What did King Benjamin do to help his people remember the covenants they had made? _____

_____

5. In your scripture study journal, write down how priesthood leaders and teachers help you keep your covenants.

King Benjamin died three years after he gave his speech. Read Mosiah 6:6–7, and look for how King Mosiah followed his father's example as a righteous leader.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 5–6 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



UNIT 12: DAY 1

Mosiah 7–8

Introduction

King Mosiah was the son of King Benjamin, who was the son of the first Mosiah mentioned in the Book of Mormon. Approximately 80 years before Mosiah became king, a man named Zeniff led a group of Nephites from Zarahemla to return to live in the land of Nephi (see Omni 1:27–30). Mosiah 7 explains that King Mosiah authorized "a strong and mighty man" named Ammon (Mosiah 7:3) and a small group to travel to the land of Nephi (sometimes called the land of Lehi-Nephi) and determine the fate of Zeniff's group. Ammon discovered the descendants of Zeniff's people, who were now led by Zeniff's grandson Limhi. Ammon's arrival brought hope to Limhi and his people, whose iniquities had allowed them to be placed in bondage to the Lamanites. Earlier, while attempting to find Zarahemla and ask for help, a group of Limhi's people found 24 gold plates with engravings on them. When Limhi asked Ammon if he could translate the engravings, Ammon explained that a seer, like King Mosiah, could translate the ancient records.

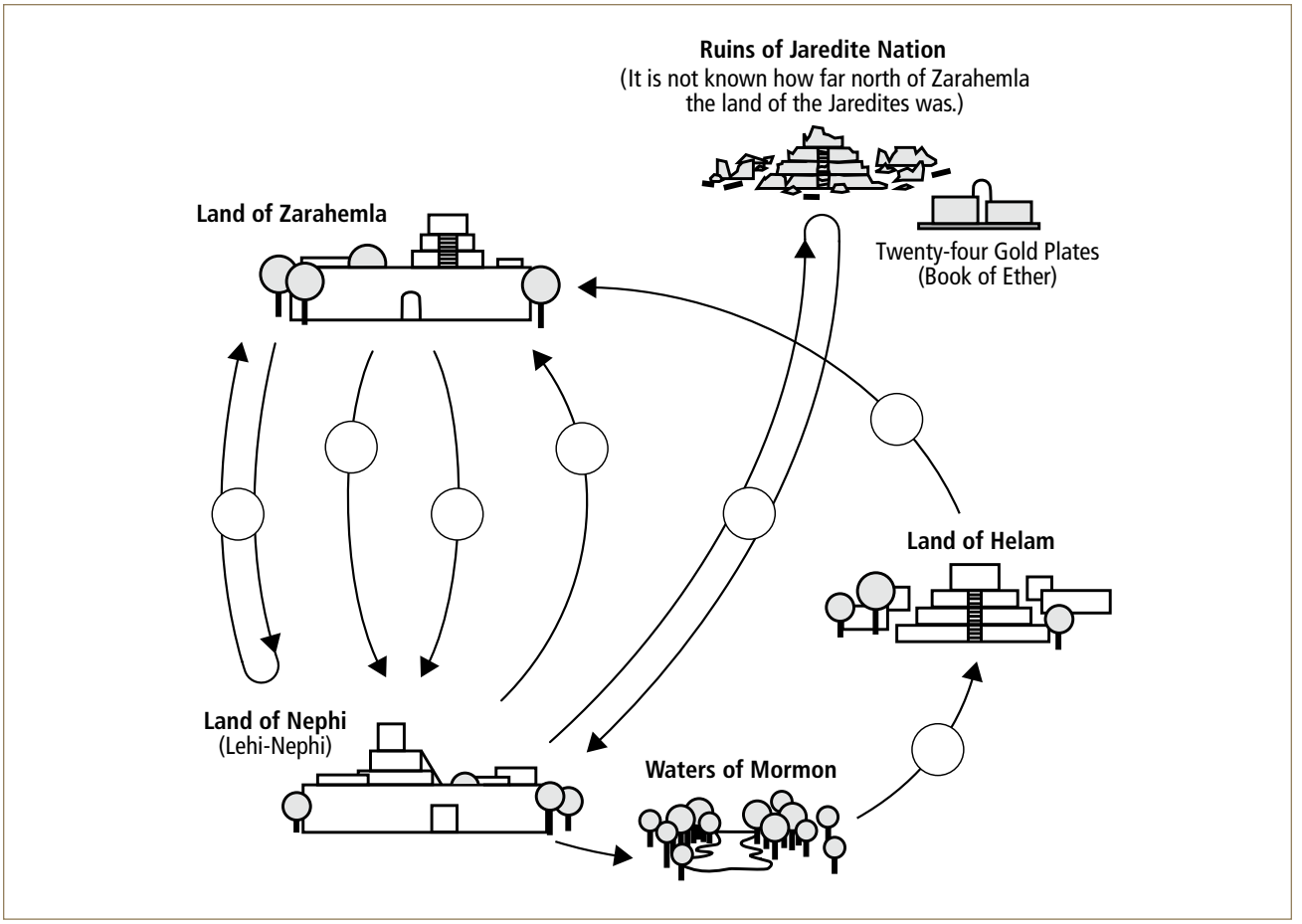
Overview of Mosiah 7–24

Have you ever wanted to be delivered from bad feelings, a painful situation, a challenging or oppressive circumstance, or guilt from sin? The experiences of the people you will study about in Mosiah 7–24 can teach you about deliverance—where to seek it, how to invite it, and even how to wait for it. Watch for ways you can apply the stories of Zeniff's people and their descendants to your own life, including a desire for deliverance from something oppressing you.

Before studying Mosiah 7, it will be helpful for you to become familiar with the various journeys recorded in Mosiah 7–24. The following activity will provide you with an overview of these journeys, which occurred during a period of approximately 80 years (200 B.C. to 120 B.C.). The information in the shaded boxes on the chart explains what happened between the journeys.

Journey	Who Traveled Where
1	Zeniff and other Nephites traveled from Zarahemla to the land of Nephi, which had become occupied by Lamanites. These Nephites fought among themselves, and the survivors returned to Zarahemla (see Omni 1:27–28; Mosiah 9:1–2).
2	Zeniff and others left Zarahemla and settled in the land of Nephi (see Omni 1:29–30; Mosiah 9:3–7).
After Zeniff died, his son Noah reigned in wickedness. The Lord sent the prophet Abinadi to warn the people to repent. Alma, one of King Noah's priests, obeyed Abinadi's message and taught it to others (see Mosiah 11–18).	
3	Alma escaped to the Waters of Mormon and later led a group of believers to the land of Helam (see Mosiah 18:4–5, 32–35; 23:1–5, 19–20).
The Lamanites attacked Noah's people in the land of Nephi. Noah was later killed, and his son Limhi reigned. The people of Limhi were in bondage to the Lamanites (see Mosiah 19–20).	
4	Limhi sent a group of Nephites to find Zarahemla. After becoming lost in the wilderness, the group discovered the ruins of a destroyed nation and a record written on 24 gold plates (see Mosiah 8:7–9; 21:25–27).
5	Ammon and 15 others journeyed from Zarahelma to find those who had returned to the land of Nephi (see Mosiah 7:1–6; 21:22–24).
6	Limhi and his people escaped from the Lamanites and were led by Ammon and his brethren to Zarahemla (see Mosiah 22:10–13).
After Limhi's people escaped, the Lamanites sent an army after them. The army was lost in the wilderness when they discovered Alma and his people in the land of Helam. The Lamanites brought them into bondage. Alma's people prayed for help to escape (see Mosiah 22–24).	
7	The Lord delivered Alma and his people and guided them to Zarahemla (see Mosiah 24:20–25).

Place the number of each journey in the appropriate circle on the map:



Mosiah 7:1–8:4

Ammon finds the land of Nephi (Lehi–Nephi), and King Limhi describes how his people came into bondage

In Mosiah 7, Ammon and 15 other strong men traveled from Zarahemla to learn what happened to the people whom Zeniff had led to the land of Nephi 80 years earlier (see Mosiah 7:2; see also journey 5 on the map). Upon their arrival in the land of Nephi, Ammon and three of his brethren were seized and cast into prison (see Mosiah 7:6–11). After two days they were brought out of prison and questioned by King Limhi, who was Zeniff's grandson. Read Mosiah 7:12–15 to see how Ammon explained his presence in the land of Nephi and how Limhi responded.

Notice that footnote *b* for Mosiah 7:14 refers you to Mosiah 21:25–26. Read these verses to further understand why Limhi was "exceedingly glad" to learn where Ammon had come from.

Using Footnotes

Footnotes contain helpful references to other scriptures and related topics in the index and Topical Guide. Using footnotes can help you better understand doctrines and principles, story lines, and difficult words or concepts. Try studying the footnotes for several verses or a chapter as you read your assignments. Consider marking footnotes that are especially helpful.

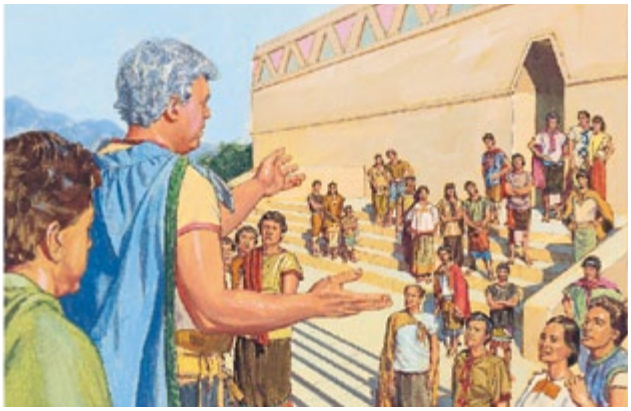
Using what you learned in Mosiah 21:25–26, briefly explain why Limhi was so glad to learn that Ammon was from Zarahemla: _____

_____

The group Limhi sent to seek help found the ruins of the Jaredite nation. They mistakenly believed it was Zarahemla and that the Nephites there had been destroyed (see journey 4 on the map). You will learn about the Jaredite nation in the book of Ether.

King Limhi gathered his people to introduce Ammon to them. Limhi spoke to his people about their bondage to the Lamanites and expressed hope that God would soon deliver them (see Mosiah 7:17–19). Read Mosiah 7:20, 24–26, and mark the reasons why Limhi's people were brought into bondage. (The prophet mentioned in Mosiah 7:26 is Abinadi, whom the people had burned to death during wicked King Noah's reign, before Ammon's arrival in the land.)

You may want to mark the phrase "great are the reasons which we have to mourn" in Mosiah 7:24 to help you remember that iniquity, or sin, has its consequences. In this case, many were slain as the



Lamanites attacked and the people were brought into bondage. To mourn means to feel sadness or regret. Ponder for a moment if you have ever mourned "because of iniquity."

Although it is better not to sin, learning from your mistakes, turning to God for help, and repenting bring you closer to God. Read Mosiah 7:29–32, and look for more evidence that Limhi understood the connection between the iniquities of his people and the sorrow they were experiencing. ("Reap the chaff" in verse 30 means to receive something useless; "reap the east wind" in verse 31 means to be destroyed.)

1. Answer the following questions in your scripture journal:

a. In what ways can consequences for sin be helpful in our lives? How can we apply our learning and not repeat the sin?

b. Why is it important to recognize and admit how serious our sins are? Why is it important to feel godly sorrow for them? (see 2 Corinthians 7:10; godly sorrow is a deep realization that our actions have offended our Father in Heaven). Why is it important not to delay recognizing and feeling sorrow for our sins?

After Limhi explained to his people the seriousness of their sins, he encouraged them to do certain things. Mark what Limhi encouraged his people to do in Mosiah 7:33.

From the experience of Limhi's people, we learn that **recognizing our iniquities and feeling godly sorrow for them can lead us to turn to the Lord for deliverance.**

Imagine that a friend or family member feels remorse for his or her sins and has a sincere desire to repent and turn to the Lord but isn't sure how to do so. Search Mosiah 7:33, and review the phrases that teach how to truly "turn to the Lord."

2. In your scripture journal, write a letter to this friend or family member teaching him or her how to turn to the Lord. Share the three phrases from Mosiah 7:33 you discovered, and explain the meaning of each phrase by either (1) putting it in your own words or (2) giving an example of what actions or attitudes we might see in the life of someone who was striving to apply that phrase.

Consider if you have sins you have not repented of that could be causing sorrow and regret for you and those you love. Elder Richard G. Scott of the Quorum of the Twelve Apostles provided the following counsel about beginning the repentance process: "Study and ponder to determine how serious the Lord defines your transgression to be. That will bring healing sorrow and remorse. It will also bring a sincere desire for change and a willingness to submit to every requirement for forgiveness" ("Finding Forgiveness," *Ensign,* May 1995, 76).

Mosiah 8:5–21

Ammon learns of 24 Jaredite plates and tells Limhi of a seer who can translate them

Recall from journey 4 on the map at the beginning of this lesson that the people who tried to find the way to Zarahemla discovered the ruins of an entire nation that had been destroyed. They also found 24 gold plates that they took back to Limhi (see Mosiah 8:5–9). Limhi asked Ammon if he knew of anyone who had the ability to translate the plates (see Mosiah 8:12). Ammon explained that some individuals could be given power from God to translate. Read Mosiah 8:13, and mark what Ammon called those who have been given this ability.

Ammon explained that Mosiah, the Nephite king in Zarahemla, was a seer. Search Mosiah 8:16–18, and mark the abilities a seer is given in addition to the power to translate.

These verses teach that **the Lord provides prophets, seers, and revelators to benefit mankind.** Today, each member of the First Presidency and the Quorum of the Twelve Apostles is a prophet, seer, and revelator.

Elder Neil L. Andersen of the Quorum of the Twelve Apostles taught: "These 15 men we sustain as prophets, seers, and revelators are given divine power to see what [others] sometimes do not see" ("Beware of the Evil behind the Smiling Eyes," *Ensign* or *Liahona,* May 2005, 47).

3. Answer the following questions in your scripture journal:

a. Why do you think it is wise to listen to those who can see things that you cannot?



b. How have you benefited from listening to modern prophets, seers, and revelators?

c. What are some of the ways you can learn from modern prophets, seers, and revelators?

4. Write the following at the bottom of today's assignments in your scripture journal:

I have studied Mosiah 7–8 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 12: DAY 2

Mosiah 9–10

Introduction

During the reign of King Benjamin, Zeniff led a group of Nephites from Zarahemla to settle among the Lamanites in the land of Nephi. Because the king of the Lamanites planned to bring Zeniff's people into bondage, he allowed them to stay. The Lamanites' false traditions and hatred of the Nephites eventually led to war. When the Lamanites sought to bring them into bondage, Zeniff's people turned to the Lord,

who strengthened them and helped them drive the Lamanites from their land.

Mosiah 9:1–13

Zeniff leads a group of Nephites to return to the land of Nephi

Have you ever wanted something very intensely? Today you will learn about a man who wanted something intensely and the consequences of his acting on his desires.

Look at the map of journeys from the last lesson. Do you remember Ammon's journey when he found Limhi and his people? Open your scriptures to Mosiah 7–8, and look at the date when the events in these chapters took place (found either at the bottom of the page or in the chapter heading). Compare it with the date associated with Mosiah 9:1. How many years do we go back in time between Mosiah 8 and Mosiah 9?

Dates in the Scriptures

Take opportunities to notice the dates in the Book of Mormon. Familiarity with these dates (found in either the footnotes or chapter summaries) will help you better understand the sequence of events you are studying.

Read Mormon's preface to the record of Zeniff just before Mosiah 9.

Zeniff, Limhi's grandfather, led a group of Nephites to return to the land of Nephi. He wanted something so intensely that he may have failed to consider where his desires would lead. Read in Mosiah 9:1–4 about what Zeniff did to gain what he wanted. (To be "over–zealous" means to be overly eager or overly interested in something.)

Zeniff's overzealousness led him to be deceived by the Lamanite king. Read Mosiah 9:5–7, 10 to see the result of Zeniff's overzealousness.

1. Write answers to the following questions in your scripture journal:

a. What did Zeniff fail to recognize because of his overzealous desires to obtain the land of Nephi?

b. What are some modern examples of what some young people might be overzealous to attain?

c. What do you think are the dangers of being slow to remember the Lord as you make choices in your life?

After 12 years, Zeniff's people had become very prosperous. The Lamanite king grew nervous that he would not be able to bring them into bondage according to his original design, so the king prepared his people to go to war against them (see Mosiah 9:11–13).

Mosiah 9:14–10:22

The Lamanites attempt to bring Zeniff's people into bondage

Circle any of the following areas in your life in which you would like to have more support or strength: school work, withstanding temptation, relationships with friends, leadership, work, relationships with family members, developing skills, talents, and abilities.

As you study Mosiah 9–10, watch for a principle that will help you understand what to do to receive more strength in these areas of your life. Mosiah 9–10 contains a record of two different times when the Lamanites came to battle against Zeniff and his people.

2. Copy the following chart into your scripture journal, leaving enough space under each scripture reference to write an answer. Study the verses indicated, and look for what Zeniff's people and the Lamanites did to find strength. Fill in the chart with the information you find.

	What did the people do to prepare?	What did they do to put their trust in the Lord?	What was the result?
Zeniff and his people	Mosiah 9:14–16	Mosiah 9:17	Mosiah 9:18
The Lamanites	Mosiah 10:6–8	Mosiah 10:11	Mosiah 10:19–20

- What similarities can you see between how Zeniff's people and the Lamanites approached the battle?

- What differences can you see between how Zeniff's people and the Lamanites approached the battle?

One lesson we learn from Mosiah 9:17–18 is that **the Lord will strengthen us as we do all we can and put our trust in Him.**

3. Answer the following question in your scripture journal: In what areas of my life can I trust the Lord more completely and ask Him to strengthen me?

4. Mark the first three lines of Mosiah 9:18. Then ask a trusted adult (a parent, Church leader, or teacher) to share an experience with you about a time when he or she asked the Lord for help and felt strengthened by Him. Listen for what the person did to receive the Lord's strength. Write about what you learn in your scripture journal.

Have you ever been angry with someone and held a grudge—felt like you could not forgive or forget what the person did? Have you ever known someone who seemed to hate you? Before Zeniff and his people went to battle the second time, Zeniff taught his people why the Lamanites were filled with hatred toward the Nephites. As you study Zeniff's words in Mosiah 10:11–18, it might be helpful to know that to be "wronged" is to feel offended or dealt with unfairly or in an unjust manner and to be "wroth" is to be intensely angry. Study Mosiah 10:11–18, and look for why the descendants of Laman and Lemuel continued to hate the descendants of Nephi. Mark the words *wronged* and *wroth* as you read.

Ponder the following questions:

- Why did the Lamanites hate the Nephites so intensely?
- Whom does it hurt when you are angry or refuse to forgive?
- How could anger and holding grudges affect your family or your future children?

Read the following experiences from Elder Donald L. Hallstrom of the Presidency of the Seventy, and look for what he recommended we do when we feel offended or angry with someone:



"Many years ago, I observed a heartbreak—which became a tragedy. A young couple was nearing the delivery of their first child. Their lives were filled with the anticipation and excitement of this monumental experience. During the delivery, complications arose and the baby died. Heartbreak turned to grief, grief turned to anger, anger turned to blame, and blame turned to revenge toward the doctor, whom they held fully responsible. Parents and other family members became heavily involved, together seeking to ruin the reputation and the career of the physician. As weeks and then months of acrimony [sharp, bitter language] consumed the family, their bitterness was extended to the Lord. 'How could He allow this horrible thing to occur?' They rejected the repeated efforts of Church leaders and members to spiritually and emotionally comfort them and, in time, disassociated themselves from the Church. Four generations of the family have now been affected. Where once there were faith and devotion to the Lord and His Church, there has been no spiritual activity by any family member for decades. . . .

"My paternal grandparents had two children, a son (my father) and a daughter. . . . [Their daughter] married in 1946 and four years later was expecting a child. . . . No one knew that she was carrying twins. Sadly, she and the twins all died during childbirth.

"My grandparents were heartbroken. Their grief, however, immediately turned them to the Lord and His Atonement. Without dwelling on why this could happen and who might be to blame, they focused on living a righteous life. . . .

"The faithfulness of [these grandparents], especially when faced with difficulty, has now influenced four generations that have followed. Directly and profoundly, it affected their son (my father) and my mother when my parents' own daughter, their youngest child, died due to complications caused by giving birth. . . . With the example that they had seen in the previous generation, my parents—without hesitation—turned to the Lord for solace. . . .

"If you feel you have been wronged—by anyone (a family member, a friend, another member of the Church, a Church leader, a business associate) or by anything (the death of a loved one, health problems, a financial reversal, abuse, addictions)—deal with the matter directly and with all the strength you have. . . . And, without delay, turn to the Lord. Exercise all of the faith you have in Him. Let Him share your burden. Allow His grace to lighten your load. . . . Never let an earthly circumstance disable you spiritually" ("Turn to the Lord," *Ensign* or *Liahona,* May 2010, 78–80).

Notice that in both the example of the Lamanites and the family of the young couple who lost their first child, the anger and offense affected generations of people.

5. Think of a time when you had feelings of being wronged or of anger toward someone? Do you have some of those feelings currently? Answer the following questions in your scripture journal:

a. How could I receive help in my efforts to forgive?

b. How can I follow the example of Elder Hallstrom's grandparents and apply his counsel in the last paragraph of the quotation in my life today?

6. Write the following at the bottom of today's assignments in your scripture journal:

I have studied Mosiah 9–10 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 12: DAY 3

Mosiah 11–14

Introduction

King Noah took great pleasure in riotous living and led many of his people into wickedness. The Lord sent the prophet Abinadi to call Noah's people to repentance and warn them of impending bondage. The people chose not to heed the warnings, and Abinadi was imprisoned for his prophecies. When the priests of King Noah questioned Abinadi, the prophet rebuked them for not living or teaching the commandments. God protected Abinadi and gave him power to finish his message to King Noah and his priests. Quoting Isaiah, Abinadi testified of all people's need to rely on Jesus Christ and His Atonement.

Mosiah 11:1–19

King Noah leads his people into wickedness

Consider the following questions:

- What would you do if your parent, guardian, or leader suggested that some of your friends were having a bad influence on you?
- What would you do if one of your parents or a Church leader asked you to dress more appropriately for Sunday worship services and other Church activities?
- What would you do if the prophet said that you needed to change your entertainment standards?

People may react differently to the questions above. As you study this lesson, watch for how the Lord would want you to respond to the people He sends to help you live righteously.

As you prepare to study Mosiah 11, it may be helpful to know that after Zeniff died, his son Noah ruled over the Nephites who were in the land of Nephi. Read Mosiah 11:1–2, 5–7, 14–19, and mark words and phrases that describe Noah's actions and what he sought for after becoming king. Then read Mosiah 11:2, 6–7, 15, 19, and mark in a different color (if you can) the influence Noah's actions had on the people of the kingdom.

These verses illustrate how the people we associate with may influence our actions. Consider how your peers influence the choices you make. Ponder for a moment what people in today's world sometimes do that could be likened unto laboring "exceedingly to support iniquity" (Mosiah 11:6).

Mosiah 11:20–12:17

Abinadi urges the people to repent and warns them of bondage

Although King Noah and his people were choosing wickedness, the Lord still loved them and wanted to help them. Scan the first four lines of Mosiah 11:20, and identify what the Lord did to help Noah's people.

Write the following truth in your scriptures next to Mosiah 11:20: **God sends prophets to help us repent and avoid misery.**

The Lord commanded Abinadi two different times to warn the people.



1. Copy the following chart into your scripture journal, leaving enough space under each scripture reference to write a summary. Study the verses indicated, and write a summary of Abinadi's warnings and the people's reactions.

	Abinadi's Message	The People's Reaction
First Warning	Mosiah 11:20–25	Mosiah 11:26–29
Second Warning	Mosiah 12:1–8	Mosiah 12:9–10, 13–17



2. In your scripture journal, answer the following questions about the people's reactions to Abinadi's warnings:

a. Why do you think the people reacted angrily to Abinadi, who was trying to help them? Why do you think they defended King Noah, who was leading them toward misery?

b. Note the phrase "the eyes of the people were blinded" in Mosiah 11:29. What are some examples of behaviors and influences you believe Satan is working diligently to have good people become "blinded" to in today's world?

c. What can you do to demonstrate humility when family members, Church leaders, and prophets encourage you to follow the word of God?

Mosiah 12:18–13:26

God protects Abinadi as he rebukes King Noah and his priests for their failure to observe and teach the commandments

Before continuing your study of Mosiah 12, rate yourself on a scale of 1 to 10 (10 being in full agreement) on how well the following statements describe you right now:

_____ I know what I should be doing to live the gospel of Jesus Christ.

_____ I live the gospel of Jesus Christ.



As you learn about King Noah and his priests, consider how well they *knew* and how well they *lived* the commandments. After Noah brought Abinadi out of prison, the priests began to question him about the scriptures. Read Mosiah 12:26–30, and mark what Abinadi said to rebuke Noah and his priests.

How well do you think Noah and his priests would rate on the 1 to 10 scale of knowing and living the commandments? What do you think it means to apply our "hearts to understanding"? (see Mosiah 12:27). Look in Mosiah 12:33, and underline a principle that indicates why it is important to *live* the commandments.

Abinadi declared this truth: **If we keep the commandments of God, we shall be saved.** Why is *knowing* the way to live not enough to qualify us for salvation? _____

_____

Abinadi told King Noah and his priests that they were not living or teaching the commandments, and he began to list the Ten Commandments. This angered the king, and he commanded that Abinadi be put to death. God protected Abinadi and gave him power to continue teaching about the Ten Commandments. You might want to mark and number them in Mosiah 12:35–36 and Mosiah 13:12–24. The following chart will help you identify each of the Ten Commandments:

Abinadi Taught the Ten Commandments
1. Mosiah 12:35
2. Mosiah 12:36; 13:12–13
3. Mosiah 13:15
4. Mosiah 13:16–19
5. Mosiah 13:20
6. Mosiah 13:21
7. Mosiah 13:22
8. Mosiah 13:22
9. Mosiah 13:23
10. Mosiah 13:24

Abinadi boldly rebuked Noah and his priests for not keeping the Ten Commandments, saying, "I perceive that they are not written in your hearts" (Mosiah 13:11). To help you think about how well you are living the Ten Commandments, fill out the following self-evaluation:

The statements below may indicate how well the Ten Commandments are written in your heart. Mark how often these statements are true for you.	**Almost never**	**Some of the time**	**Much of the time**	**Almost always**
I love my Heavenly Father.				
I put God first in my life (before friends, hobbies, possessions, my own desires, and other things).				
I speak the Lord's name with reverence.				
I keep the Sabbath day holy by participating in activities that draw me closer to the Lord; I recognize it as His day, not mine.				
I honor my parents by being obedient and respectful.				
I control my anger and do not act violently toward others.				
I am sexually pure. I avoid lustful images, language, and actions.				
I refrain from stealing and cheating.				
I tell the truth.				
I avoid coveting (which means to inappropriately desire something that belongs to someone else).				

3. Look back at your responses and set a goal to better live one of the Ten Commandments. Write your goal in your scripture journal.

Mosiah 13:27–14:12

Abinadi teaches about the coming of Jesus Christ

Read Mosiah 13:28, 32–35, and mark any words or phrases that could complete the following quotation by Elder Dallin H. Oaks of the Quorum of the Twelve Apostles: "After all our obedience and good works, we cannot be saved from death or the effects of our individual sins without _____ _____."

The full quotation by Elder Oaks reads: "After all our obedience and good works, we cannot be saved from death or the effects of our individual sins without the grace extended by the atonement of Jesus Christ" ("Another Testament of Jesus Christ," *Ensign*, Mar. 1994, 67).

You may want to write this truth next to Mosiah 13:28: **No one can be saved except through the Atonement of Jesus Christ.**

Spend a few minutes studying Mosiah 14:1–12, and mark words and phrases that describe what Jesus Christ did in mortality to help you return home to our Father in Heaven. Think about the grief, sorrows, and sins Jesus Christ has carried for you. These verses correspond with Isaiah 53:1–12. Abinadi was quoting what Isaiah had written (see Mosiah 14:1).

4. In your scripture journal, write how you would explain what Mosiah 14:4–5 teaches about Jesus Christ to a friend.

5. Write the following at the bottom of today's assignments in your scripture journal:

I have studied Mosiah 11–14 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 12: DAY 4

Mosiah 15–17

Introduction

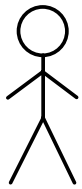
The record of the prophet Abinadi's preaching to King Noah and his priests continues in Mosiah 15–17. He testified of Jesus Christ's role as the Redeemer. One of Noah's priests, Alma, believed Abinadi. King Noah cast Alma out of his court and had Abinadi burned to death. Abinadi was true to God in all circumstances.

Mosiah 15–16

Abinadi teaches about Jesus Christ's role as Redeemer

Take a few minutes to find and circle the words *redeem, redeemed,* and *redemption* in Mosiah 15–16. The repetition of a word in a block of scripture often signals an important point in the writer's message. As you study today, watch for what Abinadi taught about being redeemed.

To help you understand Jesus Christ's role as Redeemer, consider the following diagram:



Fines?
Prison?
Death?

Offender

Punishment

Imagine you have broken a law and have been sentenced to the harshest penalty the law allows. Perhaps the punishment includes large fines, time in prison, or even death. How might you feel facing such penalties? Can you think of any legal and honest way to escape these punishments?

Write *Me* under the word *Offender* and *Justice* under the word *Punishment* in the diagram. We have all broken the laws of God at some time and must meet the demands of justice. The demands of justice require each sinner to receive the punishment connected to the sin.



Read the following statement by Elder Richard G. Scott of the Quorum of the Twelve Apostles, and underline the two consequences of breaking God's laws: "Justice . . . requires that every broken law be satisfied. When you obey the laws of God, you are blessed, but there is no additional credit earned that can be saved to satisfy the laws that you break. If not resolved, broken laws can cause your life to be miserable and would keep you from returning to God" ("The Atonement Can Secure Your Peace and Happiness," *Ensign* or *Liahona,* Nov. 2006, 42).

The consequences of breaking God's laws include misery and being unable to live with God. Read Mosiah 15:1, 7–9, and mark phrases that indicate how the Savior's Atonement satisfies the demands of justice.

Use a dictionary to find definitions for the following words:

Redeem (Mosiah 15:1) _____

_____

Intercession (Mosiah 15:8) _____

_____

Betwixt (Mosiah 15:9) _____

You may want to write part of these definitions next to the verses.

Sometimes people are confused by Abinadi's description of Jesus Christ in Mosiah 15:2–5 as (1) the Son of God the Father and (2) as the Father. The following statement by Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles explains Jesus Christ's divine nature this way: "As Abinadi taught, Christ was 'conceived by the power of God' (Mosiah 15:3) and therefore has the powers of the Father within him. In addition to that divine lineal relationship, Christ also acts as the Father in that he is the Creator of heaven and earth [see Mosiah 15:4], is the father of our spiritual rebirth and salvation, and is faithful in honoring—and therefore claiming the power of—the will of his Father above that of his own will" (*Christ and the New Covenant* [1997], 183–84).

Study Mosiah 15:5–7, thinking about the price Jesus Christ paid to redeem you, or to stand between you and the demands of justice. On the diagram above, write *Jesus Christ* between *Offender* and *Punishment.*

It is important to understand that the Savior does not erase the demands of justice but stands between justice and us. If we repent, He satisfies justice's demands by taking the punishment in our behalf.

1. Complete the following activities in your scripture journal:

a. Write *Those Who Choose to Be Redeemed (Mosiah 15:11–12; 16:13).* Then search Mosiah 15:11–12; 16:13, looking for who will be redeemed. Describe what you found.

b. Write *Those Who Refuse to Be Redeemed (Mosiah 15:26–27; 16:2–5, 12).* Then search Mosiah 15:26–27; 16:2–5, 12, looking for why some people will not be redeemed. Describe what you found.

2. Using what you learned in the previous assignment, answer the following questions in your scripture journal:

a. What will determine who will be redeemed from their sins?

b. What do you learn from the contrast of the "will" of Jesus Christ in Mosiah 15:7 and the "will" of those who do evil in Mosiah 16:12?

Jesus Christ satisfies the demands of justice for all who will repent. The price the Savior paid for us is a very personal gift for any who choose to repent and do the will of the Father. Read Mosiah 15:10, and underline the phrase "he shall see his seed."



Read Mosiah 15:10–12 and the following statement by Elder Merrill J. Bateman, an emeritus member of the Seventy:

"The prophet Abinadi . . . states that 'when his soul has been made an offering for sin he shall see his seed' (Mosiah 15:10). Abinadi then identifies the Savior's seed as the prophets and those who follow them. For many years

I thought of the Savior's experience in the garden and on the cross as places where a large mass of sin was heaped upon Him. Through the words of Alma, Abinadi, Isaiah, and other prophets, however, my view has changed. Instead of an impersonal mass of sin, there was a long line of people, as Jesus felt 'our infirmities' (Hebrews 4:15), '[bore] our griefs, . . . carried our sorrows . . . [and] was bruised for our iniquities' (Isaiah 53:4–5).

"The Atonement was an intimate, personal experience in which Jesus came to know how to help each of us" ("A Pattern for All," *Ensign* or *Liahona,* Nov. 2005, 75–76).

3. Answer the following questions in your scripture journal:

a. What do you think it means to become the seed of Jesus Christ? (see Mosiah 15:12).

b. What are you doing to make sure you are numbered among the seed of Jesus Christ?

You may wish to personalize Mosiah 15:10 by writing your name in place of "his seed" in the portion of the verse that you have underlined. Ponder for a moment what it means to have a Redeemer who has seen and knows you personally.

What are the consequences of someone refusing to be redeemed? Look again at Mosiah 16:5. What happens in the diagram depicted earlier in this lesson if the offender persists in sin and refuses to repent? Read Doctrine and Covenants 19:16–17 to discover what will happen to those who refuse to accept the Savior's redeeming act through repentance.

Abinadi taught that the redemption of Jesus Christ includes not only a rescue from sin but also from death. Everyone will be resurrected; however, some will be resurrected before others. Abinadi used the term "first resurrection" to explain that the righteous and innocent would be resurrected before the rebellious (see Mosiah 15:21–22). **The righteous will be redeemed from death in the first resurrection** and the wicked must wait to be resurrected until after the Millennium (see D&C 76:85, 106).

4. Reflect upon the verses you have studied in Mosiah 15. Imagine you had the opportunity for a messenger to deliver a message from you to the Savior. Record what you would write in that message, based upon what He has done for you.

The Savior wants to bring us back into the presence of our Heavenly Father. He intercedes, mediates, and pleads on our behalf. The Savior has paid the demands of justice for us if we will repent.



Mosiah 17

Alma believes Abinadi and is cast out; Abinadi is killed

Have you ever witnessed someone stand up for what was right when it was difficult for him or her to do so? What was the outcome?

When Abinadi concluded his message, one of the priests, named Alma, tried to convince the king that Abinadi had spoken the truth and should be released. The king cast Alma out and sent servants to slay him. Alma hid and wrote the words of Abinadi.

Alma's conversion is significant. Because he recorded the words of Abinadi, many generations and peoples have been blessed. The fruits of Alma's conversion will be more apparent as you study the upcoming chapters. The king and his priests counseled together for three days before sentencing Abinadi to death (see Mosiah 17:1–6, 13).



5. Mosiah 17:7–10 and Mosiah 17:11–12 compare the choices made by Abinadi and King Noah. After studying these verses, give short answers for the following questions in your scripture journal:

a. Which of Abinadi's last words impressed you the most?

b. Why do you think Abinadi's words affected King Noah the way they did?

c. What kind of influence did the priests have on King Noah?

d. How does Abinadi's example help inspire you to **be true to God in all circumstances?**

President Gordon B. Hinckley declared: "*Be strong—in standing for the right.* We live in an age of compromise and acquiescence. In situations with which we are daily confronted, we know what is right, but under pressure from our peers and the beguiling voices of those who would persuade us, we capitulate. We compromise. We acquiesce. We give in, and we are ashamed of ourselves. . . . We must cultivate the strength to follow our convictions" ("Building Your Tabernacle," *Ensign,* Nov. 1992, 52).

Write *I can be true to God in all circumstances* in your scriptures next to Mosiah 17:9–12.

6. To personalize Abinadi's moral courage and personal conviction, read Mosiah 17:20 and complete the following sentence in your scripture journal: *I need to be true to God when . . .*

As you conclude today's lesson, think about a family member or friend who may benefit from hearing what you learned and felt today. If possible, share with him or her what you learned and your desire to be true to the Lord during difficult times.

7. Write the following at the bottom of today's assignments in your scripture journal:

I have studied Mosiah 15–17 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 13: DAY 1

Mosiah 18

Introduction

Alma, who was a priest of the wicked King Noah, believed the words of the prophet Abinadi and repented of his sins. After Abinadi's death, Alma privately taught others about Jesus Christ. Those who believed Alma were desirous to come into the fold of God. They entered into the covenant of baptism at a place called the Waters of Mormon. As you study Mosiah 18, look for what Alma taught concerning the promises you make when you are baptized and what the Lord will do for you as you keep those promises.

Mosiah 18:1–16

Alma teaches and baptizes the people

Think about your baptism. What details do you remember about the experience? How were you prepared for your baptism? What feelings do you recall about your baptism? Ponder what you may appreciate even more about your baptism now than you did when you were baptized.

Mosiah 18 helps us understand the covenant we make with God at baptism. A covenant is "an agreement between God and man, but they do not act as equals in the agreement. God gives the conditions for the covenant, and men agree to do what he asks them to do. God then promises men certain blessings for their obedience" (Guide to the Scriptures, "Covenant," scriptures.lds.org).

To see how Mosiah 18 helps us understand the baptismal covenant, note the following outline of this chapter: Mosiah 18:1–7, Preparing for the Covenant; Mosiah 18:8–16, Making the Covenant; and Mosiah 18:17–30, Living the Covenant. You may want to write each topic (for example, *Preparing for the Covenant*) next to the corresponding verses in your scriptures.

Read Mosiah 18:1–2, 6–7, looking for the doctrines and principles Alma taught the people to help prepare them for baptism. In the space below, write how an understanding of what Alma taught his people would help someone today to prepare for baptism: _____

_____

_____

Mosiah 18:8–11 records how Alma helped his people understand the promises they would make and receive through the covenant of baptism.

1. Draw the diagram below in your scripture study journal. Search Mosiah 18:8–11 for what Alma taught about the promises we make to God (what we "are willing" to do) and the promises God makes to us when we are baptized. Write what you discover in the appropriate columns of your diagram.

I Promise	God Promises

One of the gospel principles evident in Mosiah 18:8–11 is: **We receive the Spirit of the Lord and the promise of eternal life by making and keeping the covenant of baptism.**

2. At the bottom of the diagram in your scripture study journal, write a summary of what you have learned about the importance of making and keeping the baptismal covenant.

Read the following statement by Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles and underline the blessings that can come to us as we understand the promises we make and receive at baptism: "I have noted throughout my life that when people come to fully understand the blessings and the power of their baptismal covenant, whether as new converts or as lifelong members of the Church, great joy comes into their lives and they approach their duties in the kingdom with contagious enthusiasm" ("Alma the Elder: A Role Model for Today," in *Heroes from the Book of Mormon* [1995], 84).

3. Write in your scripture study journal about how your baptismal covenant can affect the way you live each day. (For example, consider your promise to "stand as witnesses of God at all times" as it relates to the way you interact with others, including how you treat family members, the things you discuss with friends and acquaintances, the language you use, the kinds of movies or television shows you watch, the music you listen to, social and dating relationships, and how you respond to those who criticize your beliefs.)

Carefully search Mosiah 18:12–16, and identify examples of how the Lord fulfilled His part of the covenant with Alma and his people after their baptism. You may want to mark what you find.

4. Write in your scripture study journal about a time when you felt the Lord blessed you with His Spirit as you kept the promise you made at baptism to serve Him.

Mosiah 18:17–30

Alma establishes the Church of Jesus Christ among the people

How often do you think about the covenants you made at baptism and renew when you partake of the sacrament? How often should you think about them? When do you usually take time to think about these covenants?



President Henry B. Eyring of the First Presidency taught the importance of keeping our covenants with the Lord: "The Latter-day Saints are a covenant people. From the day of baptism through the spiritual milestones of our lives, we make promises with God and He makes promises with us. He always keeps His promises offered through His authorized servants, but it is the crucial test of our lives to see if we will make and keep our covenants with Him" ("Witnesses for God," *Ensign,* Nov. 1996, 30).

Read Mosiah 18:17–18, 20–23, 27–29, looking for how members of the Church in Alma's day kept their baptismal covenants. You may want to mark specific words and phrases in Mosiah 18:22, 26, 30 that indicate that **great blessings come to those who keep their baptismal covenants.**

5. Answer the following questions in your scripture study journal: What is one thing you will do to better keep the covenants you made at baptism? How will you keep this commitment?

Mosiah 18:31–35

Those who belong to the Church flee from the persecution of King Noah

Study Mosiah 18:31–33 to learn what King Noah was doing in the city of Lehi-Nephi while Alma and his people were enjoying great blessings near the Waters of Mormon. Read Mosiah 18:34 and then Mosiah 23:1–2 to find out how Alma was "apprised" of the danger his people faced.

Consider writing this truth next to Mosiah 18:34: **The Lord can warn the righteous when they are in danger.**

Read the following experience shared by Elder Neil L. Andersen of the Quorum of the Twelve Apostles that illustrates this truth:



"Working as a special agent for the FBI, my friend investigated organized crime groups transporting illegal drugs into the United States.

"On one occasion, he and another agent approached an apartment where they believed a known drug dealer was distributing cocaine. My friend describes what happened:

"'We knocked on the door of the drug dealer. The suspect opened the door, and upon seeing us, tried to block our view. But it was too late; we could see the cocaine on his table.

"'A man and a woman who were at the table immediately began removing the cocaine. We had to prevent them from destroying the evidence, so I quickly pushed the drug suspect who was blocking the door to the side. As I pushed him, my eyes met his. Strangely, he did not appear angry or afraid. He was smiling at me.

"'His eyes and disarming smile gave me the impression that he was harmless, so I quickly left him and started to move toward the table. The suspect was now behind me. At that instant, I had the distinct, powerful impression come into my mind: "Beware of the evil behind the smiling eyes."

"'I immediately turned back toward the suspect. His hand was in his large front pocket. Instinctively I grabbed his hand and pulled it from his pocket. Only then did I see, clutched in his hand, the semiautomatic pistol ready to fire. A flurry of activity followed, and I disarmed the man.' . . .

". . . The Holy Ghost warned my friend of physical danger; the Holy Ghost will also warn you of spiritual danger" ("Beware of the Evil behind the Smiling Eyes," *Ensign* or *Liahona,* May 2005, 46–47).

6. Write in your scripture study journal about feelings you have had from the Holy Ghost or experiences you remember where you have been warned of or protected from physical or spiritual danger, or write about the experiences of someone you know or have read or heard about.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 18 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



UNIT 13: DAY 2

Mosiah 19–20

Introduction

After Alma and his people escaped from King Noah's army, the people who remained with Noah began to suffer the consequences prophesied by Abinadi. The account of the Nephites in the land of Lehi-Nephi reminds us that when we reject the counsel of the Lord's servants, we experience serious consequences. On the other hand, when we obey the prophets, we enjoy peace and safety even through our trials. As you study this lesson, think about how you can receive the peace and safety that come from hearkening to the counsel of the Lord's modern prophets.

Mosiah 19–20

The Nephites in the land of Lehi-Nephi experience the fulfillment of Abinadi's prophecies

Read the following experience shared by Elder David R. Stone, who was then serving as a member of the Seventy, and think about the significance of spiritual warnings we receive through prophets:

"One Sunday morning . . . we awoke to a beautiful day in Santo Domingo in the Dominican Republic. The Caribbean sun was shining, and the sky was clear. A gentle breeze was blowing, barely ruffling the leaves on the trees; it was warm and peaceful and still. But far out to sea, beyond the reach of our physical senses that day, the deadly destroyer was coming our way, implacable and irresistible. The Hurricane Center, with responsibility to track and predict the path of Hurricane Georges, was constantly updating the information available on the Internet. In the peaceful, placid quiet of that morning, by virtue of those seeing eyes in the sky, I saw the predicted path of the storm, aimed like an arrow at the heart of Santo Domingo.

"Within 48 hours the storm struck the island with intense . . . fury, leaving in its path destruction, desolation, and death. . . .

"Great as the damage and destruction and death from these awesome phenomena of physical force can be, there is even more desolation caused in people's lives by spiritual hurricanes. These furious forces often cause far more devastating damage than physical cyclones, because they destroy our souls and rob us of our eternal perspective and promise. . . .

"We place ourselves in the path of these spiritual hurricanes when we indulge in anger, alcohol, and abuse; lust and licentiousness; promiscuity and pornography; drugs, pride, greed, violence, envy, and lies—the list is long. . . .

"But we also have our spiritual hurricane guardians, those whose calling it is to watch and warn, helping us avoid spiritual damage, destruction, and even death. Our watchmen on the tower are known to us as apostles and prophets. They are our spiritual eyes in the sky, and they know, through inspiration and insight and pure intelligence, the course these storms may take. They continue to raise their voices in warning to tell us of the tragic consequences of willful and wanton violations of the Lord's commandments. To intentionally ignore their warnings is to court misery, sorrow, and ruin. To follow them is to follow the chosen servants of the Lord into spiritual pastures of peace and plenty" ("Spiritual Hurricanes," *Ensign,* Nov. 1999, 31–32).

Take a moment and ponder what dangers you have heard prophets and apostles warn us about. How can their words protect us from "spiritual hurricanes"?

God sent Abinadi to warn the people of Lehi-Nephi of the destruction that was coming if they did not repent.

1. Copy the following chart into your scripture study journal, leaving enough room to write under each reference:

Prophecy about King Noah's people (Mosiah 12:1–2)	Fulfillment (Mosiah 19:10, 14–15; 20:20–21; 21:3–4, 8, 10–13)
Prophecy about King Noah (Mosiah 12:3)	Fulfillment (Mosiah 19:18–20)
A.	B.

Review Abinadi's prophecies to the Nephites in the land of Lehi-Nephi by reading the scripture references in the left column of the chart. Under the appropriate scripture references, write the consequences Abinadi said King Noah and his people would face if they did not repent. At the bottom of the left column (A), write how you think you might have felt and what you might have done if you had heard Abinadi's warnings.

Before you begin working on the right column of the chart, complete the activity below in the manual. This activity will help you become more familiar with the events of Mosiah 19–20 and to recognize the fulfillment of Abinadi's prophecies recorded in these chapters.

As you study Mosiah 19–20, number the following 11 events in the order in which they occur in the scriptures. The chapter summaries at the beginning of each chapter will provide helpful clues to guide you.

_____ Gideon seeks to kill King Noah.

_____ Nephite women and children plead with the Lamanites not to slay them.

_____ King Noah suffers death by fire.

_____ The Lamanite army comes into the borders of Shemlon.

_____ Priests of King Noah abduct (kidnap) 24 daughters of the Lamanites.

_____ The Lamanite king pleads with his army to spare the people of Limhi.

_____ Some of Noah's people flee before the Lamanites, leaving the women and children behind.

_____ Limhi orders his people not to slay the Lamanite king.

_____ There is peace between the Nephites and Lamanites for two years.

_____ Limhi promises that his people will pay one-half of their possessions to the Lamanites.

_____ The Nephites repel a Lamanite attack and capture the Lamanite king.

(The answers to this activity are found at the end of this lesson.)

2. After you have successfully numbered the 11 statements, return to the chart in your scripture study journal. Search the scriptures in the right column for details about how Abinadi's prophecies were fulfilled. Record these details in your chart in the right column. At the bottom of the right column (B), explain what you have learned about the consequences of rejecting a prophet's words of warning.

Read Mosiah 20:21, and mark Gideon's statement that shows his understanding that **rejecting the words of the Lord's servants brings suffering and sorrow.**

Read Doctrine and Covenants 133:63, 70–72 to see how this principle applies to those in the last days who will not listen to the Lord or His servants. You may want to write this reference in your scriptures as a cross-reference for Mosiah 20:21. Look at the most recent general conference addresses in the *Ensign* or *Liahona* magazines (May and November issues) or on LDS.org to find words of the prophets concerning these matters.

Ponder this question: What have you heard prophets teach recently that would help individuals, families, and nations avoid suffering and sorrow?

To see an example of the sorrow and suffering that can come from rejecting the Lord's prophets, look for the consequences that Elder Dallin H. Oaks of the

Quorum of the Twelve Apostles said would come to those who engage in pornography:



"Pornography impairs one's ability to enjoy a normal emotional, romantic, and spiritual relationship with a person of the opposite sex. It erodes the moral barriers that stand against inappropriate, abnormal, or illegal behavior. As conscience is desensitized, patrons of pornography are led to act out what they have witnessed, regardless of its effects on their life and the lives of others.

"Pornography is also addictive. It impairs decision-making capacities and it 'hooks' its users, drawing them back obsessively for more and more" ("Pornography," *Ensign* or *Liahona,* May 2005, 89).

Think of some examples of the sorrow and suffering that come from ignoring the prophets' counsel on subjects such as gambling, pornography, the Word of Wisdom, cheating, tattoos, body piercing, dressing immodestly, or dating before the age of 16.

3. Answer the following question in your scripture study journal: How could following counsel from the Lord's servants on topics such as strengthening families, living the law of chastity, or obeying the Word of Wisdom help individuals and families avoid some of the suffering and sorrow they experience?

Elder Robert D. Hales of the Quorum of the Twelve Apostles testified that we can have peace and return to God's presence by following prophets:

"I give my testimony that the prophets of this day have the qualities of the prophets of old and the other prophets of this dispensation. . . .

". . . Our spiritual safety lies in turning to the clear voice of our living prophet. If we listen to his voice and obey his counsel, we will be able to live as Christ would have us live and endure to the end so that one day we, along with our families, will return back into the presence of our Heavenly Father and our Savior Jesus Christ" ("Hear the Prophet's Voice and Obey," *Ensign,* May 1995, 17).

4. Write in your scripture study journal about how you would like your study of Mosiah 19–20 to affect the way you listen to the counsel of the Lord's prophets. Think of an experience about how you have received peace and spiritual safety by following the counsel of the Lord's servants and record it in your scripture study journal.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 19–20 and completed the lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

Answers to ordering activity: 1, 4, 5, 2, 8, 11, 3, 10, 7, 6, 9.

UNIT 13: DAY 3

Mosiah 21–24

Introduction

Limhi's people came into Lamanite bondage as a result of their wickedness (see Mosiah 20:21); they were humbled and turned to God as a result of their bondage. Alma's people were brought into bondage as a trial of their faith (see Mosiah 23:21). Both groups prayed mightily to be released from bondage. While both groups of people were eventually delivered and arrived in Zarahemla, the Lord helped each group in different ways. From studying the trials and deliverance of Limhi's group, you can see the Lord will answer our prayers in His own way and time as we humble ourselves. From studying the trials and deliverance of Alma's people, you can learn how to rely on the Lord for strength amid your own struggles and challenges.



Mosiah 21–24

The Nephites in the land of Lehi-Nephi experience the fulfillment of Abinadi's prophecies

Imagine that you lived in the land of Lehi-Nephi during the reign of King Noah and had rejected the teachings of Abinadi. Now you and your people are in bondage to the Lamanites, just as Abinadi had prophesied. What do you think you would do?

Now think of any trials or adversity that you are currently experiencing. Read the following verses in your scriptures, and mark what they teach about seeking and receiving deliverance: Mosiah 21:5, 14; 22:1–2; 23:23; and 24:21. To be delivered usually means to be set free, helped, or brought through something.



As you read the following statement by Elder Richard G. Scott of the Quorum of the Twelve Apostles, underline the two sources he gives of trials and suffering we experience in our lives: "No one wants adversity. Trials, disappointments, sadness, and heartache come to us from two basically different sources. Those who transgress the laws of God will always have those challenges. The other reason for adversity is to accomplish the Lord's own purposes in our life that we may receive the refinement that comes from testing. It is vitally important for each of us to identify from which of these two sources come our trials and challenges, for the corrective action is very different" ("Trust in the Lord," *Ensign,* Nov. 1995, 16).

Limhi's people were brought into bondage because of their disobedience, while Alma's righteous people experienced adversity that would refine them. Limhi's people were humbled and brought to God as a result of their bondage. Studying these two accounts of divine deliverance can help you increase your faith to call upon the Lord for deliverance from whatever afflictions you are experiencing.

1. In the chart below, the first question—How did they come into bondage?—is answered for you. In your scripture study journal, answer the second question: How were they delivered?

	Limhi's people	Alma's people
How did they come into bondage?	(Mosiah 20:21–22; 21:1–4) Because the people did not repent, the Lord gave the Lamanites power to bring the people into bondage.	(Mosiah 23:1–4, 19–20, 25–38; 24:8–9) The people kept their covenants, but they were betrayed, captured, and persecuted by wicked people.
How were they delivered?	(Mosiah 22:1–9, 13–14)	(Mosiah 24:17–25)

Ponder answers to the following questions about Limhi's people:

- According to Mosiah 21:6, what evidences were there that Limhi's group had not yet humbled themselves and turned to the Lord? How does this contrast with how Alma's people responded to their bondage? Reflecting on the experience of Limhi's group, what do you learn that might help you respond appropriately to your own trials?
- Even though Limhi's people were not immediately delivered from their afflictions, how did the Lord bless them? (You may want to mark the phrase "prosper by degrees" in Mosiah 21:16.) Have you ever felt that the Lord helped you get through a trial a little at a time?
- How do you think the attitude of the people, described in Mosiah 21:30–33, contributed to their eventual deliverance?

2. Choose one of the following truths drawn from what you have studied about the trials and deliverance of Limhi's people. In your scripture study journal, write a paragraph that explains how you can apply that truth in your own life.

a. When we humble ourselves, call upon the Lord, and repent of our sins, He will hear our prayers and ease the burdens of our sins in His own time.

b. When we covenant to serve God and keep His commandments, the Lord will provide a way for our deliverance.

Think about the afflictions and deliverance of Alma's group as you read the following statement by Elder Richard G. Scott: "Just when all seems to be going right, challenges often come in multiple doses applied simultaneously. When those trials are not consequences of your disobedience, they are evidence that the Lord feels you are prepared to grow more (see Proverbs 3:11–12). He therefore gives you experiences

that stimulate growth, understanding, and compassion which polish you for your everlasting benefit. To get you from where you are to where He wants you to be requires a lot of stretching, and that generally entails discomfort and pain" ("Trust in the Lord," 16–17).

Mark words and phrases in Mosiah 23:21–22 that show that **the Lord will try our patience and faith to help us increase our trust in Him** (see also D&C 122:5–7).

Write short answers to the following questions in your manual:

- What do you think would have been the hardest trial to endure if you were among Alma's people during the events recorded in Mosiah 23–24? Why? _____
- What can you learn from the way Alma and his people responded to their trials? (See Mosiah 24:1–12, 15–16.) _____
- Though the Lord did not immediately deliver Alma's people, what did He initially do for them? (See Mosiah 24:15.) _____

One principle we can learn from the experience of Alma's group is that **when we submit patiently to the will of the Lord, He will strengthen us and deliver us from our trials in His time.**

3. In your scripture study journal, explain what you think it means to submit patiently to the will of the Lord during a time of trial and how doing so can prepare you to receive the strength and blessings He will provide to help you through that difficult time.

At the beginning of this lesson, you were asked to think of trials or adversities you are currently facing. As you recall them, consider writing answers to the following questions in your personal journal or on a separate piece of paper:

- What trials am I currently dealing with in my life?
- What do I need to do to prepare myself to receive the Lord's power of deliverance in my life?

4. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 21–24 and completed the lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 13: DAY 4

Mosiah 25

Introduction

As recorded in Mosiah 25, Limhi's people and Alma's followers journeyed to Zarahemla to be united safely under King Mosiah's rule. As these groups of Nephites came together, they recognized the goodness of God and His power to deliver them. They also established a unified Church. As you study this lesson, you may benefit from thinking about how you have seen the goodness of God in your life and the blessings of belonging to the true Church of Jesus Christ.

Mosiah 25:1–13

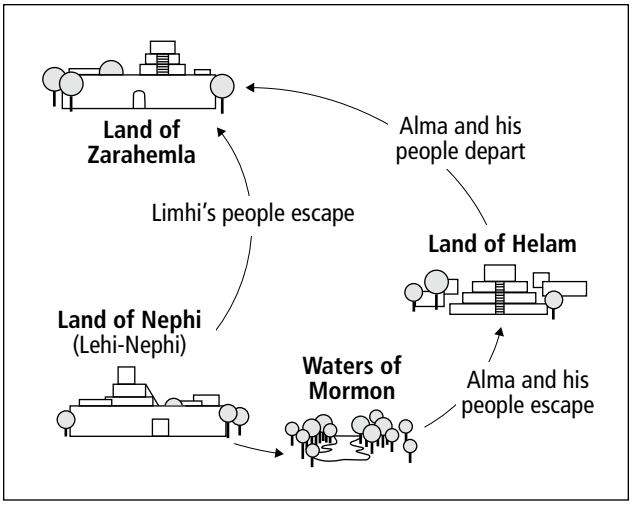
Those gathered in Zarahemla unite and become known as Nephites

Read the following story about a young woman who was protected by listening to the Spirit while on a hike with her Young Women group:

"On the way back, I was in a slower group, five girls and our leader. They were busy taking pictures, so I decided to go ahead. As I walked down the hill I heard a cow [that sounded like it was dying]. A warning voice, firm yet silent, said 'Turn back.' I almost ignored it, but it came again. This time I listened and returned to the group. As we started down, we saw two enormous black bulls walking fast and angrily up the hill. The biggest one started pawing the ground as he stared at us. . . . We were scared out of our minds, but our priesthood leader distracted it, and we were able to climb over a fence to safety.

"As we entered camp again, I realized that if I hadn't listened to the warning from the Spirit, I could have been badly hurt or even killed. I knew that Heavenly Father cared about me personally and had kept me safe. I am so thankful to the Lord for that warning. This experience strengthened my testimony and gave me a greater love for the Lord" (Marissa W., "Turn Back," *New Era,* Nov. 2010, 47).

How does hearing or reading about other people's experiences that illustrate the goodness and power of God in their lives help strengthen you?



As Limhi's people and Alma's people united with the people in Zarahemla, King Mosiah had their records read to all of the people (see Mosiah 25:1–6). Search Mosiah 25:7 for how King Mosiah's people responded as they listened to the accounts of God's dealings with these peoples.

1. For each of the four verses in Mosiah 25:8–11, record in your scripture study journal the people's response when they heard the account of their brethren. For example, in Mosiah 25:8, when they saw those who were delivered from Lamanite bondage, the people "were filled with exceedingly great joy."

a. Mosiah 25:8

b. Mosiah 25:9

c. Mosiah 25:10

d. Mosiah 25:11

Consider writing the following principle in the margin of your scriptures by Mosiah 25:8–11: **By studying the records of God's dealings with others, we can feel joy and gratitude for the goodness of God.**

Think of possible sources from which you could learn of others who have experienced the goodness of God. These might include the scriptures, Church history, Church magazines, general conference addresses, your own family history records, testimony meetings, and Sunday School and priesthood or Young Women classes. Think of a time when you learned of God's goodness from these sources. Then ponder your answers to the following questions:

- Have I had an experience where learning of God's goodness to others helped me feel joy or gratitude?
- What might be some long-term effects if I regularly studied experiences of God's goodness in His dealings with others—whether in the scriptures or other sources?

During the coming week, consider searching one of the sources you thought of for a story of God's goodness that fills you with wonder, amazement, joy, or thanks. You could write about what you learned and how it affected you in your own personal journal. You could also use this story in a family home evening to teach your family about the goodness of God, or you could share the story with your seminary class or with a friend.

Mosiah 25:14–24

Alma establishes churches of God in all the land of the Nephites

After Mosiah finished speaking and reading the records to the people, Alma spoke to them. Read Mosiah 25:14–16, and identify what Alma taught. Write answers to the following questions in the manual:

- How is what Alma taught an appropriate summary of the experiences of Limhi's people as well as Alma's followers? _____
- Why do you think Alma's words would have been important for the people to hear after they heard the history of Zeniff's people? _____

Before reading further in Mosiah 25, think about a time when you attended a Latter-day Saint ward or branch other than your home ward or branch. Think about the similarities you noticed between your home ward or branch and the one you visited.

Read Mosiah 25:17–22, and look for how the Church was governed among the Nephites in Alma's day. Reference to "churches" in Mosiah 25:21 is similar to the way we refer to wards and branches in the Church today. Just as in Alma's day, **God calls leaders to direct His Church today.**

In Mosiah 23:16 you learned that Alma "was their high priest" and "the founder of their Church" (Mosiah 23:16). President Joseph Fielding Smith explained: "The main body of the Nephites, under the second King Mosiah, was still intact in the land of Zarahemla. The reference stating that Alma was the founder of their church has reference only to the refugees who were fleeing from the land of the Nephites' first inheritance. In course of time they found their way back to the main body of the Church and Alma was consecrated as the high priest over the Church in all of the lands occupied by the Nephites" (*Answers to Gospel Questions,* comp. Joseph Fielding Smith Jr., 5 vols. [1957–66], 3:39-40).



2. Write short answers to each of the following questions in your scripture study journal:

a. In what ways did the Nephite Church resemble the Church today?

b. Why do you think it is important that the leaders were called by Alma, who had authority from God?

c. Why is it important for leaders to teach the same truths to all members of the Church throughout the world?

As you read Mosiah 25:23–24, look for phrases that describe those who joined the Church of Christ that also describe members of the Lord's Church today. One principle we learn from these verses is: **As we take upon ourselves the name of Jesus Christ and live accordingly, the Lord will pour out His Spirit upon us.**

3. Write answers to the following questions in your scripture study journal:

a. How do the phrases in Mosiah 25:23–24 that describe Nephite members of the Church also apply to members of the Church today?

b. How can remembering that you have taken upon yourself the name of Jesus Christ make a difference in your thoughts and the daily choices you make?

Notice in Mosiah 25:24 that "the Lord did pour out his Spirit upon" His people. Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles emphasized the value of the gift of the Holy Ghost for members of the Church:



"The gift of the Holy Ghost, which is the right to receive the Holy Ghost as a constant companion, is obtained only on condition of faith in Christ, repentance, baptism by immersion, and the laying on of hands by authorized servants endowed with the Melchizedek Priesthood. It is a most precious gift available only to worthy members of the Lord's Church.

". . . It is the source of testimony and spiritual gifts. It enlightens minds, fills our souls with joy, teaches us all things, and brings forgotten knowledge to our remembrance. The Holy Ghost also 'will show unto [us] all things what [we] should do' [2 Nephi 32:5]" ("The Unspeakable Gift," *Ensign* or *Liahona,* May 2003, 26).

4. Answer the following questions in your scripture study journal:

a. In what ways does your participation in the Church of Jesus Christ help you to feel the Spirit?

b. What can you do to increase your faithfulness and righteous actions so that you can feel even closer to the Spirit?

Seek for an opportunity to share with someone how the gift of the Holy Ghost has blessed your life. The blessings you have experienced through the Holy Ghost can increase as you strive to be worthy of His companionship.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 25 and completed the lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 14: DAY 1

Mosiah 26

Introduction

As recorded in Mosiah 26, some unbelieving Nephites of the rising generation influenced members of the Church with flattering words and led them to sin. Alma prayed to find out how to judge these members according to God's will. The Lord revealed to Alma how to hold the Church members accountable for their sins. The Lord also set forth conditions for repentance. Alma learned of God's willingness to forgive those who truly repent.

Mosiah 26:1–6

Many of the rising generation do not believe, and they commit sin

Take a moment to think about the following question: Why do you think some young people do not have testimonies or do not have strong testimonies, even when they have listened to prophets and been taught by their parents?

Mosiah 26 gives insight into this question. Study the verses and answer the questions in the following chart (write your answers in the manual):

Mosiah 26:1–2	What three things did many of the rising generation not believe? _____ _____
Mosiah 26:3	How can reading the scriptures or listening to prophets with an attitude of unbelief affect us? _____ _____
Mosiah 26:4	What was one of the main reasons these people did not have faith in the Savior and join the Church? _____ _____
Write one principle you learned from studying these verses: _____ _____	

The phrase "tradition of their fathers" in Mosiah 26:1 refers to gospel truths passed down from previous generations; the phrase can sometimes also refer to false ideas (for example, see Alma 9:16). One of the principles taught in Mosiah 26:1–4 is: **Desire to believe and personal effort are necessary to develop a testimony.**

Read the following statement from President Henry B. Eyring of the First Presidency, and underline what actions are necessary to gain and maintain a testimony:



"Testimony requires the nurturing by the prayer of faith, the hungering for the word of God in the scriptures, and the obedience to the truth we have received. There is danger in neglecting prayer. There is danger to our testimony in only casual study and reading of the scriptures. They are necessary nutrients for our testimony. . . .

"Feasting on the word of God, heartfelt prayer, and obedience to the Lord's commandments must be applied evenly and continually for your testimony to grow and prosper" ("A Living Testimony," *Ensign* or *Liahona,* May 2011, 127).

Notice that in Alma's time, those in the rising generation were not doing the things mentioned by President Eyring.

1. Answer the following questions in your scripture study journal:

a. In your experience, why is it important to have a believing attitude as you pray, read the scriptures, and strive to obey the commandments?

b. Describe an experience when faithful prayer, scripture reading, or obedience to the commandments has strengthened your testimony.

Consider for a moment whether you have ever seen people without testimonies of the gospel influencing members of the Church. Read Mosiah 26:5–6, and look for how the unbelievers influenced those in the Church.

As you continue your study, it may be helpful to know the meaning of this statement from Mosiah 26:6: "Those who committed sin, that were in the church, should be admonished [warned and corrected] by the church." This means that it was necessary for rebellious Church members to be judged according to their sins and given the opportunity to repent.



Mosiah 26:7–39

Alma inquires how to judge those who commit sin

To prepare to study the rest of Mosiah 26, imagine you are a bishop of a ward that includes some members who have committed serious sins. As a bishop, you are charged by the Lord to hold these members accountable and help them to repent. Consider how you would treat these members and how you could best help them.

A situation like this was difficult for Alma. Like authorized priesthood leaders today, he had the responsibility to help members of the Church who had committed serious sins to repent, gain forgiveness, and return to an active and honorable standing in the Church. Read Mosiah 26:7–14, and look for how Alma reacted to this situation and what he did to receive an answer from the Lord.

2. Write in your scripture study journal why it is important for us to know that priesthood leaders seek and receive the Lord's guidance when helping those who have sinned.

Remember that Alma had been a priest to the wicked King Noah before his conversion. Read Mosiah 26:15–18, and identify what Alma and his people had done to return to the Lord and what blessings the Lord extended to them.

3. Read Mosiah 26:29–30. Then respond to one or both of the following:

a. Explain why you think the following principle is essential for everyone to understand, including anyone who may have committed serious sin: **The Lord will forgive those who repent in the sincerity of their hearts.**

b. Write your testimony of the following principle: **The Lord will forgive those who repent in the sincerity of their hearts.**

After Alma prayed for guidance about how to help the Church members who had committed serious sins, the Lord gave him instructions. He was to give the members the opportunity to repent, but if they did not repent, they were not to be numbered among the Lord's people. These instructions give important insights into the principle of repentance. Read Mosiah 26:21–31, looking for insights into repentance.

4. To help you analyze what you read in these verses, answer two or more of the following assignments in your scripture study journal:

a. How would you summarize the Savior's words in Mosiah 26:23? Why do you think it is important for us to realize that the Savior Himself paid for our sins?

b. What phrases in Mosiah 26:21–31 show the Savior's confidence and trust in Alma as a priesthood leader? How could having the help of a priesthood leader assist those who struggle with difficult sins or temptations?

c. What do you think it means to repent "in the sincerity of [one's] heart"? (Mosiah 26:29).

d. Why do you think we must forgive others to receive the Lord's forgiveness? (see Mosiah 26:31).

In your own words, write a principle that you discovered in Mosiah 26:21–31: _____

_____

Though you may have identified a different principle, or you may have used different words, the following are some examples of principles taught in Mosiah 26:21–31:

- **Bishops and branch presidents represent the Lord in helping us repent and gain forgiveness.**
- **Confession of our sins leads to forgiveness.** (All sin must be confessed to God, and serious sins should be confessed to a priesthood leader who can assist with the repentance process.)
- **We must forgive others to receive the Lord's forgiveness.**

5. To help you analyze these principles, read the following case studies. Select one case study and write in your scripture study journal how the verses and principles you have studied today may help people in the situation described:

a. A young woman has committed a serious sin, but she is afraid to speak with her bishop.

b. A young man has a desire to repent, but he does not know how.

c. A young woman repeats a sin she has previously committed, and she worries that the Lord will no longer forgive her.

d. A young man decides to repent, but he refuses to forgive someone who has offended him.

6. Pick one of the principles identified in this lesson and ponder how you could apply it to your own efforts to repent. Write in your scripture study journal how you will apply this principle.

Read Mosiah 26:37–39 to discover what happened as Alma implemented the Lord's counsel. The experience of Alma and his people teaches that as we repent and live righteously, we can also have peace and prosper.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 26 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 14: DAY 2

Mosiah 27

Introduction

Mosiah 27 recounts the conversion of Alma (the son of Alma) and the sons of King Mosiah. It tells of their rebellious attempts to destroy the Church of God, the visitation of an angel, Alma's miraculous change, and the efforts of these young men to repair the harm they had done. The account of Alma's conversion emphasizes the need for all individuals to be born again and to live in righteousness. This chapter also shows the blessings of praying for those who choose not to follow the gospel of Jesus Christ.

Mosiah 27:1–23

An angel calls Alma the Younger and the sons of Mosiah to repentance

Think about those you know who do not have testimonies of the gospel or have fallen away from the Church. What would you do if one of them refused all of your efforts to help him or her? Look for insights into this question as you study today.

Read Mosiah 27:8–10, and identify how these verses describe Alma and the sons of Mosiah. What were Alma and the sons of Mosiah trying to do to the Church and its members?

What part of the description of Alma and the sons of Mosiah stands out most to you? Why? _____

_____

_____

At times, we may feel tempted to believe that certain people will never change and come to the Lord. Think about this attitude as you continue your study in Mosiah 27.

Read Mosiah 27:11–14, and underline why the angel came to Alma and the sons of Mosiah.

Mosiah 27:14 teaches this principle: **The Lord responds to our faithful prayers for others.** You may want to write this principle in your scriptures next to Mosiah 27:14. Not everyone who needs to repent and not everyone for whom we pray will receive the visitation of an angel. The Lord responds to our faithful prayers for others according to His own wisdom.





1. In your scripture study journal, answer one or both of the following questions:

a. When have you felt that your prayers made a difference in someone's life?

b. How can believing that the Lord responds to our faithful prayers in behalf of others affect how you pray?

Ponder how you might liken the account of Alma and the sons of Mosiah to your life. You can continue to pray for those you know and love who choose to act contrary to the teachings of the Lord. You can remember that the Lord hears your prayers and responds in His own way and time and yet allows each person his or her agency. Also, carefully think about the following questions: Who may be praying for your welfare? How might the Lord want you to change? What do you need to do for that change to occur?

Read the rest of the angel's words to Alma, as recorded in Mosiah 27:15–16. Remember that the angel spoke "with a voice of thunder, which caused the earth to shake" (Mosiah 27:11). Imagine how this experience would affect you if you were with Alma and the sons of Mosiah.

How would you summarize the angel's message?

After the angel's message, Alma could not speak. He became weak, and he was "carried helpless" (Mosiah 27:19) to his father. When Alma's father heard what had happened, he "rejoiced, for he knew that it was the power of God" (Mosiah 27:20). He assembled the people "that they might witness what the Lord had done for his son" (Mosiah 27:21). Alma's father asked the priests to fast and pray so that his son might receive his strength and the ability to speak (see Mosiah 27:22). The Lord answered their prayers.

Mosiah 27:24–31

Alma the Younger and the sons of Mosiah repent and are born again

Read Mosiah 27:23–24, 28–30 to discover how Alma the Younger changed as a result of his experience with the angel. In the following chart, write words or phrases from these verses that describe Alma's spiritual condition before and after his change of heart.

Before	After

2. In your scripture study journal, write down one phrase that you wrote in the *After* column that you hope will describe you throughout your life. Explain why.

Review Mosiah 27:24, 28, and mark what Alma did and what the Lord did that brought about Alma's change of heart.

Using Different Marking Techniques

It can be helpful to use different marking techniques to differentiate between themes or truths in the scriptures. For example, in Mosiah 27:24, 28, you could underline what Alma did to bring about his change and circle what the Lord did. Then you would be able to differentiate between the two at a glance. You may want to identify what your markings signify in a key or explanation written somewhere in your scriptures so that you will be reminded of what they mean.

3. In your scripture study journal, write down why it is important to understand what we must do as we seek to change our lives and also what the Lord will do for us.

4. Answer one or both of the following questions in your scripture study journal:

a. How might Mosiah 27 help people who are discouraged and think they cannot repent and come to the Lord?

b. How might Mosiah 27 help people who believe that someone else will never repent and come to the Lord?

Read Mosiah 27:25–26, and identify who must be changed through the Atonement—or in other words, who must be born of God.

These verses teach the principle: **Each of us must be born again through the Atonement of Jesus Christ.** Being born of God means that the Spirit of the Lord causes a mighty change in a person's heart so that he or she has no more desire to do evil, but rather desires to seek the things of God (see Mosiah 5:2). Alma and the sons of Mosiah experienced a mighty change of heart quickly, but most of us are changed through the Atonement more gradually. Being born of God is more of a process than an event.

5. Answer the following questions in your scripture study journal:

a. How have you been changed through the Atonement as you have repented and tried each day to follow the Savior?

b. What is one thing you can do to better come to the Lord and allow the Atonement to make a difference in your life?



Mosiah 27:32–37

Alma the Younger and the sons of Mosiah travel throughout the land, confessing their sins and strengthening the Church

The next verses you will study in Mosiah 27 illustrate the principle: **To truly repent, a person must do everything possible to repair the damage he or she has done.** Restitution means to do what we can to correct the effects of our bad choices and restore what was damaged by our actions. For example, if someone stole an item from a neighbor, making restitution would include returning the stolen item. Read Mosiah 27:32–37, and identify what Alma and the sons of Mosiah did to make restitution for their sins.

Write down how someone might make restitution for the following sins:

- Lying to a parent: _____
- Spreading gossip about another person: _____
- Cheating on a school assignment: _____

As you think about how you can be changed through the Atonement, consider how you can repent and make restitution for your sins.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 27 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 14: DAY 3

Mosiah 28–29

Introduction

After their conversion, the sons of Mosiah felt a strong desire to preach the gospel to the Lamanites. King Mosiah supported their decision, but he was then left without a successor to his throne and a caretaker for the scriptural records. He gave Alma (the son of Alma) the responsibility for the records. Instead of appointing another king, he instituted a system of judges as the new form of government.



Mosiah 28:1–9

The sons of Mosiah desire to preach to the Lamanites

Next to each of the statements below, rate your desires in the following areas. Use a scale of 1 to 10 (1 indicates "no desire," and 10 indicates an "extremely strong desire").

_____ I have a sincere desire to help others find eternal happiness.

_____ I am willing to sacrifice to help others.

_____ I have a desire to share the gospel with others.

_____ If you are a young man, evaluate your desire to serve a full-time mission. (If you are a young woman, you may also choose to evaluate your desire.)

Review Mosiah 27:8–10, and identify how Alma and the sons of Mosiah would have rated in the above statements before their conversion.

Now read Mosiah 28:1–3, and identify how the sons of Mosiah changed in the areas identified above. As you read, remember that the word *perish* refers to being lost spiritually.

Write your answers to the following questions:

With whom did the sons of Mosiah want to share the gospel? _____

_____

From what you have studied in the Book of Mormon thus far, what difficulties or dangers could the sons of Mosiah have encountered on a mission to the Lamanites? _____

_____

Read Mosiah 28:4, and consider how you would restate it in your own words. Notice how the conversion of the sons of Mosiah influenced their desire to share the gospel. In Mosiah 28:1–4 we learn the principle: **As our conversion deepens, our desire to share the gospel increases.**



Read the following statement from Elder Dallin H. Oaks of the Quorum of the Twelve Apostles (you may want to write it in the margin of your scriptures next to Mosiah 28:1–4): "The intensity of our desire to share the gospel is a great indicator of the extent of our personal conversion" ("Sharing the Gospel," *Ensign,* Nov. 2001, 7).

In the first sentence of Mosiah 28:4, mark how the sons of Mosiah were influenced in their desire to share the gospel. Notice that the Spirit of the Lord has an important role in increasing our desire to share the gospel.

1. Answer one of the following questions in your scripture study journal:

a. How has your desire to share the gospel increased as you have strengthened your testimony?

b. What experiences in your life have led you to want to share the gospel with others?

c. If you do not feel that you have a strong desire to share the gospel at this time, what can you do to strengthen that desire? (Read Alma 17:2–3.)

Applying Gospel Principles in Case Studies

When you apply a gospel principle to common situations in life, you can better analyze the principle and more easily recognize its relevance in your life. The more effort you put into sincerely responding to a case study, the more effective it will be in your learning process.

2. Imagine a young man who is a member of the Church but has little or no desire to serve a full-time mission. In your scripture study journal, write a letter to him, suggesting what he could do to increase his desire to share the gospel. You may want to recall what has deepened your conversion to the gospel of Jesus Christ and suggest similar activities or experiences for this young man. Remember as you write that greater conversion will lead to an increased desire to share the gospel with others.

As you continue your study of Mosiah 28, imagine how you would feel if someone you loved wanted to go live among a violent people who hated those who were not like them. Read Mosiah 28:5–9, and identify why Mosiah let his sons go on such a dangerous mission. In the book of Alma, you will learn about the "many [who] shall believe on their words" (Mosiah 28:7)—the thousands of Lamanites who were converted as a result of the efforts of the sons of Mosiah.

Mosiah 28:10–20

Mosiah translates the Jaredite plates and gives all the records he kept to Alma

The remainder of Mosiah 28 records that King Mosiah was growing older and felt the need to select the next caretaker of the sacred records before he died. For the preceding two generations, the king had given the plates to the next king. But because King Mosiah's sons had gone on missions, he had no son to inherit the throne and therefore did not have a caretaker for the records. Included in these records were the Jaredite plates, which Mosiah translated by the power of God (see Mosiah 28:11–19).





If you had to pick someone to care for sacred records, what characteristics would you want that person to have? _____

_____

Describe how you would feel if someone selected you to care for the plates. _____

_____

Read Mosiah 28:20, and look for the name of the person Mosiah chose to care for the plates.



3. Write in your scripture study journal what King Mosiah's decision teaches you about Alma's change of heart. (To answer this question, you may need to review Alma's previous actions, recorded in Mosiah 27.) Also, explain how Mosiah's trust in Alma might give hope to those who repent.

Mosiah 29

Mosiah's people choose a system of judges as a new form of government

As recorded in Mosiah 29, King Mosiah proposed that the Nephite government no longer be administered by a king, but by a system of judges. Read and compare Mosiah 23:7–8 and Mosiah 29:13, 16–18. According to these scriptures, under what circumstances or conditions is a monarchy (being governed by a king or queen) a good form of government? Why did Mosiah counsel the Nephites against continuing their monarchy?

Read Mosiah 29:11, 25, and circle the following answers that indicate what Mosiah said about how the judges were to judge the people: (a) with great mercy, (b) according to the laws, (c) according to the commandments of God, (d) with strictness.

Read Mosiah 29:26, 30, 33–34, 37–38, and discover the people's role in the new form of government King Mosiah proposed.



4. Write in your scripture study journal why you believe it is important for every citizen of a country to "bear his part" in serving his or her country (Mosiah 29:34).

Alma was appointed to be the first chief judge, and he fulfilled his role in righteousness (see Mosiah 29:41–43).

In your own words, write one principle you have learned from Mosiah 29: _____

_____

One principle this chapter teaches is: **Each person has a duty to uphold righteous laws and leaders.**



5. Write in your scripture study journal one way you can support righteous laws and leaders in your country.



6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mosiah 28–29 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

Alma

Why Study This Book?

By studying the book of Alma, you will learn about Jesus Christ and the necessity of His Atonement and Resurrection in Heavenly Father's plan of happiness. You will also learn about the power of the word of God to overcome priestcraft, false doctrine, sin, hatred, and apostasy while leading individuals to receive a mighty change of heart and be born again. You will be edified as you read about the missionary efforts of the sons of Mosiah and the conversion and subsequent faithfulness of the people of Ammon, or Anti-Nephi-Lehies. Furthermore, as you study chapters detailing the warfare among the Nephites and Lamanites, you can learn principles that will guide you in the tumultuous times in which you live and help you prevail in your personal battles against the adversary.

Who Wrote This Book?

Mormon compiled and abridged records from the large plates of Nephi to create the book of Alma. The book is named for Alma, who was the son of Alma and is often called Alma the Younger. At the time King Mosiah instituted the reign of the judges among the Nephites, Alma became the first chief judge and also succeeded his father as high priest over the Church (see Mosiah 29:42). He eventually resigned his position as chief judge to dedicate himself "wholly to the high priesthood" and "to deliver the word of God to the people" throughout all the land of the Nephites (Alma 4:20; 5:1). Mormon used the records of Alma's ministry (Alma 1–44) and the writings of his sons Helaman (Alma 45–62) and Shiblon (Alma 63) to compose the book of Alma.

When and Where Was It Written?

The original records used as sources for the book of Alma were likely written between 91 B.C. and 52 B.C. Mormon abridged those records sometime between A.D. 45 and A.D. 385. Mormon did not record where he was when he made his abridgement.

UNIT 14: DAY 4

Alma 1–4

Introduction

Shortly after Alma became chief judge, a man named Nehor started to teach false doctrine and introduced priestcraft among the Nephites. He killed a righteous man and was executed for his crime. Some years later, Amlici tried unsuccessfully to become king over the Nephites. When the people voted to reject him as king, he gathered his supporters—called Amlicites—to go to battle against the Nephites. The Nephites prevailed, but tens of thousands of people were killed. Feeling humbled by the war, many Nephites remembered their duty, and thousands joined the Church. However, within a year, many members of the Church had become proud and were persecuting others. Alma decided to give up his duties as the chief judge and focus on bearing witness of the gospel of Jesus Christ.



Alma 1

Church members prosper despite the spread of priestcraft and persecution

People sometimes seek to be popular. Take a moment to think about the possible dangers of this desire. What happens if you care more about what your friends think of you than what God thinks of you?

As recorded in Alma 1, a man named Nehor became very popular among some of the people. Read Alma 1:2–6, and identify what Nehor taught and how the people responded to it.

Search the first lines of Alma 1:12 for the word Alma used to describe what Nehor introduced to the

Nephites. Then look at footnote 12*a*. Read 2 Nephi 26:29, the first cross-reference listed in the footnote, and identify what those who commit priestcraft do and do not do.

Using Cross-References

The footnotes at the bottom of each page of scripture include cross-references to other scriptures that can provide more insight as you study. Make it a frequent practice to read the cross-references to the scriptures you are studying. You may want to mark cross-references in your footnotes that help you better understand the scriptures.

Priestcraft is when people preach "false doctrines . . . for the sake of riches and honor" and to "set themselves up for a light unto the world" (Alma 1:16; 2 Nephi 26:29). They do not want to build up God's kingdom by their preaching. Rather, they want to receive gain (such as wealth, social advantage, or power over others) and the praise of other people. They want to focus attention on themselves, not on God and His gospel. Priestcraft is a serious sin in God's eyes, as Alma made clear when he told Nehor, "Were priestcraft to be enforced among this people it would prove their entire destruction" (Alma 1:12).

As Nehor tried to "lead away the people of the church," a righteous man named Gideon "withstood him, admonishing him with the words of God" (Alma 1:7). In response, Nehor drew his sword and slew Gideon. Nehor stood trial for his crimes and was executed. Read Alma 1:16 to discover if Nehor's death ended priestcraft among the Nephites.

Read Alma 1:26–27, and identify ways the Nephite priests of God acted differently from Nehor and others who practiced priestcrafts.

1. In your scripture study journal, write how the Nephite priests acted. How were the actions of the Nephite priests different from the actions of those who practiced priestcraft?

As priestcraft spread throughout the land, many people began to persecute the faithful members of the Church. To prepare to study the rest of Alma 1, consider how you have seen other people tease, mock, or persecute those who keep the commandments of God.

Read Alma 1:19–20, and look for why some people persecuted members of the Church. Alma 1:21–31 records how Church members responded to the persecution. Read the scripture passages below and fill in the chart:

Alma 1:21–24	Alma 1:25, 27–31
How did some members respond to the persecutions? _____	How did other members of the Church live despite the persecution? _____
What were the consequences of their actions? _____	What blessings did they receive? _____

Write a principle that you learned from studying this chart: _____

One of the principles you could have identified is: **When we live the gospel, we can have peace in our lives, even if we are persecuted.**

2. In your scripture study journal, explain how understanding the above gospel principle can help you when facing persecution or pressure to disobey the commandments. Then answer one of the following questions:

a. When have you kept the commandments despite persecution or pressure not to do so, and what blessings did you receive?

b. How will you respond to your adversaries?

Alma 2

The Amlicites and the Lamanites join in battle against the Nephites

Alma 2 tells about further trials for the Nephites. Read the chapter heading to find out how a man named Amlici and his followers opposed the Nephites. Amlici wanted to become king over the Nephites, but the Nephites held a vote and chose to reject him and continue with their system of judges. The followers of Amlici gathered together and made him their king. Amlici commanded his followers to go to war with the Nephites, and soon thereafter the Lamanites joined the Amlicites in fighting the Nephites.

Because the Nephites were faithful to the Lord, the Lord helped them in their battles with the Amlicites and the Lamanites. Read Alma 2:18, 28–31, 36, and mark the words *strengthen* and *strengthened* each time they appear. Look for how the Lord strengthened the Nephites.

3. In your scripture study journal, write about a time when you felt that the Lord strengthened you as you tried to do what is right.

Alma 3

The Amlicites separated themselves from God

Think about the messages some people might try to send about themselves through their choices in clothing, hairstyles, earrings and other jewelry, tattoos, and body piercings.



Read Alma 3:4, and identify how the Amlicites changed their appearance.

Whom were the Amlicites "distinguished from"? _____

_____

Whom did they want to look more like? _____

_____

The Amlicites' change in appearance was a manifestation of their rebellion. As recorded in Alma 3, Mormon reminded us of the curse and the mark that had come upon the Lamanites hundreds of years earlier because of their rebellion against God (see Alma 3:6–10; see also 2 Nephi 5:20–24). The Amlicites had voluntarily put marks on their foreheads, but these marks served a purpose that was similar to the mark the Lord had put on the Lamanites.

Mark the phrase in Alma 3:18 that describes the Amlicites' attitude toward God. Also mark in Alma 3:19 what the Amlicites brought upon themselves because of their rebellion.

What do you learn from Alma 3:18–19 about those who are cursed of the Lord? (Those who come out in open rebellion against God bring a curse upon themselves.) It is important to understand that the curse was a state of being "cut off from the presence of the Lord" (2 Nephi 5:20). Through their actions, the Amlicites had separated themselves from God.

From the example of the Amlicites, we learn that it is our choice to separate ourselves from God. Those who "come out in open rebellion against God" (Alma 3:18) cut themselves off from God, or in other words, bring a curse upon themselves.

4. Answer the following question in your scripture study journal: In contrast to the Amlicites, what can you do in your life now to make sure that you do not cut yourself off from God?

Alma 3:20–25 tells how the Nephites defeated the Lamanites in another battle, but many people from both sides were killed. Read Alma 3:26–27, looking for the major lesson Mormon wanted us to learn from the account of the Amlicites and the battles between the Nephites and Lamanites.

Complete the following principle according to what you read in Alma 3:26–27: **We receive happiness or misery depending on** _____

_____

Take a moment to think about whom you choose to follow in your life. Reflect on the following questions: What kinds of rewards, or wages, does Satan offer those who follow him? (They are usually very tempting at first, but they will ultimately result in unhappiness and addictions.) In contrast, what wages have you received from the Lord for choosing to follow Him?

5. Write in your scripture study journal about a time when following the Lord has brought you happiness.

Alma 4

After a period of Church growth, Church members become proud and Alma resigns as chief judge to call them to repentance

Following the war with the Lamanites and Amlicites, the Nephites were "awakened to a remembrance of their duty," and they "began to establish the church more fully" (Alma 4:3–4). As a result, about 3,500 people joined the Church (see Alma 4:5). Unfortunately, in the short time of a year, many of the people in the Church began to be proud. Read Alma 4:8–12, and identify the wicked actions that occurred because of the pride among Church members. A principle we can learn from this scripture passage is: **If we set an unrighteous example, our actions can hinder others from accepting the gospel.** (See Alma 4:10.)

6. In your scripture study journal, write one example of a wicked action or attitude demonstrated by the Nephites in Alma 4:8–12. Explain why it is important to avoid that action or attitude as a member of the Church today.

As a result of the wickedness in the Church, Alma appointed another man to replace him as chief judge so that he could dedicate all his time to his calling as the presiding high priest over the Church and help members overcome their pride and their sins by "bearing down in pure testimony" (Alma 4:19). Read Alma 4:19, and underline what Alma desired to do to help his people.

Alma 4:19 illustrates these principles: **Fulfilling our spiritual duties may require sacrifice. The Lord's servants bear testimony and call sinners to repent. Bearing pure testimony helps others draw closer to God.**

Could you imagine someone giving up a prominent political position, such as being the president of a country, in order to serve a mission? Alma did!

7. Write in your scripture study journal what you think the phrase "bearing down in pure testimony" (Alma 4:19) suggests about how Alma would teach. Also record how you have been influenced to change or improve by hearing someone else bear testimony of the gospel.

8. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 1–4 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 15: DAY 1

Alma 5:1–36

Introduction

When the Church was threatened by wickedness and contention (see Alma 4:9–11), Alma knew that true reform could only come through a mighty change in the hearts of Church members. As the high priest of the Church, Alma began his mission to reclaim the people of Zarahemla by testifying of Jesus Christ and calling on the people to repent. He encouraged them to prepare for the judgment of the Lord by having faith in the word of God and evaluating the spiritual condition of their hearts. As you study the first half of Alma 5, think about how you can apply what you learn so you can experience or continue to experience the mighty change of heart discussed in the chapter.

Alma 5:1–13

Alma recounts the conversion of his father and those who followed him

How much have you changed since you were 8 years old? How much have you changed since you were 12 years old? Think about the different ways in which people may change, such as in their appearance, behavior, or attitude. Ponder what might lead to or bring about some of these changes in people. Then read Alma 5:12, and look for what changed in Alma the Elder. As you study Alma 5:1–13, think about how a person's heart might change.

Applying What You Learn

President Marion G. Romney of the First Presidency taught: "Learning the gospel from the written word . . . is not enough. It must also be lived. . . . One cannot fully learn the gospel without living it" ("Records of Great Worth," *Ensign*, Sept. 1980, 4). In several places in this lesson, you will be encouraged to apply what you have learned. Applying what you learn should be an important part of your gospel study.

Elder Gerald N. Lund, who later served as a member of the Seventy, taught that when the word *heart* is used in the scriptures, it often refers to "the real, inward person" ("Understanding Scriptural Symbols," *Ensign*, Oct. 1986, 25). Consider for a moment how a "mighty change of heart" is different from the other ways in which people may change—including the ways you thought about as you began this lesson.

Recall that King Benjamin's people experienced a "mighty change" in their hearts, which caused them to have "no more disposition to do evil, but to do good continually" (Mosiah 5:2). You may want to write the clarification from Elder Lund and the Mosiah 5:2 scripture reference in the margin of your scriptures next to Alma 5:11–13.



Elder D. Todd Christofferson of the Quorum of the Twelve Apostles explained: "You may ask, Why doesn't this mighty change happen more quickly with me? You should remember that the remarkable examples of King Benjamin's people, Alma, and some others in scripture are just that—remarkable and not typical. For most of us, the changes are more gradual and occur over time. Being

born again, unlike our physical birth, is more a process than an event. And engaging in that process is the central purpose of mortality" ("Born Again," *Ensign* or *Liahona,* May 2008, 78).

Read Alma 5:3–7, and look for what Alma told the people of Zarahemla to help prepare their hearts to change.

Answer the following question in this manual: Alma told the people of Zarahemla about the conversion of his father and others, as well as their deliverance from captivity. How do you think these experiences helped the people prepare to experience a change of heart?

Read Alma 5:10, and circle the question marks at the end of the three questions that Alma asked the people. Then search Alma 5:11–13, in which Alma began to answer these questions, to find support for this statement: **When we believe in the word of God and exercise faith in Jesus Christ, we can experience a mighty change of heart.**

Faith in the word of God leads to a mighty change of heart because the word of God teaches us about the Savior. The people of Alma believed in the word of God, delivered to them by holy prophets. They learned about the redeeming power of the Atonement of Jesus Christ, and their hearts were changed as they developed faith in the Savior.

1. In your scripture study journal, explain in your own words how believing in the Atonement of Jesus Christ leads to a mighty change of heart.

2. Write in your scripture study journal about how your heart has been changed. If you have noticed a change of heart as you have studied the Book of Mormon this year in seminary, you could describe your experience as part of your answer.

Alma 5:14–36

Alma teaches that a mighty change of heart is required to enter the kingdom of heaven

After Alma taught that faith in the word of God helps us begin the process of receiving a mighty change of heart, he asked the people to consider numerous questions. These questions can help us evaluate the condition of our spiritual hearts—the desires and feelings of the inward person.

Read Alma 5:14, and mark the three questions that Alma asked the people to consider about themselves. These three questions describe the change we experience as we exercise faith in the redemption offered through Jesus Christ. Remember from previous lessons (see Mosiah 5 and Mosiah 27) that being "born again" refers to the change a person experiences when he or she accepts Jesus Christ and begins a new life not only as His disciple but also as His son or daughter spiritually (see Mosiah 27:25).

3. In your scripture study journal, write about how a change of heart may be reflected in a person's countenance. In this context, the word *countenance* means the appearance of a person's face, which reflects the person's attitude, mood, or spiritual state. Describe someone you know who has received the Savior's image in his or her countenance.

In medical practice a cardiogram is a chart that doctors use to evaluate the status of our physical hearts. It helps identify conditions that need treatment. Study the verses from Alma 5 that are listed at the bottom of the spiritual cardiogram below. As you study each verse, mark the box on the chart that best describes how you would answer the question or questions in each verse. (If you would like to keep your answers more private, you may copy this chart on a separate piece of paper or in your personal journal and then complete it.)

Alma 5 Spiritual Cardiogram								
Always								
Nearly always								
Usually								
Sometimes								
Seldom, if ever								
Verses from Alma 5	15	16	19	26	27	28	29	30–31

When you have completed your spiritual cardiogram, read Alma 5:21–25. Look for what Alma taught about this truth: **By experiencing a change of heart, we prepare ourselves to receive a place in the kingdom of heaven (the celestial kingdom).**

4. Do the following in your scripture study journal:

a. Make a list of words and phrases that Alma used in Alma 5:21–25 to describe the condition you would like to be in now.

b. Explain how you think a change of heart prepares us to receive a place in the kingdom of heaven.

Read Alma 5:33–36, and consider how you feel about Alma's message. Look for words and phrases that help you answer the following questions:

- What is the Lord inviting me to do?
- What are the rewards for accepting this invitation?
- What do these verses teach me about the Savior?

Read the following statement by President Ezra Taft Benson that shows how people who have had a change of heart want to live:



"When you choose to follow Christ, you choose to be changed. . . .

"The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human behavior. . . .

"Men [and women] changed for Christ will be captained by Christ. Like Paul they will be asking, 'Lord, what wilt thou have me to do?' (Acts 9:6.) . . .

"Their will is swallowed up in His will. (See John 5:30.)

"They do always those things that please the Lord. (See John 8:29.)

"Not only would they die for the Lord, but more important they want to live for Him.

"Enter their homes, and the pictures on their walls, the books on their shelves, the music in the air, their words and acts reveal them as Christians.

"They stand as witnesses of God at all times, and in all things, and in all places. (See Mosiah 18:9.)

"They have Christ on their minds, as they look unto Him in every thought. (See D&C 6:36.)

"They have Christ in their hearts as their affections are placed on Him forever. (See Alma 37:36.)

"Almost every week they partake of the sacrament and witness anew to their Eternal Father that they are willing to take upon them the name of His Son, always remember Him, and keep His commandments. (See Moro. 4:3.)" ("Born of God," *Ensign,* Nov. 1985, 5–7).

To conclude this lesson, underline one idea from President Benson's statement that helps you think about how you want to live as a person who is experiencing a change of heart. Set a goal that will help you apply what you have felt as you have studied Alma's teachings about experiencing a change of heart (you may want to write it in your personal journal or on a separate piece of paper). As you continually seek to be born of God and experience a change of heart, you will be prepared to enter God's kingdom.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 5:1–36 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 15: DAY 2

Alma 5:37–62

Introduction

As Alma continued preaching in Zarahemla, he warned the people that their decision to hearken to or reject his words held certain blessings or consequences. He encouraged them to respond to the voice of the Good Shepherd, the Lord Jesus Christ, who called after them and desired to bring them back into His fold. As you study this lesson, consider how following the voice of the Good Shepherd will help you avoid the unclean things of the world and return to be with God.

Alma 5:37–42, 53–62

Alma invites all to follow the Good Shepherd, who is the Savior

In the scriptures, Jesus Christ is sometimes referred to as the "Good Shepherd" (see John 10:11–15). Why do you think a shepherd is a good symbol of the Savior? President Ezra Taft Benson gave the following description of ancient shepherds:

"In Jesus' time, the Palestinian shepherd was noted for his protection of his sheep. Unlike modern sheepherders, the shepherd always walked ahead of his flock. He led them. The shepherd knew each of the sheep and usually had a name for each. The sheep knew his voice and trusted him and would not follow a stranger. Thus, when called, the sheep would come to him. (See John 10:14, 16.)

"At night shepherds would bring their sheep to a corral called a sheepfold. High walls surrounded



the sheepfold, and thorns were placed on top of these walls to prevent wild animals and thieves from climbing over.

"Sometimes, however, a wild animal driven by hunger would leap over the walls into the midst of the sheep, frightening them. Such a situation separated the true shepherd—one who loved his sheep—from the hireling—one who worked only for pay and duty.

"The true shepherd was willing to give his life for the sheep. He would go in amongst the sheep and fight for their welfare. The hireling, on the other hand, valued his own personal safety above the sheep and would usually flee from danger.

"Jesus used this common illustration of his day to declare that He was the Good Shepherd, the True Shepherd. Because of His love for His brothers and sisters, He would willingly and voluntarily lay down His life for them. (See John 10:17–18.)" ("A Call to the Priesthood: 'Feed My Sheep,'" *Ensign,* May 1983, 43).

Write short answers to the following questions in this manual:

- What might happen to the sheep if they do not listen to the shepherd? _____

  _____

- How are we like sheep, and how is the Savior like our shepherd? _____

  _____

- What does it mean to be brought into His fold? (see Alma 5:60). _____

  _____

In Alma 5:37, Alma described the people of Zarahemla as sheep who had "gone astray." Read Alma 5:37–42, and look for what Alma taught about listening to the voice of the Savior.

1. Write answers to the following questions in your scripture study journal:

a. Study Alma 5:37–38, and explain in your own words what Alma taught about the Savior's efforts to call us to follow Him.

b. In Alma 5:41, what did Alma teach about how we can tell if we are hearkening to the voice of the Good Shepherd? What are some "good works" that might indicate that a Latter-day Saint youth is following the Good Shepherd?

Recognizing and following the Savior's voice is not always easy. Ponder the following quotation by Elder Dallin H. Oaks of the Quorum of the Twelve Apostles: "From among the chorus of voices we hear in mortality, we must recognize the voice of the Good Shepherd, who calls us to follow him toward our heavenly home" ("Alternate Voices," *Ensign,* May 1989, 27).

Read Alma 5:53–56, and mark attitudes and actions that might make it difficult for someone to hearken to the voice of the Savior.

Think of any other attitudes or actions in the world today that make it difficult for people to hearken to the voice of the Savior. Explain briefly why you think these attitudes and actions make it difficult for someone to hear the Savior's voice: _____

_____

In Alma 5:57, mark the phrase "all you that are desirous to follow the voice of the good shepherd." Then mark the three other phrases in verse 57 that tell what you can do to follow the Savior's voice.

2. In your scripture study journal, write an example for each of the following three statements, showing what a Latter-day Saint youth in your school or community can do to: (a) come out from the wicked, (b) be separate, and (c) not touch unclean things. Then think of two righteous activities or habits that will help youth better hearken to the voice of the Good Shepherd. If one of these activities or habits has helped you hear the Savior's voice, consider writing about it in your scripture study journal to share with your teacher or class later.

As recorded in Alma 5:58–60, Alma taught this truth: **If we follow the voice of the Lord (the Good Shepherd), we will be gathered into His kingdom.** Mark the promises or blessings in Alma 5:58–60 that those who receive an inheritance at the right hand of God will receive.

3. Consider what each of these promises or blessings you marked means to you. Then write in your scripture study journal about why you think separating yourself from wicked things is worth these blessings.

As you follow the Savior's voice, you will receive these blessings and eventually receive the blessing of exaltation.

Alma 5:43–52

Alma tells how he gained a testimony and teaches about repentance

Think of something you have learned through each of your five physical senses: seeing, hearing, touching, smelling, and tasting. Is there a way you can know something without using one of your physical senses? Read Alma 5:45–48, and look for what Alma said he knew and how he knew it.

Mark in Alma 5:48 what Alma taught about Jesus Christ. The message of Alma 5:45–48 can be summarized in this way: **We can know for ourselves, through the Holy Ghost, that Jesus Christ is the Redeemer of mankind.**

Everyone faces challenges to their faith and testimony. Having your own testimony of the truthfulness of the gospel by the power of the Holy Ghost can strengthen you during those challenging times. Remembering your own witness of the Holy Ghost, as Alma does, can help you stand firm in the midst of a challenge. From Alma's example, we can also learn that fasting and prayer can help us feel the Spirit reconfirm the truths and sustain our testimonies when they need to be strengthened.



Ponder your own testimony as you read the following quotation from Elder M. Russell Ballard of the Quorum of the Twelve Apostles encouraging us to seek our own testimony of Jesus Christ: "Individual, personal testimony of gospel truth, particularly the divine life and mission of the Lord Jesus Christ, is essential to our eternal life. 'And this is life eternal,' said the Savior, 'that they might know thee the only true God, and Jesus Christ, whom thou hast sent' [John 17:3]. In other words, life eternal is predicated upon our own individual, personal knowledge of our Father in Heaven and His Holy Son. Simply knowing about them is not enough. We must have personal, spiritual experiences to anchor us" ("Feasting at the Lord's Table," *Ensign,* May 1996, 80).

4. Complete one or more of the following activities in your scripture study journal:

a. Write about a time when you heard someone bear a powerful testimony, by the power of the Holy Ghost, that Jesus Christ is the Redeemer of mankind. Write how you felt listening to this testimony.

b. Read Alma 5:46, and then write in your own words how Alma received his testimony of Jesus Christ. Think about how you can follow Alma's example to help strengthen your testimony of the Savior, and write your thoughts.

c. Write about a time when you felt the Holy Ghost witness to you that Jesus Christ is the Redeemer of the world. Write a specific goal that will help you gain or strengthen your testimony of the Savior, such as fasting or praying more earnestly or studying the scriptures more intently. Work to accomplish this goal, even if it takes "many days" (Alma 5:46). (Completing this activity may also help you fulfill a Personal Progress or Duty to God requirement.)

Read Alma 5:49–52, and look for what Alma taught the people about repentance. On the lines provided, explain why you think all people must repent in order to live eternally with Heavenly Father and Jesus Christ:

Elder Dallin H. Oaks invited us to consider several questions that can help us apply what Alma taught about repentance and preparing to enter God's kingdom:



"What if the day of His coming were tomorrow? If we knew that we would meet the Lord tomorrow—through our premature death or through His unexpected coming—what would we do today? What confessions would we make? What practices would we discontinue? What accounts would we settle? What forgivenesses would we extend? What testimonies would we bear?

"If we would do those things then, why not now? Why not seek peace while peace can be obtained?" ("Preparation for the Second Coming," *Ensign* or *Liahona,* May 2004, 9).

5. Think about one of Elder Oaks's questions. In your scripture study journal, write about why you think it is important to live every day as if you were preparing to meet the Lord.

Prayerfully consider how you can act on what you learned today so you can be prepared to meet the Savior and enter into His kingdom.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 5:37–62 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 15: DAY 3

Alma 6–7

Introduction

After teaching the people in Zarahemla and setting the Church in order, Alma went to the city of Gideon. He found the inhabitants there more faithful than those in Zarahemla had been. Therefore, he encouraged the people in Gideon to continually rely upon the Lord and seek to apply His Atonement in their lives. Alma's testimony of Jesus Christ can help you better understand the breadth of the Atonement of Jesus Christ and teach you how to receive the blessings of His Atonement daily as you continue along the path to God's kingdom.

Alma 6

Alma strengthens the Church in Zarahemla and goes to preach in Gideon

Complete the following sentence: I attend church because _____

_____.

As you study Alma 6, think about how understanding the purposes of church meetings can make the meetings more meaningful to you.

Before Alma left Zarahemla, he strengthened the Church there. Read Alma 6:1–4, and identify two or three phrases that describe the responsibilities of priesthood leaders in the Church.

An important principle we learn from Alma's experience is this: In our day, as well as in Book of Mormon times, **the Church is established for the welfare of all people.** Read Alma 6:5–6, and mark the following two phrases: "to hear the word of God" and "join in fasting and mighty prayer in behalf of the welfare of the souls of those who knew not God." These phrases identify ways in which the Church provides opportunities for all people to grow and help others. Think about how members of the Church in Zarahemla might have completed the sentence you completed above.

1. Write a few ideas in your scripture study journal about how going to church for the reasons identified in Alma 6:5–6 could make a difference in your experience at church.

The blessings of Church membership are intended for all of God's children. Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles taught:



"*Everyone* prays for the missionaries. May it ever be so. In that same spirit, we should also pray for those who are (or who need to be) meeting the missionaries. In Zarahemla, members were commanded to 'join in fasting and mighty prayer' [Alma 6:6] for those who had not yet joined the Church of God. We can do the same.

"We can also pray daily for our own personal missionary experiences. Pray that under the divine management of such things, the missionary opportunity you want is already being prepared in the heart of someone who longs for and looks for what you have. 'There are many yet on the earth . . . who are only kept from the truth because they know not where to find it' [D&C 123:12]. Pray that they will find you! And then be alert, because there are multitudes in your world who feel a famine in their lives, not a famine of bread, not a thirst for water, but of hearing the word of the Lord [see Amos 8:11]" ("Witnesses unto Me," *Ensign,* May 2001, 15).

To follow Elder Holland's counsel, consider praying for Heavenly Father to help you recognize and act on missionary opportunities that are being prepared for you. Seek opportunities to invite others to share the blessings you enjoy as a member of the Church.

Alma 7:1–13

Alma teaches the people of Gideon about the Atonement of Jesus Christ

Imagine that you are having a conversation about repentance with friends who are active members of the Church. Your friends do not think that they have committed any major sins and wonder how they can really experience the power of the Atonement. Think about what you might share with these friends. Remember these ideas as you study Alma 7:1–13.

After leaving Zarahemla, Alma talked with the people in the city of Gideon. Read Alma 7:3–6 to see what spiritual condition Alma hoped to find among the people in Gideon. Then read Alma 7:17–19 to find out whether Alma's hopes were confirmed. On the following lines, describe the spiritual condition of the people of Gideon: _____

_____

Read Alma 7:7–10, and look for the event Alma felt was most important for the people to know about and what the people needed to do to prepare for it.

2. Answer the following question in your scripture study journal: Why do you think Alma would tell people who already had strong faith (see Alma 7:17) that they needed to repent in order to prepare for the coming of the Savior? (See Romans 3:23.)

Alma taught the people of Gideon this important principle: **Jesus Christ suffered to save us from sin and death and to help us through the challenges of mortality.** Read Alma 7:11–13, and mark in your scriptures the conditions the Savior was willing to "take upon" Himself for our benefit.

It may be helpful to know that *infirmities* are weaknesses, inabilities, or diseases—the word covers many types of problems. The word *succor* means to help in time of need or distress. It's Latin root means to run to someone's aid, which conveys God's intense desire to help us.

Next to Alma 7:11–13 in your scriptures or in your scripture study journal, you may want to write the following statement from Elder Bruce C. Hafen, who served as a member of the Seventy: "The Atonement is not just for sinners" ("Beauty for Ashes: The Atonement of Jesus Christ," *Ensign,* Apr. 1990, 7). (Alma 7:11–13 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

3. The following chart contains words from Alma 7:11–13 that describe the conditions the Savior took upon Himself. Draw the chart in your scripture study journal, and then choose several of these words and write examples of how you or people you know have experienced these conditions. Think about what it means to have Jesus Christ take these things upon Himself.

Pains	
Afflictions	
Temptations	
Sicknesses	
Death	
Infirmities	
Sins	

Elder Jeffrey R. Holland shared the following testimony that the Atonement can lift our burdens from us:

"Are you battling a demon of addiction—tobacco or drugs or gambling, or the pernicious contemporary plague of pornography? Is your marriage in trouble or your child in danger? Are you confused with gender identity or searching for self-esteem? Do you—or someone you love—face disease or depression or death? Whatever other steps you may need to take to resolve these concerns, come *first* to the gospel of Jesus Christ. Trust in heaven's promises. In that regard Alma's testimony is my testimony: 'I do know,' he says, 'that whosoever shall put their trust in God shall be supported in their trials, and their troubles, and their afflictions' [Alma 36:3].

"This reliance upon the merciful nature of God is at the very center of the gospel Christ taught. I testify that the Savior's Atonement lifts from us not only the burden of our sins but also the burden of our disappointments and sorrows, our heartaches and our despair [see Alma 7:11–12]. From the beginning, trust in such help was to give us both a reason and a way to improve, an incentive to lay down our burdens and take up our salvation" ("Broken Things to Mend," *Ensign* or *Liahona,* May 2006, 70–71).

4. Write in your scripture study journal about your feelings for Jesus Christ and what He has done for you through the Atonement. Then respond to one or both of the following sets of questions:

a. When has the Atonement helped you in one of the ways Alma described in Alma 7:11–13? How did the Atonement help you during that time?

b. How can the Savior's Atonement help you with a challenge you currently face? What will you do to rely on the Atonement as you face this challenge?

Scripture Mastery—Alma 7:11–13

While Alma 7:11–13 is a long scripture mastery passage, it contains specific words that can help you remember the extent and power of the Atonement throughout your life. To help you memorize these key words, rewrite Alma 7:11–13 on a separate sheet of paper, leaving out the words found in the chart earlier in this lesson. Read through your written version of this scripture until you can fill in the missing words without looking at your scriptures. You may want to review these verses over the next few days to help you remember what the Savior can do for you and others throughout your life. Test your scripture mastery of Alma 7:11–13 by reciting it aloud to yourself or to a family member or friend or by writing it in your scripture study journal.

Alma 7:14–27

Alma encourages the people to continue along the path to the kingdom of God

Read Alma 7:19 to remember how Alma described the spiritual condition of the people in Gideon. Alma was teaching this important principle: **By living the principles of the gospel, we follow the path to the kingdom of God.** (The kingdom of God is the celestial kingdom.) Search Alma 7:14–16, and underline words and phrases that show what we need to *do* in order to follow the path that will lead us to the kingdom of God. Then search Alma 7:22–25, and underline words and phrases showing what we need to *be* in order to follow this path.

5. Draw a path in your scripture study journal from the bottom left corner of a page to the top right corner of the page. Write *Mortality* at the bottom of the path, and write *The Kingdom of God* at the top of the path. Along the path, write what you should *do* and what you should *be* that will lead you to God's kingdom.

6. Choose one action from the path, and write about how you have seen someone *do* this. Then choose one attribute from the path, and write about how you have seen



someone *be* this. Set a goal that will help you improve in these two areas so you can someday enter God's kingdom.

Read Alma 7:27, and look for the blessings Alma knew the people would receive if they continued in faith and good works. Remember that as you faithfully follow the path that leads to the kingdom of God, you can also receive these blessings.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 6–7 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 15: DAY 4

Alma 8–10

Introduction

After Alma taught in Zarahemla, Gideon, and Melek and had many people accept his message, the people in Ammonihah rejected his message and cast him

out of their city. However, obedient to the Lord's command, Alma returned to Ammonihah. The Lord prepared Amulek to receive Alma in Ammonihah and join him in testifying to the people. Alma and Amulek warned the people of Ammonihah that if they did not repent, they would be destroyed. Amulek faithfully obeyed God and used his reputation, good name, and influence to support the prophet Alma and testify of Jesus Christ.

Alma 8

Alma obediently returns to Ammonihah, where he prepares Amulek to preach

After Alma taught the gospel in Zarahemla and Gideon (see Alma 5–7), he traveled to Melek. Read Alma 8:4–5, and identify how the people of Melek received Alma's teaching. (The phrase "holy order of God" in Alma 8:4 refers to the priesthood, as you will see in Alma 13.)

After Alma finished teaching in Melek, he traveled to Ammonihah to preach. He had a very different experience with the people who lived there. Study the following pictures and scripture passages, and then write a caption for each one, summarizing what happened to Alma while he was in Ammonihah:



Alma 8:8–13. _____

_____



Alma 8:14–16. _____

_____



Alma 8:18–26. _____

_____

Consider the following questions (you do not need to write down your answers):

- The angel who appeared to Alma was the same angel who appeared to him and the sons of Mosiah earlier. How might the angel's words have been comforting to Alma (see Alma 8:15)?
- Why might it have been difficult for Alma to return to Ammonihah (see Alma 8:16)?

Despite the difficulty of the command, Alma "returned speedily to the land of Ammonihah" (Alma 8:18). President Howard W. Hunter taught that the Lord loves such obedience: "Surely the Lord loves, more than anything else, an unwavering determination to obey his counsel" ("Commitment to God," *Ensign,* Nov. 1982, 58).

1. Choose one or more of the following situations. Then write in your scripture study journal how the individual could be blessed if he or she were obedient:

a. As a young woman is leaving for school, her mother asks her to wear a more modest shirt.

b. A new priest is challenged by his bishop or branch president to earn his Duty to God award.

c. Two missionaries feel impressed to visit a less-active family, in which the mother is not a member of the Church.

You may want to write the following principle in your scriptures next to Alma 8:18–20: **If we respond quickly to the word of the Lord, He will help us fulfill His commandments.**

2. Write in your scripture study journal about a time when you felt that the Lord helped you to be righteous and obedient despite challenging circumstances.

Read Alma 8:27–32, looking for more ways in which the Lord helped Alma do what he had been commanded to do.

Alma 9

Alma warns the people of Ammonihah to repent and prepare for the coming of Jesus Christ

Alma 9 records Alma's efforts to teach the people of Ammonihah about their need to repent and be redeemed through the Savior, Jesus Christ. To try to help these wicked people recognize their need to repent, Alma called upon them to remember what God had done for them and for their fathers.

Look in Alma 9:8–10, 13 for repetition of the words *remember* and *forgotten.* How do you think the inhabitants of Ammonihah would have been different if they had remembered the things Alma spoke of?

3. Answer the following question in your scripture study journal: Why do you think it is important to remember the spiritual experiences you have had in the past? Then write about one spiritual experience that you do not want to forget.

After calling the people in Ammonihah to repent, Alma taught them that they should prepare for the time when the Savior would come to earth. Read Alma 9:26–27, and mark words and phrases that help you better understand characteristics of the Savior. (The word *equity* means fairness and justice.) What do these words and phrases teach you about the Savior? During the coming week, take time to think about them.

Alma 10

Amulek describes his experience with an angel and exhorts the people to repent

Circle the statement that best describes how you woke up this morning:

- I woke up on my own, without using an alarm or being called by someone.
- I woke up the first time my alarm went off or the first time I was called.
- My alarm went off several times, or I had to be called several times before I awoke.

Read Alma 10:6, and look for how many spiritual "wake-up calls" Amulek received while he continued to rebel against the Lord. On the lines provided, write your answer to this question: What do you think the phrases "I would not hear" and "I would not know" indicate about Amulek's spiritual condition before the angel came to him? _____

_____

As recorded in Alma 10:2–11, Amulek described his life before he was visited by an angel and his conversion to the gospel. Search Alma 10:1–6 for details that help you know more about Amulek.



Amulek recounted how an angel instructed him to take Alma into his home and care for him. Read Alma 10:7–11, and look for how Amulek and others were blessed because Amulek obeyed the angel.

Write this principle next to Alma 10:11–12: **When we hear and obey the Lord's call, blessings come to us and to others.** There are many ways the Lord can "call" to us—through a prompting from the Spirit; through a feeling; through a dream; through the words of a Church leader, teacher, or parent; through being called to a Church position; through adversity; or through other ways.

4. In your scripture study journal, answer the following question: When have you felt you were blessed because you obeyed a "call" from the Lord?

As described in the remainder of Alma 10, many of the people in Ammonihah would not listen to Amulek's words. Amulek warned them that if they did not repent, the day would come when they would be destroyed. Read Alma 10:22–23, and identify why the people were being saved from destruction at that time. What do these verses teach you about the importance of being righteous even when those around you are not?

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 8–10 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 16: DAY 1

Alma 11

Introduction

Amulek contended with the lawyer Zeezrom, who tried to get him to deny the true and living God. As he defended his faith against Zeezrom's attempts to ensnare him, Amulek testified that salvation from sin comes only through Jesus Christ. Amulek bore strong testimony that all mankind will be resurrected and judged by God. Because of the Savior's Atonement, you will be resurrected and one day stand before God and give an accounting of your life on earth.

Alma 11:1–25

Amulek rejects Zeezrom's temptation to deny the existence of God

Think of something you possess that is so valuable to you that you would never sell it. Think about why it is of such great value to you. In Alma 11, while Alma and Amulek continued teaching the people of Ammonihah, a wicked lawyer named Zeezrom confronted Amulek and offered him money in exchange for something that was very valuable to Amulek. The scriptures describe Zeezrom as "a man who was expert in the devices of the devil" (Alma 11:21), meaning that he had learned how to use the same strategies, plans, deceptions, and tricks that Satan uses to lure others away from righteousness and truth.

Search Alma 11:21–22, and discover how much money Zeezrom offered Amulek and what he wanted Amulek to do for it. An "*onti*" was the most valuable of the Nephites' silver coins (see Alma 11:6, 11–13). One onti was equal to approximately one week's wages for a judge (see Alma 11:3).

Answer the following questions:

- When have you seen someone reject the world's enticements, such as the one offered to Amulek? ___

- How did seeing this inspire you to be faithful? _____

Read Alma 11:23–25 to see how Amulek responded to Zeezrom's offer. Then answer the following questions in your manual:

- Why do you think Amulek was not interested in Zeezrom's offer? _____

- According to Alma 11:25, what was Zeezrom's plan in offering the six onties to Amulek? _____

- How is this similar to what Satan does when people give in to his temptations? _____

1. Complete the following exercises in your scripture study journal:

a. To better identify how Amulek was able to resist Zeezrom's offer, read Alma 11:22 and complete the following statement: "*I shall _____ nothing which is contrary to the Spirit of the Lord.*" Then write three or four other words you could put in the blank that would also make a true statement (consider, for example, *do, read, wear, watch,* and *write*).

b. Write a statement based on Alma 11:22 that can help you remember how you can overcome temptation with the help of the Holy Ghost. What you write should convey in your own words the truth that **when we rely on the Holy Ghost, we can overcome temptation.**

Pause in your study for a moment, and ponder the following question: How can living so I can be sensitive to the Holy Ghost and follow His promptings help me overcome temptation?

Read the following counsel from President Boyd K. Packer, President of the Quorum of the Twelve Apostles, to see how relying on the Holy Ghost can help you overcome temptation:



"If you are slipping into things that you should not slip into or if you are associating with people who are pulling you away in the wrong direction, that is the time to assert your independence, your agency. Listen to the voice of the Spirit, and you will not be led astray. . . .

". . . As a servant of the Lord, I promise that you will be protected and shielded from the attacks of the adversary *if* you will heed the promptings that come from the Holy Spirit" ("Counsel to Youth," *Ensign* or *Liahona,* Nov. 2011, 18).

2. To consider possible applications of what you have learned, answer the following questions in your scripture study journal:

a. What are some situations in which youth are tempted to compromise their testimonies or ignore them for the things of the world?

b. What suggestions could you offer to a fellow student that would help him or her rely on the Holy Ghost when faced with temptations of this kind?

Apply what you have learned by remembering the example of Amulek the next time you are tempted to compromise your beliefs or values. Remember that you can experience greater confidence and assurance as you live worthily and follow the promptings of the Holy Ghost.

Application

If knowledge of a gospel principle is learned but not acted upon or applied, the learning is not complete and the Spirit may cease to work with the individual. Application takes place when you accept in your heart and mind what you learn and then act and live according to that truth.

Alma 11:26–40

Amulek testifies of the Son of God and overcomes Zeezrom's attempts to discredit his word

Zeezrom attacked Amulek's faith in Jesus Christ. To personally relate to what happened after Zeezrom failed to get Amulek to deny the existence of God, think of a time when perhaps someone opposed your beliefs. Read Amulek and Zeezrom's dialogue in Alma 11:26–34, and then look at how Zeezrom twisted Amulek's words in Alma 11:35.

Read how Amulek corrected this falsehood in Alma 11:36–37. You may want to mark footnote 34*a* in your scriptures, and read Helaman 5:10–11. Then explain in your own words the difference between being saved "*in* our sins" and being saved "*from* our sins" (italics added): _____

_____

_____

Read Alma 11:40, and identify the first step Amulek said people must take to be saved from their sins. There are some people who claim to believe in Jesus Christ yet they don't want to change their behavior. To believe on the name of Jesus Christ means to have faith in Him.



To better understand how "believing on his name" (having faith in Jesus Christ) leads to repentance, read the following quotation from President Dieter F. Uchtdorf of the First Presidency: "We need a strong faith in Christ to be able to repent. Our faith has to include a 'correct idea of [God's] character, perfections, and attributes' (*Lectures on Faith* [1985], 38). If we believe that God knows all things, is loving, and is merciful, we will be able to put our trust in Him for our salvation without wavering. Faith in Christ will change our thoughts, beliefs, and behaviors that are not in harmony with God's will" ("Point of Safe Return," *Ensign* or *Liahona,* May 2007, 100).



How has your faith in Jesus Christ motivated you to change your thoughts, beliefs, and behaviors?

3. Why does a person need faith in Jesus Christ in order to repent? Using what you have learned from Amulek and President Uchtdorf, write in your scripture study journal how you would explain the following principle: **True faith in Jesus Christ is a beginning to the process of redemption from our sins.**

Alma 11:41–46

Amulek teaches about the resurrection and judgment of all mankind

Before you read the conclusion of Amulek's testimony to Zeezrom, reflect on the following question: How might someone's actions be affected by not believing in life after death?

4. Write the words *Resurrection* and *Judgment* as two separate column headings in your scripture study journal. Then search Alma 11:41–45, looking for as much information as you can find about resurrection and judgment, and write what you learn under each heading. You may want to write at the top of the page in your scriptures or in your scripture study journal: **Through the Atonement of Jesus Christ, all will be resurrected and judged according to their works.** These verses also teach that *resurrection* means the reuniting of our bodies with our spirits in their "perfect form" and "proper frame," never again to be divided (see Alma 11:43, 45).

5. Answer one or both of the following questions in your scripture study journal:

a. What thoughts and feelings do you have when you think about being resurrected and judged?

b. How does your belief that you will be resurrected and judged affect the way you choose to live each day?

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 11 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 16: DAY 2

Alma 12

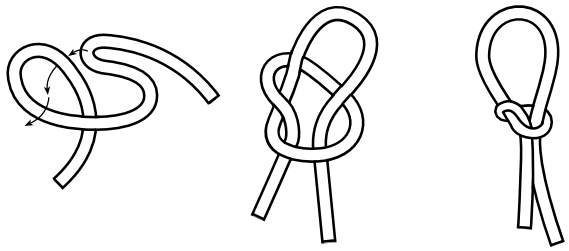
Introduction

Amulek's words in Alma 11 made Zeezrom conscious of his guilt for lying and deceiving the people. After Amulek spoke to the people of Ammonihah, Alma stood before them. Because the people in Ammonihah had become wicked, Alma focused on truths that would help them repent of the hardness of their hearts and other sins. He emphasized the snares of Satan, the judgments that befall the wicked, and the plan of redemption provided through the Son of God that makes it possible for those who repent to return to God's presence.

Alma 12:1–7

Alma exposes Zeezrom's wicked intentions

Think of how a snare works to catch an animal: A loop of rope is placed around a piece of food. As the animal reaches through the loop to take the food, the snare is tightened, and the animal is trapped.



Review how Zeezrom tried to catch Amulek in a snare in Alma 11:21–25. After Amulek perceived Zeezrom's intent and responded to him, Alma stood to address Zeezrom and the multitude who were present (see Alma 12:1–2). Look in Alma 12:3–6 for words and phrases Alma used to describe Zeezrom's tactics, which Alma said came from the devil (see Alma 12:5).

According to Alma 12:3, how was Alma able to know Zeezrom's plan? _____

_____

What did Alma say the devil's intentions are in Alma 12:6? _____

_____

Alma taught that **the Holy Ghost can help us recognize the temptations of the adversary.** In the lesson on Alma 11, you learned that if we rely on the Holy Ghost, we can overcome temptation. An important aspect of overcoming temptation is to have the Spirit help us recognize the temptation and the harm it can cause us. We can then choose to remain pure and faithful by avoiding the temptation. Have you had an experience when the Holy Ghost helped you recognize and avoid one of the devil's temptations?

1. In your scripture study journal, write what you can and will do to increase your ability to recognize and respond to the whisperings of the Holy Ghost so you can recognize and avoid the "snares" of the adversary.

Alma 12:7–18

Alma teaches about the final judgment of all mankind

Think about a career you are interested in pursuing. Estimate how much you might have to pay in tuition (payment for instruction) at a school or training program to gain the knowledge required to become successful in that career.



Read the following quotation, looking for the "tuition" Elder David A. Bednar of the Quorum of the Twelve Apostles said must be paid to receive spiritual knowledge: "The spiritual understanding you and I have been blessed to receive, and which has been confirmed as true in our hearts, simply cannot be given to [others]. The tuition of diligence and of learning by study and also by faith must be paid to obtain and personally 'own' such knowledge. Only in this way can what is known in the mind also be felt in the heart" ("Watching with All Perseverance," *Ensign* or *Liahona,* May 2010, 43).

Look for evidence in Alma 12:7–8 that Zeezrom began to be willing to pay the spiritual "tuition" needed to obtain spiritual knowledge. What do you see that indicates Zeezrom had begun to change his heart so he could learn spiritual truths?

Look for what Alma taught Zeezrom about gaining spiritual knowledge as you read Alma 12:9–11. It may be helpful to know that "mysteries of God are spiritual truths known only by revelation. God reveals his mysteries to those who are obedient to the gospel" (Guide to the Scriptures, "Mysteries of God," scriptures.lds.org). You may want to write this definition in your scriptures next to Alma 12:9. In Alma 12:9, Alma explained that God would grant a portion of His word unto man according to what? _____

_____

According to Alma 12:10–11, what is the relationship between the condition of our hearts and receiving spiritual truths? _____

_____

What does it mean to "harden" your heart (see Alma 12:10–11), and how do you think such a condition is shown in someone's life? _____

_____

Alma's message to Zeezrom teaches the following principle: **The Lord reveals spiritual truths to us according to the heed and diligence we give to His words.**

2. In your scripture study journal, write about a commandment or counsel from the Lord that you have been striving to follow by giving it "heed and diligence." In what ways has the Lord blessed you with additional guidance, understanding, or the whisperings of His Spirit because you have been acting on what He has taught you?

After Alma explained how we come to know spiritual truth, he proceeded to answer the question Zeezrom asked in Alma 12:8 about how we will be judged. Look for what Alma taught Zeezrom in Alma 12:12–15 about resurrection and judgment. Fill in the following blanks: **We will be held accountable before God for our** _____, _____, **and** _____.

Ponder the following question: What difference will it make in your daily choices if you remember that you will be held accountable for your words, works, and thoughts?

Mark the cross-reference in footnote 14*a* to the scripture mastery passage Mosiah 4:30, and then read or recite Mosiah 4:30.

3. Refer to what you wrote in your scripture study journal for assignment 1 in today's lesson—about how you could be more sensitive to the Holy Ghost. Add your thoughts about how understanding your personal accountability to God may increase your desire to recognize and avoid temptation.

Alma 12:19–37

Alma explains how mankind can overcome the effects of the Fall through the plan of redemption

A chief ruler in Ammonihah named Antionah did not believe man could become immortal, stating that the Fall made it impossible (see Alma 12:20–21). Search the verses from Alma 12 listed in the following chart, and write what Alma taught in the columns below the headings:

Effects of the Fall (Alma 12:22, 24)	What God did to bring about our redemption (Alma 12:24–25, 28–33)	What we must do to be redeemed (Alma 12:24, 30, 34, 37)



4. When you finish filling in the chart, answer the following questions in your scripture study journal:

a. How does the Atonement of Jesus Christ help us overcome the effects of the Fall?

b. According to Alma 12:24, what did Alma teach was the purpose of life now that the Savior has made it possible to overcome the effects of the Fall?



The term "probationary state" in Alma 12:24 is a phrase used only by Alma in the Book of Mormon (see also Alma 42:4, 10, 13). Elder L. Tom Perry of the Quorum of the Twelve Apostles described this probationary time: "The main purpose of earth life is to allow our spirits, which existed before the world was, to be united with our bodies for a time of great opportunity in mortality. The association of the two together has given us the privilege of growing, developing, and maturing as only we can with spirit and body united. With our bodies, we pass through a certain amount of trial in what is termed a probationary state of our existence. This is a time of learning and testing to prove ourselves worthy of eternal opportunities. It is all part of a divine plan our Father has for His children" ("Proclaim My Gospel from Land to Land," *Ensign,* May 1989, 14).

Alma testified that **mortality is a time for us to prepare to meet God.** You may want to mark phrases that teach this doctrine in Alma 12:24. Read Alma 34:32, and cross-reference it with Alma 12:24.

5. To apply what you have learned, answer one or both of the following questions in your scripture study journal:

a. How does knowing the purpose of mortality help guide you in your life?

b. How does your faith in the Atonement of Jesus Christ help you in your mortal probation?

Read Alma 12:33–35, and notice the difference in what will happen for those who repent and to those who do not repent. It may help you better understand these verses to know that to enter into the Lord's rest involves receiving a remission of our sins and ultimately entering into the glory of the Lord's presence (see D&C 84:24).

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 12 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 16: DAY 3

Alma 13

Introduction

Alma taught the rebellious people of Ammonihah about high priests of the Melchizedek Priesthood who are ordained to help people repent and enter into the rest of the Lord. He gave the example of Melchizedek, who helped his people repent and live in peace. Alma tried to teach the people of Ammonihah to have faith and hope and to encourage them to change so they could prepare to enter into the rest of the Lord.

Alma 13:1–12

Alma teaches the people of Ammonihah about the calling of high priests

1. Read the following quotation, and then answer the questions:

"In the premortal spirit world, God appointed certain spirits to fulfill specific missions during their mortal lives. This is called foreordination.

"Foreordination does not guarantee that individuals will receive certain callings or responsibilities. Such opportunities come in this life as a result of the righteous exercise of agency, just as foreordination came as a result of righteousness in the premortal existence" (*True to the Faith: A Gospel Reference* [2004], 69).

a. What is the connection between choices made during premortal life and foreordination?

b. How do choices made during mortal life affect foreordination?

Although priesthood holders are discussed in Alma 13, President Spencer W. Kimball reminded us that sisters were also given noble callings in the premortal existence: "Remember, in the world before we came here, faithful women were given certain assignments while faithful men were foreordained to certain priesthood tasks" ("The Role of Righteous Women," *Ensign,* Nov. 1979, 102).



Elder Neal A. Maxwell of the Quorum of the Twelve Apostles taught: "Premortality is not a relaxing doctrine. For each of us, there are choices to be made, incessant and difficult chores to be done, ironies and adversities to be experienced, time to be well spent, talents and gifts to be well employed. Just because we were chosen 'there and then,' surely does not mean we can be indifferent 'here and now.' Whether foreordination for men, or foredesignation for women, those called and prepared must also prove 'chosen and faithful.' (See Rev. 17:14; D&C 121:34–36.)" ("Premortality, a Glorious Reality," *Ensign,* Nov. 1985, 17).

Alma taught the brethren of Ammonihah that many men were foreordained in the premortal life to receive the priesthood. Read Alma 13:1, 8–9, and identify which priesthood Alma discussed. It may be helpful to know that in this chapter the phrase "holy order" means the Melchizedek Priesthood, or "the Holy Priesthood, after the Order of the Son of God" (D&C 107:3). Consider marking the phrase "holy order" as you study the rest of this chapter (see Alma 13:2, 6–7, 10–11, 16, 18). Elder Bruce R. McConkie of the Quorum of the Twelve Apostles stated: "Nephites, who were faithful and true in keeping the law of Moses, had the Melchizedek Priesthood, which means they had the fulness of the gospel" (*The Promised Messiah: The First Coming of Christ* [1978], 421). This means that the Book of Mormon prophets had the Melchizedek Priesthood and knew how it functioned.

Search Alma 13:2–6, 10 for answers to the following questions, and write the answers in your manual:

- What characteristics did those ordained to the Melchizedek Priesthood have? (See Alma 13:3–5, 10.)

  _____

  _____

- What were these Melchizedek Priesthood holders ordained to do? (See Alma 13:6.) _____

  _____

- How have you seen this done by Melchizedek Priesthood holders you know in your ward or branch, and how has it blessed your life and the lives of others? _____

  _____

  _____

Alma 13 contains a profound discussion about the Melchizedek Priesthood. It teaches that men who receive this priesthood were foreordained to receive it (see verse 3). Those who hold this priesthood are to teach God's commandments to others so "that they also might enter into his rest" (verse 6). The priesthood is eternal (see verse 9), and it is bestowed on men "on account of their exceeding faith and repentance, and their righteousness before God" (verse 10). Priesthood holders become sanctified by the Holy Ghost when they learn to abhor (hate) sin, and thus are "made pure and [enter] into the rest of the Lord their God" (verse 12).

Read Alma 13:11–12, and identify the sanctifying effect of the Atonement of Jesus Christ those priesthood holders received because of their faith, repentance, and righteousness.

2. Answer the following question in your scripture study journal: What do you learn from the example of these Melchizedek Priesthood holders about what you can do to receive the sanctifying effect of the Atonement in your life?

3. Write the following truth in your scriptures by Alma 13:1–12 or in your scripture study journal: **Men who are members of The Church of Jesus Christ of Latter-day Saints and exercise great faith and choose righteousness are called to the Melchizedek Priesthood to bring others to God.** Then write in your scripture study journal about how knowing this gospel principle can affect the way you respond to priesthood leaders throughout your life.

Alma 13:13–20



Alma teaches about Melchizedek, a great high priest who established peace among his people

Read Alma 13:13–18, and look for words Alma used to describe Melchizedek and what Melchizedek did for his people. Think about how these words describe Melchizedek's Christlike life. Alma taught that Melchizedek Priesthood holders are "after the order of the Son, the Only Begotten of the Father" (Alma 13:9; see also D&C 107:2–4), who is Jesus Christ, and that they point us to Him by their example and their teachings. Elder Bruce R. McConkie stated: "No doubt there are many events in the lives of many prophets that set those righteous persons apart as types and shadows of their Messiah. It is wholesome and proper to look for similitudes for Christ everywhere and to use them repeatedly in keeping him and his laws uppermost in our minds" (*The Promised Messiah,* 453).

Read Alma 13:19, and look for what this verse tells us about Melchizedek. Look again at Alma 13:17 to see how Alma described the people in Salem when Melchizedek became their king. Notice how these words could also describe the people of Ammonihah (see Alma 8:9; 9:28). What did the people in Salem do as a result of Melchizedek's efforts? (See Alma 13:18.)

_____

_____

Notice what Melchizedek exercised, received, and preached in Alma 13:18. Think about what you learn about how a priesthood leader should be from the example of Melchizedek.

4. Answer the following question in your scripture study journal: When have you or someone you know experienced peace after following the counsel of a righteous priesthood leader?

Alma 13:21–31

Alma invites the people to hearken to the voice of the Lord and enter into His rest

Look for and mark the repeated phrase "rest of the Lord" (or a similar phrase) in Alma 13:12, 13, 16, and 29. Alma taught the people of Ammonihah that the Lord called men into the priesthood to help people enter into the rest of the Lord. He used the example of Melchizedek to show them that people who were full of iniquity and wickedness could repent and enter the rest of the Lord (see Alma 13:17–18; see also D&C 84:24).

President Joseph F. Smith said that entering into God's rest "means entering into the knowledge and love of God, having faith in his purpose and in his plan, to such an extent that we know we are right, and that we are not hunting for something else, we are not disturbed by every wind of doctrine, or by the cunning craftiness of men who lie in wait to deceive. We know of the doctrine that it is of God" (*Teachings of Presidents of the Church: Joseph F. Smith* [1998], 56).

What would you expect someone's behavior to be if he or she had entered the rest of the Lord in this life as President Joseph F. Smith described it? _____

_____

Elder Bruce R. McConkie taught: "True saints enter into the *rest of the Lord* while in this life, and by abiding in the truth, they continue in that blessed state until they rest with the Lord in heaven. . . . The rest of the

Lord, in eternity, is to inherit eternal life, to gain the fulness of the Lord's glory" (*Mormon Doctrine,* 2nd ed. [1966], 633).

After Alma warned the people of Ammonihah to prepare for the coming of Christ (see Alma 13:21–26), he provided additional instruction on how to enter the Lord's rest. Read Alma 13:27–29 to see what those instructions were.

Alma's teachings can be summarized by the following principle: **As we respond humbly to the invitation to repent, the Spirit will ultimately lead us into the rest of the Lord.**

5. Identify one of the blessings mentioned in Alma 13:27–29 that you would like to receive. After you identify the blessing, look for counsel Alma gave that will help you prepare to receive that blessing. Then write a goal in your scripture study journal concerning how you will implement Alma's counsel so that you can enter into the Lord's rest in this life and in the next.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 13 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 16: DAY 4

Alma 14–16

Introduction

After hearing Alma and Amulek preach, some of the people in Ammonihah believed and repented, including Zeezrom. Others were angry and caused Alma and Amulek to be imprisoned. The wicked people in Ammonihah cast out the men who believed and burned their wives and children. After many days, the Lord delivered Alma and Amulek from prison and destroyed the wicked leaders of Ammonihah. In Sidom, Zeezrom was suffering physically and spiritually. He professed his faith in Jesus Christ to Alma and was healed. In fulfillment of prophecy, a Lamanite army destroyed the city of Ammonihah. Alma's prophetic guidance allowed the Nephite armies to stop the Lamanites' aggression. Alma, Amulek, and many others strengthened the Church throughout the land of the Nephites.



Alma 14

Alma and Amulek are imprisoned and the believers are cast out or burned

Think of an instance when you may have seen or heard about someone who was innocent suffer at the hands of another person—an incident of someone being persecuted for his or her beliefs, for example. Ponder the following questions:

- What feelings did you have for the person who was suffering?
- How did you feel toward the person inflicting the suffering?
- Why do you think bad things sometimes happen to innocent and righteous people?

As you read Alma 14, relate these questions to the experiences of Alma and Amulek.

Read Alma 14:1–10, looking for who suffered and how they suffered. Then complete the following chart:

Who Suffered?	How Did They Suffer?

As recorded in Alma 14:10, what did Amulek want to do? Read Alma 14:11, and identify a truth that might help someone who is struggling with understanding why the wicked are sometimes allowed to harm those who are innocent or righteous.

One way to convey a truth from Alma 14:11 is: **The Lord permits the righteous to suffer at the hands of the wicked so that His judgments may be just.**

Note that it was revealed to Alma that those who died were received by the Lord "in glory" (Alma 14:11). Teaching about this event with an eternal perspective, President Henry B. Eyring of the First Presidency said: "Amulek was given the blessing to see the goodness and fairness of God in even so horrible a tragedy" ("Amulek: The Blessings of Obedience," in *Heroes from the Book of Mormon* [1995], 110).

Read Alma 60:12–13, and cross-reference it to Alma 14:10–11. We learn that among the reasons the righteous are permitted to suffer are to seal their testimonies with their lives (see D&C 135:3) and to stand as witnesses against the wicked.

Understanding why God allows the righteous to suffer can be a difficult principle for us to understand. Reflect upon the following statement from President Spencer W. Kimball to further understand why God allows people to exercise their agency, even if they make wrong choices:



"If we looked at mortality as the whole of existence, then pain, sorrow, failure, and short life would be calamity. But if we look upon life as an eternal thing stretching far into the premortal past and on into the eternal post-death future, then all happenings may be put in proper perspective. . . .

". . . If all the righteous were protected and the wicked destroyed, the whole program of the Father would be annulled and the basic principle of the gospel, free agency, would be ended. No man would have to live by faith" (*Teachings of Presidents of the Church: Spencer W. Kimball* [2006], 15).

1. In your scripture study journal, record how the truths you learned in Alma 14:11 and President Kimball's statement help you to understand why God sometimes allows the righteous to suffer at the hands of the wicked.

Read Alma 14:12–13, and look for what Alma taught Amulek to help him endure the trials they were experiencing. Why do you think Alma was able to respond with such confidence? _____

Read the following statement by Elder Richard G. Scott of the Quorum of the Twelve Apostles to help you understand what Alma was teaching Amulek about trusting in the Lord: "This life is an experience in profound trust—trust in Jesus Christ, trust in His teachings, trust in our capacity as led by the Holy Spirit to obey those teachings for happiness now and for a purposeful, supremely happy eternal existence. To trust means to obey willingly without knowing the end from the beginning (see Prov. 3:5–7). To produce fruit, your trust in the Lord must be more powerful and enduring than your confidence in your own personal feelings and experience" ("Trust in the Lord," *Ensign,* Nov. 1995, 17).

It may be helpful to emphasize this truth by writing next to Alma 14:12–13 in your scriptures: **When we trust in the Lord, He strengthens us during our trials.**

2. Choose one or more of the following situations and, in your scripture study journal, explain how the principle you just wrote in your scriptures could help the individuals described:

a. Several players on a young man's sports team shun him and openly mock or tease him about his adherence to gospel standards. They seem to deliberately plan activities together outside of practice that they know he will not attend because of his convictions.

b. A young woman applies for a job at a store where a good friend works. She does not get the job, and her friend tells her later that the owner of the store said he would never hire a Mormon.

c. When a young man asks a group of other young men at school to stop using profane language around him, they push him around and threaten to hurt him more if he tells them again how to talk.

Read Alma 14:14–17, and think about how Alma's and Amulek's faith helped them as they continued to suffer at the hands of the wicked leaders in Ammonihah. Why do you think giving no answer in that situation was the best response? (See also Matthew 27:11–14.)

Alma 14:18–28 tells how Alma and Amulek suffered many things before God delivered them and destroyed many of the wicked leaders of Ammonihah. The phrase "gnashing their teeth" (verse 21) means striking their teeth together in anger or rage.

3. In your scripture study journal, record which of the things that Alma and Amulek suffered in Alma 14:18–25 would have been most difficult for you, and explain why. Then write about a personal experience or an experience of someone you know who was striving to live righteously but still faced trials.

As recorded in Alma 14:25, what enabled Alma and Amulek to stand on their feet? Read Alma 14:26–29, and mark phrases and words that you feel best confirm this truth: **If we call upon the Lord in faith, He will strengthen us in our afflictions and deliver us in His way and His own time.**

The Lord can extend His power and deliver you from trials and afflictions in His own way and time. As we learn to trust in the Lord's will, we will find greater strength and power to endure difficulties throughout our lives.

Alma 15–16

Zeezrom is healed, a Lamanite army destroys Ammonihah, and Alma and Amulek continue to preach to the Nephites

After leaving Ammonihah, Alma and Amulek went to the nearby city of Sidom, where they found the believers from Ammonihah, including Zeezrom. Read Alma 15:3–5 to discover Zeezrom's condition.

Consider the following: What caused Zeezrom's illness? What did Zeezrom do to obtain relief and peace?

Carefully read Alma 15:6–10, and underline two or three phrases that show that Alma helped Zeezrom focus on Jesus Christ and His Atonement. To understand one way priesthood leaders can help people receive mercy through the Atonement, read the following experience from Elder Jay E. Jensen of the Presidency of the Seventy:

"While serving as a bishop, I witnessed the blessings of the Atonement in the lives of Church members who committed serious transgressions. . . .

"A young single adult in our ward was dating a young woman. They allowed their affections to get out of control. He came to me for counsel and help. Based on what was confessed and the impressions of the Spirit to me, among other things, he was not permitted to partake of the sacrament for a time. We met regularly to ensure that repentance had happened, and, after an appropriate time, I authorized him to again partake of the sacrament.

"As I sat on the stand in that sacrament meeting, my eyes were drawn to him as he now partook of the sacrament worthily. I witnessed arms of mercy, love, and safety encircling him as the healing of the Atonement warmed his soul and lifted his load, resulting in the promised forgiveness, peace, and happiness" ("Arms of Safety," *Ensign* or *Liahona,* Nov. 2008, 49).

Bishops and other priesthood leaders can help us receive the mercy and strength we need through the Atonement of Jesus Christ. What evidence do you find in Alma 15:11–12 that Zeezrom repented and received the Lord's mercy? _____

_____



One principle you could write in your scriptures or scripture study journal for Alma 15:6–12 is: **Through our faith in Jesus Christ, we can be healed and strengthened.** According to Alma 15:16, 18, how is this principle evident in Amulek's life?

Alma and Amulek established the Church among the people of Sidom and then returned to Zarahemla.

In Alma 16 we read that a Lamanite army invaded the Nephite lands and destroyed the city of Ammonihah, fulfilling the prophecy of Alma and Amulek that if the people did not repent they would be destroyed (see Alma 9:12). As you read Alma 16, look for whom the Nephites turn to for help so they can defeat the Lamanite army. Liken this experience to your own battles and enemies you face.

4. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 14–16 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 17: DAY 1

Alma 17–18

Introduction

Alma 17–18 contains what Mormon wrote about the missions of the sons of Mosiah to the Lamanites. These accounts provide an example of how missionaries today should prepare and serve. The sons of Mosiah sought the Lord's guidance as they prepared to preach the gospel to the Lamanites. As they went their separate ways, the Lord comforted them and promised they would bring souls unto Him. Ammon went to the land of Ishmael and began to teach by serving a Lamanite king named Lamoni. King Lamoni marveled at Ammon's power when he defended the king's flocks. This service softened the hearts of the king and his people to hear Ammon's teachings about God and the plan of salvation. King Lamoni believed what Ammon taught, recognized his need for a Savior, cried unto the Lord for mercy, and was overcome by the Spirit.

Alma 17:1–18

The sons of Mosiah prepare to preach the gospel to the Lamanites

Think about the length of time elders and sisters serve on their missions today. Read Alma 17:4, and underline the number of years the sons of Mosiah taught the gospel among the Lamanites.

As Alma was traveling to the land of Manti, he met the sons of Mosiah as they were returning home from their long missions, and all of them rejoiced. Read Alma 17:2–4, and highlight words and phrases that describe what kind of missionaries the sons of Mosiah were.

1. Review Alma 17:2–4. In your scripture study journal, do the following:

a. List what the sons of Mosiah did to prepare to be effective missionaries, and describe the results of their preparation.

b. Select something these missionaries did that you would like to do better in your life, or a characteristic you would like to develop more completely. Write a paragraph about how you can do this.

Ponder how often you pray and search the scriptures individually and in your family, and think of the opportunities you have to fast. In what ways have these practices helped you become "strong in the knowledge of the truth" (Alma 17:2)?

From the example of the sons of Mosiah, we learn this principle: **By searching the scriptures, praying, and fasting, we can receive the Holy Ghost and teach with power.** By receiving the Holy Ghost, we can be better prepared to share the gospel with others.

Read the following statement from Elder David A. Bednar of the Quorum of the Twelve Apostles, in which he taught young people ways they can prepare to be missionaries. Look for specific ways that you can prepare yourself to share the gospel as the sons of Mosiah did.



"You can increase in your desire to serve God (see D&C 4:3), and you can begin to think as missionaries think, to read what missionaries read, to pray as missionaries pray, and to feel what missionaries feel. You can avoid the worldly influences that cause the Holy Ghost to withdraw, and you can grow in confidence in recognizing and responding to spiritual promptings. Line upon line and precept upon precept, here a little and there a little, you can gradually become the missionary you hope to be and the missionary the Savior expects. . . .

"Proclaiming the gospel . . . is not simply an activity in which we engage for a limited time or an assignment we must complete as members of The Church of Jesus Christ of Latter-day Saints. Rather, missionary work is a manifestation of our spiritual identity and heritage" ("Becoming a Missionary," *Ensign* or *Liahona,* Nov. 2005, 46–47).



Read Alma 17:9, and underline what the sons of Mosiah prayed for as they prepared to serve. Read Alma 17:11, and reflect upon what the Lord told them about how to be an instrument in His hands. These verses teach the principle: **By being a good example, especially when afflicted, the Lord can make us an instrument in His hands.**

2. In your scripture study journal, write about a situation in which you feel you could be a good example. Think about school settings, situations at home with your family or with extended family, and social settings that are face-to-face or online. Describe how you will show a good example in that situation.

It is harder to be a good example in some situations than others. Look at how the Lamanites are described in Alma 17:12–16, and think about why the sons of Mosiah would have had a hard time teaching in this situation.

Why do you think the sons of Mosiah were willing to suffer afflictions in order to help a people who hated the Nephites? To help you understand what the sons of Mosiah hoped to accomplish, fill in the blank with a word from Alma 17:16: The sons of Mosiah wanted the Lamanites to be brought unto _____, because they wanted the Lamanites to know of the plan of redemption.

To help you understand how to be a good example to others, complete this assignment within the next few days: Ask a family member or a friend to tell you how someone's Christlike example has made a difference in his or her life.

Alma 17:19–39

Ammon becomes the servant of King Lamoni and preserves his flocks

As you read Alma 17:19–39, look for how Ammon served King Lamoni and the servants of the king. Think about how Ammon's service helped prepare the Lamanites to receive the gospel. Plan to share the story of Ammon preserving the flocks of the king with a family member or friend. Emphasize the following truth as you share the story: **Through service, we can help prepare others to accept the gospel.** Discuss with that person an individual whom you would like to help become spiritually stronger. Think of how you can serve this person, and decide how you can provide the service.

Alma 18

Ammon's faithfulness impresses King Lamoni, and Ammon teaches the king the gospel

King Lamoni's servants told him what Ammon had done in protecting the king's flocks. Read Alma 18:4–6, and look for the king's reaction to what Ammon had done.

When the king asked his servants where Ammon was, they told him that Ammon was fulfilling an earlier request from the king to have his horses prepared for



a journey to the land of Nephi, where the king's father lived. Read Alma 18:12–15, and look for the effect that Ammon's service had on King Lamoni.

Read Alma 18:16–21, and look for evidence that the Lord was guiding Ammon as he taught King Lamoni. In the space provided, write how the Spirit of God helped Ammon in this situation. _____

_____

_____

As you read Alma 18:22–32, look for specific gospel truths that Ammon taught Lamoni. You may want to mark them in your scriptures or write them in your scripture study journal. As Ammon taught, he was building on beliefs that he and Lamoni shared. Lamoni believed in a god—whom he called the Great Spirit—but he did not understand the true nature of God.

Read Alma 18:33–35, and look for how Ammon answered when the king asked him if he was sent from God.

3. From your study of Alma 17–18, write a short paragraph in your scripture study journal that summarizes what Ammon was able to do among the Lamanites with God's help.

You may want to write the following principle in your scriptures near Alma 18:35: **As we serve Heavenly Father and Jesus Christ, They will increase our ability to do Their work.**

4. In your scripture study journal, respond to one or both of the following questions:

a. How will the preceding principle help you in your current and future responsibilities in the Church?

b. How can you more faithfully serve the Lord so He can increase your ability to do His work?

Because of Ammon's faithful example and service, he was able to teach Lamoni about Heavenly Father's plan of redemption. Remember that Lamoni was feeling guilt for the murders he had committed (see Alma 18:4–6). Read Alma 18:36–43, and look for how Ammon taught the plan of redemption to Lamoni and how Lamoni responded to these teachings.

5. Answer the following question in your scripture study journal: Why do you think the Atonement of Jesus Christ would be particularly important for King Lamoni to understand?

Consider how learning the doctrines of the Creation, the Fall, and the Atonement may have helped Lamoni recognize his need for a Savior. Elder Bruce R. McConkie of the Quorum of the Twelve Apostles taught about the importance of the Creation, the Fall, and the Atonement:



"These three divine events—the three pillars of eternity—are inseparably woven together into one grand tapestry known as the eternal plan of salvation. We view the atonement of the Lord Jesus Christ as the center and core and heart of revealed religion. It brings to pass the immortality and eternal life of man. Salvation is in Christ.

"But had there been no fall, there could have been no atonement. The fall of Adam brought temporal and spiritual death into the world, and it is from these deaths that man and all forms of life are ransomed through the atonement wrought by the Lord Jesus Christ. Adam brought mortality; Christ brought immortality. Salvation comes because of the fall and the atonement.

"But if the earth and man and all living things had not been created in their physical and paradisiacal state, in a state of deathlessness, there could have been no fall. . . . Hence salvation was made available in and through and because of the creation of the heavens and the earth and all that in and on them are. Salvation comes because of the creation, the fall, and the atonement; these three are each part of one divine plan" (*A New Witness for the Articles of Faith* [1985], 81–82).

From Lamoni's experience we can learn this truth: **When we understand our need for the Savior, we will desire to repent.**

Conclude today's lesson by pondering what you can do that will help you remember your need for the Savior.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 17–18 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 17: DAY 2

Alma 19–20

Introduction

As recorded in Alma 19–20, King Lamoni experienced a mighty change of heart, which led to the conversion of many of his people. Ammon and King Lamoni traveled to the land of Middoni to deliver Ammon's imprisoned brethren. On the way, they encountered Lamoni's father, who was king over all the Lamanites. Ammon's bold testimony and loving protection of Lamoni led King Lamoni's father to soften his heart and consent to the release of Ammon's brethren. Because of Ammon's testimony and example, many people felt the influence of the Holy Ghost and were taught the gospel and converted.

Alma 19

King Lamoni and many of his people repent and are baptized

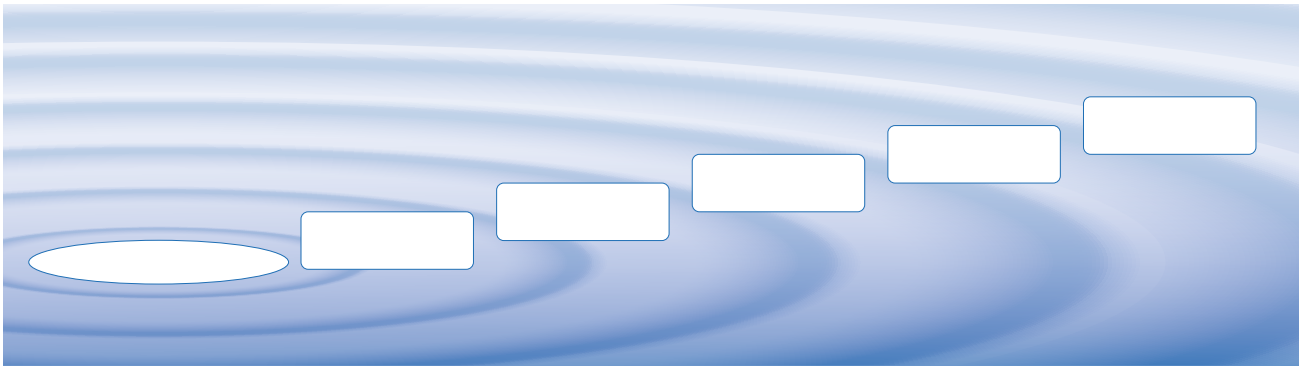
Think about the outward rippling effect that occurs when you drop a rock into a pool of water.

How can a person's actions be like the rock that was dropped into the water? _____

_____

Write *Ammon* on the center point (the oval) of the following diagram.

Read Alma 19:1, 6 to find out who was first influenced by Ammon's testimony, and write the name on the first ring of the diagram. Choose a phrase from these verses that you feel best describes what was happening



to Lamoni. Write that phrase and what you think it means: _____

_____

Search Alma 19:7–10 for the person who was next affected by Ammon's testimony, and label the second ring of the diagram. According to Alma 19:10, what was remarkable about the faith of Lamoni's wife?

_____

_____

As recorded in Alma 19:11–13, how was Lamoni's wife affected by her husband's testimony? _____

_____

1. Read Alma 19:13–14, and answer the following questions in your scripture study journal: What do you think it means to be "overpowered by the Spirit," or "overpowered with joy"? When have you felt the influence of the Holy Ghost powerfully in your life?

Read Alma 19:15, looking for who was next affected by Ammon's testimony, and label the third ring on the diagram.

Read Alma 19:16–17 to find who was next affected, and label the fourth ring.

Think about how all of the servants of the king were affected by the events with Ammon, Lamoni, and Lamoni's wife. In Alma 19:15–17, highlight any words and phrases demonstrating that Lamoni's servants were turning to God.

2. Answer the following question in your scripture study journal: How did the spiritual experiences of Lamoni and his household lead to Abish's decision to share her testimony with others after many years of "never having made it known" (Alma 19:17)?

Read Alma 19:18–22 to see how the people who gathered at the king's house interpreted what they saw. Imagine you were Abish. What would you do next after seeing the contention among the people? To learn what Abish did, read Alma 19:23–29.

Read Alma 19:30–36, and consider the effect Ammon's testimony had upon others. Label the fifth ring of the diagram "many other Lamanites."

3. Consider all of the people influenced by Ammon's testimony, and then complete this phrase in your scripture study journal: **By sharing my testimony and setting a righteous example, I can . . .**

Through his testimony and example, Ammon helped Lamoni and others turn to the Lord. Consider those who have played a significant spiritual role in your life. Think of someone whose righteous example and testimony have influenced you. Can you think of ways this person has influenced other people for good as well?

4. Consider how you might apply what you have learned from Ammon's example by answering the following questions in your scripture study journal:

a. How could your family members and friends be blessed if you followed Ammon's example of living righteously, serving others, and sharing your testimony?

b. How might your example and testimony cause "ripples" beyond what you can see happening in the present moment with family, friends, and acquaintances?

Alma 20

King Lamoni's father has a change of heart and desires to learn about the gospel

Read the following three situations, and ponder how you would respond:

- In a sporting contest, a referee or umpire makes some bad calls and seems to treat you unfairly.
- A teacher accuses you in front of the class of cheating on a test when you did not.
- Your parents accuse you of doing something that your brother or sister actually did.

As recorded in Alma 20, Ammon and Lamoni found themselves in a situation in which they could have

responded with anger. Imagine being in Ammon's or Lamoni's position as you study this chapter.

Read Alma 20:1–7 to see what happened when Lamoni wanted to introduce Ammon to his father, who was the king over all the Lamanites. Then read each of the following groups of verses and ponder your answers to the accompanying questions.

Alma 20:8–13	If you had been in Ammon's position and someone falsely accused you of lying and robbing, how would you have felt?
Alma 20:14–16	What impresses you about Lamoni's response to his father?
Alma 20:17–25	How did Ammon respond to the anger of Lamoni's father? How did Ammon demonstrate love for Lamoni?

Read Alma 20:26–27 to see the effects of Ammon's response. What did Lamoni's father desire to learn after seeing the love Ammon showed? _____

_____

What can we learn from Ammon's response to the anger of Lamoni's father? _____

_____

Write the following truth in your scriptures by Alma 20:26–27 or in your scripture study journal: **As we act with love, it can lead others to soften their hearts and seek to know the truth.** Consider when you might have opportunities in your home, with your friends, or at school to respond to other people's anger with love.

5. Write a goal in your scripture study journal describing how you can better respond to anger with love, as Ammon did with the king of the Lamanites.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 19–20 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 17: DAY 3

Alma 21–22

Introduction

Aaron, one of Ammon's brothers, attempted to teach the Amalekites and Amulonites about Jesus Christ and the Atonement, but the people rejected him. He and some of his companions ended up in prison in the land of Middoni. They remained faithful during their time of adversity. After Ammon and King Lamoni secured their release, Aaron taught Lamoni's father how to be "born of God" (Alma 22:15). The king learned that by repenting of his sins, he could come to know God and eventually receive eternal life. The faithfulness of Aaron and his brethren helped many Lamanites come to know God and His way of redemption.



Alma 21:1–23

Aaron and his brethren preach the gospel despite trials and imprisonment

Think of a time when you were trying hard to keep the commandments and yet faced difficulties. Then ponder the following questions: What did you do to be faithful despite the trials you faced? As you look back on the experience, how do you feel the Lord blessed you during that time?

While Ammon was teaching King Lamoni and his people (see Alma 17–19), Aaron and his companions experienced tremendous adversity as they attempted to teach in a different part of the land. For a brief overview of the trials Aaron and his companions suffered while in prison, read Alma 20:28–30. Then read the passages from Alma 21:1–17 identified in the activity below. Look for how Aaron and his brethren handled their trials.

1. Copy the following chart in your scripture study journal, leaving room for your comments after each scripture:

Challenge or Difficulty	How Aaron and His Companions Responded
Alma 21:3	Alma 21:4
Alma 21:5–6, 8	Alma 21:7, 9
Alma 21:10–11	Alma 21:11–12
Alma 21:13–14	Alma 21:15

After reading each scripture passage, in the left column of the chart, write the challenges or difficulties that Aaron and his companions faced. In the right column, write how Aaron and his companions responded. Then answer the following questions:

a. Why do you think it would have been easy for them to become discouraged, give up hope, and go back home to a friendlier place among the Nephites?

b. How can we, as member missionaries, benefit from studying this account?

Read Alma 21:16–17, and look for how the Lord helped Aaron and his brethren do His work as they persisted with faith. Through Aaron and his brethren, we learn this principle: **If we faithfully persist through our trials, the Lord will help us do His work.** You may want to write this principle in your scriptures or scripture study journal.

Think of what kinds of work God has for you to do now and in the future and what challenges you might face in trying to accomplish this work. Read the following statement from President Thomas S. Monson, who taught that we may have trials as we strive to do the Lord's work:



"To reach, to teach, to touch the precious souls whom our Father has prepared for His message is a monumental task. Success is rarely simple. Generally it is preceded by tears, trials, trust, and testimony. . . .

". . . Servants of God take comfort from the Master's assurance: 'I am with you alway' (Matthew 28:20). This magnificent promise sustains you. . . . It comforts you during those moments of discouragement, which come to all" ("Tears, Trials, Trust, Testimony," *Ensign,* May 1987, 43).

2. In your scripture study journal, write about an experience when you faithfully persisted through trials. Or you could write about how you plan to be faithful in a present challenge, using the principles in this lesson. Also, write about a few future situations when you think you might need to persist through trials when doing the Lord's work.

Read Alma 21:18–23 to see what Ammon did after helping Aaron and his brethren be released from prison. Look for how the Lamanites' lives were changed because Ammon taught them the gospel.

Think about how the gospel of Jesus Christ has changed the life of someone you know. Ponder how you could share the gospel with someone you know, or think about someone who could be influenced by the example of Aaron and his brethren. Consider sharing with that individual what you have learned from the example of Aaron and his brethren as they faithfully persisted in the Lord's work.

Alma 22

Lamoni's father, who is king over all the land, believes the gospel as taught by Aaron

Recall Ammon's encounter with Lamoni's father, which was reviewed in the previous lesson. Reread the king's specific request to Ammon, recorded in Alma 20:27. As you read Alma 22:1–3, look for how the king responded to Aaron's visit.

Read Alma 22:4–6, and find what troubled King Lamoni's father. Search Alma 22:7–14 for the truths that Aaron taught Lamoni's father.

Reflect upon the following questions (it may be helpful to remember the similar discussion about King Lamoni in Alma 17–18):

- Why did the king need to believe in God in order to understand repentance?
- How did knowing about the Fall help the king understand repentance?

3. Answer the following question in your scripture study journal: Why is it essential to understand the Fall of Adam and the Atonement of Jesus Christ in order to understand repentance?

Search Alma 22:15, looking for what the father of King Lamoni was willing to give up in order to receive

joy and eternal life, and consider marking it in your scriptures.

4. Answer the following question in your scripture study journal: Why do you think the attitude King Lamoni's father had is important for everyone to have who desires to come to know God?

Read Alma 22:16 to see how Aaron answered the king's question about how to receive eternal life. (Consider marking important truths you see being taught in this verse.) How can accepting and living the truths Aaron taught lead a person to receive eternal life? _____

Read Alma 22:17–18, looking for how the king responded to Aaron's instructions. Ponder the following question: What can we learn about being born of God from King Lamoni's father?

You may want to mark this phrase in Alma 22:18: "I will give away all my sins to know thee." Ponder the following truth, and write it in your scriptures or in your scripture study journal: **We must be willing to forsake all our sins in order to be spiritually changed and born of God.**



Read the following statement by Elder Dallin H. Oaks of the Quorum of the Twelve Apostles: "The gospel of Jesus Christ challenges us to change. 'Repent' is its most frequent message, and repenting means giving up all of our practices—personal, family, ethnic, and national—that are contrary to the commandments of God. The purpose of the gospel is to transform common creatures into celestial citizens, and that requires change" ("Repentance and Change," *Ensign* or *Liahona,* Nov. 2003, 37).

Ponder what you need to do in your life now to be spiritually changed.

Read Alma 22:19–22 to see what events followed the king's prayer. Read Alma 22:23–27, looking to see what Lamoni's father did because he had received a change of heart and had obtained the Spirit of the Lord for himself.

5. In your scripture study journal, write what you have learned about being born again from studying about King Lamoni's father. Explain how you think his example could help youth today make changes in their lives to help them be born of God.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 21–22 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 17: DAY 4

Alma 23–24

Introduction

Following his conversion, the king of the Lamanites proclaimed religious liberty among his people. This proclamation allowed Aaron and his brethren to preach the gospel and establish churches in many Lamanite cities. Thousands of Lamanites were converted and never fell away. Those Lamanites who were converted to the Lord made a covenant to lay down their weapons of war. They took upon themselves the name of Anti-Nephi-Lehies. When the unconverted Lamanites attacked them, many of the Anti-Nephi-Lehies sacrificed their lives rather than break their covenant.

Alma 23

Thousands of Lamanites are converted to the Lord and change their name to Anti-Nephi-Lehies

1. In your scripture study journal, draw a picture of a happy face and a sad face. Label the happy face *Faithful* and the sad face *Inconsistent.* As you read the following statement from Elder Richard G. Scott of the Quorum of the Twelve Apostles, look for words or phrases that describe these two different types of people. Write these words or phrases under the appropriate picture.



"Each of us has observed how some individuals go through life consistently doing the right things. They seem happy, even enthusiastic about life. When difficult choices are to be made, they seem to invariably make the right ones, even though there were enticing alternatives available to them. We know that they are subject to temptation, but they seem oblivious to it. Likewise, we have observed how others are not so valiant in the decisions they make. In a powerfully spiritual environment, they resolve to do better, to change their course of life, to set aside debilitating habits. They are very sincere in their determination to change, yet they are soon back doing the same things they resolved to abandon.

"What is it that makes the difference in the lives of these two groups? How can you consistently make the right choices?" ("Full Conversion Brings Happiness," *Ensign,* May 2002, 24).

Ponder how you would answer the two questions that Elder Scott asked. As you study Alma 23–24, think about why many members of the Church remain faithful to the gospel of Jesus Christ throughout their lives.

After the king of the Lamanites became converted to the gospel of Jesus Christ, he sent a proclamation among all his people, and a miracle occurred. Thousands of Lamanites were also converted. Read Alma 23:1–5 to see what the proclamation was and how the miracle occurred.

Read Alma 23:6–7. How many of the thousands who were "converted unto the Lord" remained converted throughout their lives? _____

_____

After these Lamanites were converted, they wanted to be called by a new name so they would no longer be known as Lamanites. Read Alma 23:16–18, and identify the name they chose and the blessings that came to them because of their faithfulness.

2. In your scripture study journal, under the figure labeled "Faithful," write what you have learned from the Anti-Nephi-Lehies about being faithful to the Lord throughout your life.

Write the following truth in your scriptures or scripture study journal: **Conversion means spiritually changing and becoming a new person through the power of God.** Just as the Anti-Nephi-Lehies changed, if you are willing to receive the power of the Atonement in your life by your faith and repentance, you can become a new person through the power of God and remain converted throughout your life.

Look again at Elder Scott's two questions, and then read his answer: "True conversion is the fruit of *faith, repentance,* and *consistent obedience. . . .* True conversion will strengthen your capacity to do what you know you should do, when you should do it, regardless of the circumstances" ("Full Conversion Brings Happiness," 25).

3. Answer the following question in your scripture study journal: According to Alma 23:18, the converted Lamanites began to be industrious and friendly with the Nephites. When people are trying to repent and change their lives, why is it important for them to associate with others who are also striving to live righteously?

4. Examine the terms you have listed under the "Faithful" figure in your scripture study journal. Think about how well these terms define your level of conversion. Write in your scripture study journal what you will do to become more fully converted to the Lord.

Alma 24

The Anti-Nephi-Lehies covenant never to take up weapons again

As recorded in Alma 24:3, the king of the Lamanites conferred the kingdom upon his son just before his death, and he gave his son the name Anti-Nephi-Lehi. Read Alma 24:1–5 to see what problem soon developed that led Ammon and his brethren to hold a council with the king. When it became known that the unconverted Lamanites were going to war against the Anti-Nephi-Lehies, these righteous people decided they would make no preparations to defend themselves (see Alma 24:6). Read Alma 24:7–14, and identify why the Anti-Nephi-Lehies made this decision.

5. In your scripture study journal, write what you learn from the Anti-Nephi-Lehies about what it means to forsake our sins when we repent.



Read Alma 24:15–18, looking for what the Anti-Nephi-Lehies did to show the Lord they had truly repented. Why did the people bury their swords and other weapons deep in the ground? (See Alma 24:17–18.)



In our own lives when we repent of sins, we should strive never to commit those sins again. Read what President Spencer W. Kimball taught about abandoning sin as an important aspect of repentance: "In abandoning sin one cannot merely wish for better conditions. He must make them. . . . He must be certain not only that he has abandoned the sin but that he has changed the situations surrounding the sin. He should avoid the places and conditions and circumstances where the sin occurred, for these could most readily breed it again. He must abandon the people with whom the sin was committed. He may not hate the persons involved but he must avoid them and everything associated with the sin. He must . . . build a new life. He must eliminate anything which would stir the old memories" (*The Miracle of Forgiveness* [1969], 171–72).

In Alma 24:10–12, mark words or phrases showing the repentance of the Anti-Nephi-Lehies and God's forgiveness of their sins. Write the following principle in the margin next to these verses: **If we do all we can to repent, God will take away our guilt and help us remain clean.** Refer to the account of the Anti-Nephi-Lehies burying their weapons in the earth. In our day, we still need to "bury" our sins to show the Lord that we are doing all we can to repent and not commit the same sins again.

6. Consider how people in the following situations might ensure they would not commit the same sins again. Write your suggestions for each situation in your scripture study journal:

a. Someone watched a pornographic scene in a movie because friends encouraged the person to watch the movie with them.

b. Someone secretly broke the Word of Wisdom with friends when a group went out together at night.

c. Someone shared answers from a completed exam with a friend who was preparing to take the same test later that day.

Ponder the following question: What do you need to "bury" in your life so that you are not tempted to commit sins you have repented of?

Read Alma 24:19–22 to see what the Anti-Nephi-Lehies did when the Lamanites came to battle against them. These people showed their devotion to the Lord by being willing to die rather than break a promise they had made to the Lord. They had given their lives completely to the Lord, and they remained completely faithful to Him throughout their lives.

Read what President Ezra Taft Benson taught about giving our lives to the Lord:



"Men changed for Christ will be captained by Christ. Like Paul they will be asking, 'Lord, what wilt thou have me do?' (Acts 9:6.) . . .

"Their will is swallowed up in His will. (See John 5:30.)

"They do always those things that please the Lord. (See John 8:29.)

"Not only would they die for the Lord, but more important they want to live for Him.

"Enter their homes, and the pictures on their walls, the books on their shelves, the music in the air, their words and acts reveal them as Christians.

"They stand as witnesses of God at all times, and in all things, and in all places. (See Mosiah 18:9.)

"They have Christ on their minds, as they look unto Him in every thought. (See D&C 6:36.)

"They have Christ in their hearts as their affections are placed on Him forever. (See Alma 37:36.)" ("Born of God," *Ensign,* Nov. 1985, 6–7).

7. Answer the following question in your scripture study journal: During this week, what are some ways you can show that you have given your life completely to the Lord?

Read Alma 24:23–27, which describes the Lamanites' reaction when they saw that the Anti-Nephi-Lehies were not going to fight. As you read, find words or phrases that teach this principle: **By being faithful to the Lord, we can help others become converted.** Think about how specific members of your family or certain friends could be influenced by your decision to be faithful to the Lord.

8. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 23–24 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 18: DAY 1

Alma 25–29

Introduction

After years of preaching the gospel, Ammon praised the Lord and expressed gratitude for the blessing of being an instrument in His hands to bring the gospel to the Lamanites. Many Lamanites began to believe in the Lord, repented, and called themselves the Anti-Nephi-Lehies. After the Anti-Nephi-Lehies made a covenant with God to never again take up weapons of war, the Amalekites and Lamanites began to make preparations to go to battle against them. To help them keep their covenant with the Lord, the Anti-Nephi-Lehies accepted an offer of protection from the Nephites. The Nephite prophet Alma expressed the joy he felt from preaching the gospel and inviting others to come unto Jesus Christ.

Alma 25

Abinadi's prophecy is fulfilled, and many Lamanites are converted

Think about any changes you have made as you have become more converted to the gospel of Jesus Christ. Alma 25 tells of the fulfillment of Abinadi's prophecy that descendants of the priests of Noah would be hunted down and killed and shows that the Lord vindicates His prophets and fulfills their inspired prophecies (see Alma 25:9). It also tells how many Lamanites repented and joined the Anti-Nephi-Lehies. Read Alma 25:14, and identify what these Lamanites did as they became converted to the gospel. In Alma 25:15 we learn two reasons why they kept the law of Moses.

Alma 26

Ammon rejoices in the Lord's mercies toward the Lamanites and the sons of Mosiah

What does it take to build a house or a church? What type of church could a skilled craftsman build with the right tools or instruments? In Alma 26, Ammon described himself and his brothers as being instruments in the hands of God to do a great work. Read Alma 26:1–5, 12–13, and identify what the Lord accomplished by using Ammon and his brothers as instruments in His hands. (You may want to mark the answers you find in your scriptures.) In verse 5 the phrase "thrust in the sickle" means to work hard, "sheaves" represent converts, "garners" represent the



Church, and the phrase that those who are gathered "are not wasted" refers to God preserving the converts and granting them eternal life.

Identify or mark one or more phrases in Alma 26:12 that indicates that Ammon understood he was only a tool in the Lord's hands and that it was the Lord who accomplished the miracles during his mission.

From these verses we learn this principle: **As we prepare and humble ourselves, the Lord strengthens us and uses us as an instrument in His hands.** A companion principle we also learn in Alma 26 is: **We experience joy as we faithfully serve the Lord and His children.** Read Alma 26:11, 13, 16, and mark each time you see the word *joy* or *rejoice.*

Read Alma 26:13–16, and identify reasons Ammon gave for his rejoicing.

1. In your scripture study journal, write why you think we experience joy when we are in the Lord's service. You may also want to write about a time when you felt joy as a result of your service in the Church.

Read the following verses, and think about the answers to their accompanying questions:

Alma 26:22–23, 26–29. Note the requirements that are listed to know the mysteries of God. What promise is given to missionaries who have these qualifications? What obstacles did Ammon and his brothers face in their service to the Lord and the Lamanites? Which of these obstacles are similar to obstacles faced by those who serve the Lord today? What could modern missionaries learn from Alma 26:29 about where they should teach the gospel?

Alma 26:30. What encouraged the sons of Mosiah to continue to serve even during difficult times?

2. Read Alma 26:35–37, and answer the following questions in your scripture study journal:

a. What truths taught in these verses would give you reasons to rejoice in the goodness of God? (You may want to mark phrases that indicate these truths.)

b. What difference does it make to know that God is mindful of you?

Alma 27

Ammon leads the people of Anti-Nephi-Lehi to safety among the Nephites

As you prepare to study Alma 27, think about answers to the following questions:

- Have you ever had someone make a promise to you and then break that promise?
- Do you know anyone who has always kept his or her promises to you?
- How do you feel toward people who keep their promises? Why?

Following their unsuccessful efforts to destroy the Nephites, the Lamanites attempted to destroy those Lamanites (the Anti-Nephi-Lehies) who had been converted by Ammon and his brothers. Remember that the Anti-Nephi-Lehies buried their weapons of war to show that they would keep their covenant to never kill again. To find out how committed the Anti-Nephi-Lehies were to keeping that covenant, read Alma 27:2–3.



Imagine the strength of the commitment of the Anti-Nephi-Lehies to honor their covenant to not take up weapons when they were being attacked. Consider how you can strengthen your commitment to keep your covenants with Heavenly Father when it seems difficult to do so.

Because of persecution and attacks from wicked Lamanites, Ammon led the Anti-Nephi-Lehies to Zarahemla—a Nephite city—where the Nephites promised to protect them from their enemies. Consider what you could do to help those around you keep the covenants they have made with the Lord.

Once in Zarahemla, the Anti-Nephi-Lehies were called the people of Ammon by the Nephites. Read Alma 27:27–30, looking for what the people of Ammon became known for. Mark any words or phrases that teach the following principle: **When we are fully converted to the Lord, we keep the covenants we have made with Him.**

3. Answer one or both of the following questions in your scripture study journal:

a. What experiences have you had when it was difficult for you to keep your covenants with the Lord, but you still kept them?

b. Who has been an example to you of someone who is faithful and true to his or her covenants with the Lord? How has that person demonstrated faithfulness to those covenants?

Alma 28

The Nephites defeat the Lamanites in a great battle

4. Imagine you are a reporter assigned to cover the events found in Alma 28. Read Alma 28:1–6, 11–14, and write a short paragraph in your scripture study journal summarizing what happened. Be sure to answer the following questions in your paragraph.

a. What price did the Nephites pay for helping the people of Ammon keep their covenants? (See Alma 28:1–3.)

b. How much did these deaths affect the Nephites? (See Alma 28:4–6.)

c. Why were some people afraid when their loved ones died while others rejoiced and were hopeful? (See Alma 28:11–12.)

Write a principle statement to summarize what you learned from Alma 28:11–12: _____

_____

One of the principles taught in Alma 28 is: **When we have faith in Jesus Christ and His promises, we can have hope and joy despite death.**

5. Answer one or both of the following questions in your scripture study journal:

a. When have you witnessed someone face his or her own death or the death of a loved one with hope because of faith in Jesus Christ?

b. How would you explain death to someone in order to help that person have hope after the death of a loved one?

Identify Mormon's three "and thus we see" statements in Alma 28:13–14. You may want to mark these in your scriptures. What points does Mormon emphasize as he concludes the account of the mission of the sons of Mosiah to the Lamanites? Ponder why these truths are important for you to know.

Alma 29

Alma glories in bringing souls unto God

Have you ever wished you had the power to singlehandedly bring about some great good or stop some terrible evil in the world? Alma 29 contains Alma's expression of his desire to be an instrument in the Lord's hands. Search Alma 29:1–3, and look for the desire of Alma's heart.



Remembering what had happened to Alma as a young man, consider why Alma might have had the desire he expressed. Notice in Alma 29:3 why he felt that he was sinning in his desire. Read Alma 29:4–5, and identify what the Lord grants to those who have righteous desires.

Search Alma 29:10, 14–16, and mark the reward Alma received for bringing souls to Christ. You may want to mark each time Alma uses the word *joy* in these verses.

One principle taught in Alma 29 is: **We will experience joy as we help others to repent and come unto Jesus Christ.** What experiences have you had that have helped you to feel joy in helping others come unto Christ?

Ponder for a moment ways you might help individuals in the following groups of people make needed changes in their lives and come unto Jesus Christ: (a) your friends, (b) members of your family, and (c) those you do not yet know well. Seek the guidance of the Spirit as you look for opportunities to bring others to Jesus Christ.

4. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 25–29 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 18: DAY 2

Alma 30

Introduction

Following a great battle with the Lamanites, peace settled over the land of Zarahemla. In the midst of this period of peace, a man named Korihor began to preach that there would be no Christ. His false teachings led those who believed him to sin. He spoke against the leaders of the Church, claiming they were teaching "foolish traditions" (Alma 30:27). Korihor was brought before Alma, who taught him that all things testify of Christ. Eventually, Korihor confessed that his actions were guided by the devil.

Alma 30:1–29

Korihor, an anti-Christ, ridicules the doctrine of Christ

Imagine that someone prepared a meal for you. It looked and smelled delicious, but when you ate it, you became extremely sick. Think for a moment how false teachings might be similar to being offered food that looks delicious but is secretly poisonous.

Previously you studied about the anti-Christs Sherem (see Jacob 7) and Nehor (see Alma 1). Remember that one definition of *anti-Christ* is "anyone or anything that counterfeits the true gospel plan of salvation and that openly or secretly opposes Christ" (Guide to the Scriptures, "Antichrist," scriptures.lds.org). Today you will learn about another man who was an enemy of Christ and whose false teachings deceived others and led them to sin. Many in the world today use arguments similar to Korihor's against those who express a belief in God.

Korihor began to preach among the Nephites. Read Alma 30:6, 12, and look for phrases that indicate Korihor was an anti-Christ.

Read Alma 30:12–18, and match the false teachings of Korihor with their implications.

Some False Teachings of Korihor, an Anti-Christ	Possible Interpretations and Implications of the False Teachings
___ 1. Alma 30:13–14	A. Unless you have physical evidence of religious truths, you should not believe in Jesus Christ or His gospel. There is no such thing as personal revelation through the Holy Ghost.
___ 2. Alma 30:15	B. There is no such thing as sin. There is no universal standard of what is right or wrong.
___ 3. Alma 30:16	C. People prosper by their own efforts alone. There is no need for God in the affairs of man.
___ 4. Alma 30:17 ("every man fared . . .")	D. The words of the prophets and scriptures are not true, so you should not believe their prophecies.
___ 5. Alma 30:17 ("whatsoever a man did . . .")	E. There is no such thing as remission of sins. There is no need to seek help through the Atonement because there is no such thing as an Atonement.
___ 6. Alma 30:18	F. There is no life after death, so there is no need to worry about a judgment after this life.

(The answers to this matching exercise are found at the end of this lesson.)

Alma 30:18 teaches the principle: **Satan uses false doctrines to entice us to commit sin.**

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, taught:



"Our behavior is not totally controlled by natural impulses. Behavior begins with belief as well.

"Beliefs are born of philosophies, or doctrines. Doctrines can be spiritual or secular, wholesome or destructive, true or false. . . .

"True doctrine, understood, changes attitudes and behavior" ("Little Children," *Ensign*, Nov. 1986, 17).

1. Choose two or more of the false teachings of Korihor listed in the matching exercise chart. In your scripture study journal, write what the true doctrines are and tell how knowing the truth affects your attitudes and behavior.

After his success in the land of Zarahemla, Korihor went to the land of Jershon to preach to the people of Ammon. Read Alma 30:19–20, and find out if they accepted his false teachings.

The people of Ammon "were more wise than many of the Nephites" and "caused that he should be carried out of the land" (Alma 30:20–21). From what you have learned about the people of Ammon, why do you think they did not believe Korihor's false teachings?

Alma 30:21–29 tells how Korihor then went to the land of Gideon, "and here he did not have much success" (Alma 30:21). Some of Korihor's arguments against the Church and its teachings are found in Alma 30:24, 27, two of which are: (1) those who believe in God are in bondage and (2) religion takes away freedoms. These arguments are still used by opponents to religion today.

President Henry B. Eyring of the First Presidency taught that our belief in God gives us freedom: "Korihor was arguing, as men and women have falsely argued from the beginning of time, that to take counsel from the servants of God is to surrender God-given rights of independence. But the argument is false because it misrepresents reality. When we reject the counsel which comes from God, we do not choose to be independent of outside influence. We choose another influence. We reject the protection of a perfectly loving, all-powerful, all-knowing Father in Heaven, whose whole purpose, as that of His Beloved Son, is to give us eternal life, to give us all that He has, and to bring us home again in families to the arms of His love. In rejecting His counsel, we choose the influence of another power, whose purpose is to make us miserable and whose motive is hatred. We have

moral agency as a gift of God. Rather than the right to choose to be free of influence, it is the inalienable right to submit ourselves to whichever of those powers we choose" ("Finding Safety in Counsel," *Ensign,* May 1997, 25).

2. Write in your scripture study journal what you would recommend a person do to protect herself or himself from believing false doctrines like those taught by Korihor.

Alma 30:30–60

Korihor demands a sign from Alma and is struck dumb by the power of God

Eventually, Korihor was brought before Alma. Read Alma 30:30–31, and look for the accusations Korihor made against Alma and other Church leaders. "Glutting on the labors of the people" implies that Alma and others grew rich because of their Church service. Think about the answers to the following questions:

- From your experience with your Church leaders, why are these accusations false?
- How do you think you would have responded to Korihor's accusations if you were Alma?

Read Alma 30:32–35, and discover Alma's response to Korihor. Think about how you have seen the truthfulness of Alma's response in the lives of those who lead your ward or branch or of other Church members you admire.

If possible, invite a friend or family member to read Alma 30:37–45 with you. One of you read the words of Alma, and the other the words of Korihor. As the two of you read, look for what Alma stated as evidence of God's existence. (If it is not possible to have someone read with you, imagine the exchange going on between the two men as you read.)

3. Complete the following assignments in your scripture study journal:

a. Write down which one of the evidences Alma cited is an especially meaningful witness to you of the existence of God and why it is such a strong witness of His existence.

b. Write down at least three other evidences you have seen in your life that "denote that there is a God" (Alma 30:44), and explain briefly how each one has strengthened your belief in God.

One doctrine found in the verses you studied is: **All things testify of God as Supreme Creator.** Consider what happens to your faith when you choose to look for and remember these witnesses and testimonies.

Notice what the prophet Alma did as he interacted with Korihor: he corrected the false teachings (see Alma 30:32–35), he testified of truth (see Alma 30:37–39), he shifted the burden of proof to Korihor (see Alma 30:40–42), and he gave evidences of God's existence (see Alma 30:44). What can you learn from Alma's example about how to deal with those who argue against the truth?



Sometimes the only defense we have against those who attack our faith is to share our testimony of the truth. There is no embarrassment in taking this approach—Alma, a prophet of God, used this approach with Korihor. As Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles explained: "Korihor's arguments sound very contemporary to the modern reader, but Alma used a timeless and ultimately undeniable weapon in response—the power of personal testimony" (*Christ and the New Covenant* [1997], 121).



Despite the many evidences, or signs, that Alma shared with Korihor to prove God's existence, Korihor asked for another sign and was struck dumb (meaning he could not speak; see Alma 30:45–50). Read Alma 30:51–53, looking for why Korihor said he taught what he did.

When Korihor could no longer teach false doctrines, he admitted that he had taught his false ideas "because they were pleasing unto the carnal mind" (Alma 30:53). Having a "carnal mind" refers to being focused on worldly pleasures or satisfying the lusts of the body. Those who believed Korihor's teachings thought they could indulge in physical pleasures and material things and there would be no consequences. These ideas led to a life of sin (see Alma 30:18).

Alma 30:54–59 tells that Korihor was cast out, went from house to house begging for food, and eventually was trampled to death. Read Alma 30:60, and look for

an important truth about what eventually happens to those who choose to follow Satan. Mark the following phrase in your scriptures: **"The devil will not support his children [his followers] at the last day."** (In this verse, *children* means followers.)

4. Answer the following questions in your scripture study journal:

a. How was the truth you marked in Alma 30:60 manifested in Korihor's life?

b. Compare Alma 30:60 with Alma 36:3. What evidence have you seen in your life or in the lives of others that shows God will continue to support those who strive to follow His commandments?

Review the true principles and doctrines you have studied today. Think of ways you can avoid being deceived by false teachings, such as those of Korihor.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 30 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

Answers to the matching activity: (1) D, (2) A, (3) E, (4) C, (5) B, (6) F.

UNIT 18: DAY 3

Alma 31

Introduction

Alma learned that a group of Nephite dissenters called the Zoramites had strayed from the truth of the gospel. Saddened by these reports of wickedness, Alma took others with him to teach the Zoramites the word of God. They witnessed the apostate worship services and the pride of the Zoramites. Alma prayed earnestly that he and his companions would find comfort and success in bringing the Zoramites back to the Lord.

Alma 31:1–7

Alma and his companions preach the word of God to the apostate Zoramites

Imagine that you have a friend or family member who is beginning to stray from the gospel or who is not living the gospel as fully as he or she could. Think about answers to the following questions:

- What might you do to help this person return to the Church and desire to keep the commandments?
- Who might you turn to for help in dealing with this person's problems and misunderstandings?

This lesson highlights how Alma and others tried to help a group of people who had strayed from the truths of the gospel. Read Alma 31:1–2. How did Alma feel when he heard about what the Zoramites were doing? _____

_____

Read Alma 31:3–4, and discover why the Nephites began to fear because of the Zoramites' actions.

Thinking of what you have learned during your study of the Book of Mormon, what do you think would help encourage the Zoramites to repent and return to the truths of the gospel? Read Alma 31:5, and identify what Alma knew would be the most effective way to reclaim the Zoramites.

1. In your scripture study journal, write down why you think the word of God is more powerful in helping people to change than using force or anything else.

Ponder the following statement from President Boyd K. Packer, President of the Quorum of the Twelve Apostles, about the power of the word of God:

"True doctrine, understood, changes attitudes and behavior.



"The study of the doctrines of the gospel will improve behavior quicker than a study of behavior will improve behavior. Preoccupation with unworthy behavior can lead to unworthy behavior. That is why we stress so forcefully the study of the doctrines of the gospel" ("Little Children," *Ensign,* Nov. 1986, 17).

Based on Alma 31:5 and President Packer's statement, finish the following principle: **As I study the word of God, it will lead me to** _____

_____.

Among other possibilities, you could finish the above principle this way: As I study the word of God, it will lead me to do that which is right.

2. Ponder your experiences with the scriptures and hearing the word of God. Write about a time when the word of God led you, your family, or friends to do what was right.

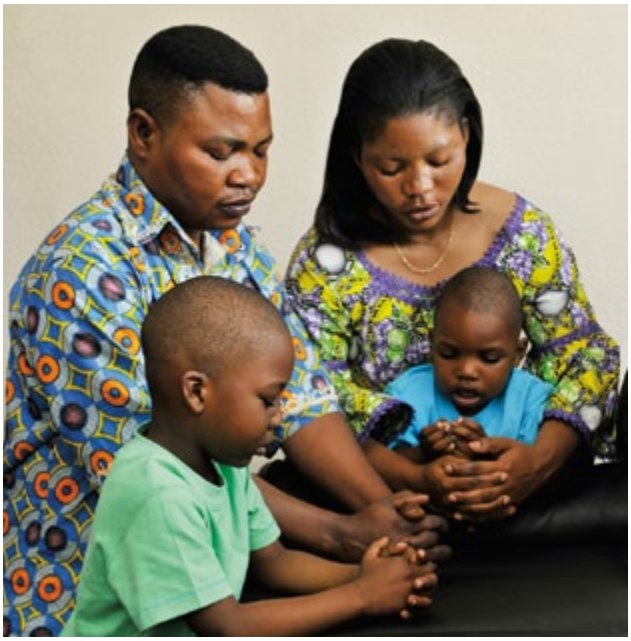
Alma 31:8–23

The Zoramites pray and worship in a false manner

Alma and seven others went to preach the word of God to the Zoramites. When they arrived, they observed the Zoramites worshiping God in an astonishing way. What comes to mind when you think of the word *worship?*

Worship refers to how we show love, reverence, and devotion for God. Worship often includes actions such as praying, fasting, and attending church services. However, true worship always involves the heart. Read Alma 31:8–11, and identify and mark words and phrases that describe the worship of the Zoramites.

It may be helpful to know that "performances of the church" (Alma 31:10) are related to "ordinances," such as the sacrifices required at that time as part of the law of Moses or the sacrament in our day. You may want to mark in Alma 31:10 one of the reasons we should worship and pray daily.



Consider writing this principle in the margin of your scriptures next to Alma 31:9–11: **Our daily efforts to pray and keep the commandments fortify us against temptation.**

Elder Rulon G. Craven, while serving as a member of the Seventy, emphasized the importance of daily personal worship as a protection against temptation and error: "During the past years I have at times been asked by the Brethren to meet with repentant members of the Church and interview them for the restoration of their temple blessings. This has always been a spiritually moving experience to restore the blessings of those wonderful people who have repented. I have asked some of them the question, 'What happened in your life that caused you to temporarily lose your membership in the Church?' With tear-filled eyes they answered: 'I didn't obey the basic principles of the gospel: prayer, attending church regularly, serving in church and studying the gospel. I then gave in to temptations and lost the guidance of the Holy Spirit' " ("Temptation," *Ensign,* May 1996, 76).

How does Elder Craven's statement support the truth found in Alma 31:9–11?

Read Alma 31:12–23, and imagine what it would be like to hear the Zoramites pray from their tower. Think about answers to the following questions:

- What concerns would you have if you heard someone praying in this manner?
- What are some false doctrines the Zoramites recited in their prayer?
- What was their attitude toward other people? (Notice how many times the words *we* and *us* appear in the Zoramites' prayer.)

After each person had repeated the same prayer, "they returned to their homes, never speaking of their God again until they had assembled themselves together again to the holy stand" (Alma 31:23).

3. Answer the following questions in your scripture study journal:

a. What are some dangers of worshipping, praying, and speaking of God only once a week?

b. What are some ways we can worship God throughout the week?

Our attitude is also important as we worship. Read the following statement from Elder Dallin H. Oaks of the Quorum of the Twelve Apostles about how our attitude affects our worship:

"Worship often includes actions, but true worship always involves a particular attitude of mind.



"The attitude of worship evokes the deepest feelings of allegiance, adoration, and awe. Worship combines love and reverence in a state of devotion that draws our spirits closer to God" (*Pure in Heart* [1988], 125).

4. Write in your scripture study journal about how well you believe you are doing in your worship, including your attitude, in the following categories: (a) daily personal prayer, (b) daily personal scripture study, (c) obedience to the commandments, and (d) attending church meetings and partaking of the sacrament weekly. Set a goal to improve your

personal, daily worship. You may also want to tell a parent, leader, or friend about your goal so he or she can offer you encouragement throughout the coming weeks.

Alma 31:24–38

Alma prays for strength and success for the missionaries in bringing the Zoramites back to the Lord

After witnessing the Zoramites' apostate worship, Alma prayed to the Lord. Read Alma 31:30–35, and look for how Alma's prayer differed from the Zoramites' prayer.

5. In your scripture study journal, write what you learned about how to pray from comparing Alma's prayer with the Zoramites' prayer. Also record how Alma's example of a righteous prayer can influence your personal prayers.

Read Alma 31:36–38, and look for the blessings that came to Alma and his companions as they received priesthood blessings and preached the gospel. Note that the phrase "he clapped his hands upon all them who were with him" (Alma 30:36) refers to the laying on of hands.

Alma and his companions' experience teaches the principle: **If we pray and act in faith, then we will receive divine help in our trials.**



Following his prayer, Alma and his companions demonstrated their faith by going to work and trusting in the Lord to provide for them as they served Him and His children. Look for ways you can follow Alma's example of praying in faith.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 31 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 18: DAY 4

Alma 32

Introduction

After witnessing the Zoramites' apostate form of worship, Alma and his companions preached the word of God to them. They began to experience some success among the people who were poor and cast out of the Zoramite synagogues. Using an analogy of the planting and nourishing of a seed, Alma taught them what they must do to receive and nourish faith in the word of God. Alma invited them (and us) to experiment on the word and to nourish their faith and testimony daily.

Alma 32:1–16

Alma teaches Zoramites who have been humbled because of their poverty

1. Imagine that a friend asked you how a person can know if the Church is true. In your scripture study journal, write your response about how to gain a testimony. Then write *How to receive and strengthen a testimony* on the next line of your journal. As you study Alma 32, make a list under this heading of insights you discover about how to receive and strengthen a testimony. You will continue adding to this list throughout the lesson; therefore, it will be helpful to leave some extra space between this first scripture study journal assignment and assignment 2.

In the previous lesson (Alma 31), you read about how Alma and his brethren observed the false worship of the Zoramites, a group of Nephites who had fallen away from the truth. Following Alma's prayer of faith, he and his brethren began to preach the gospel among these people. Read Alma 32:1–3, and look for which group of Zoramites showed interest in the missionaries' message.

Read Alma 32:4–6, and identify how the effects of their poverty were a blessing.

One principle illustrated in these verses is: **Humility prepares us to receive the word of God.** Write *be humble* in your scripture study journal under the heading "How to receive and strengthen a testimony."

2. In your scripture study journal, write why you think humility is essential to receiving and strengthening a testimony.

Read Alma 32:13–16, looking for different ways people may become humble. Based on what Alma taught,

would you rather choose to be humble or be compelled to be humble? Why?

Consider what you think it means to humble yourself "because of the word" (Alma 32:14). How might it apply to your attitude toward Church activity, seminary, or family home evening?

Choose to be humble by putting into practice any promptings you have received regarding your own humility.

Alma 32:17–43

Alma teaches the Zoramites how to increase their faith

While teaching the Zoramites, Alma identified one false idea many people had about obtaining a testimony. Read Alma 32:17–18, and identify this false idea.

Consider for a moment how expecting a sign could be an obstacle for building faith and testimony. (You may want to write *D&C 63:9–11* in the margin of your scriptures next to Alma 32:17–18 and read it for more insight.)

Read Alma 32:21, a scripture mastery passage, and look for Alma's definition of what faith is and what it is not. (You may want to mark it in a distinctive way so you can locate it in the future.)

Read Alma 32:22. Ponder what you can do to develop greater faith and personal testimony.

Add *remember the mercy of God* and *choose to believe* to your scripture study journal list of "How to receive and strengthen a testimony."

Alma taught the Zoramites how they could begin to believe in the word of God by trying an experiment. Think of some experiments you have conducted in science classes or other classes and the steps you followed. Note that experiments require action on the part of the researcher. Likewise, the process of receiving or strengthening a testimony requires action on your part. Read Alma 32:27, and look for the experiment Alma invited the Zoramites to try.

It may be helpful to know that the word *faculties* means the powers or abilities we are blessed with to perceive and understand the world around us. They include such things as our senses of hearing, sight, and touch; rational thought; and memory.

Add *experiment (or act) upon the word* to your scripture study journal list of "How to receive and strengthen a testimony."

As you read Alma 32:28, you might want to mark in your scriptures phrases such as "begin to swell," "enlarge my soul," "enlighten my understanding," and "delicious to me." Elder Bruce R. McConkie of the Quorum of the Twelve Apostles taught how our faith grows:



"We grow in faith; we go step by step from a lower degree to a higher degree. We add grace to grace until eventually we get to a state where we have perfected our faith, as far as at least the generality of righteous, mortal men can, and we are then at the place to go on in eternity in eternal progress. . . .

"Work on the projects ahead and when you have taken one step in the acquiring of faith, it will give you the assurance in your soul that you can go forward and take the next step, and by degrees your power or influence will increase" (*Lord, Increase Our Faith,* Brigham Young University Speeches of the Year [Oct. 31, 1967], 9, 11).

3. After reading Alma 32:28, complete two or more of the following assignments in your scripture study journal:

a. What actions must we either take or not take as we conduct this experiment on the word? (A list of some possible answers is included at the end of the lesson.)

b. What do you think it means to "give place, that [the word of God] may be planted in your heart"?

c. When have you felt the word of God enlarge your soul and enlighten your understanding? Describe in your own words what that felt like.



Alma 32:28 Alma 32:30 Alma 32:30–34

Read Alma 32:29–34, and mark the words or phrases that describe what an individual will learn about the word of God as he or she performs the experiment. The word *nourish* means to feed, maintain, or care for.

Think for a moment how the process of helping a tree to grow is similar to that of helping your testimony to grow. Also consider why someone's faith and testimony is not perfect after performing the experiment with the word of God. What more do you think needs to be done to have a lasting testimony of the gospel?

Read Alma 32:35–40, carefully looking for what Alma said we must do to complete the experiment. Ponder what you must do for the tree, or your testimony, to grow. What will happen if you fail to do these things?



Alma 32:37

Close your scriptures, and see how many of the following questions you can answer:

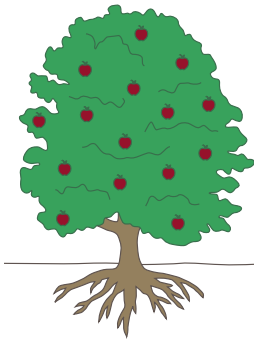
- What must we do to have our faith in the word of God grow into a fruit-bearing tree?
- What do you think the fruit represents?
- What happens when we neglect the tree or fail to nourish it?
- How do you think that is like what happens when we neglect or fail to nourish a testimony?

If necessary, open your scriptures and review Alma 32:35–40 to help you answer the questions. Add *diligently nourish* to your "How to receive and strengthen a testimony" scripture study journal list.

Summarize in one sentence what you learned from Alma 32 about what is required to receive or strengthen a testimony, and write this principle in your scriptures near Alma 32:37–43.

You may have written something like: **If we diligently nourish our faith in God's word in our hearts, our faith and our testimony of Jesus Christ and His gospel will grow.**

Read Alma 32:41–43, looking for how Alma described the fruit that comes to those who faithfully nourish their testimonies. Alma 32:42 mentions diligence and patience. Why do you think it takes diligence and patience for the tree—or your testimony—to grow?



Alma 32:41–42

4. Answer one or both questions in your scripture study journal:

a. What results have you seen in your life as you have followed the experiment Alma described in Alma 32?

b. How will you apply the experiment Alma described in Alma 32 in your life?

Scripture Mastery—Alma 32:21

5. Read Alma 32:21 again. Try to memorize this verse, and then recite it from memory to a friend or family member. Write a few sentences in your scripture study journal explaining what this verse teaches you about faith.

Possible answers for assignment 3a: (a) give place for the word (or seed) to be planted in your heart, (b) do not cast out the seed by your unbelief, and (c) recognize the growth of the seed.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 32 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 19: DAY 1

Alma 33–35

Introduction

Using teachings found in the scriptures, Alma helped many of the Zoramites understand that they could worship God regardless of their circumstances. He encouraged them to look to Jesus Christ and believe in His Atonement. Amulek confirmed Alma's teachings and declared his own testimony of Jesus Christ. Amulek emphasized that only through the Atonement of Jesus Christ can mankind be saved. He promised that individuals can receive all the blessings of the Atonement of Jesus Christ as they exercise faith unto repentance. Many Zoramites heeded Amulek's warning, repented, and rejoined the Nephites.

Alma 33:1–10

Alma teaches a group of Zoramites that they can worship God outside their synagogues

Recall that, as recorded in Alma 32, Alma taught the Zoramites about the need to plant the word of God in their hearts and to exercise faith in the word of God. Read Alma 33:1, and identify the questions the Zoramites had about what Alma had taught them.

1. In your scripture study journal, write how you would answer the Zoramites' question about how they should begin to exercise their faith. Then, as you study Alma 33–34, compare your response to what Alma and Amulek taught the Zoramites.

As Alma began to answer the Zoramites' questions, he corrected a false idea about worship that was preventing them from fully exercising their faith. Read Alma 33:2, and identify this false idea. Recall that the Zoramites did not allow the poorer people to enter their synagogues to worship (see Alma 32:1–3). According to Alma 33:2, what did Alma tell the people they should do to find an answer to correct this false idea?

To correct the Zoramites' false ideas about worshiping God, Alma quoted scriptures written by a prophet named Zenos. Zenos had taught the people of Israel in Old Testament times, but his prophecies are recorded only in the Book of Mormon. Read Alma 33:3, and find the word Alma used to describe worship.

Consider writing the following principle in your scriptures near Alma 33:3 or in your scripture study journal: **We can worship God continually through prayer.**

Read Alma 33:4–11, and mark each of the circumstances in which Zenos prayed. What did the Lord do each time Zenos prayed? To help you liken these verses to your life, draw a line matching the circumstances in which Zenos prayed to possible similar circumstances in your own life. (Choose the situations that relate best to your life. There are no right or wrong answers in this exercise.)

Zenos's Circumstances	Your Circumstances
In the wilderness	At work
Concerning his enemies	At church
In his field	Family prayer
In his house	When you do not know what to do or are afraid
In his closet	When you feel alone
In the Lord's congregations	Personal prayer
When he was cast out and despised	In all your difficult circumstances
In all his afflictions	When you are having trouble with friends

2. Answer the following question in your scripture study journal: How could praying in all of these circumstances bless your life? Write a personal goal of how you could pray more often.

Consider marking phrases in Alma 33:4–5, 8–9 that mention God's mercy, and ponder how praying more often can help you feel God's mercy and love. Be looking for why this mercy is possible as you continue to study Alma 33.

Alma 33:11–23

Alma teaches the Zoramites to believe in Jesus Christ

One reason some of the Zoramites were struggling to know how to worship God was because they did not know that their faith should be in Jesus Christ. They did not understand or believe in His role in the plan of salvation (see Alma 33:14). Read Alma 33:12–16, in which Alma discussed the teachings of Zenos and then introduced the words of Zenock, another Old Testament prophet. Look for the blessings Alma identified that come to us because of Jesus Christ. You may want to mark the phrase "because of thy Son" each time it appears. From these verses we learn this truth: **We receive Heavenly Father's mercy, including**



forgiveness for our sins, because of the Atonement of Jesus Christ. Ponder the mercies Heavenly Father has bestowed upon you, including the ability to repent and be forgiven of your sins, because of the Atonement of the Savior.

Besides reminding the Zoramites of the teachings of Zenos and Zenock, Alma also reminded them of a time when Moses taught about the Savior's Atonement. When Moses and the children of Israel were in the wilderness, poisonous serpents bit the people. The Lord told Moses to make a serpent out of brass, fasten it upon a pole, and command the Israelites who had been bitten to look at it. The brass serpent on the pole was a "type" or a symbol of Jesus Christ on the cross (see Alma 33:19).



Read Alma 33:19–20, and identify what happened to the Israelites who chose to look at the brass serpent when they were bitten and what happened to those who chose not to look.

Ponder answers to the following questions: What does the account of the Israelites and the brass serpent teach us about what we must do to be healed spiritually? What can you do to look to the Savior so that He can help you spiritually?

3. Answer the following question in your scripture study journal: What are some specific ways you can look to Jesus Christ in your everyday life?

Read Alma 33:22–23, and mark what we need to believe about Jesus Christ in order to exercise faith in Him.

Alma 34:1–14

Amulek teaches the Zoramites about the Atonement of Jesus Christ

Amulek's testimony to the Zoramites, as recorded in Alma 34, provided a second witness to Alma's testimony of Jesus Christ. Read a portion of Amulek's testimony, found in Alma 34:8–9, and consider marking what Amulek taught about the need for the Atonement of Jesus Christ. Ponder this question: What would my life be like if Jesus Christ had not come and fulfilled His special role?

Read Alma 34:10–14, and identify phrases that include the words *infinite* and *eternal.* Write the following truth in your scriptures or scripture study journal: **The infinite and eternal Atonement of Jesus Christ provides salvation for all mankind.**

To help us understand how the Atonement is infinite and eternal, Bishop Richard C. Edgley of the Presiding Bishopric taught: "In speaking of Christ's Atonement, I like the dictionary's definition of *infinite* and *eternal* because I believe they explain exactly what God meant. *Infinite:* 'Having no boundaries or limits.' And the definition of *eternal:* 'Being without beginning or end' (*The American Heritage Dictionary of the English Language,* 4th ed. [2000], "infinite," "eternal," 898, 611)" ("For Thy Good," *Ensign,* May 2002, 66).

4. Answer the following questions in your scripture study journal:

a. In what ways can the Atonement of Jesus Christ be infinite and eternal?

b. How does knowing the Atonement is infinite and eternal increase your appreciation for the Savior? How does it increase you faith in Him?

Alma 34:15–41

Amulek teaches how to receive the blessings of the Atonement

Read Alma 34:15–17 to see what Amulek taught the Zoramites they needed to do to receive the blessings the Savior desires to give us through His Atonement. Write the following truth in your scriptures or scripture study journal: **In order to receive the full blessings of the Atonement, we must exercise faith unto repentance.**

Read the following statement from President Dieter F. Uchtdorf of the First Presidency:



"We need a strong faith in Christ to be able to repent. . . . If we believe that God knows all things, is loving, and is merciful, we will be able to put our trust in Him for our salvation without wavering. Faith in Christ will change our thoughts, beliefs, and behaviors that are not in harmony with God's will.

"True repentance brings us back to doing what is right. . . . Repentance means a change of mind and heart—we stop doing things that are wrong, and we start doing things that are right. It brings us a fresh attitude toward God, oneself, and life in general" ("Point of Safe Return," *Ensign* or *Liahona,* May 2007, 100).

5. Answer the following question in your scripture study journal: How do we exercise faith in Jesus Christ as we repent?

Read Alma 34:17–27, and look for what Amulek taught about when we should pray and what we should pray about. How do you think this counsel helped the Zoramites, who thought they could worship only once a week? Choose one verse that you think can particularly help you. Think about how you can follow the counsel about prayer in this verse during the coming week.

Amulek taught that we should be willing to accept the blessings of the Savior's Atonement by repenting of our sins now, rather than waiting to repent later. Read Alma 34:30–35, and underline words or phrases that identify why we should not procrastinate our repentance. In verse 31, look for the blessing that Amulek said will come to those who choose to repent now. Carefully review verse 32, and then consider: How can this verse affect the way I live each day?

Review Alma 34:33, and consider what President Joseph Fielding Smith said: "Procrastination, as it may be applied to gospel principles, is the thief of eternal life, which is life in the presence of the Father and the Son. There are many among us, even members of the Church, who feel that there is no need for haste in the observance of gospel principles and the keeping of the commandments" (in Conference Report, April 1969, 121).

Alma 35

Repentant Zoramites dwell among the righteous

Many Zoramites heeded Amulek's warning not to procrastinate their repentance, and they repented and changed their lives. The rulers of the Zoramites cast them out of their land, and these people came to the land of Jershon, where they were welcomed by the people of Ammon—also called the Anti-Nephi-Lehies (see Alma 35:6–7). The wicked Zoramites and the Lamanites became angry that the people of Ammon had accepted the repentant Zoramites, and they began making preparations for war against the Nephites (see Alma 35:8–11).

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 33–35 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 19: DAY 2

Alma 36

Introduction

After Alma returned from his mission to the Zoramites, he gathered together his three sons and gave individual counsel to each one (see Alma 35:16). His counsel to Helaman is recorded in Alma 36–37, his counsel to Shiblon is recorded in Alma 38, and his counsel to Corianton is recorded in Alma 39–42. Alma testified to Helaman that God will deliver those who put their trust in Him. To illustrate this truth, Alma described how he had been delivered from the pain of his sins many years earlier. After calling on the name of Jesus Christ, he had been born of God and filled with joy. He had then labored to bring others to Jesus Christ.

Alma 36:1–5

Alma teaches his son Helaman about God's power to support us in our trials

Ponder how the testimony or a particular teaching of a family member, friend, or Church leader has blessed your life.

Read Alma 36:1–5, and imagine yourself in Helaman's position as he listened to his father's testimony. What did Alma want Helaman to remember? (See verse 2.) What did Alma want Helaman to learn from him? (See verse 3.)

Write the following principle in your scriptures next to Alma 36:3: **When we put our trust in God, He supports us in all our trials and afflictions.** Think of a time when you had a trial in your life. In the space provided, write a few ways in which God helped and supported you during that time. _____

_____

_____

Alma 36:6–22

Alma describes his rebellion and explains how he received forgiveness

Alma described to his son Helaman how God had delivered him from the pain of his sins. Read Alma 36:6–10, and review what happened to Alma in his youth as he went about with the sons of Mosiah seeking to destroy the Church.

In the Book of Mormon there are three accounts of the angel visiting Alma and the sons of Mosiah. Alma 36 contains the most detailed account of what Alma experienced during the three days and nights when he was unable to move or talk. (To read the other accounts, see Mosiah 27 and Alma 38.) Read Alma 36:11–16, and mark words or phrases that Alma used to describe the fear or pain he experienced after the angel appeared.



President Boyd K. Packer of the Quorum of the Twelve Apostles helped us understand what *racked* and *harrowed up* mean:



"*Racked* means 'tortured.' Anciently a rack was a framework on which the victim was laid with each ankle and wrist tied to a spindle which could then be turned to cause unbearable pain.

"A harrow is a frame with spikes through it. When pulled across the ground, it rips and tears into the soil. The scriptures frequently speak of souls and minds being 'harrowed up' with guilt" ("The Touch of the Master's Hand," *Ensign,* May 2001, 23).

1. In your scripture study journal, write why you think Alma used such strong words to describe how he felt. Also write how these words describe the guilt and pain of a person who has sinned and not repented.

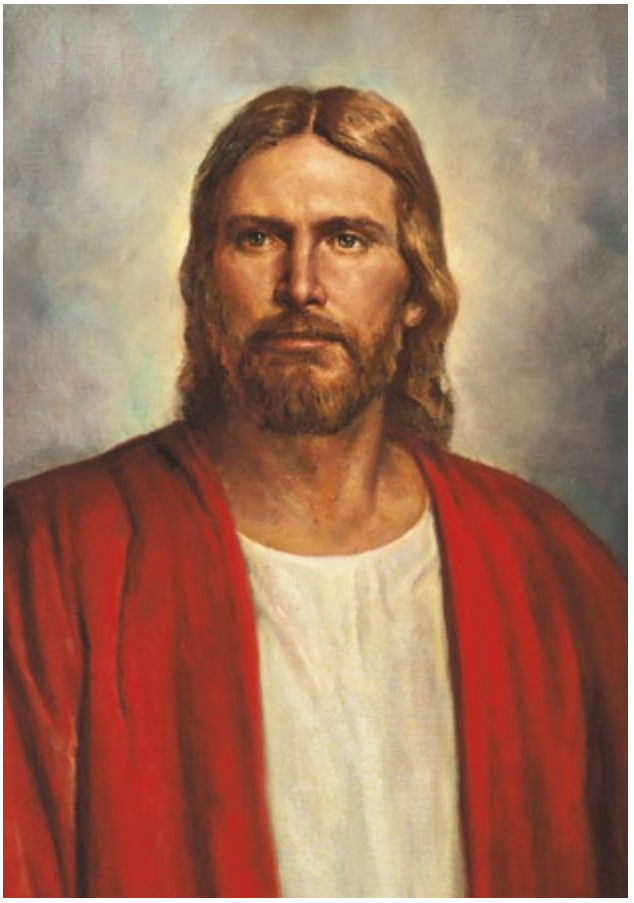
You may want to write the following truth in your scriptures near Alma 36:11–16: **Sin can lead to pain and regret.**

Read Alma 36:17–18, and look for what Alma remembered his father prophesying about. Notice what Alma did when he remembered what his father had taught him.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles gave the following insight into Alma's experience: "Alma had been touched by the teaching of his father, but it is particularly important that the prophecy he remembered was one regarding 'the coming of one Jesus Christ, a Son of God, to atone for the sins of the world.' (Alma 36:17.) That is the name and that is the message that every person must hear. Alma heard it, and he cried out from the anguish of a hell that kept burning and a conscience that wouldn't heal. 'O Jesus, thou Son of God, have mercy on me.' (Alma 36:18.) . . . Whatever other prayers we offer, whatever other needs we have, all somehow depends on that plea: 'O Jesus, thou Son of God, have mercy on me.' He is prepared to provide that mercy. He paid with his very life in order to give it" (*However Long and Hard the Road* [1985], 85).

2. Think back on a time when you have prayed to receive the blessings of the Atonement of Jesus Christ, including the blessing of forgiveness for a sin. In your scripture study journal, write why you think it is important to ask the Lord for the blessings of the Atonement in your life.

3. Read Alma 36:19–22, and mark words and phrases that describe how Alma changed after he prayed for mercy. Write some of these words and phrases in your scripture study journal, and explain what they teach you about the power of the Savior's Atonement.



From these scriptures we learn this principle: **If we exercise faith in the Atonement of Jesus Christ, then He will deliver us from the pain of our sins and fill us with joy.** Ponder what you can do to exercise more faith in Jesus Christ so that, like Alma, you can be delivered from feelings of pain or remorse for your sins.

Read the following situation, and consider how you might respond: A friend who has been reading the Book of Mormon asks you for help in understanding Alma's words in Alma 36:19. Your friend asks, "If I can remember my sins and still feel sorry for them, does it mean I haven't been forgiven?"

Read the following explanation from President Dieter F. Uchtdorf of the First Presidency, and underline any phrases you believe would be helpful to your friend:

"Satan will try to make us believe that our sins are not forgiven because *we* can remember them. Satan is a liar; he tries to blur our vision and lead us away from the path of repentance and forgiveness. God did not promise that *we* would not remember our sins.

Remembering will help us avoid making the same mistakes again. But if we stay true and faithful, the memory of our sins will be softened over time. This will be part of the needed healing and sanctification process. Alma testified that after he cried out to Jesus for mercy, he could still remember his sins, but the memory of his sins no longer distressed and tortured him, because he knew he had been forgiven (see Alma 36:17–19).

"It is our responsibility to avoid anything that would bring back old sinful memories. When we continue to have a 'broken heart and a contrite spirit' (3 Nephi 12:19), we may trust that God will 'remember [our sins] no more' [D&C 58:42]" ("Point of Safe Return," *Ensign* or *Liahona,* May 2007, 101).

It is also important to note that Alma did not say that he remembered his sins no more but that he remembered the pain of his sins no more, and he was no longer "harrowed up" by their memory (Alma 36:19). True repentance will cause the pain and guilt of sin to be swept away (see Enos 1:6–8).

4. In your scripture study journal, write an answer to the friend mentioned above, and use insights you gained from President Uchtdorf's explanation. Include in your answer why you think it is a blessing that we still remember our sins, even though we may not be "harrowed up by the memory of [our] sins" (Alma 36:19) after our repentance.

Alma 36:23–30

Alma explains why he labors continually to bring others to repentance

How do you feel when you share delicious food with a friend? When you receive an exciting piece of news, what is the first thing you want to do? Why do you think most people have an almost instant desire to share what they have heard with someone else? Read Alma 36:23–24, and look for how the feelings described in these questions relate to Alma's experience following his conversion. What did Alma want other people to experience?

Read Alma 36:25–26, and identify how Alma's efforts to teach the gospel affected him and others. Complete the following principle, based on what you have learned about sharing the gospel from these verses: **As we share the gospel with others, we receive** _____ _____.

5. Write your completed principle statement in your scripture study journal, and explain why you believe this principle is true. As part of your explanation, you may want to include experiences you have had with feeling joy from sharing the gospel with others.

Think of someone you know—a friend, family member, or ward or branch member—who might benefit from your testimony of the Savior and His restored gospel. Ponder how you might share with this person your testimony of how Jesus Christ is able to deliver us from pain and fill us with joy. You may want to consider writing a letter or e-mail to this person, or you may want to write a few notes to prepare for a specific time when you will speak with the person.



6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 36 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 19: DAY 3

Alma 37

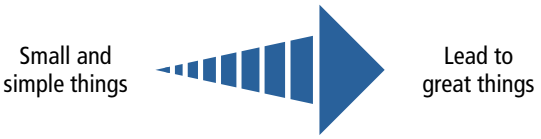
Introduction

As recorded in Alma 37, Alma continued his counsel to his son Helaman and gave him charge of the sacred records. He reminded Helaman that the scriptures had already been the means of bringing thousands of Lamanites to the Lord, and he prophesied that the Lord had other great purposes for the records in the future. Alma instructed his son in what he should teach the people, and he taught Helaman the importance of looking to the words of Jesus Christ for guidance by comparing the Savior's words to the Liahona.

Alma 37

Alma entrusts Helaman with the records, counsels him to keep the commandments, and reminds him how the Liahona worked according to faith

Consider the following diagram:



Think of two or three small and simple things that have revolutionized the world, such as the lightbulb. Think of some small things that have made a big difference for good in your life. Write two of these small things on the left side of the diagram above. On the right side, write a few words describing the big effect these small things have had on your life.

As recorded in Alma 37, Alma was preparing his son Helaman to become the next keeper of the sacred records. Alma taught Helaman a principle about the role of small and simple things in the Lord's plan. Read Alma 37:6–7, and then complete the following principle: **To bring about His eternal purposes, the Lord works by** _____.

Read Alma 37:1–7, and look for what Alma described as a small and simple thing. Also search Alma 37:8–10, looking for ways the plates of brass (which contained the scriptures) led to great things for the people of the Book of Mormon. As you read, mark in your scriptures which of these blessings you have also received through your own scripture study.

1. Answer the following question in your scripture study journal: What are two or three ways the scriptures have caused great things to happen in your life?

Alma 37:13–16 records the counsel Alma gave to Helaman as he gave his son charge of the records. Study these verses, and look for principles that Alma taught. One of these principles is: **If we obey the Lord's commandments, we will prosper.** Ponder how this principle relates to the diagram at the beginning of this lesson.

As recorded in Alma 37:35–47, Alma instructed Helaman to teach the people to overcome wickedness and temptation through faith in the Lord Jesus Christ. Below are two lesson outlines that cover these teachings. Study each lesson and the scriptures that go with it. Then prepare to teach one of the lessons to a family member, your entire family (perhaps as part of a family home evening lesson), or a friend. You may want to make some adjustments to the lesson depending on whom and where you teach. Schedule a time, and teach the lesson on the appointed day. Also, bring your lesson outline to your next home-study class and be prepared, if called upon, to teach your lesson to the class.

Lesson 1—Alma 37:35–37

Explain to those you teach that it is common for those who plant trees to tie or strap a young tree to a stake and remove the support later when the tree matures. Ask: Why do you think a tree would need to have a stake for support while it is young and growing?

Read the following experience from the life of President Gordon B. Hinckley:



President Gordon B. Hinckley planted a young tree near his home soon after he was married. He paid little attention to it as the years passed. One day he noticed the tree was misshapen and leaning to the west because winds from the east had bent it while it was young and supple. He went out and tried to push it upright, but the trunk was too thick. He tried using a rope and pulleys to straighten it, but it would not bend. Finally, he took his saw and cut off the heavy branch on the west side, which left an ugly scar. He later said of the tree:

"More than half a century has passed since I planted that tree. My daughter



and her family live there now. The other day I looked again at the tree. It is large. Its shape is better. It is a great asset to the home. But how serious was the trauma of its youth and how brutal the treatment I used to straighten it.



"When it was first planted, a piece of string would have held it in place against the forces of the wind. I could have and should have supplied that string with ever so little effort. But I did not, and it bent to the forces that came against it" ("Bring up a Child in the Way He Should Go," *Ensign,* Nov. 1993, 59).

Have someone read Alma's counsel to Helaman in Alma 37:35, and discuss how this verse relates to President Hinckley's experience with the tree. (Alma 37:35 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

Invite those you teach to state a principle that summarizes Alma 37:35. (It could be something like the following: **We should learn in our youth to keep the commandments of God.**) You may want to ask one or more of the following questions:

- What difference do you think it could make in people's lives if they learned to keep the commandments of God while they were young?
- How has keeping the commandments while in your youth made a difference for you?
- Can you think of someone who was blessed for the rest of his or her life because of having learned to obey the commandments while young? How was this person blessed?

Ask someone to read Alma 37:36–37 aloud and look for specific counsel that could help a person keep the commandments. Ask questions like the following:

- How could following this counsel daily help you to keep the commandments?
- In what ways do you try to put the Lord first in your thoughts and actions? How might you improve?
- What promises are given to those who are prayerful?

Share your testimony about how counseling with the Lord has helped you keep the commandments. Invite those you are teaching to follow Alma's words on counseling with the Lord.

Lesson 2—Alma 37:38–45

Ask those you are teaching if they know the name of the compass the Lord gave Lehi's family that helped them travel to the promised land. Then ask someone to read Alma 37:38. Explain that Alma referred to the Liahona to teach Helaman an important principle about how the Lord guides His children.

Have those you are teaching answer the following questions by reading the verses mentioned and searching for the answer:

- According to Alma 37:38–40, how did the Liahona work?
- According to Alma 37:41–42, why did the Liahona cease to work at times?
- According to Alma 37:43–45, how is the Liahona like the words of Christ?

Explain that the words *shadow* and *type* (Alma 37:43, 45) mean that something is used as a symbol of a larger idea. For example, Lehi's family's obedience or disobedience to the directions of the Liahona is a symbol of our choices to obey or disobey the words of Christ. Just as Lehi's family reached the promised land by following the Liahona, we will receive eternal life as we follow the words of Christ.



Ask someone to explain where we can find the words of Jesus Christ in our lives. (Some possible answers might be the scriptures, words of modern prophets, a patriarchal blessing, and the promptings of the Spirit.)

Ask: What principles was Alma teaching Helaman by using the example of the Liahona? (Answers might be something like the following principle: **If we heed the words of Jesus Christ, they will direct us to receive eternal life.**) You may want to share your testimony that listening to and obeying the words of the Lord will bring great blessings into our lives.

2. In your scripture study journal, write a few sentences describing what you learned from studying the lesson you chose to teach.

3. Write the following in your scripture study journal: *I have decided to teach my lesson on Alma 37:* _____ (write which verses you will teach). *I will teach* _____ (write who you have chosen to teach) *on* _____ (write the date you have scheduled to teach this lesson).

Scripture Mastery—Alma 37:35

Mark Alma 37:35. Try to memorize this verse. Then recite it or read it to a parent or another trusted adult. Ask this person the following questions:

- How has obedience to the commandments of God helped you in your life?
- What advice do you have for me that could help me be wiser in my youth?

4. Write in your scripture study journal what you learned from the person you spoke to about Alma 37:35.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 37 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 19: DAY 4

Alma 38

Introduction

Alma's son Shiblon served with him as a missionary to the Zoramites. Following this mission, Alma expressed joy in the steadiness and faithfulness Shiblon had demonstrated while suffering persecution among the Zoramites. Alma testified to Shiblon of Jesus Christ's power of deliverance and counseled him to continue to teach the gospel.

Alma 38:1–3

Alma expresses joy in Shiblon's faithfulness

Take a minute to think of a time when your parents felt joy because of a good decision you or another family member made or because of the way you are living your life.



Read Alma 38:1–3, and look for phrases that describe how Alma felt about Shiblon and why. Write some of the phrases you found: _____

From these verses we learn this principle: **As we begin in our youth to be steady and faithful in keeping the commandments, we can bring great joy to our parents.**

1. Take a moment to ask one of your parents, guardians, or Church leaders how your good decisions affect him or her. Write their answers in your scripture study journal.

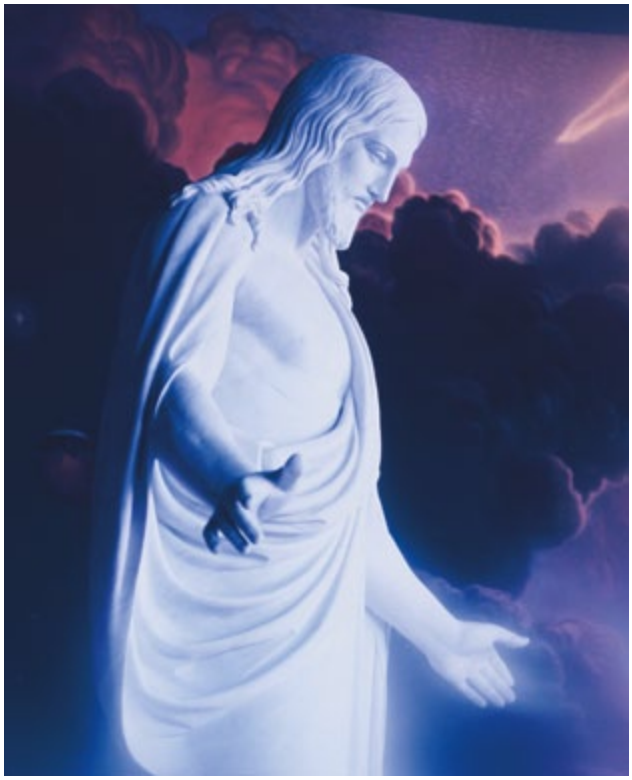
Alma 38:4–9

Alma testifies of the Savior's power to deliver

Alma reminded Shiblon that they had both experienced the Savior's power of deliverance, although in different ways. Read Alma 38:4–8, and complete the chart below. Also use what you know about Shiblon from Alma 38:2–3 and what you have learned about Alma from other chapters in the Book of Mormon to help you complete the chart.

	Shiblon (Alma 38:2–5)	Alma (Alma 38:6–8)
What was he delivered from?		
How did he receive the blessing of deliverance?		

From Shiblon's experience, we can learn: **If we bear all things with patience and trust in God, He will deliver us from trials, troubles, and afflictions and lift us up at the last day.** From Alma's experience we also learn: **To receive a remission of our sins and find peace to our souls, we must exercise faith in Jesus Christ and seek His mercy.**



2. Answer the following questions in your scripture study journal:

a. What do you learn from the account of Shiblon and Alma about the Savior's power to deliver you?

b. Choose one of the principles shown in bold type in the preceding paragraph, and write a few sentences about how you can apply that principle to your life.

Read Alma 38:9, and look for what Alma wanted Shiblon to learn. You may want to mark a phrase in this verse that you feel summarizes what Alma wanted his son to understand.

Think about a time when the Savior's power delivered you from trials, troubles, or unworthiness. What did you do to seek that deliverance? Do you have trials or sins in your life now? How can you turn to the Savior for deliverance?

3. Answer the following question in your scripture study journal: Why do you think it is important for you to know that the only "way or means" by which you can be saved is through the Savior? (see Alma 38:9).

Alma 38:10–15

Alma counsels Shiblon to continue developing righteous attributes

Think of a teacher or Church leader who has had a positive influence on your life. Consider the qualities in that person that you admire.

As recorded in Alma 38:10–15, Alma encouraged Shiblon to continue to develop qualities that would help him as he continued to teach the gospel and serve others. The counsel Alma gave Shiblon can apply to anyone who wants to influence others for good through service, teaching, and in other ways. Study Alma 38:10–15, and identify any counsel you feel could be especially helpful for you. You may want to mark what you find.

4. Below is a study guide to help you further understand and apply Alma's counsel to his son Shiblon (see Alma 38:10–15). From the left column choose two or three parts of Alma's counsel that you feel would be of most worth to you. Complete the corresponding learning activities in the right column. Write your response in your scripture study journal.

Alma 38:10–12 Study Guide	
Alma's Counsel	**Learning Activities**
"Be diligent and temperate in all things" (Alma 38:10).	A person who is *diligent* puts consistent and energetic effort into life's activities. A person who is *temperate* uses moderation in all things and exercises self-control. In your scripture study journal, write why these two traits are needed when serving others. Write how you could be more diligent or temperate in one or more areas of your life and how doing so could help you serve others more effectively.
"See that ye are not lifted up unto pride; yea, see that ye do not boast" (Alma 38:11).	*Pride,* in the scriptures, is when a person puts greater trust in himself or herself than in God. It also means that a person thinks he or she is superior to others. The opposite of this unrighteous pride is *humility.* Those who are humble strive to think of others in the same way they think of themselves, and they love God and put Him first in their lives. Write in your scripture study journal what might happen if a Church member was prideful and boastful in his or her calling. Think of your Church calling or another opportunity you have to serve. Write one or two ways you will seek to be humble and avoid pride or boasting as you serve.
"Use boldness, but not overbearance" (Alma 38:12).	To be *bold* means to be confident that God is with us and can help us act without fear in His service. To be *overbearing* can mean to push our beliefs or attitudes on others without being sensitive to their needs and feelings. In your scripture study journal, write why you think the Lord would want us to be bold. Also record a specific way in which you can apply the counsel to use boldness but not overbearance as you seek to serve others.

Alma 38:10–12 Study Guide	
Alma's Counsel	**Learning Activities**
"Bridle all your passions" (Alma 38:12).	To *bridle* means to guide or control. A *passion* is a strong emotion. Ponder the following questions and record your answers in your scripture study journal: Why do you think it is important for us to bridle our passions—in other words, to guide or control our strong emotions? How do you think bridling your passions can help you be filled with love? What will you do to follow Alma's counsel to bridle all your passions?
"Refrain from idleness" (Alma 38:12).	Look up "Idle, Idleness" in the Guide to the Scriptures (scriptures.lds.org) or "Idleness, Idle, Idler" in the Topical Guide to learn more about what it means to be idle. Choose two of the verses listed under that topic, and study them. Record what you learn from these verses in your scripture study journal. Write how the counsel to refrain from idleness will help you serve others more effectively. Finally, write a specific way in which you will seek to refrain from idleness.

Alma's counsel to Shiblon in Alma 38:10–15 teaches this principle: **Developing righteous attributes prepares us to teach and serve others.** Ponder how developing the righteous attributes you read about in Alma 38 can bless your life and the lives of those around you.



5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 38 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 20: DAY 1

Alma 39

Introduction

Alma reproved his wayward son, Corianton, who had forsaken the ministry and committed serious sexual sin. Alma taught Corianton the seriousness of his actions and expressed his disappointment that Corianton was guilty of such serious wrongdoing. Alma commanded Corianton to stop going after "the lusts of his eyes" and to repent (Alma 39:9). Alma's message to Corianton is found in Alma 39–42.

Alma 39:1–6

Alma explains the seriousness of sexual sin to his son Corianton

Consider the following statement: Some sins are more serious than other sins.

1. Respond to the following questions in your scripture study journal: Do you agree that some sins are more serious than other sins? Why or why not?

As recorded in Alma 39, Alma gave counsel to his son Corianton that can help you understand the serious nature of certain sins. Corianton had accompanied Alma and his brother Shiblon on a mission to preach the gospel to the Zoramites. While there, Corianton committed a serious sexual sin.

Read Alma 39:1–4, and look for what Corianton had done wrong. To help you understand these verses, it may be helpful to know that a harlot is an immoral woman or prostitute. It is important to understand that "the Lord cannot look upon sin with the least degree of allowance" (D&C 1:31); sexual sins are especially serious. Notice too that Corianton purposely left his mission to go after the harlot Isabel, which contributed to the seriousness of his sin.

Read Alma 39:5, and look for how Alma explained the seriousness of sexual sin compared to other sins. An abomination is something that is sinful, wicked, or vile. From these verses we learn that **sexual sin is an abomination in the sight of the Lord.** Ponder why you think sexual sin is ranked next to murder in seriousness.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles gave this explanation about why sexual sin is abominable to the Lord: "By assigning such seriousness to a physical appetite so universally bestowed, what is God trying to tell us about its place in His plan for all men and women? I submit to you He is doing precisely that—commenting about the very plan of life itself. Clearly among His greatest concerns regarding mortality are how one gets into this world and how one gets out of it. He has set very strict limits in these matters" ("Personal Purity," *Ensign,* Nov. 1998, 76).

Read the following paragraphs, and look for and mark answers to the following question: What are some of the blessings of remaining sexually pure?

"Physical intimacy between husband and wife is beautiful and sacred. It is ordained of God for the creation of children and for the expression of love between husband and wife. God has commanded that sexual intimacy be reserved for marriage.

"When you are sexually pure, you prepare yourself to make and keep sacred covenants in the temple. You prepare yourself to build a strong marriage and to bring children into the world as part of an eternal and loving family. You protect yourself from the spiritual and emotional damage that come from sharing sexual intimacy outside of marriage. You also protect yourself from harmful diseases. Remaining sexually pure helps you to be confident and truly happy and improves your ability to make good decisions now and in the future" (*For the Strength of Youth* [booklet, 2011], 35).

Now read the following paragraphs, looking for answers to the following question: What are the Lord's standards for remaining sexually pure?

"The Lord's standard regarding sexual purity is clear and unchanging. Do not have any sexual relations before marriage, and be completely faithful to your spouse after marriage. Do not allow the media, your peers, or others to persuade you that sexual intimacy before marriage is acceptable. It is not. In God's sight, sexual sins are extremely serious. They defile the sacred power God has given us to create life. The prophet Alma taught that sexual sins are more serious than any other sins except murder or denying the Holy Ghost (see Alma 39:5).

"Never do anything that could lead to sexual transgression. Treat others with respect, not as objects used to satisfy lustful and selfish desires. Before marriage, do not participate in passionate kissing, lie on top of another person, or touch the private, sacred parts of another person's body, with or without clothing. Do not do anything else that arouses sexual feelings. Do not arouse those emotions in your own body. Pay attention to the promptings of the Spirit so that you can be clean and virtuous. The Spirit of the Lord will withdraw from one who is in sexual transgression.

"Avoid situations that invite increased temptation, such as late-night or overnight activities away from home or activities where there is a lack of adult supervision. Do not participate in discussions or any media that arouse sexual feelings. Do not participate in any type of pornography. The Spirit can help you know when you are at risk and give you the strength to remove yourself from the situation. Have faith in and be obedient to the righteous counsel of your parents and leaders.

"Homosexual and lesbian behavior is a serious sin. If you find yourself struggling with same-gender attraction or you are being persuaded to participate in inappropriate behavior, seek counsel from your parents and bishop. They will help you.

"Victims of sexual abuse are not guilty of sin and do not need to repent. If you have been a victim of abuse, know that you are innocent and that God loves you. Talk to your parents or another trusted adult, and seek your bishop's counsel immediately. They can support you spiritually and assist you in getting the protection and help you need. The process of healing may take time. Trust in the Savior. He will heal you and give you peace.

"If you are tempted to commit any form of sexual transgression, seek help from your parents and bishop. Pray to your Father in Heaven, who will help you resist temptation and overcome inappropriate thoughts and feelings. If you have committed sexual transgression, talk to your bishop now and begin the process of repentance so that you can find peace and have the full companionship of the Spirit.

"Make a personal commitment to be sexually pure. By your words and actions, encourage others to do the same" (*For the Strength of Youth,* 35–37).

Ponder what message you feel the Lord would have you focus on from what you just read.

Alma 39:7–19

Alma encourages Corianton to repent

Imagine having a conversation with your parents, Young Men or Young Women leaders, or your bishop or branch president about the importance of sexual purity. Consider how you might respond to your parents or Church leaders as they counsel you about the importance of remaining sexually pure. Read Alma 39:7–8 to find what Alma's purpose was in teaching Corianton about the seriousness of his sin. Ponder how your response to your parents' or Church leaders' counsel would be affected by knowing it was a loving invitation to remain pure or repent and to avoid the judgments of God.



Elder D. Todd Christofferson of the Quorum of the Twelve Apostles described why parents, like Alma, invite their children to repent: "The invitation to repent is an expression of love. . . . If we do not invite others to change or if we do not demand repentance of ourselves, we fail in a fundamental duty we owe to one another and to ourselves. A permissive parent, an indulgent friend, a fearful Church leader are in reality more concerned about themselves than the welfare and happiness of those they could help. Yes, the call to repentance is at times regarded as intolerant or offensive and may even be resented, but guided by the Spirit, it is in reality an act of genuine caring" ("The Divine Gift of Repentance," *Ensign* or *Liahona,* Nov. 2011, 39).

2. Write the following in your scripture study journal: *Repentance includes . . .* Then, as you study Alma 39:9–14, make a list in your scripture study journal of what Alma taught Corianton about repentance that could help complete this statement.

Use the following questions and commentary to help you understand and apply Alma's counsel. Try to identify and write at least one truth for each verse listed below that could help complete the statement in your scripture study journal. You do not need to answer the questions in your scripture study journal.

Read Alma 39:9. (Alma 39:9 is a scripture mastery verse. You may want to mark it in a distinctive way so you can locate it in the future.) What do the phrases "go no more after the lusts of your eyes" and "cross yourself in these things" have to do with forsaking sin?

In our day, the phrase "lusts of your eyes" has a strong application to immorality and images or entertainment that is pornographic in any way. The phrase "cross yourself," as used in Alma 39:9, means to deny yourself of something. This phrase is not as familiar to us today. However, in Joseph Smith's day, some meanings of the verb *cross* were "to erase; to cancel. . . . To counteract . . . ; to stop" (*Noah Webster's First Edition of an American Dictionary of the English Language,* facsimile ed. [1967]). If we apply these definitions to what Alma was teaching his son, we can understand the importance of removing all aspects of immortality (including sources of temptation of immorality that are in our control) from our lives, that we might "inherit the kingdom of God." What are some ways young Latter-day Saints today can draw a line for themselves in matters of sexual purity and avoid going after the lusts of their eyes?

Read Alma 39:10. How can seeking spiritual nourishment—from parents, Church leaders, siblings, or trusted friends—help someone repent?

Read Alma 39:11–12, and ponder the following questions:

- What has to change in a person's heart during the repentance process so that he or she will not be led away again by the devil to commit sin?
- How can avoiding the pursuit of vain and foolish things help someone repent?

Read Alma 39:13. Recall that Alma told Corianton that when the Zoramites had seen Corianton's conduct they wouldn't believe Alma's words (see Alma 39:11). It might be helpful to understand that in the scriptures, the phrase "turn to the Lord" denotes repentance. Repentance is "a turning of the heart and will to God" (Bible Dictionary, "Repentance").

- What do you think it means to repent with all your "mind, might, and strength"?
- When our sins affect others, what must we do as a part of our repentance?
- When a serious sin is committed, why is it necessary to seek a bishop or branch president's help?

From Alma 39:9–13 we learn: **Repentance includes acknowledging and forsaking our sins and turning to the Lord with all our mind, might, and strength.**

Ponder what you feel the Lord would want you to do to more fully turn your heart and will to Him. What can you do today to begin acting on these promptings?

Without Jesus Christ and His Atonement, it would not be possible for you to be forgiven of your sins. Read Alma 39:15–16, 19, and look for how Alma described the knowledge that Jesus Christ would come to take away the sins of the world.

3. In your scripture study journal, write about why the coming of Jesus Christ is good news for Corianton and for you.

Scripture Mastery—Alma 39:9

Elder Richard G. Scott of the Quorum of the Twelve Apostles said the following about memorizing scriptures:

"Learning, pondering, searching, and memorizing scriptures is like filling a filing cabinet with friends, values, and truths that can be called upon anytime, anywhere in the world.

"Great power can come from memorizing scriptures. To memorize a scripture is to forge a new friendship. It is like discovering a new individual who can help in time of need, give inspiration and comfort, and be a source of motivation for needed change" ("The Power of Scripture," *Ensign* or *Liahona,* Nov. 2011, 6).

4. Try to memorize Alma 39:9. In your scripture study journal, write a sentence or two about how memorizing this verse could be a protection to you in a moment of temptation.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 39 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 20: DAY 2

Alma 40–41

Introduction

As recorded in Alma 40–41, Alma taught his son Corianton important doctrines related to life after death. Alma explained that through Jesus Christ's Atonement, all mankind would be resurrected. Alma also taught Corianton about the spirit world where the dead, depending on their choices in mortality, wait in paradise or in spirit prison until the resurrection. Corianton learned from Alma that the plan of restoration included not only physical resurrection, but also a spiritual restoration in which we receive the consequences for our actions and desires. Finally, Alma emphasized that central to this plan of restoration is the truth that wickedness can never lead to real happiness.

Alma 40

Alma teaches Corianton about the spirit world and the resurrection

Imagine that you have a friend who has recently experienced the death of a loved one. Your friend, knowing that you are religious, has come to you with the following questions:

- What makes it possible for us to live again? Who will be resurrected?
- Where do we go after we die, and what is it like?



- What is the resurrection? What is the difference between our mortal bodies and our resurrected bodies? What happens after we are resurrected?

The information in Alma 40 can help answer these questions. This chapter is a continuation of Alma's teachings to his son Corianton. Corianton had become concerned about the resurrection of the dead.

1. Read all three of the following scripture passages. Choose one or more of the passages, and explain in your scripture study journal how what Alma taught answers the associated question. (If you have time at the end of the lesson, you may want to come back and review what Alma taught in the other verses.)

a. Study Alma 40:1–5. What makes it possible for us to live again? Who will be resurrected?

b. Study Alma 40:6–7, 11–14. Where do we go after we die, and what is it like? (When Alma taught that the spirits of all men are "taken home to that God who gave them life" (Alma 40:11), he was teaching that after our death, but before our resurrection, our spirits will return to the world of spirits, not to the final destination after God's judgment. It may be useful to consult the footnotes in verse 13 to understand what Alma meant when he referred to "outer darkness." Alma 40:14 also helps us understand that this reference to outer darkness is referring to a pre-resurrection state we usually call spirit prison and not to the final or permanent location of those who are damned.)

c. Study Alma 40:21–26. What is resurrection? What is different between our mortal bodies and our resurrected bodies? What happens after we are resurrected?

Referring to Alma 40:11–12, President George Q. Cannon of the First Presidency explained that Alma "does not intend to convey the idea that they are immediately ushered into the personal presence of God. He evidently uses that phrase in a qualified sense" (*Gospel Truth: Discourses and Writings of President George Q. Cannon,* sel. Jerreld L. Newquist, 2 vols. [1957–74], 1:73).

Elder Neal A. Maxwell of the Quorum of the Twelve Apostles described some of what we will experience after we are resurrected:

"At the Judgment Day . . . there will be inclusive objectivity. Not only will we have what the Book of Mormon calls 'bright recollection' and 'perfect remembrance' of our misdeeds, but the joyous things will be brought forward and restored too. We shall know 'even as we know now.' (Alma 5:18; 11:43; see also D&C 93:33.) We shall see 'eye to eye' (Mosiah 12:22; 15:29) because of a shared database.

"Among the 'all things [that] shall be restored' (Alma 40:23) will be memory, including, eventually, our premortal memories. Consider the joy of being conjoined in mind and heart by the relevant memories of both the first and the second estates.

"What a flood of feeling will come to us then, when a loving God deems it wise that memories be fully restored! This refreshing flood of fact will further increase our gratefulness for how far back God's long-suffering goes and for the loving-kindness of Jesus' voluntary atonement!" (*Lord Increase Our Faith* [1994], 103).

Resurrection is the reuniting of the spirit and the body, with all things restored to their proper and perfect frame. After the resurrection we will each stand in God's presence to be judged. Read Alma 40:25–26, and find Alma's description of the final state of those who choose righteousness in this life as compared to the final state of those who choose wickedness. Consider how this passage can affect your desire to be clean before God.

As recorded in Alma 40:16–22, the resurrection Alma spoke of was in relation to earthly time. Jesus Christ was the first to be resurrected, followed shortly thereafter by the righteous who had lived and died from the time of Adam down to the time of Christ's Resurrection (see Alma 40:16, 20; D&C 133:54–55). This resurrection is what Alma referred to as the "first resurrection."

Alma 41

Alma teaches Corianton about the plan of restoration

Considering the truths Alma taught about resurrection, the spirit world, and the judgment, think about how it

might affect a person's actions if he or she believed the following:

- There is no life after death.
- After we die, we will be made perfect regardless of whether our works were good or evil on earth.
- In the judgment we will be rewarded for our good deeds and punished for our bad deeds.

In Alma 41 we learn that Corianton was confused by what some people were teaching about the resurrection. Consider marking the phrase "gone far astray" in Alma 41:1, and then read this verse looking for what caused some people to go astray. To help you understand this verse, it may be helpful for you to know that to *wrest* the scriptures means to twist, distort, or change the meaning of the scriptures.



What concept did Alma say he is going to clarify for Corianton? _____

_____

Restoration means to bring back again. Alma wanted Corianton to understand that there is a physical and a spiritual aspect to what he called "the plan of restoration" (Alma 41:2). Search Alma 41:2–5, and mark what will be physically restored to us after death and what will be spiritually restored. (*Requisite* in these verses means required or necessary.)

What is the physical aspect of the plan of restoration mentioned in Alma 41:2? _____

_____

The spiritual aspect of the plan of restoration described in Alma 40:3–5 is: **We will be restored to either happiness or misery according to our works and desires in mortality.**

2. Suppose that you have been asked to teach Alma 40:3–5 to a Primary class. Write in your scripture study journal how you would explain the doctrine of spiritual restoration in a simple way so that children could understand what Alma taught.

Ponder how an understanding of the doctrine of restoration can and should influence your actions and desires.

As we come to understand the doctrine of restoration, we naturally begin to worry about the consequences that will come because of our sins and wrong choices. Is there any way to change the negative consequences of our wrong desires and actions? Alma offered Corianton a reason to hope. Read Alma 41:6–9, and look for what we can do to have goodness and happiness restored to us even when we have seriously sinned. You may want to mark words or phrases in Alma 41:6–7 that suggest we are responsible for what we receive in the resurrection. Think about the following question: Based on these verses, in what sense are we our own judge?

There are those who think they can return to God without taking personal responsibility for their actions. They often claim that their sinful choices are fun. Sometimes those who engage in sin may even appear to be happy. But read Alma 41:10, and look for what Alma taught about wickedness. (Alma 41:10 is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)

3. In Alma 41:10, Alma testified to his son that **"wickedness never was happiness."** Complete the following assignments in your scripture study journal:

a. Write about why you believe Alma's statement is true.

b. Write an example of how Satan might try to persuade us to believe that we can break God's commandments and still be happy.

Consider writing the following statement from President Ezra Taft Benson in your scriptures next to Alma 41:10: "You cannot do wrong and feel right. It is impossible!" ("A Message to the Rising Generation," *Ensign,* Nov. 1977, 30).

Alma 41:11 explains why it is impossible to be truly happy when choosing wrong. To help you understand this verse, complete the chart below by matching each scriptural phrase with its meaning. (When you are finished, check your answers with those at the end of the lesson.)

Words or phrases from Alma 41:11 that describe being in "a state of nature"	Meaning
___ 1. "In a carnal state"	A. Limited and burdened by our sins
___ 2. "In the gall of bitterness and in the bonds of iniquity"	B. Lacking the companionship of the Holy Spirit
___ 3. "Without God in the world"	C. Ruled by the will of the flesh

Now that you have defined these terms, read Alma 41:11 again to identify why it is impossible to be happy while choosing the wrong. Some who choose wickedness may think they are happy at the moment, but their choices will ultimately lead to sorrow and unhappiness.

4. In your scripture study journal, answer the following questions:

a. Why do you think that being in "a state of nature," or a sinful or "carnal state," is contrary to the nature of happiness?

b. What are some examples of why young people may find themselves lacking the companionship of the Holy Spirit, being limited or burdened by their sins, or being ruled by the flesh?

Read Alma 41:12, and look for the question Alma asked Corianton about restoration. Now read Alma 41:13, and mark how Alma answered this question.

5. Imagine speaking to a friend who wants to be happy but is choosing to act in ways contrary to the Lord's commandments. Using the doctrine of restoration that you have studied today, explain in your scripture study journal why he or she is not experiencing happiness and what must be done to become truly happy.

A boomerang is a tool that was originally used for hunting. Because of its shape, when it is thrown correctly, it returns to the person who threw it. Read Alma 41:14–15, looking for how a boomerang might symbolize the truths taught in these verses. You may want to mark the phrase "send out" in verse 15. Consider a time when you have sent out goodness or mercy or kindness and received it back.



What is one righteous action you would like to send out to others or a righteous attitude you would like others to see in you that you would like to receive back from others? What goal could you set to "send out" one of these attitudes or actions? _____

Scripture Mastery—Alma 41:10

6. Read Alma 41:10, and write the following in your scripture study journal: *If wickedness never was happiness, then* _____ *will always lead to happiness.* Write a word in the blank that best completes the sentence. Now list a number of specific righteous acts that you feel would also fit in the blank (for example, *serving others*). Write your testimony of how you have seen some of these righteous acts lead to happiness.

It is important to understand that the happiness that comes from righteousness is not always immediate, constant, or continuous here in mortality. However, peace and happiness will always come in the Lord's way and time to an individual who is in harmony with His teachings and commandments.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 40–41 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

Answers to the matching activity: (1) c, (2) a, (3) b.

UNIT 20: DAY 3

Alma 42

Introduction

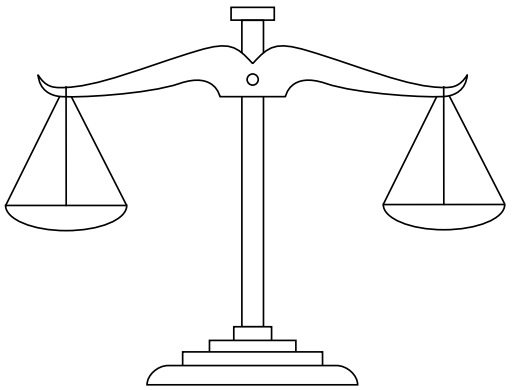
Alma concluded his counsel to his struggling son Corianton by explaining that Heavenly Father provided a way for those who sin to obtain mercy. He taught his son about the punishments that the law of justice demands for sin. He then testified that Jesus Christ would "appease the demands of justice" (Alma 42:15) by suffering for all who have sinned and are willing to repent. The Lord provides mercy to the penitent (repentant).

Alma 42:1–14

Alma teaches Corianton about the law of justice

Close your eyes for a moment and ponder what it might be like when the time arrives for your Final Judgment. As you review your life, do you want the Final Judgment to be fair? Why might you want your judgment to be fair?

Now, consider what the word *fair* means. One definition of *fair* includes getting what you deserve; the idea of fairness is related to the scriptural term *justice.*



1. Draw a simple set of scales in your scripture study journal like the one shown here. Then write the word *Justice* below your drawing. Leave room in your journal to include other labels on your drawing as you continue the lesson.

To help you better understand the concept of justice, read the following explanation from Elder Dallin H. Oaks of the Quorum of the Twelve Apostles:



"*Justice* has many meanings. One is balance. A popular symbol of justice is scales in balance. . . .

". . . The idea of justice as what one deserves is the fundamental premise of all scriptures that speak of men's being judged according to their works" ("Sins, Crimes, and Atonement" [address to CES religious educators, Feb. 7, 1992], 1).

Alma's son Corianton was worried about the fairness of the Final Judgment. Read Alma 42:1, and mark what Corianton thought would be unfair or unjust about the Final Judgment.

Remember that Corianton had committed various sins, some of which were very serious (see Alma 39:2–3); therefore, Corianton may have wished or hoped that it was unjust for those who have sinned to be punished.

2. In your scripture study journal, write why you think those who have not repented of their sins would worry about receiving "what one deserves" at the judgment.

In Alma 42:2–11, Alma addressed Corianton's concern by explaining that the Fall of Adam brought about physical death (a separation of the body and spirit at the death of the body) and spiritual death (a separation from God because of sin). Thus it was necessary that a plan be established to reclaim mankind from their fallen state. Otherwise all mankind would remain in a sinful state and be miserable forever according to the demands of justice.

Read Alma 42:12, and identify what caused mankind to enter their fallen state. Now read Alma 42:14, and mark the consequence of our disobedience that is required by justice. On the picture of the scales that you drew in your scripture study journal, write *Violation—disobedience or sin* under the left scale and *Penalty—cut off from God's presence* under the right scale.

3. Read Alma 42:18. In your scripture study journal, answer the following questions:

a. What do you think it means to have "remorse of conscience" (Alma 42:18)?

b. What might remorse of conscience lead us to do?

From what Alma taught, what does the law of justice require when an individual is disobedient? (Because of our disobedience, the law of justice requires that we experience remorse and be cut off from God's presence.) Ponder for a moment a time when you experienced regret and sorrow or a withdrawal of the Holy Ghost for something you did wrong. Imagine that feeling multiplied by everything you have ever done wrong, and then imagine that feeling remaining with you forever.

Based on what Alma taught, do you want the Final Judgment to be based solely on justice? Do you want to get what you "deserve" for the things you have done wrong?

Alma 42:15–31

Alma teaches Corianton about the plan of mercy

One of God's divine attributes is that He is just. The demands of justice condemn each of Heavenly Father's children and would not allow any of us to dwell with Him in our sinful state. Consider the following question: Is there any way for these demands of justice to be erased or dismissed?

Many people might respond to this question by suggesting that if we repent, we will not have to suffer the consequences of our sins. Though this answer is ultimately correct, it is important to understand that to erase or forgive the consequences would be unjust because the demands of justice would not be met. Alma taught that dismissing the penalty without satisfying the demands of justice is not possible. Read Alma 42:25, and look for what would happen if God simply removed the consequences for sin and left justice unsatisfied.

Ponder the following question before reading Alma 42:15 to find the answer: If the punishment for our sins cannot be taken away, how can we ever have peace of conscience and be restored to the presence of God?

Pondering a Question

Pondering questions as you study the scriptures requires you to think, which in turn stimulates your desire to search the scriptures for answers. Consider writing down some of your own questions to ponder as you study the scriptures. Pondering the scriptures will increase your ability to understand principles and truths and apply them to your own life.

It may be helpful to understand that the phrase "appease the demands of justice" means to satisfy or pay for the punishments justice demands.

From Alma 42:15 we learn: **Jesus Christ's Atonement satisfied the demands of justice so that mercy could be extended to the repentant.** Complete the picture of the scales you drew in your scripture study journal by writing *Satisfied by mercy—the Atonement of Jesus Christ* under the "Penalty . . ." phrase.

4. Imagine you have a friend who has been struggling under the burden created by his or her sins. In your scripture study journal, write how you would explain to your friend how Jesus Christ's Atonement allows mercy to be extended to each of us.

Ponder what it means to you to know that the Savior willingly suffered the punishments justice demands in your place so that you could be extended mercy?

Read Alma 42:22–24, and mark what Jesus Christ requires in order for mercy to be extended to us. The phrase "truly penitent" in verse 24 means sincerely repentant. Based on what you have read, complete the following principle: **If we repent, we will receive _____ through the Atonement of Jesus Christ.**

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, referred to Jesus Christ as a mediator. A mediator is one who stands between two parties to help resolve a conflict. As you read his words, look for how the Savior is needed for mercy to be extended to the sinner:



"By eternal law, mercy cannot be extended save there be one who is both willing and able to assume our debt and pay the price and arrange the terms for our redemption.

"Unless there is a mediator, unless we have a friend, the full weight of justice untempered, unsympathetic, must, positively must fall on us. The full recompense for every transgression, however minor or however deep, will be exacted from us to the uttermost farthing.

"But know this: Truth, glorious truth, proclaims there is such a Mediator. . . .

"Through Him mercy can be fully extended to each of us without offending the eternal law of justice. . . .

"The extension of mercy will not be automatic. It will be through covenant with Him. It will be on His terms, His generous terms" ("The Mediator," *Ensign,* May 1977, 55–56).



As Alma concluded his talk with Corianton, he summarized everything he had been trying to teach his son. Read Alma 42:26–31, and mark what Alma desired for Corianton as he came to understand the doctrines and principles Alma taught him in this chapter. Notice Alma's desire for Corianton to not make excuses for his sins, but rather for him to allow the doctrines and principles related to justice, mercy, and the Atonement to "have full sway in [his] heart" (Alma 42:30). How can you allow these doctrines and principles to have full sway in your heart?

5. In your scripture study journal, write your thoughts about the following question: If you could personally express your gratitude to the Savior for His sacrifice on your behalf, what would you tell Him?

It is important to know that Corianton repented and ultimately had a great impact on the growth of the Church (see Alma 49:30).

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 42 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 20: DAY 4

Alma 43–44

Introduction

In Alma 43–44, Mormon began to write about the wars between the Lamanites and Nephites. As Alma and his sons continued to minister to the people, the Zoramites joined with the Lamanite army to attack the Nephites. Captain Moroni demonstrated faith and wisdom in defending the Nephites against the Lamanite army. Even though they were outnumbered, the Nephite army's preparation and their faith in Jesus Christ gave them the advantage in battle. When they knew they would be defeated, the Lamanites made a covenant of peace and departed out of the land for a season.

Alma 43

Captain Moroni's preparations and strategies help frustrate the designs of the Lamanite army

1. In your scripture study journal, write a list of some of your plans, goals, and desires for your future. As you write, consider including spiritual goals and desires, such as a mission, temple marriage, and family.

After you are done writing your list, identify the desires and goals you feel Satan would not want you to accomplish. As you study Alma 43–44, look for principles that will help you accomplish your righteous goals despite the efforts of the adversary to prevent your success.

In Alma 43:1–4, despite Alma's efforts to bring the Zoramites back into the Church, many of them



joined the Lamanites in their preparation to attack the Nephites. Read Alma 43:5–8, and identify the "designs" (plans) of the Lamanite leader Zerahemnah. You may wish to mark Zerahemnah's intentions as you discover them. Ponder how Zerahemnah's designs or desires for the Nephites may be like the designs Satan might have for you.

Next read Alma 43:9–11, and identify the designs or desires of the Nephites. Now ponder how these desires may be similar to the righteous desires you have.

Captain Moroni, the chief captain of the Nephite armies, prepared his people to defend their land and families from the evil intentions of Zerahemnah. Read Alma 43:16–19, looking for what preparations Captain Moroni and the Nephites made.

2. In your scripture study journal, draw two of the things that Moroni gave to his men to prepare them for war.

Now read Alma 43:20–22 to discover how the Lamanites reacted to the Nephite preparations. Ponder why the Lamanites withdrew their attack even though they outnumbered the Nephites.

As we study the accounts of physical battles in the Book of Mormon, we can liken them to the spiritual battles we face.

3. Answer the following question in your scripture study journal: What can you learn from Moroni's preparations for war about defending yourself against Satan's attacks and temptations?

After the Lamanites retreated, Moroni did not know where his enemies would attack next. If you were Moroni, what might you do to try to prepare for another attack? _____

_____

Read Alma 43:23–24 to find out what Moroni did.

From Moroni's example we learn: **If we seek and follow prophetic counsel, we will be better able to defend ourselves against the adversary.** Just as the prophet Alma was able to tell Moroni how to defend the Nephites against their enemies, the Lord's prophets today teach us how to defend ourselves against the spiritual attacks of the adversary.

4. In your scripture study journal, write a few sentences about what prophetic counsel has been given in the latter days that, if you heed it, can help you defend yourself from Satan's designs and temptations.

As recorded in Alma 43:25–43, Moroni acted on the knowledge he received from the prophet by dividing his army and hiding them along the path of the oncoming Lamanites. As the Lamanites approached, one half of the Nephite army attacked and drove the Lamanites to the river Sidon. After the Lamanites crossed the river, the other half of the Nephite army attacked. When the Lamanites saw they were surrounded, they fought so ferociously that the Nephites began to falter.

You can learn principles about how to accomplish your righteous goals and desires from studying the remainder of Alma 43. Read Alma 43:43–54, and contrast the sources of strength for both the Lamanites and Nephites.

Ponder what was better about the cause the Nephites were fighting for than the Lamanites' cause. As we compare Moroni and his faithful army to our battles with the adversary, we learn that **as we pray for help in accomplishing our righteous plans and desires, God will help us accomplish them.**



5. In your scripture study journal, write about a time when you experienced the Lord's help in accomplishing your righteous goals.

Alma 44

After the Nephite victory, Captain Moroni commands the Lamanites to make a covenant of peace

Recall that in Alma 43 when Captain Moroni saw that the Lamanites were encircled and terrified, he commanded his men to stop fighting. Read Moroni's words in Alma 44:1–6, and look for whom Moroni credited the Nephite victory.

6. Based on Moroni's testimony in Alma 44:4–6, write a truth in your scripture study journal that could help you face your spiritual battles.

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, promised the youth that the Lord would protect them as they remain faithful. As you read his words, highlight those parts that are comforting to you and that you feel apply to you.



"Youth today are being raised in enemy territory with a declining standard of morality. But as a servant of the Lord, I promise that you will be protected and shielded from the attacks of the adversary *if* you will heed the promptings that come from the Holy Spirit.

"Dress modestly; talk reverently; listen to uplifting music. Avoid all immorality and personally degrading practices. Take hold of your life and order yourself to be valiant. Because we depend so much on you, you will be remarkably blessed. You are never far from the sight of your loving Heavenly Father" ("Counsel to Youth," *Ensign* or *Liahona,* Nov. 2011, 18).

In Alma 44:7–10, Zerahemnah declared that he did not believe God was the source of the Nephites' strength. He offered to have the Lamanites give up their weapons, but he refused to make a covenant of peace. Read Moroni's response in Alma 44:11. Consider why you think it was important to Moroni to have the Lamanites make a covenant of peace.

While many of the Lamanites made a covenant of peace, Zerahemnah rallied the remainder of his men to contend with Moroni's army. As the Nephites fell upon the Lamanites and began to slay them, Zerahemnah saw that his army's destruction was imminent and promised to enter into a covenant of peace (see Alma 44:12–20).

7. In your scripture study journal, write how you will apply some of the principles and truths you learned in this lesson to protect yourself against the temptations and attacks of the adversary and to accomplish your righteous desires and goals.

8. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 43–44 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 21: DAY 1

Alma 45–49

Introduction

After Alma gave his final instructions to his son Helaman, he departed from the people of Nephi and was never heard of again. During the difficult times that followed for the Nephites, Helaman and Captain Moroni became their spiritual and military leaders. The Lamanite leader Amalickiah selfishly pursued his unrighteous desires, using tactics that resembled those of the devil. Captain Moroni prepared his people to be faithful to God during those perilous times.

Alma 45

Helaman believes the words of his father, Alma, and begins his ministry

Recall an interview you have had with a parent or priesthood leader. Think of the kinds of questions you were asked. Before Alma departed out of the land, he asked Helaman three important questions. Read Alma 45:2–7, and identify and mark these questions. (The "words" Alma referred to in verse 2 can be found in Alma 37:1.) Think about how you would answer Alma's questions: Do you believe in the scriptures? Do you believe in Jesus Christ? Will you keep the commandments?



After Helaman declared his testimony, Alma spoke to him about the future of the Nephites. He prophesied of their destruction and the destruction of any other people who would ripen in iniquity on this chosen

land. Read Alma 45:16, and consider the following truth in this verse: **The Lord cannot look upon sin with the least degree of allowance.**

To help you understand this principle, remember that through His Atonement, the Savior paid the price for all our sins if we will repent and seek His forgiveness. God cannot tolerate sin in any degree. However, because the Savior was willing to suffer in our behalf, we do not have to suffer for our sins if we repent.

Read Doctrine and Covenants 1:31–33. You may want to write these verses as a cross-reference near Alma 45:16.

1. Respond to the following question in your scripture study journal: What are your feelings about the Savior when you think about His willingness to pay the price for your sins?

As recorded in Alma 45:20–24, Helaman began his ministry as the prophet of the Lord and leader of the Church. He and other Church leaders appointed priests and teachers throughout the congregations, but because of contention and increasing pride the people refused to listen to their leaders.

Alma 46

Captain Moroni rallies the righteous to defend their rights and their religion

As recorded in Alma 46:1–7, some people who were angry with Helaman and his brethren chose to leave the Church and follow a wicked man named Amalickiah, who wanted to be king. Read Alma 46:8–10, and look for the lessons Mormon wanted us to learn from this dangerous situation.

To help defend the liberty of the people, Moroni, who was the chief captain of the Nephite armies, tore his coat and used a piece of it to make a "title of liberty" to rally the people in defense of liberty.

Read Alma 46:12–13, and mark what Moroni wrote on the title of liberty. Identify how he prepared to present the title of liberty to the people. Ponder what these verses teach you about Moroni's character. Also read Alma 48:11–13, 17–18 to gain more insight into the character of Captain Moroni. You may want to mark the characteristics of Moroni that you would like to develop more fully in your own life.

2. In your scripture study journal, write about one or more of Moroni's characteristics from Alma 46:12–13 and Alma 48:11–13, 17–18. Explain why you would like to have these characteristics and how you can strive to develop them.



Read Alma 46:18–22, and look for how the people responded to Moroni's invitation to fight for liberty. The covenant described in verse 20 is a special promise that this group of Nephites made with God.

According to Alma 46:20, why did Moroni want the Nephites to make a covenant with God that they would defend their rights and their religion? _____

As recorded in Alma 46:28–37, the Nephites who joined with Captain Moroni captured the army of Amalickiah. However, Amalickiah and a few others escaped and joined the Lamanites. Many of Amalickiah's followers who were captured entered into the covenant to support freedom. Those who would not do so were put to death. From the Nephites' experience, we can learn this principle: **When we are valiant in keeping the commandments as Captain Moroni did, God will strengthen and bless us.**

Following the battle, Captain Moroni had the title of liberty hoisted onto every Nephite tower as a "standard" or reminder of what they had covenanted to fight for and protect (see Alma 46:36).

In the *For the Strength of Youth* booklet, the First Presidency said: "Our dear young men and young women, we have great confidence in you. You are beloved sons and daughters of God and He is mindful of you. You have come to earth at a time of great opportunities and also of great challenges. The standards in this booklet will help you with the important choices you are making now and will yet make in the future. We promise that as you keep the covenants you have made and these standards, you will be blessed with the companionship of the Holy Ghost, your faith and testimony will grow stronger, and you will enjoy increasing happiness" ([2011], ii).

3. From what you learn in that message from the First Presidency, answer the following questions in your scripture study journal:

a. What are the promises made to you if you keep the gospel covenants you have made and the standards in the *For the Strength of Youth* booklet?

b. Look at the contents page of the *For the Strength of Youth* booklet, and choose one of the standards in the booklet. How has keeping this standard blessed your life, or how may it bless your life in the future?

Alma 47

Amalickiah becomes king of the Lamanites through betrayal and deception

What would you do if you were at war and someone presented you with a book that revealed what your enemy planned to do to destroy you and your family? Alma 47 can provide some insight into the plans of our enemy, the devil.

Alma 47 records the many deceptions that Amalackiah used to become king of the Lamanites so that he could lead the Lamanite army to war against the Nephites. His ultimate desire was to bring all the Nephites into bondage, with him as their king.

Amalackiah and his followers first went to the land of Nephi, where the Lamanites lived. The king of the Lamanites desired to go to battle against the Nephites, but many of his people were afraid. So the king asked Amalackiah to compel the fearful Lamanites to join the battle. Amalickiah marched to the mountain refuge where these people had fled, but he did not want to help the king. He wanted to become the leader of the fearful Lamanites by tricking their leader, Lehonti, into coming down off his mountain refuge. Amalickiah intended to kill Lehonti with poison after he came down.

Study Alma 47:10–12. How many times did Amalickiah tempt Lehonti to leave his place of safety? Also read Alma 47:17–19. How did Amalickiah kill Lehonti after he came down off the mountain?



Elder Robert D. Hales of the Quorum of the Twelve Apostles taught that people today may try to destroy our faith and testimony by tempting us to leave our places of spiritual safety and come into the devil's territory: "In the Book of Mormon, we read about Lehonti and his men camped upon a mount. The traitorous Amalickiah urged Lehonti to 'come down' and meet him in the valley. But when Lehonti left the high ground, he was poisoned 'by degrees' until he died, and his army fell into Amalickiah's hands (see Alma 47). By arguments and accusations, some people bait us to leave the high ground. The high ground is where the light is. . . . It is the safe ground. It is true and where knowledge is" ("Christian Courage: The Price of Discipleship," *Ensign* or *Liahona,* Nov. 2008, 74).

4. Answer the following questions in your scripture study journal:

a. What are a few ways that Satan seeks to get us to "come down" from spiritual high ground?

b. Do you think that Satan tries to entice young people to lower their standards "by degrees"? What is an example of how he tries to do this?

c. What specific thing can you do to stay on spiritual high ground? What gospel standard do you need to work on so that you do not lower this standard "by degrees"?

As he did with Amalickiah, **Satan seeks to destroy us and entices us by degrees to lower our standards.**

Alma 48–49

Captain Moroni inspires the Nephites to fortify themselves physically and spiritually

While Amalickiah was trying to obtain power by "fraud and deceit" (Alma 48:7) over the Lamanites and the Nephites, Moroni was acting in very different ways. Read Alma 48:7–10, and look for what Moroni did when he knew that Amalickiah would soon lead the Lamanite armies against the Nephites. You may want to mark these ideas: (1) He prepared the people to be faithful to God in times of difficulty (see verse 7). (2) He helped the people strengthen areas in which they were weak (see verses 8–9). (3) He prepared the people to support and defend the "cause of Christians," or the Church (see verse 10).

Just as Moroni helped his people prepare for and endure difficult times, Church leaders in our time give us counsel to help us prepare for times of difficulty.

Consider writing the following truth in your scriptures near Alma 48:7–10: **As we follow the counsel of the Lord's servants, we will be prepared for life's difficulties.**

The Lamanites initially planned to attack the city of Ammonihah and then the city of Noah, which had been weak Nephite cities. Read Alma 49:4–5 to see the response of the Lamanites when they saw the Nephites' preparation at the city of Ammonihah. The Lamanites decided not to attack the city because it was so well prepared against attack. Read Alma 49:12–14 to see the Lamanites' response when they tried to attack the city of Noah.

5. Take a few minutes to review several talks from the most recent general conference (in the *Ensign* or *Liahona*). In your scripture study journal, summarize the counsel given by one or more of the speakers. How can this counsel help you prepare for times of difficulty in your life? How can you use this counsel in your life?

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 45–49 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 21: DAY 2

Alma 50–52; 54–55

Introduction

Captain Moroni continued to help his people defend themselves by fortifying their cities. The Nephites were successful against the Lamanites until rebellion and wickedness began to weaken them. Despite Moroni's efforts to unite and defend the people, the Nephites lost many cities because of contention among themselves. Eventually, Moroni, Teancum, and Lehi recaptured the city of Mulek and defeated one of the largest Lamanite armies. Ammoron, the wicked leader of the Lamanites, attempted to negotiate an exchange of prisoners, but Moroni freed the Nephite prisoners without bloodshed. Moroni stood firm and did not compromise with Ammoron and his followers.

Alma 50–51

The Nephites are strengthened and prospered when they are obedient to the Lord and unified among themselves

Think of a time in your life when you struggled to overcome a challenge, such as a temptation, a health problem, a problem at school, or a relationship problem with friends or family members. Did you wish you had greater spiritual strength at that time?



President Henry B. Eyring of the First Presidency said: "As the forces [of sin] around us increase in intensity, whatever spiritual strength was once sufficient will not be enough. And whatever growth in spiritual strength we once thought was possible, greater growth will be made available to us. Both the need for spiritual strength and the opportunity to acquire it will increase at rates which we underestimate at our peril" ("Always," *Ensign,* Oct. 1999, 9).

The preparations the Nephites made for their battles can help us learn this truth: **If we prepare ourselves spiritually, we can overcome the challenges of life.**

Review Alma 50:1–6. What did the Nephites do to build fortifications around their cities? Read Alma 50:7. What else did the Nephites do to prepare for battle?

The Nephites built fortifications that gave them strength in a time of great difficulty. We can follow their example by building our spiritual strength now so that we will have the strength we need in a time of difficulty. Spiritual strength is built most effectively by consistent, daily efforts. We become spiritually strong through such things as regular scripture study, prayer, attending Church meetings, fulfilling our callings, expressing gratitude to God, serving others, and listening to and heeding the counsel of our Church leaders.

1. Complete the following statements in your scripture study journal:

a. *I can build greater spiritual strength by* (list some things you can do).

b. *I will more consistently do* (choose one item from the list you just made) _____ *each day to build my spiritual strength.*

Read Alma 50:19–23, and look for how the Lord blessed the Nephites who were faithful to Him despite the difficult circumstances of their day. You may want to write this principle near these verses: **Faithfulness to God brings blessings, even amid turmoil.** Look at Alma 50:21 to see what Mormon said caused the Nephites to lose these blessings.



During the time that Captain Moroni was leading the Nephites in their battles against the Lamanites, Pahoran became the chief judge of the Nephites. He was a righteous man, and he worked to establish peace in the land. However, a group of Nephites desired to change the Nephite laws so they would be ruled by a king, not a system of judges. The matter was put to a vote, and the people voted to keep their system of judges. However, the "king-men" would not support the voice of the people and refused to fight with the other Nephites when the Lamanites came to battle. Moroni had to lead his armies against the king-men to force them to join the Nephites. This greatly weakened the Nephites in their battles against the Lamanites (see Alma 51:1–21).

Read Alma 51:22–27, and look for evidence that the Lamanites were able to gain power over the Nephites because of the contention with the king-men. Think about this principle: **Division and contention destroy peace.**

2. Read Alma 50:39–40 and Alma 51:22, and notice how diligently Pahoran and Captain Moroni sought to establish peace among their people. Think about a time in your life when you have seen contention, whether among friends, family members, school associates, or others. Also think about the characteristics of someone who strives to establish peace. Write in your scripture study journal about the characteristics a peacemaker might have.

Alma 52

Moroni and Teancum work together to defeat the Lamanites

As recorded in Alma 51:33–34, Amalackiah was killed by Teancum, one of the Nephites' greatest military leaders. After Amalackiah's death, his brother Ammoron took command of the Lamanite armies. Moroni gave Teancum instructions to continue to fortify and protect the northern portion of the land Bountiful and retake any Nephite cities then occupied by the Lamanites, if possible (see Alma 52:1–10). Read Alma 52:15–17, and look for why Teancum decided not to attack the city of Mulek.

Teancum knew that when the enemy was in his stronghold, it would be hard to defeat him. From this experience, we can learn this principle: **If we avoid the adversary's strongholds, we are more able to avoid and resist temptation.**

3. What are some places that might be considered strongholds of the adversary? (These are places or situations where you might be influenced to sin if you went there—for example, a party where people are drinking alcohol or watching an inappropriate movie.) Write in your scripture study journal a few such places. Also write why you think you should avoid going to these places.

This was a difficult time for the Nephites because the Lamanites had captured many Nephite cities while the Nephites were fighting the king-men. The Lamanites were using those cities as strongholds, so it was hard for the Nephites to retake them. Moroni developed a plan to get the Lamanites out of the city of Mulek so that the Nephites could have the city again. Read Alma 52:21–26 to see what Moroni and Teancum did.

4. Write in your scripture study journal what Moroni and Teancum did to capture the city of Mulek (see Alma 52:21–26). Also write what you think about Moroni as a general. In what ways was he a good general for the Nephites?

Alma 54–55

Moroni refuses to exchange prisoners with Ammoron and retakes the city of Gid

Throughout the war between the Lamanites and the Nephites, both sides had captured many prisoners of war. The Lamanite leader Ammoron sent a letter to Moroni, proposing that the two sides exchange their prisoners. Moroni was happy to exchange prisoners so that the captured Nephites could be returned and so that his armies would not have to feed and care for their Lamanite prisoners. (See Alma 54:1–2.)

However, as he and Ammoron exchanged letters, Ammoron wrote demanding that the Nephites surrender and let the Lamanites govern them. He said that the Nephites were murderers and that the Lamanites were justified in fighting them. He also declared that there was no God. (See Alma 54:16–24.)

When Moroni received this letter, he knew that Ammoron was lying. Ammoron knew that the Lamanites did not have a righteous reason for fighting the Nephites. Moroni said that he would not exchange prisoners and give the Lamanites more strength. He would find a way to rescue the Nephite prisoners without trading for them. (See Alma 55:1–2.)

Read Alma 55:3–24 to find out what Moroni did to rescue the Nephite prisoners.

When Moroni refused to give in to Ammoron's demands and found a way to rescue the Nephite prisoners, he prevented the Lamanites from gaining a great advantage over the Nephites and instead gained great advantages for the Nephites. One truth we can learn from Moroni's example is this: **If we trust the Lord and obey Him with exactness, He will support us in our struggles.**

The story found in Alma 55:3–24 is a very exciting story of rescue. Think of a family member or friend who would enjoy hearing this story, and find a time to tell the story to this person. You may also want to share with this person the bold principle in the paragraph above and explain how Moroni is an example of this principle.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 50–52; 54–55 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 21: DAY 3

Alma 53; 56–58

Introduction

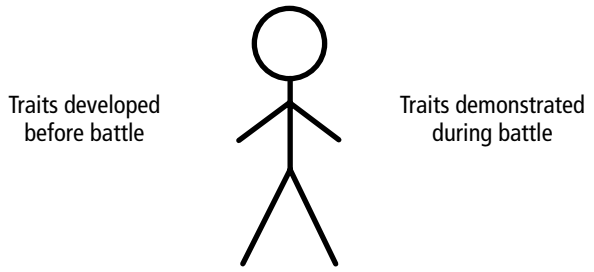
Helaman and Captain Moroni fought the Lamanites in different parts of the land. Helaman sent a letter to Moroni describing his armies' battles with the Lamanites and expressing his confidence and satisfaction in the great faith of the 2,060 stripling warriors. Because of the faith and courage of these Nephite warriors, the Lord helped them win battles and blessed them with assurance and hope during their times of affliction.

Alma 53; 56

The armies of Antipus and Helaman defeat the strongest army of the Lamanites

While Captain Moroni fought the Lamanites in one part of the land, Helaman led his army in another part of the land. Included in his army were 2,000 young sons of the people of Ammon. The parents of these young men had made a covenant never to take up arms against their enemies again, but their sons had not made the covenant, so they could help the Nephite armies (see Alma 53:10–18).

1. Draw the following diagram in your scripture study journal. Read Alma 53:18–21, and look for phrases describing the traits the 2,000 young men had developed before their military service. List the phrases you discover under the heading "Traits developed before battle." You might want to mark these phrases in your scriptures.



Stripling Warrior—Young Latter-day Saint

Antipus, a Nephite military leader, was greatly outnumbered by the Lamanite enemy as he and his army defended their part of the land. Antipus rejoiced when Helaman brought the 2,000 young warriors to help him (see Alma 56:9–10).

In their first battle against the enemy, the 2,000 young warriors led away the strongest army of the Lamanites, and the Nephite commander Antipus ordered his army to pursue the Lamanite army from behind. The army of Antipus caught up with the Lamanite army, who stopped to fight them. The stripling warriors, who had continued forward, noticed that the Lamanites had stopped pursuing them. They did not know if the Lamanites had halted to trick them into returning so they could be destroyed or if the Lamanites had stopped because Antipus's army had caught them from behind. Therefore, Helaman did not know if they should turn back and attack the Lamanites. (See Alma 56:29–43.)

Read Alma 56:43–48, and look for phrases describing traits these young men demonstrated at a critical time during battle. List what you found in your scripture study journal under the heading "Traits demonstrated during battle." You might also choose to mark these phrases in your scriptures.

Study Alma 56:49, 54–56 to see what happened when the 2,000 young warriors returned to battle the Lamanites. Look for phrases that illustrate this truth: **When we act in faith, we can receive strength from God.**

2. Answer the following questions in your scripture study journal:

a. How can developing the traits of the stripling warriors help you act in faith when you face challenging situations?

b. Describe a time when you (or someone you know) acted in faith and received strength from God to successfully handle a difficult situation.

Alma 57

Helaman's army retakes the cities of Antiparah and Cumeni

Helaman and his army were able to take the cities Antiparah and Cumeni from the Lamanites. During this time, Helaman received reinforcements to his army. Thousands of warriors from the land of Zarahemla joined the army, as did 60 more sons of the people of Ammon (see Alma 57:1–12).

Soon after Helaman's army captured the city of Cumeni, the Lamanites attacked them again. Helaman's army faced a great struggle, in which the 2,060 stripling warriors were a great strength to the entire army. Read Alma 57:19–21 to discover some traits the stripling warriors exhibited in this battle. You may want to add these traits to the list of "Traits demonstrated during battle" in your scripture study journal and mark them in your scriptures.



3. One of the defining characteristics of the stripling warriors was that they obeyed "with exactness" (Alma 57:21). Answer the following questions in your scripture study journal:

a. What do you think it means to obey a commandment "with exactness"?

b. How do you think obeying their commander's words with exactness helped the stripling warriors win their battle?

c. How would obeying the Lord's commandments with exactness help you in the spiritual battles you have in life?

Consider writing the following principle in your scriptures or in your scripture study journal: **As we obey the Lord with exactness, He will strengthen us in the battles we have in life.** Read the following statement by Elder Russell M. Nelson of the Quorum of the Twelve Apostles, who explained why obeying God's commandments "with exactness" is so important:

"[You] will encounter people who pick which commandments they will keep and ignore others that they choose to break. I call this the cafeteria approach to obedience. This practice of picking and choosing will not work. It will lead to misery. To prepare to meet God, one keeps *all* of His commandments. It takes faith

to obey them, and keeping His commandments will strengthen that faith.

"Obedience allows God's blessings to flow without constraint. He will bless His obedient children with freedom from bondage and misery. And he will bless them with more light.

". . . Obedience to the commandments of God will provide physical and spiritual protection" ("Face the Future with Faith," *Ensign* or *Liahona,* May 2011, 34–35).

Read Alma 57:25–27, looking for some reasons why the Lord extended His power to protect the stripling warriors. What impresses you the most about the stripling warriors in these verses?

Even when we are righteous, God will not always protect us from difficulty. Even though the stripling warriors were preserved from death, all of them were wounded (see Alma 57:25), and many other righteous Nephites were killed (see Alma 57:26). However, God will always strengthen us during times of difficulty and bless us with the things we need. Ultimately, He will give eternal blessings to all who obey His commandments.



Alma 58

Nephite armies wait for provisions and then retake the city of Manti

In addition to the battles they fought with the Lamanites, Helaman's army faced another form of adversity. Their battles were being fought some distance from Zarahemla, which was the center of the Nephite government. Helaman's army had won some very difficult battles, but they did not receive the food, supplies, and additional soldiers they needed from the government. They did not know why the government was not supporting them. (See Alma 58:7–9.)

4. Read Alma 58:10–12, and answer the following questions:

a. What did the Nephites do when they faced this difficult situation?

b. How did the Lord respond to their sincere pleadings and prayers?

c. According to Alma 58:12, how did the Lord's assurances help Helaman and his army?

Write the following principle in your scriptures or scripture study journal: **If we turn to God in times of difficulty, we can receive divine assurance that can strengthen our faith and give us hope.**

Despite the weakness of his army, Helaman and his men were able to capture the city of Manti (see Alma 58:13–41). Helaman attributed all the army's successes to the help of the Lord (see Alma 58:37).

Helaman continued to marvel at the success of the stripling warriors. Study Alma 58:39–40, and look for words and phrases that show the ways in which the stripling warriors were valiant during difficult circumstances. Consider marking these words or phrases in your scriptures.

5. Write in your scripture study journal about a time when you turned to God for help during a time of difficulty and felt His support.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 53; 56–58 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 21: DAY 4

Alma 59–63

Introduction

Helaman wrote a letter to Captain Moroni, telling him about the army's efforts and asking for help from the Nephite government. Captain Moroni rejoiced in learning about Helaman's successes, but he was angry at the government for neglecting to send reinforcements. Captain Moroni wrote a letter of rebuke to the chief judge, Pahoran. In his reply, Pahoran told of a rebellion against the government. Moroni marched to his aid and defeated the rebels. Then the Nephite armies were able to unitedly defeat the Lamanites. After 14 years of war, the Nephites again had peace in the land, allowing Helaman and his brethren to focus on building up the Church.

Alma 59

The Nephites lose a stronghold, and Captain Moroni grieves because of the wickedness of the people

When Captain Moroni received a letter from Helaman describing his army's successes, Moroni and his people rejoiced. Moroni then sent a letter to Pahoran, the Nephite leader in Zarahemla, asking him to send reinforcements and provisions to Helaman. But no reinforcements were sent. Therefore, when the Lamanites attacked the city of Nephihah, the people of Nephihah were forced to flee and the Lamanites conquered the city.

Read Alma 59:9–12 to learn Moroni's reaction to the Lamanite victory. Consider marking in your scriptures this phrase in Alma 59:9: "it was easier to keep the city from falling into the hands of the Lamanites than to retake it from them." From this phrase, we can learn this principle: **It is easier and better to remain faithful than it is to return to the faith after going astray.**

1. Study the phrase you have marked in Alma 59:9 and the bold principle in the previous paragraph. Answer the following questions in your scripture study journal:

a. Why is it easier to avoid addictions to harmful substances than to overcome an addiction?

b. Why is it easier to maintain a testimony than to regain it after losing it?

c. Why might it be easier for a person to remain active in the Church than to return to the Church from inactivity?



Alma 60–62

Moroni asks Pahoran about the cause of the government's neglect

After the city of Nephihah was captured by the Lamanites, Captain Moroni decided to write an appeal to Pahoran, the chief judge in Zarahemla. Read Alma 60:17–24, and look for the accusations that Moroni made about Pahoran and the people in Zarahemla.

Read Alma 60:23 again, and note Captain Moroni's reference to cleansing the "inward vessel" first. He was referring to the need to remove corruption from the Nephite government and its people. However, this verse can apply to our lives as well. Imagine putting dirt or mud on the inside of a cup. Even if you washed the outside of the cup, would you feel comfortable drinking from the cup?

2. Answer the following questions in your scripture study journal:

a. If we think of ourselves as "vessels," what do you think it means to cleanse the inner vessel?

b. Why would cleansing our inner vessel help us be of greater service in the Lord's kingdom?

As recorded in Alma 60:33–36, Captain Moroni told Pahoran to quickly send men and provisions to his army and to Helaman's army. If Pahoran did not, Moroni said he would lead a military force to Zarahemla and force him to do these things. Pahoran received Moroni's letter and quickly wrote back to him. Read Alma 61:1–5 to discover what was happening in Zarahemla.

Read Alma 61:9–14, and think about how Pahoran responded to Moroni's accusations. Consider marking those statements that reveal the greatness of Pahoran's character. Instead of taking offense, Pahoran invited Moroni to unite with him in the strength of the Lord

to fight the enemy. Read Alma 62:1 to discover how Moroni felt when he received Pahoran's response.

Consider writing the following truths in your scripture study journal: **We can choose to not be offended by the words or actions of others. When we unite in righteousness with others, we are stronger in our battles against evil.**

Elder David A. Bednar of the Quorum of the Twelve Apostles taught:



"Through the strengthening power of the Atonement of Jesus Christ, you and I can be blessed to avoid and triumph over offense. 'Great peace have they which love thy law: and nothing shall offend them' (Psalm 119:165). . . .

". . . Moroni . . . wrote to Pahoran 'by the way of condemnation' (Alma 60:2) and harshly accused him of thoughtlessness, slothfulness, and neglect. Pahoran might easily have resented Moroni and his message, but he chose not to take offense. . . .

"One of the greatest indicators of our own spiritual maturity is revealed in how we respond to the weaknesses, the inexperience, and the potentially offensive actions of others. A thing, an event, or an expression may be offensive, but you and I can choose not to be offended—and to say with Pahoran, 'it mattereth not' [Alma 61:9]" ("And Nothing Shall Offend Them," *Ensign* or *Liahona,* Nov. 2006, 90–91).

3. Think about a time when you chose not to be offended by the words or actions of others. Write a short paragraph about the importance of choosing not to be offended.

As recorded in Alma 62, Captain Moroni brought his army to Zarahemla to help Pahoran overthrow the king-men—Nephite dissenters who wanted to establish a king and enter into an alliance with the Lamanites. The king-men had prevented Pahoran from sending men and supplies to the aid of Moroni and Helaman. Moroni and Pahoran then united their forces and received help from other Nephite armies to drive the Lamanites out of the land. During this time many Lamanites repented and joined the people of Ammon.

Imagine some of the challenges that might have existed for families and individuals at the end of such a war. Read Alma 62:39–41 to see how the Nephites were affected by the trials of war. As you read, look for truths you can identify in these verses.

Write the following principle or truth in your scriptures by Alma 62: 39–41 or in your scripture study journal: **We can grow closer to the Lord during our trials.**

4. Write answers to the following questions in your scripture study journal:

a. Why do you think some people grow closer to the Lord when faced with trials while others turn away from Him?

b. What have the chapters on war taught you about being a disciple of Jesus Christ in times of difficulty or trial?

Alma 63

Many Nephites travel to the land northward

After Helaman died (see Alma 62:52), his brother Shiblon took possession of the sacred records. Read Alma 63:1–2 to see what kind of a man Shiblon was. As recorded in Alma 63, Moroni and Shiblon died, and Moroni's son, Moronihah, took command of the Nephite armies.

Read Alma 63:10–13. Before he died, Shiblon gave Helaman, who was the son of Helaman, charge of the sacred records. Helaman preserved the records that were already written and began keeping the record that would become the book of Helaman.

Alma 63:5–8 records that many Nephites traveled by ship to lands northward and were never heard from again. Also, the end of Alma 63 reveals that once again there began to be some contention between the Lamanites and the Nephites, thus ending the long and inspiring book of Alma.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Alma 59–63 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

Helaman

Why Study This Book?

In your study of the book of Helaman, you will learn from the examples and teachings of great men such as Helaman, Nephi, Lehi, and Samuel the Lamanite who courageously obeyed the Lord and testified of Jesus Christ. The ministries of these individuals demonstrate that God grants power to help His servants accomplish His will and that the efforts of righteous individuals can bring blessings to thousands. You will also learn about the consequences that follow pride, wickedness, and secret combinations.

Who Wrote This Book?

Mormon compiled and abridged records from the large plates of Nephi to create the book of Helaman. The book is named for Helaman, the son of Helaman and grandson of Alma the Younger. Helaman received the records from his uncle, Shiblon, and served as a righteous chief judge over the Nephites. He taught his sons Nephi and Lehi to remember their Redeemer, Jesus Christ (see Helaman 5:9–14). These teachings later inspired Nephi to give up his position as chief judge in order to preach repentance to the Nephites and Lamanites. After thousands of Lamanites were converted, a Lamanite prophet named Samuel was inspired to preach repentance and prophesy among the Nephites at the same time as Nephi. The book of Helaman draws from the records kept during the governing and ministry of Helaman (Helaman 1–3) and Nephi (Helaman 4–16). Nephi's records included the prophecies and teachings of Samuel the Lamanite.

When and Where Was It Written?

The original records used as sources for the book of Helaman were likely written between 52 B.C. and 1 B.C. Mormon abridged those records sometime between A.D. 345 and A.D. 385. Mormon did not record where he was when he compiled this book.

UNIT 22: DAY 1

Helaman 1–2

Introduction

After the chief judge Pahoran died, there was a serious contention among the Nephites about which of his sons—Pahoran, Paanchi, and Pacumeni—should become the new chief judge. Pahoran was elected by the people as the new chief judge. One of Paanchi's followers, a man named Kishkumen who was acting for a secret band, murdered Pahoran, and Pacumeni was then appointed as chief judge. Taking advantage of this contention and division, the Lamanites were able to conquer the Nephites' capital city of Zarahemla and kill Pacumeni. The Nephite general Moronihah regained the city of Zarahemla, and Helaman was appointed as the chief judge. Kishkumen was slain while attempting to kill Helaman, and Gadianton became the leader of the secret band.

Helaman 1

Contention over who should be chief judge allows the Lamanites to conquer Zarahemla, the capital city of the Nephites

Think of the last time you had an argument with someone or witnessed others having an argument. What problems does such contention cause? As you study Helaman 1, look for the problems that contention brought upon the Nephites and ponder what you can learn from their experience.

Read the following scripture passages, and write your answers to the questions in the spaces provided:

- Helaman 1:1–4. What caused contention and divisions among the Nephite people? _____
- Helaman 1:5–8. Who was appointed chief judge? How did the two brothers of the new chief judge react? _____
- Helaman 1:9–12. What did Kishkumen do, and what covenant did Kishkumen and his secret band make with each other? _____

During this time of contention among the Nephites, a man named Coriantumr led the Lamanites against the city of Zarahemla in battle. Read Helaman 1:18–22, and identify what the Lamanites were able to do as a result of the Nephites' contention.

One of the truths we can learn from this account is: **Contention is divisive and makes us vulnerable to the influence of the adversary.** You may want to write this principle in your scriptures next to Helaman 1:18.

1. To help you better understand this principle, answer the following questions in your scripture study journal:

a. A young woman has been arguing with her parents about her friends. How might this contention affect her attitude toward listening to her parents' counsel about other areas of her life?

b. A young man has angry feelings toward someone in his priesthood quorum. How might this contention affect the way he acts at church?

c. Think of an area in your life in which you feel there is contention between you and other people. What is one specific thing you can do to eliminate this contention from your life? How can you accomplish this?

Helaman 1:22–30 records that after the Lamanites conquered Zarahemla, they began immediately to march toward the city of Bountiful in order to capture it as well. The Nephite armies were able to surround the Lamanites and defeat them. Many Lamanites were slain, and those who surrendered were allowed to return to their own lands.

Helaman 2

Helaman becomes chief judge, and his servant prevents a secret band from taking his life

Before you study Helaman 2, think about how a faithful young woman or young man would strive to resolve a mistake or a sin. Would she or he try to cover it up or seek forgiveness from the Lord and from those who were hurt?

After Kishkumen murdered Pahoran, he and the members of his secret band promised each other that they would never tell anyone who had committed the murder. Read Helaman 2:3–4, and pay attention to the phrase "entered into a covenant that no one should know his wickedness." Then read Doctrine and Covenants 58:43, and look for how the Lord wants us to act when we have done something wrong.

2. Based on your study of Helaman 2:3–4 and Doctrine and Covenants 58:43, write in your scripture study journal the differences between how the Lord wants us to act if we commit a sin and how Kishkumen and his followers acted.

Helaman became the new chief judge after Pahoran's death, and then Kishkumen and his secret band decided to kill Helaman as well. A man named Gadianton became the leader of the secret band at this time. Read Helaman 2:2–9, and write in the space below how Kishkumen was killed: _____

_____

Read Helaman 2:10–14, and look for what happened to the Gadianton band of robbers. Mormon warned that secret groups like the Gadianton robbers, which were called "secret combinations" (see, for example, Helaman 3:23), would ultimately cause the destruction of the Nephite people. Previous Book of Mormon prophets had also warned against embracing secret combinations (see 2 Nephi 26:22; Alma 1:12). The Book of Mormon teaches this principle: **Secret combinations can lead to the destruction of societies.**

Elder M. Russell Ballard of the Quorum of the Twelve Apostles warned of the dangers of secret combinations today. As you read his warning, mark what we can do to stand against secret combinations.



"The Book of Mormon teaches that secret combinations engaged in crime present a serious challenge, not just to individuals and families but to entire civilizations. Among today's secret combinations are gangs, drug cartels, and organized crime families. The secret combinations of our day function much like the Gadianton robbers of the Book of Mormon times. . . . Among their purposes are to 'murder, and plunder, and steal, and commit whoredoms and all manner of wickedness, contrary to the laws of their country and also the laws of their God' [Helaman 6:23].

"If we are not careful, today's secret combinations can obtain power and influence just as quickly and just as completely as they did in Book of Mormon times. . . .

"The Book of Mormon teaches that the devil is the 'author of all sin' and the founder of these secret combinations [Helaman 6:30]. . . . His purpose is to destroy individuals, families, communities, and nations [see 2 Nephi 9:9]. To a degree, he was successful during Book of Mormon times. And he is having far too much success today. That's why it is so important for us . . . to take a firm stand for truth and right by doing what we can to help keep our communities safe.

". . . [We can] 'stand as witnesses of God' by setting an example, keeping Church standards, and sharing our testimony with those around us [see Mosiah 18:9]" ("Standing for Truth and Right," *Ensign,* Nov. 1997, 38).

Think of one or more ways you can apply Elder Ballard's teaching to stand for truth and right in your community and in your country.

3. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 1–2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 22: DAY 2

Helaman 3–4

Introduction

During the time described in the early chapters of Helaman, the Nephites enjoyed periods of peace and endured times of contention. Tens of thousands of Nephites joined the Church during the time of peace. Following this great prosperity, the more humble members of the Church grew in their faith despite being persecuted by those who became proud. Because many Nephites became wicked, they lost all of their southern lands to the Lamanites.

Helaman 3

Many Nephites migrate northward while the Church prospers in the midst of wickedness and persecution

Read Helaman 3:1–2, and notice that for several years there was "no contention" among the Nephite people. Now read Helaman 3:3, 19, and identify words or phrases that show things had changed among the Nephites.

Helaman 3:4–16 explains that as contention grew among the Nephites, many people moved northward. Many Nephites became wicked and joined the Lamanites.

Despite the contention and wickedness, Helaman chose to live differently. Helaman was serving as the chief judge of the Nephites and also as a prophet among them. Read Helaman 3:20, and identify how Helaman was described. (The word *equity* means fairness or without bias or favoritism.)

What impresses you about Helaman? Why do you think he remained so strong during this period of contention and wickedness? You may want to mark the word *continually* in Helaman 3:20.

Read Helaman 3:22–26, and mark how the Nephites began to change for the better. How many people joined the Church? _____

Mormon often used the phrases "thus we may see," "thus we see," and "we see" to point out truths he wanted us to learn. In Helaman 3:27–30 these phrases are used a number of times, showing that Mormon wanted us to learn some important lessons. Read Helaman 3:27–30, and mark the key phrases and identify the lessons Mormon wanted us to learn.

1. Complete the following assignments in your scripture study journal:

a. Write what Mormon wanted you to know from Helaman 3:27–30 about the word of God.

b. Write how your study of the scriptures has helped you avoid wickedness and kept you on a path toward the presence of God.

Read Helaman 3:32–34, and notice that some Church members began to persecute other Church members. The persecutors were people who said they belonged to the Church, but they were actually filled with pride and did not believe in the teachings of the Church. Their actions caused the humble members of the Church to suffer many afflictions. Consider how difficult it would be to go to church and be persecuted by other Church members because you chose to follow God's prophets and commandments.

Read Helaman 3:35 to learn how the faithful Church members acted during their time of persecution and affliction.

2. Based on your study of Helaman 3:35, answer the following questions in your scripture study journal:

a. Did the faith of the humble Church members increase or decrease during their time of affliction?

b. What did the humble Church members do that strengthened their faith?

c. What blessings did these Church members receive?

By studying Helaman 3:33–35, we can learn that each individual determines how persecution and affliction will affect him or her. Finish this statement based on what you learned from these verses: **Despite persecution and trial, our faith in Jesus Christ can increase as we** _____. (There are a number of ways to complete this sentence.) You may want to write your sentence in your scriptures next to Helaman 3:33–35.

3. To help you better understand the teachings of these verses, answer two or all of the following questions in your scripture study journal:

a. How has prayer or fasting helped you in a time of persecution or trial?

b. What do you think it means to yield your heart unto God?

c. When has your faith in Jesus Christ increased during a time of persecution or trial?

Read Helaman 3:36–37, and identify the spiritual state of most of the Nephites at the time when Helaman died.

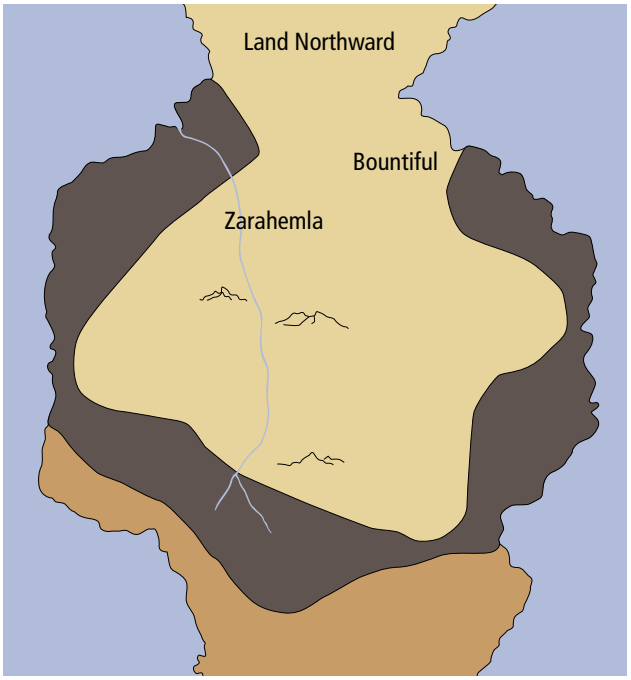
Helaman 4

The Spirit of the Lord withdraws from the Nephites, and the Lamanites conquer all of the Nephites' southern lands

As recorded in Helaman 4, after Helaman died, the pride and contention among the Nephites caused many Nephites to join the Lamanites. The Lamanites fought a battle against the Nephites. Read Helaman 4:4–8, and mark on the map the territory you think the Lamanites conquered.

4. Divide a page in your scripture study journal in half by drawing a vertical line down the middle of the page. On the top of one side of the page write: *Phrases that show the Nephites' attitude and actions.* On the other side of the page write: *Phrases that show what happened because of these actions.* Read Helaman 4:11–13, 21–26, and write at least three phrases under each heading.

One of the important principles we learn from Helaman 4 is this: **Pride and wickedness separate us from the Spirit of the Lord and leave us to our own strength.** You may want to write this principle in your scriptures next to Helaman 4:23–25.



In the Nephites' experience, being left to their own strength usually meant losing battles and their lands (see Helaman 4:25–26). In our lives, being left to our own strength can mean losing the companionship of the Spirit.

5. Think about what "battles" you face in your life, and write about one or more of them in your scripture study journal. Write at least one thing you can do to maintain the companionship of the Spirit in your life. Also write your feelings about the importance of having the Spirit in your life to help you face your life's battles with the strength of the Lord.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 3–4 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 22: DAY 3

Helaman 5

Introduction

The Nephites continued in wickedness until the majority of them chose evil rather than righteousness. Inspired by the words of their father, Nephi and Lehi devoted themselves to preaching the gospel.

Their father, Helaman, had taught them about the importance of building their lives on the foundation of the Savior. After teaching the Nephites, Lehi and Nephi preached to the Lamanites and were thrown into prison. After the Lord miraculously delivered Nephi and Lehi from prison, the majority of the Lamanites converted to the gospel.

Helaman 5:1–13

Helaman taught his sons Nephi and Lehi to remember the commandments of God and Jesus Christ's power to help them

Read the following six words and phrases. To help you complete the next activity, try to remember each one of them. You will be asked to write them from memory in your scripture study journal: *family, parents, the Atonement of Jesus Christ, prophets, repentance leads to salvation, keep the commandments.*

1. Close your manual, and write these six words or phrases in your scripture study journal from memory.

Check your answers. Think for a moment if it was easy or hard to remember the phrases. Do you think it made a difference that you were told that you would be asked to write the items from memory?



Read the following statement from President Spencer W. Kimball and think about why *remember* is such an important word when we are trying to live the gospel: "When you look in the dictionary for the most important word, do you know what it is? It could be *remember.* Because all of you have made covenants—you know what to do and you know how to do it—our greatest need is to remember" ("Circles of Exaltation" [address to Church Educational System religious educators, June 28, 1968], 5).

Today you will study about two people who made a difference in the lives of thousands of people because they remembered truths they had been taught by their father. During the course of today's lesson, ponder what you think the Lord wants you to remember.

As explained in Helaman 5:1–4, Nephi resigned as chief judge because the people had become very wicked. He and his brother Lehi wanted to devote all of their time to preaching the word of God. As they began their ministry, they remembered the teachings of their father, Helaman. Read the following verses and summarize in the blanks provided what Helaman asked his sons to remember. You may also want to mark the word *remember* each time it appears in these verses.

- Helaman 5:5–7 _____
- Helaman 5:9–11 _____
- Helaman 5:12 _____

2. To help you better understand what you just read, answer the following questions in your scripture study journal:

a. How can remembering the righteous examples of others help you choose to "do that which is good"? (Helaman 5:7).

b. What do you do to remember the Atonement of Jesus Christ?

Reread Helaman 5:12, looking for phrases that support this principle: **If we build our foundation on Jesus Christ, Satan will have no power over us.** (Helaman 5:12 is a scripture mastery verse. You may want to mark it in a distinctive way so you can locate it in the future.)



Imagine that you were asked to design a building that would never fall. Think about the answers to the following questions:

- What kind of foundation would such a building need to have?
- How does a strong foundation help a building withstand weather, natural disasters, or other difficult circumstances?
- What words or phrases in Helaman 5:12 suggest that building upon the foundation of Jesus Christ, our Redeemer, will not prevent attacks of the adversary but will give you strength to overcome them?

3. Write answers to the following questions in your scripture study journal:

a. What do you think it means to build the foundation of your life on the rock of Jesus Christ? How are you striving to do this in your life?

b. When have you been able to withstand temptation or trial because the foundation of your life was Jesus Christ?

c. How can you improve in making the Savior the foundation of your life?

Helaman 5:14–52

The Lord protects Nephi and Lehi in prison and disperses darkness from their captors when they cry to Him and repent

As recorded in Helaman 5:14–19, Nephi and Lehi preached the gospel with great power in the land of Zarahemla and baptized thousands of people there. Then they traveled to the land of Nephi, which was the land of the Lamanites. The following activity is designed to help you understand the remarkable experiences of Nephi and Lehi among the Lamanites.

4. Draw the following chart on an entire page in your scripture study journal. Then read the verses in each box and draw a simple picture or write a brief summary of what each group of verses describes.

Nephi and Lehi among the Lamanites		
Helaman 5:20–21	Helaman 5:22–25	Helaman 5:26–28
Helaman 5:29–34	Helaman 5:35–39	Helaman 5:40–44

In this experience the cloud of darkness can represent sin and the pillar of fire encircling each person can represent the Holy Ghost.

Review verses 28 and 34, and write how the people felt when they were in the cloud of darkness: _____

_____

Review verses 43 and 44, and write how the people felt when they were encircled by the pillar of fire: _____

_____

Review verses 41 and 42, and write what the people did to remove the cloud of darkness, or in other words, to repent of their sins: _____

_____

Read Helaman 5:45–47, and ponder what truths you learn about repentance from this experience. One principle is: **When we exercise faith in Jesus Christ and repent of our sins, the Holy Ghost fills our hearts with peace and joy.**

In Helaman 5:48–52 we learn that about 300 Lamanites were part of this miracle and were completely converted to the gospel. They went forth and ministered to their people until "the more part of the Lamanites" were also converted (Helaman 5:50). These converts then laid "down their weapons of war" (Helaman 5:51) and "did yield up unto the Nephites the lands of their possession" (Helaman 5:52). In most cases in the Book of Mormon, people regained their lands through war, but in this case the Nephites regained their lands because their enemies repented and accepted the gospel.

5. Think about whether you are feeling peace and joy in your life. Think about any clouds of darkness that may be in your life, such as unrepented sin, contention with family members or friends, or just failing to do things such as reading the scriptures and praying regularly. Write one or more of these in your scripture study journal. Ponder what you can do to follow the example of the Lamanites in Helaman 5, and write what you can do to invite the Savior to dispel clouds of darkness that may be over you. How might repentance be part of the solution you are looking for? How will repentance help you build on the foundation of Jesus Christ?

Scripture Mastery—Helaman 5:12

Read Helaman 5:12, and identify words that suggest visual images to you (for example, *rock, foundation, wind, hail, storm*). To help you memorize this verse, take a piece of paper and write on it the first letter of each word in the verse, unless a word suggests a visual image. Then, in place of a letter, draw a simple picture representing that word. Practice reciting the verse using only your piece of paper. Place your paper somewhere you will see it often to help you remember the truths in this verse.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 5 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 22: DAY 4

Helaman 6–9

Introduction

Following the missionary efforts of Nephi and Lehi, the Lamanites increased in their righteousness. Unfortunately, during this same time the Nephites became wicked and supported the Gadianton robbers, resulting in the Spirit of the Lord being withdrawn from them. The prophet Nephi prophesied that if the Nephites continued to live in wickedness, they would perish. In response, corrupt judges stirred many of the people up to anger against Nephi, while some people boldly defended the prophet. As a testament that his words would be fulfilled, Nephi revealed that the chief judge had been murdered by his brother. When Nephi's words were verified, some of the people accepted him as a prophet.

Helaman 6

The Lamanites become righteous and fight against the Gadianton robbers, while the Nephites support the secret combinations

1. Draw the following in your scripture study journal, leaving room to write above and below the diagram:



The influence of the Spirit in our lives

As you have studied the book of Helaman, you have seen that the Nephites made choices that led the Spirit of the Lord to withdraw from their lives, while the Lamanites made choices that invited the Spirit to increase in their lives. Read Helaman 6:1–5, 16–17, 34–36; look for what the Lamanites did that caused the Spirit of the Lord to increase; and write them above the top arrow. In the same verses, look for what the Nephites did that caused the Spirit of the Lord to decrease, and write them below the bottom arrow.

An important principle we can learn from the Nephites and Lamanites is: **As we believe in and obey the Lord's words, He will pour out His Spirit upon us.** The opposite of this principle is also true: **If we are not willing to believe and obey the Lord's words, the Spirit of the Lord will withdraw from us.**

Look at what you have written on the diagram in your scripture study journal. Think about how those actions on the top half are examples of being willing to believe and obey the Lord's words, while those on the bottom are examples of being hardhearted and unwilling to listen to the Lord.

2. Answer the following questions in your scripture study journal:

a. Choose one of the positive actions (on the top half of your diagram) that you are doing or have done in your life. How has this action invited the Holy Spirit into your life?

b. Look at the actions on the bottom half of your diagram. Why do you want to avoid doing these things?

Choose one thing you can do to invite the Spirit of the Lord to increase in your life, and strive to work on that in the coming week.

Helaman 7

Nephi preaches to the wicked Nephites and commands them to repent

The prophet Nephi served as a missionary in the land northward for six years. He returned to his own home after trying to teach the Nephites, who had rejected his words and remained in their wicked state. He was very discouraged. Read Helaman 7:6–11 to learn what Nephi did.

After the people gathered to hear Nephi praying upon the tower in his garden, Nephi began teaching them (see Helaman 7:12–29). He warned them of the consequences of their decisions and emphasized this principle: **If we refuse to repent of our sins, we will lose the Lord's protection and the blessings of eternal life.**

Helaman 8:1–26

Corrupt judges stir up the people to anger against Nephi

What are some influences that distract you from listening to the words of the prophets? As you study Helaman 8, look for insights into what you should do when faced with such influences.

Read Helaman 8:1–6, looking for how the Nephite judges (who were also Gadianton robbers) reacted to Nephi's teaching. As you read, ponder the following

questions: What was the judges' main message to the people? According to Helaman 8:4, why wouldn't the judges seize Nephi?

Think about what you would do if someone tried to persuade you to disregard what prophets have taught. In Helaman 8, some people spoke out against what the judges were saying about Nephi. Read Helaman 8:7–9, and consider highlighting what the people said to support Nephi.

Look at Helaman 8:10, and note the effect their words had on the situation. You may want to write the following principle next to Helaman 8:7–10: **If we resist evil, we can prevent it from progressing.**



3. In your scripture study journal, write a short paragraph explaining why you think the principle stated above is important in our day.



4. Answer one or more of the following questions in your scripture study journal:

a. How can you resist influences that try to persuade you to ignore or resist the prophet's teachings?

b. What might be appropriate ways to speak out against such influences and support the Lord's prophets?

c. When have you or someone you know stood up against such influences? What were the results?

As recorded in Helaman 8:11–23, Nephi reminded the people of prophet after prophet who had testified of Jesus Christ. He taught the Nephites this principle: **As we exercise faith in Jesus Christ and are obedient, we will receive eternal life.** Despite the multitude of prophets whose teachings confirmed Nephi's words, the people rejected Nephi and his message. Read Helaman 8:24–26, and identify the consequences the Nephites faced if they continued to reject the testimonies of prophets. Then ponder the following question: Why do you think those who consistently deny the truth and rebel against God face such serious consequences?

Helaman 8:27–9:41

Nephi reveals that the chief judge was murdered by his brother

As proof that the people were in a sinful state and that what he told them about their destruction would be fulfilled, Nephi revealed that the Nephites' chief judge had been murdered. Nephi also declared that both the murdered man and his brother were members of the Gadianton robbers. (See Helaman 8:27–28.)



5. In your scripture study journal, write the following principle: ***The words of the prophets will be fulfilled.*** Imagine you are a detective investigating the murder of the chief judge. Find the answers to the following questions by reading the verses in parentheses. Write your answers in your scripture study journal.

Day One of the Investigation:

a. When five people investigated Nephi's claims, what did they find? Why did they fall to the ground? (Helaman 9:1–5)

b. Who did the people suspect were the murderers? (Helaman 9:7–8)

Day Two of the Investigation:

c. Who was proven innocent? (Helaman 9:10–14, 18)

d. Who was accused? (Helaman 9:16, 19)

e. What evidence of his innocence did Nephi give? (Helaman 9:25–36)

f. Who was the murderer? (Helaman 9:37–38)

Consider marking the answers to the following questions in your scriptures:

- According to Helaman 9:5, what did the five men who discovered the murdered chief judge believe and fear?
- According to Helaman 9:36, what did Nephi say that Seantum would testify of as he confessed to murdering his brother?
- According to Helaman 9:39–41, why did some people believe Nephi?



6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 6–9 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 23: DAY 1

Helaman 10

Introduction

After the trial concluded for the murder of the chief judge (see Helaman 7–9), Nephi began to return to his own house. He pondered what the Lord had shown him and also worried about the wickedness of the people. In Nephi's moment of discouragement, the Lord spoke to him and blessed him forever with the sealing power. The Lord commanded Nephi to continue preaching repentance to the people, a command that Nephi immediately obeyed.

Creating a Learning Environment

An ideal gospel learning setting consists of order, reverence, and a feeling of peace. Try to remove interruptions that may distract your studying and pondering of the scriptures. President Boyd K. Packer, President of the Quorum of the Twelve Apostles, taught that "inspiration comes more easily in peaceful settings" and that "reverence invites revelation" ("Reverence Invites Revelation," *Ensign*, Nov. 1991, 21–22).

Helaman 10:1–11

Nephi receives the sealing power

Think of a time when you tried your best to do what was right but the reaction you received from others or the results you achieved were different than you expected. In Helaman 10 you will read about how the Lord blessed Nephi as he continued to be faithful in difficult circumstances.

After being cleared of the murder of the chief judge, Nephi found that the people did not respond in faith and repent after they witnessed the dramatic events covered in Helaman 9. Nephi started to return home feeling discouraged. Read Helaman 10:1–3, and look for what Nephi pondered as he walked home. You may want to mark each time the word *pondering* is mentioned in these verses. Pondering means to meditate and think deeply, often upon the scriptures or other things of God. When combined with prayer, pondering the things of God may bring revelation and increased understanding.

Think about the following questions:

- What was Nephi pondering about?
- Why was he feeling "cast down," or sad?
- What happened as he was pondering?

A principle shown in Helaman 10:1–3 is: **Pondering the things of the Lord prepares us to receive revelation.** Other examples in the scriptures also illustrate this principle: Nephi pondered on things his father, Lehi, had taught and learned of their truthfulness (see 1 Nephi 10:17; 11:1); young Joseph Smith "reflected . . . again and again" on James 1:5 and had truth revealed to him (see Joseph Smith—History 1:11–19); and President Joseph F. Smith pondered and reflected on scriptures dealing with the redemption of the dead and had truth revealed to him (see D&C 138:1–6, 11).

Most revelation people receive when pondering the things of the Lord, however, does not come through hearing voices, seeing visions, or other such dramatic ways. Elder David A. Bednar of the Quorum of the Twelve Apostles explained:



"Revelations are conveyed in a variety of ways, including, for example, dreams, visions, conversations with heavenly messengers, and inspiration. Some revelations are received immediately and intensely; some are recognized gradually and subtly. . . .

". . . Most frequently, revelation comes in small increments over time and is granted according to our desire, worthiness, and preparation. Such communications from Heavenly Father gradually and gently 'distil upon [our souls] as the dews from heaven' (D&C 121:45). This pattern of revelation tends to be more common than rare and is evident in the experiences of Nephi as he tried several different approaches before successfully obtaining the plates of brass from Laban (see 1 Nephi 3–4). . . .

". . . The fundamental truths of the restored gospel were not delivered to the Prophet Joseph Smith all at once in the Sacred Grove. These priceless treasures were revealed as circumstances warranted and as the timing was right.

"President Joseph F. Smith explained how this pattern of revelation occurred in his life: 'As a boy . . . I would frequently . . . ask the Lord to show me some marvelous thing, in order that I might receive a testimony. But the Lord withheld marvels from me, and showed me the truth, line upon line . . . , until He made me to know the truth from the crown of my head to the soles of my feet, and until doubt and fear had been absolutely purged from me. . . .' (in Conference Report, Apr. 1900, 40–41).

"We as members of the Church tend to emphasize marvelous and dramatic spiritual manifestations so much that we may fail to appreciate and may even overlook the customary pattern by which the Holy Ghost accomplishes His work" ("The Spirit of Revelation," *Ensign* or *Liahona,* May 2011, 88).

1. Write in your scripture study journal about a time you feel you received personal revelation. What were the circumstances that brought about the revelation? How did pondering help you receive revelation? (Remember that revelation can come in many ways. It may involve sudden or gradual moments of enlightenment and understanding or feelings of peace and assurance.)



Set aside time to ponder regularly in your life, such as during church meetings, before and after personal prayers and scripture study, after watching or listening to general conference, while fasting, or while honoring the Sabbath.

Imagine you had something that was of great worth to you and you needed to leave it in someone else's care. Who would you trust to take care of it? Why would you choose that individual? What has that person done to earn your trust?

Read Helaman 10:4–5, and look for why the Lord trusted Nephi. *Unwearyingness* means "never tiring."

Ponder the examples of people you know who seem to serve the Lord with unwearyingness no matter what the circumstances may be.

The Lord's response to Nephi in Helaman 10:4 teaches the principle: **The Lord entrusts us with blessings and responsibilities when we put His will before our own.**

2. Respond to one or more of the following questions in your scripture study journal:

a. In what ways do you come to know what the Lord's will is concerning your life?

b. What have you done in your life recently to show the Lord that His will is more important than your own will and that it is what you want to follow at all times?

c. What is one area of your life in which you could better seek and follow the Lord's will instead of your own?

Read Helaman 10:5–7, and identify the blessings and promises the Lord gave to Nephi for being trustworthy. Write the blessings and promises next to the corresponding verse:

Verse 5: _____

_____

Verse 6: _____

_____

Verse 7: _____

_____

The blessing identified in Helaman 10:7 is a central doctrine of the gospel of Jesus Christ: **The sealing power binds and looses on earth and in heaven.** Do you know of other people in the scriptures who were given this sealing power? You may want to cross-reference Helaman 10:7 with the following scriptures: 1 Kings 17 (Elijah); Matthew 16:15–19 (Peter); Doctrine and Covenants 132:46 (Joseph Smith).

Read Doctrine and Covenants 128:9, and identify what the Prophet Joseph Smith taught about the sealing power.

The same keys of the sealing power are held today by the President of The Church of Jesus Christ of Latter-day Saints. Just as the Lord was able to trust Nephi, the Lord also knows the President of the Church will not use this power in any way contrary to His will. This sealing authority is delegated to other worthy priesthood holders around the world, enabling priesthood ordinances to be binding on earth and in heaven.



Think about the following statement by Elder Bruce R. McConkie of the Quorum of the Twelve Apostles regarding the importance of this sealing power:



"All things that are not sealed by this power have an end when men are dead. Unless a baptism has this enduring seal, it will not admit a person to the celestial kingdom; unless an eternal marriage covenant is sealed by this authority, it will not take the participating parties to an exaltation in the highest heaven within the celestial world.

"All things gain an enduring force and validity because of the sealing power" (*Mormon Doctrine,* 2nd ed. [1966], 683).

3. Answer the following questions in your scripture study journal:

a. According to Elder McConkie, what happens if an ordinance is not sealed by the proper authority?

b. How has the sealing power impacted your life, and how would you like it to bless your life in the future?

Read the following affirmation by Elder Russell M. Nelson of the Quorum of the Twelve Apostles that God's sealing power has been restored: "Temples, ordinances, covenants, endowments, and sealings have been restored, precisely as prophesied. Ordinances of the temple provide for reconciliation with the Lord and seal families together forever. Obedience to the sacred covenants made in temples qualifies us for eternal life—the greatest gift of God to man" ("Prepare for the Blessings of the Temple," *Ensign,* Oct. 2010, 42).

According to Elder Nelson, what qualifies us to receive the promised blessings of the sealing power?

Helaman 10:12–19

Nephi obeys the Lord's command to preach repentance unto the people

Have you ever been asked to do something by a parent, employer, or leader and delayed doing it or failed to do what was asked? Consider what message you send when you delay acting on what is asked of you.

Read Helaman 10:11–12, and look for how Nephi responded to the Lord's command for him to preach repentance to the people. What do we show the Lord when we respond immediately and quickly to His counsel and commandments?

4. Read Helaman 10:13–18. Then, in your scripture study journal, write a few sentences about what you learn from Nephi's example of responding to the Lord's commandment. Write one way you can apply this in your life.

Nephi's faithfulness showed that the Lord could trust him, and he was blessed with great power and protection.

Scripture Mastery Review

For a scripture mastery review, read 1 Nephi 3:7; 2 Nephi 2:27; 2 Nephi 31:19–20; and Mosiah 2:17. Consider how these scripture mastery verses apply to Nephi and his ministry in Helaman 10.

Seek for ways to put the Lord's will before your own and to quickly obey. As you faithfully serve the Lord as Nephi did, He will trust and bless you.

5. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 10 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 23: DAY 2

Helaman 11–12

Introduction

Helaman 11–12 covers 14 years of Nephite history and shows the people going through a cycle of righteousness and wickedness. Because of their pride, the people refused to repent of their wickedness. Nephi sealed the heavens, causing a drought and famine. The drought and famine humbled the people, and they repented and turned to the Lord. Because they did not choose to be humble, the people began to easily forget the Lord their God until they were brought to a realization of how much they needed His help. In His mercy, God chastens His people to bring them unto repentance and salvation.

Helaman 11

The Nephites pass through a cycle of righteousness and wickedness

1. Draw the following cycle of righteousness and wickedness in your scripture study journal. This cycle is often referred to as the "pride cycle." Notice that element number 4 of the cycle is missing from the diagram. What do you think it would take to raise a people from destruction and suffering to righteousness and prosperity? As you study Helaman 11, watch for information to help you fill in this step in the cycle.



As you read in Helaman 10, the people would not listen to the word of God delivered by the prophet Nephi. Review Helaman 10:18, and identify where you think the Nephites were on the pride cycle at that time (the end of the 71st year of the reign of the judges).

The following scripture activity will help you see this cycle of righteousness and wickedness among the Book of Mormon people throughout 14 years of their history. In the following chart, read the scripture references from Helaman 11, write a brief description of the Nephites' condition, and write in the numbers showing where you would place them on the pride cycle. Two examples are provided for you. Watch for words to help you fill in the missing fourth step on the cycle you drew in your scripture study journal.

Year of the Reign of Judges	Helaman 11	A Brief Description of the Nephites' Condition	Position on the Cycle
72–73	verses 1–2	Contention and wars increased; the secret band of robbers carried on the work of destruction.	2, 3
73–75	verses 3–6		
75	verses 7, 9–12		

Year of the Reign of Judges	Helaman 11	A Brief Description of the Nephites' Condition	Position on the Cycle
76–77	verses 17–18, 20–21	The people rejoiced and glorified God; they were righteous and prospered again.	4, 1
78–79	verses 22–23		
80	verses 24–26		
80–81	verses 27–30, 32–35		
82–85	verses 36–37		

As shown in the scripture activity, element 4 in the pride cycle is "humility and repentance." Write this in the chart in your scripture study journal.

2. The pride cycle is not only a reflection of a society. It can also be seen in a family or in an individual's life. Understanding how it works can help us avoid it. Write in your scripture study journal what you think is necessary for you to avoid entering into the "pride and wickedness" or the "destruction and suffering" phases of the cycle.

You may want to write the following principle in your scriptures in Helaman 11: **Through humility and repentance, we can avoid pride and destruction.** You may want to mark in Helaman 11:4 what Nephi hoped the famine would do for his people.

Think about answers to the following questions:

- Does a society, family, or individual need to follow the pride cycle?
- What do you think a society, family, or individual needs to do to avoid getting caught in the pride cycle?

Elder Richard G. Scott of the Quorum of the Twelve Apostles said the following concerning Nephi's prayer: "The Lord heard His servant's supplication [in Helaman 11:10–14] and caused the famine to cease, but not until the following year. This event illustrates that the Lord hears our pleas immediately but then answers when, in His wisdom, we will benefit the most from His response" ("Nephi, Son of Helaman," in *Heroes from the Book of Mormon* [1995,] 154.)

President Ezra Taft Benson taught about what we can do to avoid getting caught up in the pride cycle:



"God will have a humble people. Either we can choose to be humble or we can be compelled to be humble. Alma said, 'Blessed are they who humble themselves without being compelled to be humble.' (Alma 32:16.)

"Let us choose to be humble.

"We can choose to humble ourselves by conquering enmity [hatred] toward our brothers and sisters, esteeming them as ourselves, and lifting them as high or higher than we are. . . .

"We can choose to humble ourselves by receiving counsel and chastisement. . . .

"We can choose to humble ourselves by forgiving those who have offended us. . . .

"We can choose to humble ourselves by rendering selfless service. . . .

"We can choose to humble ourselves by going on missions and preaching the word that can humble others. . . .

"We can choose to humble ourselves by getting to the temple more frequently.

"We can choose to humble ourselves by confessing and forsaking our sins and being born of God. . . .

"We can choose to humble ourselves by loving God, submitting our will to His, and putting Him first in our lives. . . .

"Let us choose to be humble. We can do it. I know we can" ("Beware of Pride," *Ensign,* May 1989, 6–7).

Helaman 12

Mormon explains why the Lord chastens people

Imagine you were the prophet Mormon and had finished writing about the 14 years of Nephite history found in Helaman 11. How would you complete the following statement: "And thus we can behold _____ _____."

Read Helaman 12:1, and identify what Mormon wanted us to see. Think about what Mormon may have meant by "the unsteadiness of the hearts of the children of men."

Study Helaman 12:2–3, and identify other lessons Mormon wanted us to learn. Pay close attention to the phrases "we may see" (verse 2) and "thus we see" (verse 3).

3. Answer the following questions in your scripture study journal:

a. Why do you think it is so easy for those who are prospering to forget the Lord?

b. What examples of ease and prosperity in our day might lead a person to forget God?

c. What situations are you aware of where a person or group has forgotten the Lord in their prosperity?

Some of the lessons Mormon wanted his readers to learn are: **If we are not careful, our prosperity can lead us to forget the Lord,** and **the Lord chastens His people to stir them up in remembrance of Him.**



Elder D. Todd Christofferson of the Quorum of the Twelve Apostles taught about why the Lord chastens us:

"Though it is difficult to endure, truly we ought to rejoice that God considers us worth the time and trouble to correct.

"Divine chastening has at least three purposes: (1) to persuade us to repent, (2) to refine and sanctify us, and (3) at times to redirect our course in life to what God knows is a better path" ("As Many as I Love, I Rebuke and Chasten," *Ensign* or *Liahona,* May 2011, 98).

Which of those purposes do you feel reflect the Lord's intention in chastening the Nephites and Lamanites in Helaman 11–12? For which purposes has He used chastening in your life?

4. Answer the following questions in your scripture study journal:

a. Read Helaman 12:4–6, and look for additional descriptions of those who forget God. What are personal attitudes that prevent individuals from remembering God?

b. Read Helaman 12:7–13. Why did Mormon say "the children of men . . . are less than the dust of the earth"? What does the dust do that people are sometimes unwilling to do?





President Joseph Fielding Smith taught: "Now this prophet [Mormon] did not mean to say that the Lord has greater concern for and loves the dust of the earth more than he does his children. . . . The point he is making is that the dust of the earth is obedient. It moveth hither and thither at the command of the Lord. All things are in harmony with his laws. Everything in the universe obeys the law given unto it, so far as I know, except man. Everywhere you look you find law and order, the elements obeying the law given to them, true to their calling. But man rebels, and in this thing man is less than the dust of the earth because he rejects the counsels of the Lord" (in Conference Report, Apr. 1929, 55).

Mormon understood that people who would have God be their guide are greater than the dust of the earth. His comparison was to draw attention to those who are prideful and reject the Lord's voice and who have unsteady hearts. As recorded in Helaman 12:9–20, Mormon reminded us of the Lord's great power over physical elements—they all move at His command. Take a moment to ponder your own degree of obedience to the Lord's commandments. How does your willingness to obey His commandments demonstrate humility? How does using our agency to disobey His words demonstrate pride?

5. Write and finish the following phrases in your scripture study journal:

a. *And thus I saw in Helaman 11–12 . . .*

b. *Therefore, I will . . .*

As we remember the Lord, hearken to His voice, and repent, we show our humility and our faith in Him. In turn, He keeps His promise to bless and prosper us, eventually granting us eternal life.

6. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 11–12 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 23: DAY 3

Helaman 13–14

Introduction

A few years before the Savior's birth, the Lord sent a Lamanite prophet named Samuel to preach repentance to the Nephites at Zarahemla. The prophet Samuel was a second witness of Jesus Christ, along with the prophet Nephi. He forewarned the Nephites of their destruction if they did not repent. Samuel confronted them about their tendency to reject the prophets and their disposition to seek happiness in doing iniquity. He announced the signs that would mark the birth and death of Jesus Christ. He also taught that all mankind, through the redemption of Jesus Christ, will be brought back into God's presence for judgment.

Helaman 13

Samuel warns the Nephites of their destruction if they do not repent

When you have done something wrong and needed to be corrected by a parent or other leader, how did you respond?

The account of a prophet calling a people to repentance recorded in Helaman 13–16 is unique because it is the first instance in the Book of Mormon of a Lamanite prophet calling Nephites to repentance.



Read Helaman 13:1–8, 11 to understand why Samuel preached to the Nephites and what the Lord directed him to say. These verses illustrate the principle: **Prophets receive and speak the messages God puts into their hearts.** What message did God put into Samuel's heart? According to Helaman 13:7, what effect did Samuel hope his message would have on the Nephites?

1. In your scripture study journal, write about a time when you felt that a parent or Church leader was inspired to give a particular message. How did that message affect you?

In the spaces provided, write answers to the questions in the following charts as you study Helaman 13:17–23 and Helaman 13:24–30.

HELAMAN 13:17–23 Principle: **When we do not remember the Lord, we are more susceptible to pride and iniquity.**
Which verses do you feel teach the above principle?
What curse did Samuel say would come upon the Nephites?
According to Samuel, what were the Nephites not doing when they set their hearts upon their riches?
What are ways youth today might set their hearts upon riches—possessions, practices, and desires—that can lead to pride and iniquity?
Why do you think it is essential to "remember the Lord your God in the things with which he hath blessed you"? (verse 22).
HELAMAN 13:24–30 Principle: **If we reject the words of the Lord's prophets, we will experience regret and sorrow.**
Which verses do you feel teach the above principle?
What excuses did Samuel say the Nephites used for rejecting the Lord's prophets?
Why do you think people often accept false prophets in the way Samuel described?
Answer the next two questions by studying the most recent general conference talks in the *Ensign* or *Liahona:*
What are some of the specific teachings of our living prophets and apostles?
What are some specific problems prophets and apostles have warned us to avoid?

Review Helaman 13:26–28, looking for how the Nephites had been responding to false prophets. President Ezra Taft Benson declared: "How we respond to the words of a living prophet when he tells us what we need to know, but would rather not hear, is a test of our faithfulness" (*The Teachings of Ezra Taft Benson* [1988], 140).

2. Answer the following questions in your scripture study journal:

a. What is an example of prophetic counsel you have chosen to obey?

b. How have you been blessed for following this counsel?

c. How can you improve in following the counsel of living prophets?

Samuel prophesied that the Nephites would be destroyed in 400 years if they did not repent (see Helaman 13:9–10), and he taught that the only reason they had not been destroyed already was because of the righteous people who lived among them (see Helaman 13:12–14).

Read Helaman 13:38 to discover how so many Nephites in Samuel's day had become so wicked.

Samuel declared that we cannot obtain happiness in doing iniquity, which helps us understand that **true happiness comes only as we keep the commandments of God.** Which scripture mastery passage also teaches this truth? (See footnote *c* for Helaman 13:38.)



President Ezra Taft Benson helped us understand this principle when he said: "There is an old saying that states: It is better to prepare and prevent than it is to repair and repent. How true that is. . . . The first line of defense in keeping ourselves morally clean is to prepare ourselves to resist temptation and prevent ourselves from falling into sin" ("The Law of Chastity," in *Brigham Young University 1987–88 Devotional and Fireside Speeches* [1988], 51; speeches.byu.edu).

Samuel taught that the Nephites' decision to delay repentance would result in their misery and destruction. Other accounts in the Book of Mormon teach that individuals can persist in rebellion and wickedness until the spirit of repentance may leave them. For example, Laman and Lemuel would not hearken unto God and became "past feeling" (1 Nephi 17:45). Such examples demonstrate why it is so important for us not to procrastinate our repentance. Through repentance you can make things right and prevent sin and temptation from overcoming your desire to follow God.

Read the following statement by President Dieter F. Uchtdorf of the First Presidency to better understand that you can regain a correct course in life if you take a wrong course:



"During my training to become an airline captain, I had to learn how to navigate an airplane over long distances. Flights over huge oceans, crossing extensive deserts, and connecting continents need careful planning to ensure a safe arrival at the planned destination. Some of these nonstop flights can last up to 14 hours and cover almost 9,000 miles.

"There is an important decision point during such long flights commonly known as the *point of safe return.* Up to this point the aircraft has enough fuel to turn around and return safely to the airport of departure. Having passed the point of safe return, the captain has lost this option and has to continue on. That is why this point is often referred to as the *point of no return.*

". . . Satan wants us to think that when we have sinned we have gone past a 'point of no return'—that it is too late to change our course. . . .

". . . To make us lose hope, feel miserable like himself, and believe that we are beyond forgiveness, Satan might even misuse words from the scriptures that emphasize the justice of God, in order to imply that there is no mercy. . . .

"Christ came to save us. If we have taken a wrong course, the Atonement of Jesus Christ can give us the assurance that sin is *not* a point of no return. A safe return is possible if we will follow God's plan for our salvation" ("Point of Safe Return," *Ensign* or *Liahona,* May 2007, 99).

How might President Uchtdorf's remarks give hope to those who feel they have sinned so much they have gone beyond the "point of no return"? _____

Helaman 14

Samuel prophesies of the signs of the Savior's birth and death

Think about an event that recently occurred outside your country and received worldwide attention. How do people learn about events that occur in other parts of the world, such as natural disasters and wars? Why do people want to know about events that occur in other parts of the world?

Samuel prophesied about the Savior's birth and death, events that would take place far away from Zarahemla. Study Helaman 14:3–6, and mark in your scriptures the signs that would accompany the birth of Jesus Christ. Study Helaman 14:20–27, and mark the signs that would accompany His death.

3. In your scripture study journal, write about how you think you would have responded if you were there and had heard Samuel make these prophecies. Of all the signs given, which one do you think would most impress upon you the need to repent?

These signs are both instructive and symbolic. When Jesus Christ came into the world, light increased. When He died, darkness increased. The same happens in our lives when we either allow Him to enter our hearts or prevent Him from entering.

Read Helaman 14:11–13, and identify Samuel's intent or purpose in preaching to the Nephites. You may want to number in your scriptures what Samuel wanted the Nephites to know and to do. (The phrase "through his merits" in verse 13 means through the Atonement of Jesus Christ.) From these verses we learn that **belief in Jesus Christ leads to repentance and remission of sins.**

Read Helaman 14:28–29, and look for why the Lord provides signs and wonders. One truth we learn is: **The Lord provides signs and wonders to help people believe in Him.** Ponder the signs (evidences) that you feel help you to believe in Jesus Christ.

As you learn about the signs prophesied by Samuel, it is important to remember that the Lord provides signs to help the righteous people believe and repent, while the wicked seek or demand signs for their own selfish reasons (see D&C 46:9). While the signs of the Lord's death or the signs of His Second Coming are important to know, Samuel's teachings regarding the significance of the death and Resurrection of Jesus Christ are essential to know.

Carefully read Helaman 14:15–19, and then study the diagram below.

After reading Helaman 14:15–19 and studying the diagram, consider the following points:

- Being born into mortality may be termed a spiritual death because we are separated from the presence of our Heavenly Father.
- Through His death and Resurrection, **Jesus Christ redeems all mankind from the Fall so we can return to God's presence.**
- Through the Atonement of Jesus Christ, all mankind are brought back into the presence of God to be judged.
- At the Final Judgment, people who continue to refuse to repent will experience another spiritual death—being cut off from God's presence forever.
- **Jesus Christ redeems us from a spiritual death on conditions of repentance.**

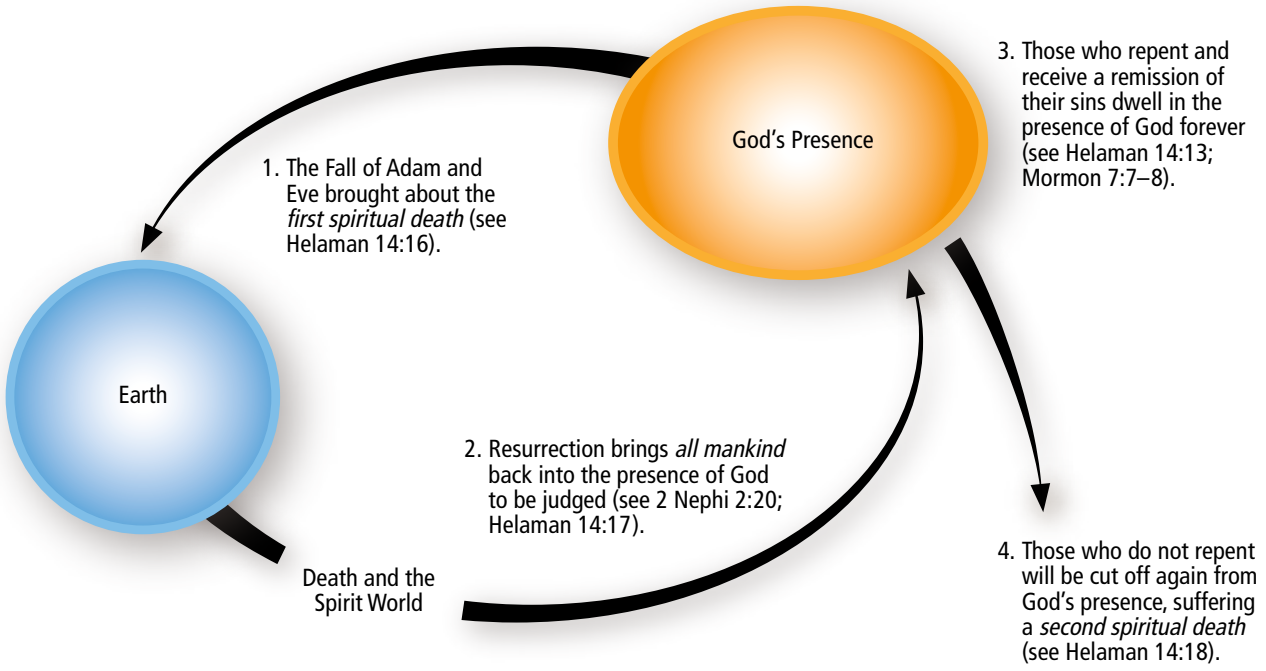
Mark phrases in Helaman 14:15–19 that correspond to the bolded doctrines you just read. Conclude by reading Helaman 14:30–31.

4. In your scripture study journal, write about how you would use Helaman 14:30–31 to explain to a friend why our choices in this life are so important.

5. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 13–14 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



UNIT 23: DAY 4

Helaman 15–16

Introduction

As Samuel the Lamanite addressed the Nephites from on top of the wall at Zarahemla, he prophesied that unless they repented, God would "utterly destroy them" (Helaman 15:17). He declared that the Lamanites had become more righteous than the Nephites and that the Lord would prolong the days of the Lamanites. Some Nephites believed Samuel's teachings and were baptized by Nephi. Others, who did not believe Samuel, attempted to kill him. He was protected by the power of God, and he returned to his own land.

Helaman 15

Samuel warns the Nephites and explains why the Lamanites became a people of promise

The following are hypothetical situations of two young men:

One young man was raised by parents who were not members of The Church of Jesus Christ of Latter-day Saints and did not emphasize the teachings of Jesus Christ. They allowed their teenage son to drink alcohol, a practice that he continued in college. He later met some Latter-day Saint missionaries. After meeting with the missionaries a few times, he pledged to give up alcohol. A few days later he was with a group of friends. They offered him an alcoholic drink.

Another young man was raised in a Latter-day Saint family. His parents held family home evening and family scripture study regularly. He developed a habit of daily scripture study and personal prayer. He attended Primary, served in Aaronic Priesthood quorums, and graduated from seminary. He knew and understood the gospel of Jesus Christ and God's commandments. While attending college he developed new friendships. One night some friends offered him an alcoholic drink.

Consider the level of spiritual strength that might be expected from each of these two young men in their situations and how it compares with the Lamanites and the Nephites you study about in Helaman 15.

1. Answer the following questions in your scripture study journal:

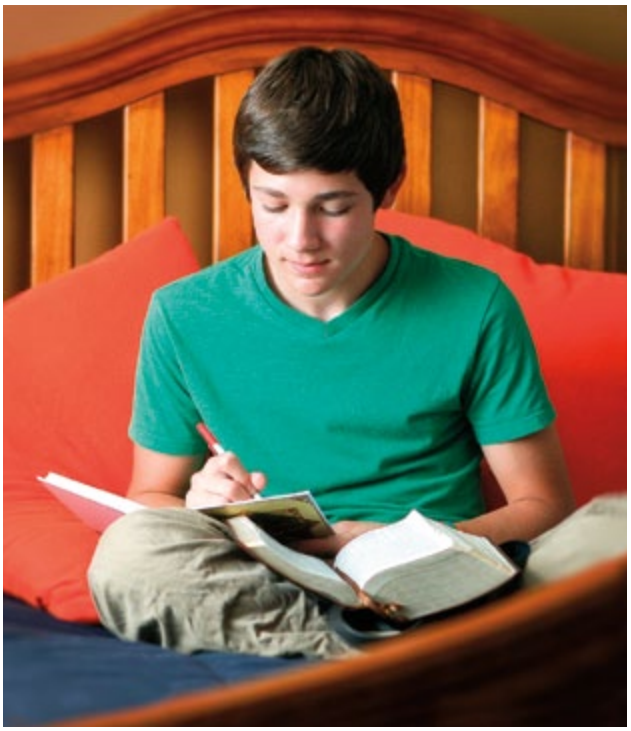
a. According to Helaman 15:3, 17, what was the spiritual condition of the Nephites?

b. According to Helaman 15:4–8, what was the spiritual condition of the Lamanites? (The word *circumspectly* in Helaman 15:5 means "cautiously" or "watchfully.")

Although the Lamanites had a long history of wickedness "because of the iniquity of the tradition of their fathers," as they came to a knowledge of the truth, they repented and became "firm and steadfast in the faith" (Helaman 15:4, 7). The Nephites, in contrast, became full of pride and rejected the truths of the gospel.

Carefully read Helaman 15:7–8, and fill in the blanks in the following statement: Knowledge of the truth and a belief in the holy scriptures leads to _____ and _____, which bring _____; therefore, as many as come to this are _____.

As the Lamanites learned the truth by studying and believing the scriptures, they developed faith in Jesus Christ and were led to repentance. They experienced a change of heart and became firm and steadfast in the faith.



2. Answer one or both of the following questions in your scripture study journal:

a. When has your study of the scriptures helped you make needed changes in your life?

b. How do you think a habit of faithful scripture study can help a person receive a change of heart?

Samuel's teachings help us understand the importance of staying true to the knowledge and faith that we have obtained. Read Helaman 15:14–17, and look for phrases that indicate the following gospel principle: **If people become unbelieving after having received the fulness of the gospel, they will receive greater condemnation.** You may wish to write this truth in your scriptures next to the verses. You may also want to write *D&C 82:3* as a cross-reference in the margin of your scriptures.

What application does this principle have in your life? Have there been times when you knowingly acted against what you knew to be true? What do you need to do to strengthen your faith in the Savior, repent, and be firm and steadfast in gospel truths?

Helaman 16

Those who believe Samuel are baptized; others harden their hearts

Reflect upon how you usually respond to the words of the living prophets and apostles. The Nephites were given the chance to receive the Lamanite prophet Samuel's words. Use what you learn from Helaman 16:1–7 to fill in the following chart to identify which people believed and how the Nephites responded.

Helaman 16	Did this group of Nephites believe?		How did these people respond to the prophet Samuel's words?
	Yes	No	
Verse 1			
Verse 2			
Verses 3–5			
Verses 6–7			

3. Answer the following questions in your scripture study journal:

a. Why do you think some young people might get angry and reject the counsel of the prophets today?

b. When have you seen someone choose to follow the counsel of a prophet even though others rejected it?

c. When have you chosen to follow the counsel of a prophet even though others around you rejected it?

d. What do you learn about the words of the prophets in Helaman 16:13–14?



Ponder the following statement from President Ezra Taft Benson concerning how people of the world respond to modern-day prophets: "The prophet will not necessarily be popular with the world or the worldly. As a prophet reveals the truth, it divides the people. The honest in heart heed his words, but the unrighteous either ignore the prophet or fight him. When the prophet points out the sins of the world, the worldly, rather than repent of their sins, either want to close the mouth of the prophet or else act as if the prophet didn't exist. Popularity is never a test of truth. Many a prophet has been killed or cast out. As we come closer to the Lord's second coming, you can expect that as the people of the world become more wicked, the prophet will be less popular with them" (*The Teachings of Ezra Taft Benson* [1988], 133).

Read Helaman 16:16–21 to discover how nonbelievers justified their rejection of the fulfillment of the prophecies and signs from heaven. Perhaps you could mark in your scriptures which of these excuses or arguments against the prophets you believe is most common in our day.

Read Helaman 16:23, and write in your scriptures or your scripture study journal the consequence that comes to those who reject the Lord's witnesses. Your statement could be similar to the following principle: **When we reject the Lord's witnesses, we allow Satan to get hold upon our hearts.**

Read the following statement from President Henry B. Eyring of the First Presidency, and mark any of his words that confirm what you have learned from Helaman 16: "When we reject the counsel which comes from God, we do not choose to be independent



of outside influence. We choose another influence. We reject the protection of a perfectly loving, all-powerful, all-knowing Father in Heaven, whose whole purpose, as that of His Beloved Son, is to give us eternal life, to give us all that He has, and to bring us home again in families to the arms of His love. In rejecting His counsel, we choose the influence of another power, whose purpose is to make us miserable and whose motive is hatred. We have moral agency as a gift of God. Rather than the right to choose to be free of influence, it is the inalienable right to submit ourselves to whichever of those powers we choose" ("Finding Safety in Counsel," *Ensign,* May 1997, 25).

What did President Eyring say happens when we reject God's influence in our lives? Why is it important to understand that when we reject God's influence, we come under Satan's influence?

Consider if there is any way you have hardened your heart against counsel the prophets and apostles have given. It may be helpful to review the *For the Strength of Youth* pamphlet as you think about what they teach and how you accept their counsel. Decide what you will do today to be firm and steadfast in living the gospel and in heeding the counsel of the Lord's prophets.

4. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied Helaman 15–16 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

3 Nephi

Why Study This Book?

As you study 3 Nephi, you will learn about the Savior's words and actions during His ministry among the people of the Book of Mormon. Church leaders have referred to 3 Nephi as the "fifth Gospel" of our Lord because, like the four Gospels of the New Testament, it focuses on the direct teachings and ministry of Jesus Christ (see Gordon B. Hinckley, "The Cornerstones of Our Faith," *Ensign,* Nov. 1984, 52). President Ezra Taft Benson taught that "3 Nephi contains some of the most moving and powerful passages in all scripture. It testifies of Jesus Christ, His prophets, and the doctrines of salvation" ("The Savior's Visit to America," *Ensign,* May 1987, 6). In seeing how Jesus Christ demonstrated compassion for the people "one by one" (3 Nephi 11:15; 17:21), you can better understand His concern for you as an individual. You can also learn important lessons by noting how some people prepared themselves to meet the Savior while others prevented themselves from experiencing magnificent blessings.

Who Wrote This Book?

Mormon abridged records from the large plates of Nephi to create the book of 3 Nephi. The book is named for Nephi, the son of Nephi, whose labors spanned the periods before, during, and after the Savior's appearances to the people. During the time of great wickedness that preceded Jesus Christ's visits, Nephi ministered "with power and with great authority" (3 Nephi 7:17). Yet Nephi's ministry was only a prelude to the ministry of Jesus Christ, whose words and deeds constitute the principal focus of 3 Nephi. While making his abridgment of Nephi's record, Mormon also added his own commentary and testimony to this book (see 3 Nephi 5:8–26; 26:6–12; 29–30).

When and Where Was It Written?

The original records used as sources for the book of 3 Nephi were likely written between 1 B.C. and 34 B.C. Mormon abridged those records sometime between A.D. 345 and A.D. 385. Mormon did not record where he was when he compiled this book.

UNIT 24: DAY 1

3 Nephi 1

Introduction

Before departing out of the land, the prophet Nephi (the son of Helaman) passed the records to his oldest son, Nephi. The unbelievers plotted to put the faithful to death if the prophecies concerning the birth of Jesus Christ were not fulfilled by a certain day. As Nephi pleaded with the Lord on behalf of the believers, the voice of the Lord came to him and declared that the sign of His birth would be given that night. In fulfillment of the prophecy of Samuel the Lamanite, when the sun set there was no darkness and a new star appeared. Despite Satan's continued attempts to destroy the faith of the people, "the more part of the people did believe, and were converted unto the Lord" (3 Nephi 1:22).

3 Nephi 1:1–26

The prophecies concerning Jesus Christ's birth are fulfilled, and many Nephites are converted

Think of some people in the scriptures or in Church history who have sacrificed their lives for the gospel of Jesus Christ. Why do you think they were willing to make that sacrifice?

As recorded in 3 Nephi 1, a group of faithful Nephites had to decide if they were willing to give up their lives to remain true to their beliefs. The chapter begins by explaining that Nephi gave the sacred records to his son, who was also named Nephi, and then departed out of the land (see 3 Nephi 1:1–3). It then relates the test of faith that many Nephites experienced.

Read 3 Nephi 1:4–9, and look for the challenging situation the faithful Nephites faced. How would you feel if you were Nephi and the time had arrived when the believers were about to be destroyed? Ponder for a moment why some people might struggle to remain faithful in this situation.

Read 3 Nephi 1:10–12, and look for what Nephi did in this critical moment. Read the Lord's response to Nephi in 3 Nephi 1:13–14. You may want to mark the statement in 3 Nephi 1:13 that indicates this principle: **The Lord will fulfill all the words that He has caused to be spoken by His prophets.**



1. Try to imagine what it might have been like for Nephi just after the sign of the Savior's birth was given. Write in your scripture study journal how you think you would respond if you had been there at that time. How do you think you would feel if you were Nephi and the sign had just occurred?

Putting Yourself in the Position of Those Who Wrote the Scriptures

Brigham Young once asked: "Do you read the Scriptures . . . as though you stood in the place of the men who wrote them? . . . It is your privilege to do so, that you may be as familiar with the spirit and meaning of the written word of God as you are with your daily walk and conversation" (*Teachings of Presidents of the Church: Brigham Young* [1997], 119).

Read 3 Nephi 1:4, 14–15, 19–21, and look for additional phrases that emphasize the Lord's consistency in fulfilling the words of His prophets. You may want to mark these phrases in your scriptures. As you read 3 Nephi 1:14, it may be helpful to understand that the Being who spoke fills two roles and was speaking from both perspectives: as Jehovah (who is the Father by divine investiture of authority) and as Jesus Christ, the soon-to-be mortal Son of God.

To see how prophecies of the Savior's birth were fulfilled, write the prophecy given by Samuel the Lamanite in the left column of the following chart. Then write the verse from 3 Nephi 1 and a brief description of its fulfillment in the right column.

Samuel the Lamanite's Prophecies	Fulfillment
1st prophecy (Helaman 14:3–4):	3 Nephi 1:
2nd prophecy (Helaman 14:5):	3 Nephi 1:
3rd prophecy (Helaman 14:6):	3 Nephi 1:
4th prophecy (Helaman 14:7):	3 Nephi 1:

As you read 3 Nephi 1:16–18, notice how the wicked responded when the signs occurred. You may wish to mark some of their reactions. We learn in 3 Nephi 1:18 that some of the people "began to fear because of their iniquity and their unbelief." Ponder the following question: How does sin and unbelief lead to fear?

Read 3 Nephi 1:22–23, and look for what the devil tried to do after the signs of the Lord's birth had been given. Complete the following statement to express the principle you find in verse 22: **When we face Satan's lies, we can choose to** _____ _____.

Bishop Richard C. Edgley, who served in the Presiding Bishopric, offered counsel concerning how we can respond during our own tests of faith. Mark any of his words or phrases that encourage you to choose to believe despite the doubts that Satan may tempt you with:



"Because of the conflicts and challenges we face in today's world, I wish to suggest a single choice—a choice of peace and protection and a choice that is appropriate for all. That choice is faith. Be aware that faith is not a free gift given without thought, desire, or effort. . . . The Savior said, 'Come unto me' (Matthew 11:28) and 'Knock, and it shall be [given] you' (Matthew 7:7). These are action verbs—*come, knock.* They are choices. So I say, choose faith. Choose faith over doubt, choose faith over fear, choose faith over the unknown and the unseen, and choose faith over pessimism. . . .

". . . When logic, reason, or personal intellect come into conflict with sacred teachings and doctrine, or conflicting messages assault your beliefs . . . *choose* to not cast the seed [of faith] out of your heart by unbelief. Remember, we receive not a witness until after the trial of our faith (see Ether 12:6)" ("Faith—the Choice Is Yours," *Ensign* or *Liahona,* Nov. 2010, 31–33).

2. What lies and deceptions does the devil promote today to try to harden peoples' hearts against the truth? Write in your scripture study journal what you can do to maintain your faith in Jesus Christ and His restored gospel even when the devil tries to cause you to doubt your faith.

Read 3 Nephi 1:24–25, and identify an additional challenge that some of the believers faced. Ponder what you can learn from the response of these people when they learned they were wrong.

3 Nephi 1:27–30

Nephite dissenters and some of the Lamanite youth join the Gadianton robbers

A few years after the signs of Jesus Christ's birth were given, some dissenting Nephites began to have an effect on the ability of the faithful to stand firm in the gospel. How can you stand firm in the gospel, even amid attacks against the Church in our day? Read 3 Nephi 1:27–30, and look for whether the "rising generation" of Lamanites had a positive or negative impact on the faith of others.

Notice that many of the Lamanite youth "became for themselves" (3 Nephi 1:29) and turned away from the gospel. Sister Kathleen H. Hughes, who served in the Relief Society general presidency, suggested a meaning of the phrase "they became for themselves": "[This] implies to me that they looked to themselves first and indulged desires that prophets had warned them to avoid. They yielded to Satan's enticements and allures" ("Grow Up unto the Lord," *Ensign,* Feb. 2010, 18).

You may wish to write the following principle in your scriptures next to 3 Nephi 1:29–30 or in your scripture study journal: **If we give in to temptation, our example can have a negative impact on the faith and righteousness of others.**

3. To help you understand how this principle relates to you, answer the following questions in your scripture study journal:

a. When have you witnessed an example of the principle above? How can you remain faithful even if those around you choose not to?

b. While it is important to know that our example can have a negative impact on others, it is also important to remember that our example can help strengthen someone else. When have you seen the "rising generation," or youth of the Church today, have a positive impact on the faith of others?

4. In your scripture study journal, make a list of some of the ways that you can have a positive influence on the faith of people in your own family, your ward or branch, or your peers. Choose two ideas from your list, and write specifically what you will do to accomplish this.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 1 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 24: DAY 2

3 Nephi 2–5

Introduction

Soon after the people saw the signs of Jesus Christ's birth, they began to forget the witnesses they had received, and they hardened their hearts. Many of the Nephites and Lamanites rejected further signs and wonders and increased in wickedness. As a result, the Gadianton robbers grew in strength and threatened to destroy the Nephites. The Nephites' chief judge, Lachoneus, gathered all the righteous Nephites and Lamanites together and called on the people to repent and prepare for battle. Because of their unity and faith in the Lord, they triumphed over their enemies. Following their deliverance, the righteous Nephites and Lamanites acknowledged the power of God in their preservation.

3 Nephi 2

The righteous Nephites and Lamanites unite to defend themselves against the Gadianton robbers

Think about a few significant spiritual experiences you have had in your life. (Remember that spiritual experiences need not be dramatic or unusual to be meaningful.) Why do you think it might be important to remember these spiritual experiences?

Read 3 Nephi 2:1–3, looking for what happened among the people when they began to forget the signs related to the Savior's birth. What can you learn from this account about the danger of forgetting spiritual experiences?

One of the principles we can learn from what happened to the Nephites is that **if we forget previous spiritual experiences, we become more vulnerable to Satan's temptations and deceptions.** You might want to write this principle in your scriptures next to 3 Nephi 2:1–3. As you do, think about why forgetting spiritual experiences can make us more vulnerable to Satan.

Ponder what you can do to help you recognize and remember spiritual experiences. List a few ideas you think would be of most help: _____

_____

President Henry B. Eyring of the First Presidency related how recording his spiritual experiences in a journal helped him. As you read about his experience, underline some blessings that can come from recording spiritual experiences:



"I wrote down a few lines every day for years. I never missed a day no matter how tired I was or how early I would have to start the next day. Before I would write, I would ponder this question: 'Have I seen the hand of God reaching out to touch us or our children or our family today?' As I kept at it, something began to happen. As I would cast my mind over the day, I would see evidence of what God had done for one of us that I had not recognized in the busy moments of the day. As that happened, and it happened often, I realized that trying to remember had allowed God to show me what He had done.

"More than gratitude began to grow in my heart. Testimony grew. I became ever more certain that our Heavenly Father hears and answers prayers. I felt more gratitude for the softening and refining that come because of the Atonement of the Savior Jesus Christ. And I grew more confident that the Holy Ghost can bring all things to our remembrance—even things we did not notice or pay attention to when they happened" ("O Remember, Remember," *Ensign* or *Liahona,* Nov. 2007, 67).

1. In your scripture study journal describe how remembering spiritual experiences has helped you stay faithful despite Satan's attempts to tempt or deceive you. (This may include remembering spiritual experiences by recording them in a journal.)

As recorded in 3 Nephi 2:4–19, many of the Nephites continued in wickedness and the Gadianton robbers increased in numbers and in strength. They became more violently aggressive, leading the converted Lamanites to join forces with the Nephites to fight against them. Although they had some success in driving the Gadianton robbers out of their lands, the Nephites and Lamanites were still in perilous circumstances 15 years after the signs of Jesus Christ's birth were given.

3 Nephi 3:1–10

The leader of the Gadianton robbers demands that the Nephites and Lamanites surrender

In 3 Nephi 3:1–10 we see an example of how the devil sometimes works through others to try to weaken our faith and lead us astray. Giddianhi, the leader of the Gadianton robbers, wrote a letter to Lachoneus, chief judge and governor of the combined Nephite and Lamanite peoples, to persuade him to surrender to the Gadianton robbers. Read 3 Nephi 3:2–10, looking for words or phrases that illustrate the tactics Giddianhi used to try to weaken Lachoneus's faith and lead him

astray. You may want to mark these words or phrases as you find them.

These verses teach that **Satan and his followers often use flattery, false promises, and threats to lead people astray.** It is important to realize that Satan's tactics are often more subtle, and he may use our friends and people we like rather than obvious enemies to tempt us. Still, there are similarities between Giddianhi's motives and tactics and the way Satan works today to lead people astray.

2. Pick one of Giddianhi's tactics, and explain in your scripture study journal how the devil might use a similar tactic on youth today. Also write how you can resist this tactic.



3 Nephi 3:11–4:33

Lachoneus's people prepare to defend themselves, and they defeat the Gadianton robbers

Lachoneus was astonished by Giddianhi's letter and determined to prepare his people for the impending attack. Read the following scripture passages, and identify at least four ways Lachoneus prepared his people spiritually and temporally (physically) to withstand the attack of the Gadianton robbers. (Hint: as you study these verses, be sure to differentiate between Giddianhi, the leader of the Gadianton robbers, and Gidgiddoni, the great prophet and chief captain among the Nephites.)

- 3 Nephi 3:12
- 3 Nephi 3:13–14
- 3 Nephi 3:15
- 3 Nephi 3:17–19

3. On a blank page in your scripture study journal, draw a line down the center of the page. Write the phrase *Preparations of Lachoneus* at the top of one side and the phrase *Modern Parallels* at the top of the opposite side. Under the heading "Preparations of Lachoneus," write or draw the four ways you identified that Lachoneus and the Nephites prepared to withstand the attack. Under the heading "Modern Parallels," write or draw several examples of modern parallels to what Lachoneus did to prepare the people. These parallels should depict the spiritual and temporal preparations we have been counseled to make in the latter days.

4. To help you think about how you can apply what you learned, answer two or more of the following questions in your scripture study journal:

a. How can you fortify your home against the attacks of the adversary?

b. How does gathering together in families, branches, or wards provide protection for us?

c. Why is daily scripture study a vital way to strengthen yourself?

d. When has prayer helped you gain spiritual strength against adversity or danger?

e. How can repentance be a form of preparation for the future?

f. Why do you think choosing to follow those who have the spirit of prophecy and revelation is especially important today?

To see what happened when the Gadianton robbers attacked Lachoneus and his people, read 3 Nephi 4:7–12. From this account we learn that **as we prepare ourselves spiritually and temporally, we can overcome challenges through the strength of the Lord.**

Lachoneus and his people were able to defeat the Gadianton robbers and destroy the robbers' leaders. They were victorious because of their choice of leaders (see 3 Nephi 3:19; 4:17), their obedience (see 3 Nephi 3:21; 4:18), and their reliance upon God (see 3 Nephi 4:30–31). Read 3 Nephi 4:30–33, and look for how the people responded after their victory over the Gadianton robbers. What did the people acknowledge as the causes for their deliverance from the Gadianton robbers? One principle these verses illustrate is: **Recognizing the goodness and mercy of God in our deliverance from difficulties helps us remain humble.**

3 Nephi 5

Peace is restored among the people; Mormon explains his abridgment of the records

Think about how a personal spiritual experience has influenced your faith, your desires, or the way you acted after that spiritual experience. Read 3 Nephi 5:3–4, and look for what the Nephites did as a result of the help and blessings they received from the Lord. Notice that one of the ways the people responded was to preach the gospel to others.



In 3 Nephi 5:14–26, Mormon explained why he was making his abridged record. Read 3 Nephi 5:12–13, and look for what Mormon said about his responsibility in writing his abridgement of the Nephite records.

From these verses we learn that **as disciples of Jesus Christ, we have a responsibility to teach others the way to everlasting life.** One of the most important ways we can show our gratitude to the Lord for what He does for us is by helping others come to Him and receive the blessings He has for them.

5. Write in your scripture study journal a few ways you could teach others the way to everlasting life as a disciple of Jesus Christ. Also think of some situations when you would be able to teach this to others.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 2–5 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 24: DAY 3

3 Nephi 6–10

Introduction

Following their miraculous deliverance from the Gadianton robbers, the Nephites and Lamanites enjoyed peace for three years. Pride, class distinctions, and persecutions then arose and led to great wickedness and the eventual overthrow of the Nephite government. The signs of Jesus Christ's death in Jerusalem included great destructions that destroyed many Nephite cities, killing the wicked inhabitants. Darkness covered the land for three days. Amidst the darkness, the voice of the Savior invited the people to return to Him. When the darkness dispersed, the peoples' mourning turned to joy and praise of Jesus Christ.

3 Nephi 6–7

The Nephites become prideful, the Church is broken up, secret combinations destroy the government, and the people divide into tribes

Think about a time when you had to make a decision about whether or not you would follow the prophet. As recorded in 3 Nephi 6–7, some of the Nephites experienced the tragic results of rejecting the prophets, while others experienced the blessings that come from repenting and hearkening to the Lord's chosen servants.

As you read in 3 Nephi 5, the Nephites repented and diligently served God and were divinely delivered from the Gadianton robbers. The Nephites then prospered for a short time. However, pride quickly entered the hearts of many, which caused divisions within the Church. Prophets were sent forth to preach against the wickedness of the people, but the judges took them and put them to death secretly (see 3 Nephi 6:4–23). Within approximately six years, the people yielded "themselves unto the power of Satan" (3 Nephi 7:5) and became so wicked that they fought against all righteousness. Secret combinations destroyed the government of the land and caused the people to be divided into tribes.

Despite the wickedness of the people, Nephi continued to testify against their sins and call them to repentance (see 3 Nephi 7:15–20). Read 3 Nephi 7:21–22, and mark a few examples of how the people were blessed for following Nephi. From these verses we learn that **if we will repent and follow the Lord's servants, we will enjoy the influence of the Holy Ghost in our lives.**

1. Write in your scripture study journal about a time when you chose to follow the counsel of the prophet or other priesthood leaders. How were you blessed for doing so?

3 Nephi 8:1–18

Great destruction fulfills the sign of Jesus Christ's death

Imagine the day when the Second Coming of Jesus Christ arrives. How do you think you might feel when that time comes? In a similar way, the Nephites had long been waiting for the coming of Jesus Christ. Samuel the Lamanite had prophesied of the signs that would occur at the death of Jesus Christ (see Helaman 14:20–27). Read 3 Nephi 8:3–4, and notice the differences in how some of the Nephites felt about the signs.

Read 3 Nephi 8:5–7, and look for what happened in the 34th year from the date of the sign of the Savior's birth. Skim 3 Nephi 8:8–18, looking for what happened to the inhabitants of the cities that were affected by the storm and the accompanying earthquakes. Read 3 Nephi 10:11–12, and mark who was able to survive this destruction. Even though the survivors were the "more righteous part" of the Nephites, they still needed to repent and come unto Jesus Christ.

2. Use a page in your scripture study journal to create a newspaper article reporting the events in 3 Nephi 8:5–18. Include a headline, sketch a picture, and then write a report of the destruction.

3 Nephi 8:19–25

Darkness covers the land for three days

Think of a time when you were in a totally dark place, such as a cave or a room without windows when someone shut off the lights (or imagine what it would be like). How did it feel to be in the dark and not be able to see? Read 3 Nephi 8:19–23, and look for what came after the storms and destructions ceased. (You may want to mark any words or phrases that indicate how severe the darkness was.)

Read 3 Nephi 8:24–25, looking for what the Nephites said would have prevented the death and destruction of so many of their people.

3. Answer the following questions in your scripture study journal:

a. How are the effects of sin like being in darkness?

b. How is repentance like allowing light into a darkened room?

3 Nephi 9:1–14

In the darkness, the voice of Jesus Christ invites those who survived the destruction to repent and come unto Him

During the three days of darkness, the voice of the Savior spoke to those who had been spared. Read 3 Nephi 9:1–2, 7, and look for why the Savior said this destruction occurred among the people. Then read 3 Nephi 9:13–14, and look for what the Savior said to comfort the people in their suffering. You may wish to mark the portions of these verses that are meaningful to you.

Elder C. Scott Grow of the Seventy testified that the Savior invites all of us to come unto Him and be healed:



"Jesus Christ is the Great Healer of our souls. With the exception of sins of perdition, there is no sin or transgression, pain or sorrow, which is outside the healing power of His Atonement.

"When we sin, Satan tells us we are lost. In contrast, our Redeemer offers redemption to all—no matter what we have done wrong—even to you and to me" ("The Miracle of the Atonement," *Ensign* or *Liahona,* May 2011, 109).

The Savior's invitation in 3 Nephi 9:13 to come unto Him and receive His healing power applies to each of us. In order for the Savior to heal us, we must accept His invitation and come unto Him, repent of our sins, and be converted.

4. In your scripture study journal, write about an aspect of your life that could benefit from the Savior's healing power. What do you need to do to invite Him to heal you?

3 Nephi 9:15–22

The Savior's voice proclaims that through His sacrifice the law of Moses is fulfilled

As part of the law of Moses, which the Nephites were living until this point, the Lord had commanded His people to offer animal sacrifices as a type and shadow of the ultimate sacrifice that He would eventually offer through His Atonement. Use the Savior's words in 3 Nephi 9:17 to complete the following sentence: "By me redemption cometh, and in me is the _____ _____."

The Savior declared that all of the ceremonies, laws, rites, and symbols of the law of Moses, which had been given to point the people to Him, were fulfilled as He completed His atoning sacrifice. Read 3 Nephi 9:19, and identify what the Savior declared that the Nephites were no longer to offer. Then search 3 Nephi

9:20, and mark what they were to offer as a sacrifice instead.

What do you think it means to offer a sacrifice of "a broken heart and contrite spirit"? A contrite spirit is one that is humble, teachable, and repentant. To deepen your understanding of what it means to have a broken heart and contrite spirit, read the following statement by Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, and mark the words that he used to define "broken heart" and "contrite spirit":



"In ancient times when people wanted to worship the Lord and seek His blessings, they often brought a gift. . . . As you seek the blessings of conversion, you can offer the Lord the gift of your broken, or repentant, heart and your contrite, or obedient, spirit. In reality, it is the gift of yourself—what you are and what you are becoming.

"Is there something in you or in your life that is impure or unworthy? When you get rid of it, that is a gift to the Savior. Is there a good habit or quality that is lacking in your life? When you adopt it and make it part of your character, you are giving a gift to the Lord" ("When Thou Art Converted," *Ensign* or *Liahona,* May 2004, 12).

Read 3 Nephi 9:21–22, and look for what the Savior taught we need to be like in order to come unto Him.

5. Think of some young children that you know. In your scripture study journal describe characteristics little children have that we need in order to come to the Savior.

Complete the following principle with appropriate words or phrases that you see in 3 Nephi 9:13–14, 20–22: **If we come unto Jesus Christ with a broken heart and contrite spirit, He will** _____ _____. (There are multiple correct answers.)



6. To help you apply this truth, answer the following questions:

a. What attitudes might prevent us from offering our broken hearts and contrite spirits to the Lord?

b. How have you seen the Lord bless you as you have come unto Him with a repentant heart and obedient spirit?

c. How can you better offer a broken heart and a contrite spirit to the Lord?



3 Nephi 10

The Lord promises to gather His people as a hen gathers her chicks

After hearing the voice of the Savior, the people were so astonished that there was silence in the land for many hours. Then the voice spoke again to the people (see 3 Nephi 10:1–3). Read 3 Nephi 10:4–6, and identify what the Savior said He tried to do to protect and nourish the people. Mark the promise the Savior extended in verse 6 to those who repent and come unto Him with full purpose of heart.

The Savior used the metaphor of a hen gathering her chickens under her wings to protect them from danger. Think about ways the Savior is like a hen who seeks to protect her chickens from danger. In addition, according to 3 Nephi 10:4–6, why wasn't the entire house of Israel gathered?

Read 3 Nephi 10:8–10, and look for what happened after the people heard the Savior's voice.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 6–10 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 24: DAY 4

3 Nephi 11:1–17

Introduction

Sometime following the great destruction and three days of darkness, about 2,500 men, women, and children gathered around the temple in the land of Bountiful (see 3 Nephi 17:25). They heard a voice, which they at first did not understand. As they tried to listen, they understood that it was the voice of Heavenly Father introducing His Son, Jesus Christ. The Savior of the world appeared. Jesus Christ invited the people to one by one personally witness that He had been slain for the sins of the world by feeling the wound in his side and the prints of the nails in His hands and feet.

3 Nephi 11:1–7

The people hear the voice of the Father announcing the appearance of His Son

Go outside with a pencil and this study guide, and listen for 60 seconds. Write down as many sounds as you can in the space provided: _____

_____

_____

Now put a star next to each sound that you think would be difficult to identify or that you would be unlikely to notice without trying to listen. Then return inside.

Shortly after the great destruction and darkness signifying the death of Jesus Christ, the people gathered at the temple in the land of Bountiful. While they were discussing what had occurred, a marvelous experience took place that they at first could not understand. Read 3 Nephi 11:1–3, and look for what the people had difficulty understanding. You may wish to mark how God's voice is described and the effect that voice had on those who heard it.

Take a moment to think about how characteristics of the voice the people heard are like the promptings we receive from the Holy Ghost. What truth can you learn from 3 Nephi 11:1–3 about how the Lord and the Holy Ghost often speak to us? One doctrine we can see illustrated in these verses is: **The Holy Ghost often speaks to us in a still, small voice that we feel in our hearts.**

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, explained how the voice of the Lord, through the Holy Ghost, operates on our mind and heart:



"Perhaps the single greatest thing I learned from reading the Book of Mormon is that the voice of the Spirit comes as a *feeling* rather than a sound. You will learn, as I have learned, to 'listen' for that voice that is *felt* rather than *heard*. . . .

"The gift of the Holy Ghost . . . will guide and protect you and even correct your actions. It is a spiritual voice that comes into the mind as a thought or a feeling put into your heart" ("Counsel to Youth," *Ensign* or *Liahona,* Nov. 2011, 17–18).

1. Think about a time when you have felt the voice of the Lord or impressions of the Spirit come into your mind or heart. Write in your scripture study journal about your experience and what it felt like.

The Nephites heard the voice twice and did not understand it. Read 3 Nephi 11:4–7, and look for what the Nephites did differently the third time in order to understand the voice. What do you think it means that the people opened "their ears to hear" the voice? (3 Nephi 11:5).

President Boyd K. Packer gave the following counsel about what we need to do to listen to and understand the voice of the Lord through the Holy Ghost. Underline words or phrases that help you know what to do, or what to avoid, to better hear the Lord's voice through the Holy Ghost.

"The Spirit does not get our attention by shouting. It never shakes us with a heavy hand. The Spirit whispers. It caresses so gently, indeed, that if we are preoccupied, we can't feel it at all.

"Occasionally, the Spirit will press just firmly enough or often enough for us to pay attention; but from my experience, most of the time, if we do not heed the gentle feeling, if we do not listen with those feelings, the Spirit will withdraw and wait until we come seeking and listening, in our manner and our expression" ("How Does the Spirit Speak to Us?" *New Era,* Feb. 2010, 3).

You may wish to write the following principle in your scriptures next to 3 Nephi 11:5–6 and in your scripture study journal: **As we learn how to listen to the voice of the Lord through the Holy Ghost, we will be able to understand the communication He gives us.**

2. Answer the following questions in your scripture study journal:

a. What helps you to prepare your mind and heart to hear and understand the voice of the Lord?

b. When have you understood communication from the Lord that you might have missed had you not been striving to hear it?

c. When have you received a prompting from the Holy Ghost more than once before you understood and followed it?



3 Nephi 11:8–17

Jesus Christ appears and invites the people to come one by one to touch His wounds

Try to visualize the events of 3 Nephi 11:8–10 as you read them.

3. As you consider what it would have been like to witness the appearance of the resurrected Jesus Christ to the Book of Mormon people, write in your scripture study journal what thoughts and feelings you might have experienced if you had been there.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles spoke about the importance of the Savior's appearance to the Nephites:

"That appearance and that declaration constituted the focal point, the supreme moment, in the entire history of the Book of Mormon. It was the manifestation and the decree that had informed and inspired every Nephite prophet for the previous six hundred years, to say nothing of their Israelite and Jaredite forefathers for thousands of years before that.

"Everyone had talked of him, sung of him, dreamed of him, and prayed for his appearance—but here he actually was. The day of days! The God who turns every dark night into morning light had arrived" (*Christ and the New Covenant: The Messianic Message of the Book of Mormon* [1997], 250–51).

Picturing in Your Mind What Is Taking Place

When studying the scriptures, it is often helpful to try to visualize what is taking place or to imagine how it might have felt to be there with those experiencing certain events. This study skill can make events and people in the scriptures more real to you and give you opportunities to feel the influence of the Holy Ghost.

Remember that the remaining Nephites and Lamanites had recently experienced terrible destruction and three days of total darkness. Read 3 Nephi 11:10–12, and look for what Jesus Christ wanted the people to know about Him and about what He had done during His mortal ministry. Which of the Savior's statements do you think would be most comforting for you to hear if you had been there? Ponder why that statement would have meant so much to you. You may wish to mark the phrase that is most meaningful to you in your scriptures.

Read 3 Nephi 11:13–15, and mark what Jesus Christ invited the people to do to receive the personal knowledge He wanted them to have concerning Him. Think about the answers to the following questions: According to 3 Nephi 11:14, what did the Savior want the people to know from this experience? Considering



there were about 2,500 people present at that time (see 3 Nephi 17:25), how long might this have taken? What does this teach you about the Savior?

4. In your scripture study journal, answer the following questions:

a. Why do you think the Lord wanted the people to see and touch Him "one by one"? (3 Nephi 11:15).

b. How would it affect you to touch the wounds the Savior received while atoning for your sins?

Consider writing the following truth in your scriptures near 3 Nephi 11:11–15 or in your scripture study journal: **Jesus Christ invites me to receive a personal testimony that He is my Savior.**

5. Answer the following questions in your scripture study journal:

a. How strong do you feel your personal testimony of the Savior is? How has it grown and become stronger over the recent past?

b. What experiences have led you to gain your own personal testimony of the Savior, or what could you do to gain a stronger witness?

c. How can you know that the Savior is aware of you individually?

Read 3 Nephi 11:16–17, and look for what the people did after they had this personal experience with the Savior. It may be helpful to understand that "Hosanna" is an exclamation of praise to the Lord.

Take a closer look at 3 Nephi 11:15, and identify what the people did after they personally felt the Savior's wounds. Since you were not there to personally feel the Savior's wounds, as did the people written of in 3 Nephi, how can you know that Jesus is the Christ? (See John 20:30–31; Moroni 10:3–7; D&C 46:13–14 for some possible answers.)

To liken 3 Nephi 11:15 to yourself, complete the following statement: **When I receive a personal testimony of Jesus Christ, I have a responsibility to** _____ _____.

Think about ways a person with a testimony of Jesus Christ can "bear record" of Him.

President Boyd K. Packer taught the following about testimonies: "You cannot force spiritual things. A testimony is not thrust upon you; it grows. And a testimony is a testimony, and it should be respected, whether it is small or large. We become taller in our testimony like we grow in physical stature and hardly

know it is happening, because it comes by growth" ("How Does the Spirit Speak to Us?" 3).

6. Conclude this lesson by writing your testimony of Jesus Christ in your scripture study journal. You may want to include what you have done to gain your testimony or what you plan to do to strengthen it. If prompted by the Spirit, read it to someone else or invite someone to read it.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 11:1–17 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 25: DAY 1

3 Nephi 11:18–12:48

Introduction

After the people who were at the temple in the land of Bountiful had individually felt the marks of the wounds in Jesus Christ's side, hands, and feet, the Savior gave Nephi and others power to baptize. The Savior warned the people to avoid contention and promised that those who live the gospel will inherit the kingdom of God. He also taught them how to receive the blessings of His gospel and instructed them to influence others for good. The Savior declared that He had fulfilled the law of Moses, and He gave the people a higher law to prepare them to become like Him and our Father in Heaven.

3 Nephi 11:18–30

Jesus Christ gives Nephi and others the power to baptize and denounces contention

Do you recall your thoughts and feelings as you prepared for your baptism, or have you watched a friend or family member prepare to be baptized? Many people have questions like "Who can baptize me?" and "How is the ordinance of baptism performed?" Consider how you would answer those questions.

While studying 3 Nephi 11:1–17, you learned about Jesus Christ's appearance to "the people of Nephi, round about the temple which was in the land Bountiful" (3 Nephi 11:1). These people felt the marks of His wounds and became personal witnesses of His Resurrection and divinity. Immediately following this experience, the Savior taught them about baptism, including who can baptize and how baptisms should be performed.

Read 3 Nephi 11:18–22, 24–25, and write an answer to the question "Who can baptize me?" _____

As recorded in 3 Nephi 11, from what the Savior said and did, we learn: **Baptism must be performed by a person who holds proper authority.** Modern revelation clarifies that baptism may only be performed by a person who holds the office of priest in the Aaronic Priesthood (see D&C 20:46) or who has the Melchizedek Priesthood (see D&C 20:38–39; 107:10–11). Additionally, he must act under the direction of a priesthood leader who holds the priesthood keys necessary to authorize the ordinance (such as a bishop, branch president, mission president, or General Authority).

Read 3 Nephi 11:23–27, and write an answer to the question "How is the ordinance of baptism performed?" _____



1. In your scripture study journal, write why you think **baptism must be done in the manner set forth by the Lord.** What happens if the words of the baptismal ordinance are not spoken correctly or if the person being baptized is not fully immersed under the water?

2. Answer one or more of the following sets of questions in your scripture study journal:

a. What do you remember about why you were baptized and about the baptismal service? Who baptized you? How old were you? What feelings did you have when you were baptized? What does it mean to you to have been baptized by a person holding the proper authority and in the manner set forth by the Lord?

b. Have you recently witnessed someone being baptized? What feelings did you have?

c. If you hold the office of priest in the Aaronic Priesthood, how do you feel knowing that you have the authority to baptize? If you have had the opportunity to baptize someone, what did you feel and learn during the experience?

As recorded in 3 Nephi 11:28–30, the Lord counseled the people not to dispute or contend (argue) with each other about baptism or other points of doctrine. He taught that contention is of the devil and should be done away with.

3 Nephi 11:31–41

Jesus Christ declares His doctrine

Think of something you did today (an action) that resulted in a positive consequence. Write the action and the consequence on the appropriate sides of the following diagram. Then think of something you did today that resulted in a negative consequence.

Action ⟶ Consequence

The relationship of an action to a consequence is sometimes called the law of the harvest. Modern revelation describes it this way: "Whatsoever ye sow, that shall ye also reap; therefore, if ye sow good ye shall also reap good for your reward" (D&C 6:33).

Read 3 Nephi 11:31, and identify what Jesus Christ said He was going to declare unto the people.

3. As recorded in 3 Nephi 11:32–39, Jesus Christ declared His doctrine, "which the Father hath given unto [Him]" (3 Nephi 11:32). Copy the following chart into your scripture study journal. Read each scripture reference, and identify the actions and consequences that Jesus Christ taught were related to His doctrine. Record what you find in the chart in your scripture study journal.

	Actions	Consequences
3 Nephi 11:32–34		
3 Nephi 11:35–36		
3 Nephi 11:37–38		
3 Nephi 11:39–40		

According to your chart, what are the key actions Jesus Christ taught that all of Heavenly Father's children must do to enter the kingdom of heaven?

You may have noticed that 3 Nephi 11:32 states **the Holy Ghost testifies of Heavenly Father and Jesus Christ.** Ponder the most recent time when the Holy Ghost testified to you of the reality and love of Heavenly Father and Jesus Christ.

3 Nephi 12:1–16

Jesus Christ teaches the multitude about the blessings we receive as we live His gospel

Complete the following true-false quiz by circling the answers below:

T F Heavenly Father wants us to be perfect.

T F We need to be perfect in this life in order to enter the celestial kingdom.

T F We can become perfect.

To help check your answers, first read 3 Nephi 12:48. (This is a scripture mastery passage. You may want to mark it in a distinctive way so you can locate it in the future.)



How is it possible to be perfect? Elder Russell M. Nelson of the Quorum of the Twelve Apostles said the following about the commandment to be perfect: "We need not be dismayed if our earnest efforts toward perfection now seem so arduous [difficult] and endless. Perfection is pending. It can come in full only after the Resurrection and only through the Lord. It awaits all who love him and keep his commandments" ("Perfection Pending," *Ensign,* Nov. 1995, 88).

Ponder the following question: What do you think it means that perfection can come "only through the Lord"?

Look back at the true-false quiz you just took, and change any of your answers based on what you have learned from 3 Nephi 12:48 and Elder Nelson's statement.



Jesus Christ's teachings in 3 Nephi 12–14 are sometimes referred to as the "sermon at the temple" because they resemble and often increase our understanding of the Savior's well-known Sermon on the Mount (see Matthew 5–7). President Harold B. Lee taught, "In his Sermon on the Mount the Master has given us somewhat of a revelation of his own character, which was perfect, or what might be said to be 'an autobiography, every syllable of which he had written down in deeds,' and in so doing has given us a blueprint for our own lives" (*Decisions for Successful Living* [1973], 56). As you study 3 Nephi 12–14, look for ways the Savior wants you to strive for perfection.

As in the Sermon on the Mount, the Savior began his sermon to the Nephites with several beatitudes—declarations of the blessed and joyful condition of those who are faithful (see 3 Nephi 12:1–12). As you read them, look for which attributes the Savior urges us to develop and what blessings He promises as a result of our doing so. As you read, you may want to mark these attributes and promised blessings. It might be helpful to know that *poor in spirit* (3 Nephi 12:3) means to be humble and dependent on the Lord, to *mourn* (3 Nephi 12:4) refers to feeling a sorrow for our sins that leads to repentance, and to be *meek* (3 Nephi 12:5) can mean to be humble and gentle, to be submissive to God's will, or to be patient in enduring injury without resentment.

4. Identify one attribute you just read about that you are striving or will strive to gain. Record in your scripture study journal what blessings you are receiving or hope to receive as you develop that attribute.

From the many truths in 3 Nephi 12:1–12, we learn that **if we live according to the teachings of Jesus Christ, we will be blessed and prepared to enter the kingdom of heaven.** As we do so, we will also be an example or light to the world (see 3 Nephi 12:14–16).

3 Nephi 12:17–48

Jesus Christ teaches the multitude the higher law that will help them become like Him and Heavenly Father

Jesus Christ taught the Nephites how to come unto Him by repenting and obeying His commandments (see 3 Nephi 12:19–20). In the remainder of 3 Nephi 12, He referred to parts of the law of Moses and then taught a higher law. He introduced parts of the law of Moses with phrases such as "it hath been said by them of old time" or "it is written." Then He introduced the new and higher law, which He wants us to live today, with the phrase "I say unto you . . ."

5. Read the following scripture references, and write in your scripture study journal what behaviors the Savior said would lead to perfection:

a. 3 Nephi 12:21–22. It may be helpful to understand that the word *raca* is a derogatory term expressing contempt, open dislike, or hatred.

b. 3 Nephi 12:23–24. Use footnote 24*a* to help discover what it means to be reconciled to someone.

c. 3 Nephi 12:25. It may be helpful to understand that to "agree with thine adversary quickly" refers to resolving conflicts with others quickly and not allowing them to fester and grow into bigger problems. Elder David E. Sorensen, while serving as a member of the Seventy, taught, "Nowhere does this principle apply more than in our families" ("Forgiveness Will Change Bitterness to Love," *Ensign* or *Liahona*, May 2003, 11).

d. 3 Nephi 12:27–30. It may be helpful to understand that *lust* refers to an inappropriate, evil, and selfish desire.

e. 3 Nephi 12:38–42.

f. 3 Nephi 12:43–45.

One principle we can learn from these verses in 3 Nephi 12 is: **As we come unto Christ and keep His commandments, we can become more like Him and our Father in Heaven, who are perfect.**



While we will not reach perfection in this life, President James E. Faust of the First Presidency explained that we must strive to make progress toward perfection now in order to be able to attain it in the next life: "Perfection is an eternal goal. While we cannot be perfect in mortality, striving for it is a commandment, which ultimately, through the Atonement, we can keep" ("This Is Our Day," *Ensign*, May 1999, 19).

Scripture Mastery—3 Nephi 12:48

6. See if you can memorize 3 Nephi 12:48 *perfectly.* Write out the passage in your scripture study journal when you think you have it memorized.

Remember, the Lord does not expect us to become perfect in all things during our mortal lives, but as we diligently strive to follow Him and partake of the blessings of the Atonement, we can ultimately become perfected.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 11:18–12:48 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 25: DAY 2

3 Nephi 13

Introduction

As recorded in 3 Nephi 13, the Savior continued His sermon at the temple in the land of Bountiful. He warned the people against hypocrisy and taught them that their righteous works were pleasing to Heavenly Father. He also instructed the multitude to lay up treasures in heaven and then directed His twelve disciples to seek the kingdom of God first before worrying about their own temporal concerns.

3 Nephi 13:1–18

The Savior warns the Nephites against hypocrisy and teaches them to do righteous works that are pleasing to Heavenly Father

Complete the following self-assessment in your mind by choosing which phrase best describes your motivation for doing alms (giving to others), praying, and fasting:

I do alms because:

a. I am supposed to.
b. I love the Lord and enjoy helping other people.
c. I want others to think well of me.

I pray because:

a. I don't want to say "no" in front of other people when I am called on to pray.
b. It is just part of my daily routine.
c. I want to communicate with my Heavenly Father.

I fast because:

a. Fasting helps me draw closer to the Lord.
b. Other people will think I'm bad if I don't.
c. My parents don't let me eat when I should be fasting.

In 3 Nephi 13, Jesus Christ taught the Nephite multitude about the importance of a person's motives for doing alms, praying, and fasting. The responses listed in this self-assessment reflect different motives we might have for doing these or other acts of religious devotion.

1. Answer the following questions in your scripture study journal: Does it matter *why* we do righteous works? Why or why not?

2. Copy the following chart into your scripture study journal, and complete it by reading each scripture reference and answering the two questions. As you read, it may be helpful to know that a hypocrite is someone who puts on a false appearance of righteousness or who says one thing and does another.

Activity	What motive did the Lord warn against as we do this activity?	How did the Lord say we should do the activity?
Do alms (3 Nephi 13:1–4)		
Pray (3 Nephi 13:5–6)		
Fast (3 Nephi 13:16–18)		

Consider the following questions:

- How can our motives for doing righteous works affect the way we do them?
- What are some righteous motives that might inspire a person to do alms, pray, or fast in secret?

One righteous motive for doing these things is to please Heavenly Father. Read 3 Nephi 13:4, 6, 18, and look for what the Lord promises those who act righteously in private.



An important principle the Savior taught in these verses is: **If we act righteously because we love Heavenly Father, He will reward us openly.**

3. In your scripture study journal, write about when you have felt blessed for seeking to do something to please Heavenly Father rather than to be seen of others.

Briefly review your self-assessment at the beginning of the lesson and evaluate your motives for doing alms, praying, and fasting. Consider how you might apply the Savior's teachings to improve your motives for doing these or other acts of devotion to the Lord.

The Savior gave additional instruction to the Nephites about prayer. Read 3 Nephi 13:7, and look for how the Lord described repeated or elaborate phrases that are expressed without sincerity in prayer. The word *vain* means empty, without thought or feeling. Vain repetition can also mean thoughtlessly repeating the same words or praying without faith.

4. Answer the following questions in your scripture study journal:

a. Why do you think it is important to avoid vain repetition in our prayers to Heavenly Father?

b. What are some things you can do to avoid vain repetition as you pray?

Read 3 Nephi 13:8, and look for a principle Jesus Christ stated about Heavenly Father. You may wish to mark this principle in your scriptures. One object of our prayers is "to secure for ourselves and for others blessings that God is already willing to grant if we will ask for them in faith" (Bible Dictionary, "Prayer").

Read 3 Nephi 13:9–15, and ponder what the Lord would have you learn about your prayers. Think of ways to improve your prayers by applying what you learned from the Savior's teachings.

3 Nephi 13:19–24

Jesus Christ teaches the multitude to lay up treasures in heaven

Have you ever read or heard a story about lost or buried treasure? Sometimes in these stories the treasure hunters finally reach their goal only to find that the treasure is missing or never existed. Read 3 Nephi 13:19–20, and identify the two kinds of treasure the Lord spoke about. Which of those treasures did He say would always be there for us if we seek it?

5. Answer the following questions in your scripture study journal:

a. What is the difference between "treasures upon earth" and "treasures in heaven"?

b. From what you learn in 3 Nephi 13:21–24, what are some of the truths the Savior taught about seeking earthly treasures and heavenly treasures? (It may help you better understand these verses to know that the word *mammon* is a term for worldliness or riches.)

c. How can seeking treasures on earth distract us from seeking treasures in heaven?

The Savior did not teach that money or earthly possessions are evil. But He did emphasize the importance of placing our hearts on heavenly treasures that will endure and not on earthly riches.

One principle we can learn from 3 Nephi 13:19–24 is: **In order to have God as our master, we must love and serve Him above the things of the world.**

What might be some examples of trying to serve God and mammon at the same time? Why may it be difficult to always love and serve God instead of the things of the world? Why is putting God first worth the effort?

6. Read the following examples. In your scripture study journal, indicate which master you think the person is serving: God or mammon (worldliness).

a. A young man declines a job that would require him to miss his Sunday meetings and instead chooses a lower-paying job that does not require him to work on Sundays.

b. A young woman frequently complains to her parents of her need for new clothes. The clothes she desires cost more than her family can afford.

c. A young man pays his tithing regularly with the money he receives from his job. But he uses his remaining income to purchase entertainment items, including some inappropriate movies and songs, and has saved no money to pay for a mission or education.

d. A young woman frequently uses some of her income to purchase small gifts to show her love for others.

3 Nephi 13:25–34

The Savior directs the twelve disciples to seek the kingdom of God before their own temporal concerns

As they went forth to minister among the people, Jesus Christ instructed His twelve Nephite disciples not to worry about their temporal needs for food and clothing (see 3 Nephi 13:25–31). Read 3 Nephi 13:32–33, and look for what the Savior told His disciples concerning their temporal needs. What did He promise those who put God and His kingdom first in their lives?



A principle we can learn from these verses might be: **If we seek God's kingdom first, He will help us provide for our needs.**

7. Answer the following questions in your scripture study journal:

a. How does a person "seek . . . first the kingdom of God"? (3 Nephi 13:33).

b. In what ways has the Lord taken care of your needs when you have put Him first in your life?

President Ezra Taft Benson testified of the blessings that come from putting God first in our lives (you might want to write this quotation on a paper and keep it in your scriptures to review or share in the future):



"When we put God first, all other things fall into their proper place or drop out of our lives. Our love of the Lord will govern the claims for our affection, the demands on our time, the interests we pursue, and the order of our priorities. . . .

"We should give God, the Father of our spirits, an exclusive preeminence in our lives" ("The Great Commandment—Love the Lord," *Ensign,* May 1988, 4–5).

Ponder how you or those you know have been blessed for putting God first in your lives.

8. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 13 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 25: DAY 3

3 Nephi 14

Introduction

Jesus Christ's sermon at the temple continues in 3 Nephi 13. He taught the people about judging others and instructed them to seek blessings from Heavenly Father through prayer. The Savior also warned against false prophets and emphasized the importance of doing the will of God.

3 Nephi 14:1–6

The Savior teaches about judging others

Read the words of the second verse of the hymn "Lord, I Would Follow Thee" (*Hymns,* no. 220)—or sing it to yourself if you feel comfortable doing so:

Who am I to judge another
When I walk imperfectly?
In the quiet heart is hidden
Sorrow that the eye can't see.
Who am I to judge another?
Lord, I would follow thee.

As recorded in 3 Nephi 14, the Savior continued to teach the Nephites at the temple. Read 3 Nephi 14:1–2, and consider how this direction from the Savior relates to the second verse of the hymn that you read. (It may help you to understand that the phrase "with what measure ye mete" refers to the standard by which a person measures or judges someone.)

1. Write answers to the following questions in your scripture study journal:

a. How does the Savior's counsel in 3 Nephi 14:1–2 relate to the second verse of the hymn "Lord, I Would Follow Thee"?

b. How would you express the important truth the Savior taught in 3 Nephi 14:2 in your own words? (You may want to also write this truth or principle in the margin of your scriptures.)

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles provided insight that helps us understand the Savior's command to "judge not" in 3 Nephi 14:1. As you read it, underline the type of judgments he said we should avoid and why.



"There are two kinds of judging: final judgments, which we are forbidden to make, and intermediate judgments, which we are directed to make, but upon righteous principles. . . .

"The final judgment . . . is that future occasion in which all of us will stand before the judgment seat of Christ to be judged according to our works. . . . I believe that the scriptural command to 'judge not' refers most clearly to this final judgment. . . .

". . . Why did the Savior command that we not judge final judgments? I believe this commandment was given because we presume to make final judgments whenever we proclaim that any particular person is going to hell (or to heaven) for a particular act or as of a particular time. When we do this—and there is great temptation to do so—we hurt ourselves and the person we pretend to judge. . . .

". . . A righteous judgment must, by definition, be intermediate. It will refrain from declaring that a person has been assured of exaltation or from dismissing a person as being irrevocably bound for hellfire. It will refrain from declaring that a person has forfeited all opportunity for exaltation or even all opportunity for a useful role in the work of the Lord. The gospel is a gospel of hope, and none of us is authorized to deny the power of the Atonement to bring about a cleansing of individual sins, forgiveness, and a reformation of life on appropriate conditions" ("'Judge Not' and Judging," *Ensign,* Aug. 1999, 7, 9).

Ponder how Elder Oaks's statement helps you understand the Savior's command to "judge not."

2. Answer the following questions in your scripture study journal: How can the principle from 3 Nephi 14:2 that **we will be judged according to how we judge** change the way we look at others' mistakes or weaknesses? Read 3 Nephi 14:12. How might this verse relate to this principle?

Have you ever had something small in your eye, such as an eyelash or speck of dust? The scriptures refer to a speck in one's eye as a *mote.* A long, thick piece of wood is referred to as a *beam.* The Savior used these images to help us understand problems that arise when we judge others unrighteously or inappropriately find fault with them. Read 3 Nephi 14:3–5, and think about what the mote and beam represent.

3. In your scripture study journal, draw a picture of what the Savior described in 3 Nephi 14:4. Then answer the following questions:

a. What do you think the mote represents?

b. What do you think the beam represents?

c. Why do you think the beam rather than the mote is used to represent the faults of those who judge unrighteously?

Notice that the Savior's analogy focuses on objects that are lodged in the eye and, therefore, affect a person's vision. Ponder the following questions about yourself: How can my faults affect the way I see others? How can I apply Jesus Christ's counsel in 3 Nephi 14:5?

Do you think it is ever appropriate or necessary to make judgments regarding other people's behavior? The Prophet Joseph Smith clarified that while we are not to judge others unrighteously, we are directed to use righteous judgment (see Joseph Smith Translation, Matthew 7:1 [in Matthew 7:1, footnote *a*]).

The following explanation offers additional insight into the question of judging others: "Sometimes people feel that it is wrong to judge others in any way. While it is true that you should not condemn others or judge them unrighteously, you will need to make judgments of ideas, situations, and people throughout your life. The Lord has given many commandments that you cannot keep without making judgments" (*True to the Faith: A Gospel Reference* [2004], 90).

To help you understand the importance of making righteous judgments, read 3 Nephi 14:6 and identify some judgments Jesus Christ instructed us to make. Before you read, it may be helpful to understand that to "give . . . that which is holy unto the dogs" and to "cast . . . pearls before swine" mean to share something that is sacred with those who will not appreciate it or understand its sacredness.

How does 3 Nephi 14:6 help you understand the need to make righteous judgments? Elder Dallin H. Oaks explained some other situations where we should make righteous judgments:



"We all make judgments in choosing our friends, in choosing how we will spend our time and our money, and, of course, in choosing an eternal companion. . . .

". . . A righteous judgment will be guided by the Spirit of the Lord, not by anger, revenge, jealousy, or self-interest" ("'Judge Not' and Judging," 9).

4. Answer the following questions in your scripture study journal:

a. Why is it important to make righteous judgments in areas such as choosing friends, deciding how we spend our time and money, or choosing an eternal companion? What might be some other instances where it would be necessary or appropriate to make judgments of others?

b. How can you judge more righteously? Ponder if there is anyone you could be more kind to or need to refrain from judging unrighteously.

3 Nephi 14:7–12

The Savior teaches about seeking blessings from Heavenly Father

Think about times when Heavenly Father has answered your prayers. Read 3 Nephi 14:7–11, and look for what Jesus Christ taught about Heavenly Father's willingness to answer our prayers.

One principle we can learn from 3 Nephi 14:7–11 is that **Heavenly Father will bless us if we ask and seek Him in prayer.** How can knowing that Heavenly Father is eager to answer your prayers change the way you pray?

5. Ask a trusted adult the following question: When have you felt Heavenly Father's love for you through the way He responded to your prayers? Summarize his or her answer and what you learned from it in your scripture study journal.

3 Nephi 14:13–27

The Savior teaches the importance of doing the will of Heavenly Father

As the Savior continued to teach the Nephites gathered at the temple, He gave several analogies to help us understand the importance of obeying His teachings. Each analogy contains a good example and a bad example.

6. In your scripture study journal, draw a simple illustration of the good example and bad example found in each of the following three scripture passages. Also write down what you think the Savior wants us to learn by comparing the good and bad examples. Be prepared to show your pictures to your class and to explain what you learned from these analogies.

a. 3 Nephi 14:13–14

b. 3 Nephi 14:15–20

c. 3 Nephi 14:24–27

Read 3 Nephi 14:21–23, and think about what you might say to a person who told you that all you need to do to be saved in the kingdom of God is to say that you believe in Jesus Christ.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 14 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 25: DAY 4

3 Nephi 15–16

Introduction

As the Savior continued teaching the people at the temple in the land of Bountiful, He declared that the law of Moses was fulfilled in Him and that He was the light and law that the people should look to. The Savior then explained to the twelve Nephite disciples that the people in the Americas were some of the "other sheep" of whom He spoke to the people at Jerusalem (see John 10:14–16). He also promised that those who repent and return to Him will be numbered among His covenant people.

3 Nephi 15:1–10

The Savior declares that He has fulfilled the law of Moses

Have you ever wondered why the Lord asks us to obey certain laws and commandments, such as paying tithing, observing the Sabbath day, or honoring our parents? As Jesus Christ continued to instruct the Nephites, He taught them the central purpose behind His laws and commandments. Watch for this purpose as you study 3 Nephi 15.

As the Savior finished speaking to the multitude, He perceived that some among them had a question. Read 3 Nephi 15:1–2, and write what the people were marveling and wondering about: _____

To understand why the Nephites were marveling and wondering at the Savior's declaration that the "old things" of the law of Moses had passed away and "all things had become new," it helps to understand that for centuries the Nephites had known and lived under the law of Moses. Their laws, rites, and church organization were based on the Mosaic law, which law was given anciently by the premortal Jesus Christ to prepare people for His coming and point them to His atoning sacrifice. Now the Divine Lawgiver was standing before them declaring that the Atonement had been accomplished (see 3 Nephi 11:10–14) and that in Him the law of Moses was fulfilled (see 3 Nephi 9:16–20; 12:46–47). His declaration that the old things of the law of Moses had "passed away" and new things were to take the law's place suddenly changed how they were to worship God.

The Savior responded to their concerns by emphasizing a very important doctrine. Read 3 Nephi 15:3–5, 9, and highlight phrases in the Savior's response that might have reassured the Nephites that the source of the law was not changing.



1. Answer the following question in your scripture study journal: What do you think Jesus was teaching the Nephites when He said, "I am the law"? (3 Nephi 15:9).

From the Savior's teachings in these verses, we can learn that **Jesus Christ is the object of all the laws and commandments of the gospel.** Ponder why this truth would have been important to the Nephites as they learned that the old law of Moses was replaced with the higher law and experienced changes in their manner of worship.

Read 3 Nephi 15:9–10, and mark what the Lord wants us to *do* as a result of this doctrine. Use what you learn in these verses to complete the following principle: **If we _____ to Jesus Christ through keeping _____, He will give us _____.**

2. Think about commandments such as paying tithing, observing the Sabbath day, and honoring our parents, and answer the following questions in your scripture study journal:

a. How might a person follow the commandments and still not be looking to Christ?

b. In what ways might our obedience to the commandments change if our focus was on looking to Jesus Christ and not only on obeying the rules?

One way our obedience to the commandments might change if we looked to Christ is that our motivation to obey would change from duty, or even love of the rule, to love for the Lord.



Read the following statement by Elder Marvin J. Ashton of the Quorum of the Twelve Apostles: "What a spiritual comfort and blessing it is to know that, if we look to our Savior Jesus Christ and endure to the end, eternal life and exaltation can be ours. . . . God becomes more approachable as we look to him. Looking to God teaches us to serve and live without compulsion [without being forced or pressured to do something]" ("There Are Many Gifts," *Ensign,* Nov. 1987, 21).

3. Choose a commandment that you may have wondered why you need to obey, and consider how keeping that commandment can lead you to Jesus Christ. You may want to set a goal to be more obedient to the commandment you chose and write a few ideas about how to accomplish it. Record your thoughts in your scripture study journal.

3 Nephi 15:11–16:5

Jesus Christ speaks to His disciples concerning His other sheep

Have you ever felt forgotten or alone and wondered if Heavenly Father knew who you were? Although we may feel alone or sometimes feel less important than others, **God cares for His people and manifests Himself to them.** Watch for evidence of this truth as you study the rest of 3 Nephi 15 and the beginning of 3 Nephi 16.

As recorded in the New Testament and the Book of Mormon, Jesus Christ ministered among the people in the Old World and in the Americas. Read 3 Nephi 15:11–17 looking for what the Lord said He told those in Jerusalem about His people in the Americas.

"Other sheep" is a reference to other followers of the Shepherd, Jesus Christ. A fold is a sheep pen, but the word *fold* is used in this instance to mean a group of people with a common belief in Jesus Christ. According to 3 Nephi 15:17, how did the Lord say He would manifest Himself to His other sheep?

Jesus explained why Heavenly Father commanded Him not to give more knowledge of His other sheep to those in Jerusalem. Search 3 Nephi 15:18–20, and mark the Savior's explanation. By seeing that the Father withheld greater knowledge of the Nephites from the Jews because of the Jews' iniquity, we can learn an important principle concerning how we receive knowledge and truth from the Lord. Based on these verses, how would you complete the following principle? **God gives us knowledge and truth according to our** _____.

The Lord told the Nephites that they were part of the other sheep about whom He spoke in Jerusalem. The Jews had thought He was speaking of the Gentiles (non-Israelites). They did not understand that the Gentiles would not "hear" the Savior's voice (see 3 Nephi 15:21–23).

Read 3 Nephi 15:24, and look for how the Lord specifically assured the Nephites of His care for them.

Read 3 Nephi 16:1–3, and find out who else would hear the Savior's voice. We do not have a scriptural record of whom else the Savior visited, but it is clear that He visited other groups and brought them into His "fold."

How does Jesus Christ show that He cares for those people who do not get to hear His voice? Read 3 Nephi 15:22–23 and 3 Nephi 16:4, and look for how the Lord said He will manifest himself to the Gentiles.

From what you have studied so far in 3 Nephi 15 and 16, what evidence have you seen that God cares for His people and manifests Himself to them? _____

_____

_____



Read 3 Nephi 16:5, and look for what will happen in the last days after the Gentiles come to a knowledge of Jesus Christ and His gospel.

Jesus promised to bless all of His children—the house of Israel and the Gentiles—by giving them His words as written by the Nephites. The writings of the Nephites would help convert the Gentiles, who would then help to gather the house of Israel in the last days (see 3 Nephi 16:4–5).

4. In your scripture study journal, answer the following question: What evidence from your own life have you found that shows Jesus Christ cares for all of us?

3 Nephi 16:6–20

Jesus Christ pronounces blessings on and gives warnings to the Gentiles who live in the latter days

Have you ever wanted to be a part of a group, club, or team? Think of a specific example. What is required to become a member of such a group? The greatest group you can become a member of is The Church of Jesus Christ of Latter-day Saints, the covenant people of the Lord.

Read 3 Nephi 16:6–7, and look for what will happen because of the Gentiles' belief and the house of Israel's unbelief in the last days. It might be helpful to understand that there will also be unbelieving Gentiles in the last days who will scatter and mistreat members of the house of Israel (see 3 Nephi 16:8–9). The Lord will take away His gospel from the wicked and reveal it to the righteous, both Israelites and Gentiles, in the last days (see 3 Nephi 16:10–12).

Read 3 Nephi 16:13, and look for what is required to become one of the Lord's covenant people. Using what you have learned in 3 Nephi 16:13, complete the following principle: **If we _____, then we will be numbered among His people.**

5. Answer the following questions in your scripture study journal:

a. How do you know you are part of the Lord's covenant people?

b. How has it blessed your life to be numbered among His people?

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 15–16 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 26: DAY 1

3 Nephi 17

Introduction

As His first day with the Nephites drew to a close, Jesus Christ perceived that many people did not fully comprehend what He had taught them. Therefore, He taught them how to receive additional understanding. The people wept when He said He was leaving. Filled with compassion, the Savior remained with them longer. He healed their sick, blessed their children, and prayed for them. The multitude felt great joy and love for the Savior as they interacted with Him.

3 Nephi 17:1–3

Jesus commands the people to ponder His words and pray for understanding

How do you respond when you come across a teaching in the scriptures or from a Church leader that you do not understand? Circle all that apply:

- I just ignore the teaching.
- I ask another person to help me understand.
- I carefully think about the teaching.
- I ask Heavenly Father to help me understand.

The events recorded in 3 Nephi 17 occurred near the end of Jesus Christ's first day with the Nephite multitude. Read 3 Nephi 17:1–3, and mark what the Savior told the Nephites to do in order to better understand what He had taught them. Consider how going to your home to ponder and pray can help you better understand gospel truths.



President Henry B. Eyring of the First Presidency explained what it means to ponder. Read the following statement and highlight words or phrases that describe what it means to ponder: "Reading, studying, and pondering are not the same. We read words and we may get ideas. We study and we may discover patterns and connections in scripture. But when we ponder, we invite revelation by the Spirit. Pondering, to me, is the thinking and the praying I do after reading and studying in the scriptures carefully" ("Serve with the Spirit," *Ensign* or *Liahona,* Nov. 2010, 60).

Look carefully at 3 Nephi 17:3, and notice that the Savior instructed the people to "prepare [their] minds" for their next experience with Him. Before moving on in your study, ponder how you would answer the

following questions: What could you do to prepare your mind before attending church? Before attending seminary? Before listening to general conference? Before studying the scriptures? What difference do you think preparing your mind would make in what you gain from those learning opportunities?

One of the principles we learn from these verses is: **By pondering and praying to the Father, we can receive greater understanding.** (You may want to write this in your scriptures next to 3 Nephi 17:1–3.)

1. To help you apply this principle, select one or both of the items below and incorporate the action into your life during the coming week. Write in your scripture study journal what you did. Also write about how this action increased what you learned in church, seminary, or general conference or from the scriptures. Be prepared to share this journal activity with your teacher. Also, make a plan to continue to improve in one of these areas during the coming weeks.

a. I will prepare my mind before I attend church or seminary.

b. I will ponder and pray about what I hear in church or seminary.

3 Nephi 17:4–25

The Savior heals the sick among the Nephites and blesses their children

Think about a time when you felt so uplifted and full of joy that you did not want the experience to end. Read 3 Nephi 17:4–5 to find out how the Nephites reacted when the Savior said that He would return to His Father.

The Savior responded to the Nephites' righteous desires with great compassion. The following activity can help you understand more fully the love Jesus Christ has for all of us. It can also help you discover scriptural truths about the character and nature of Jesus Christ.

2. Write the following scripture references in your scripture study journal. Leave space under each reference for further information: 3 Nephi 17:6–10; 3 Nephi 17:11–18; 3 Nephi 17:19–25. Study each of these scripture passages, looking for truths about the Savior's character—what He is like. Find at least three truths, one truth for each scripture reference, and record them under the appropriate reference.

One of the most tender and touching events described in the Book of Mormon is Jesus blessing the little children who were present on that occasion. This



episode helps us understand the nature and character of Jesus Christ. Before he quoted the account of the Savior and the children from 3 Nephi 17:11–12, 21–25, President Boyd K. Packer stated, "In the account of the Savior's ministry among the Nephites, we can see deeper into His soul perhaps than at any other place" ("Teach the Children," *Ensign,* Feb. 2000, 16–17).

Notice that the multitude brought those who were sick and afflicted to the Savior, including those who were "afflicted in any manner" (3 Nephi 17:9). These afflictions could have been physical, emotional, or mental. Ponder ways in which you may be "afflicted." How might the Savior help you with your afflictions if He were to personally bless you?

3. Review the principle about pondering that you learned at the beginning of this lesson. One way to ponder is to visualize yourself in the same situation described in the scripture account. Take a moment and visualize what it would have been like if you had been a participant in the events recorded in 3 Nephi 17. In your scripture study journal, describe what you think you would have heard, seen, and felt on that occasion and what you would have learned from the Savior. You may also want to describe the blessing you might have sought from the Savior.

Visualizing

You can ponder the scriptures by using the principle of visualizing. To do this, try to see in your mind the events of the scriptures or imagine yourself as a participant in the story you are reading. Visualizing can help you think about, understand, and apply what you read in the scriptures.

Think of a sentence that describes a truth you learned from 3 Nephi 17:6–25. Write the sentence in the margin of your scriptures near these verses or in your scripture study journal. One of the truths from these scriptures is: **The Savior feels great compassion for us.** Why is it important for you to know the truths about the Savior's character that you have learned from these verses?

Read the following statement about faith: "In order for your faith to lead you to salvation, it must be centered in the Lord Jesus Christ. . . .You can exercise faith in Christ when you have an assurance that He exists, a correct idea of His character, and a knowledge that you are striving to live according to His will" (*True to the Faith: A Gospel Reference* [2004], 54).

4. Answer the following question in your scripture study journal: How does understanding the Savior's compassionate nature help you exercise faith in Him?

5. Share with another person something you learned about the Savior from 3 Nephi 17. In your scripture study journal, record the name of this person and a summary of what you said to him or her.

Although we have not had the experience the Nephites had with Jesus Christ, the day will come for each of us when we will see and hear Him. Throughout the next day or two, ponder this lesson. Think about the Savior's compassion as you pray about your desires, weaknesses, heartaches, and trials.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 17 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 26: DAY 2

3 Nephi 18

Introduction

As Jesus Christ concluded the first day of His ministry among the Nephites, He administered the sacrament and commanded the people to pray always to the Father and to extend fellowship to all people. The Savior promised great blessings to those who keep these commandments. He then gave His twelve Nephite disciples instructions concerning their ministry in the Church. Before ascending into heaven, He gave them power to give the gift of the Holy Ghost.

3 Nephi 18:1–14

Jesus Christ administers the sacrament to the Nephites

Read the following story by Elder Gerald N. Lund, who served as a member of the Seventy, and imagine what it may have been like to be the man in this story:

"Some time ago there was an interesting article about mountain climbing [containing] a story that offers a wonderful answer to the question, 'What can we as unprofitable servants ever do to repay Christ for what He has done for us?'

"The article was about a man named Czenkusch who runs a climbing school. . . . Czenkusch was describing to the interviewer the belay system in mountain climbing. This is the system by which climbers protect themselves from falls. One climber gets in a safe position and secures the rope for the other climber,

usually around his or her own body. 'You're on belay,' means, 'I've got you. If something happens, I will stop you from falling.' It is an important part of mountain climbing. Now note what followed next in the article: 'Belaying has brought Czenkusch his best and worst moments in climbing. Czenkusch once fell from a high precipice, yanking out three mechanical supports and pulling his belayer off a ledge. He was stopped, upside down, 10 feet from the ground when his spread-eagled belayer arrested the fall with the strength of his outstretched arms. "Don saved my life," says Czenkusch. "How do you respond to a guy like that? Give him a used climbing rope for a Christmas present? No, *you remember him. You always remember him*"' [Eric G. Anderson, "The Vertical Wilderness," *Private Practice,* Nov. 1979, 21; emphasis added]" ("The Grace and Mercy of Jesus Christ," in *Jesus Christ: Son of God, Savior,* ed. Paul H. Peterson, Gary L. Hatch, and Laura D. Card [2002], 48).

Read 3 Nephi 18:1–11, and look for what Jesus Christ asked the Nephites to do to remember Him. You may want to mark the words *remembrance* and *remember* in verses 7 and 11. Why do you think it is important to always remember the Savior's atoning sacrifice for you? How do you act differently when you remember the Savior?

The Savior's command to remember His body and blood would have been particularly meaningful to the people because they had just felt the wounds in His body only a short time before. Though you have not seen the wounds in the Savior's body, as the Book of Mormon people did, you can remember His atoning sacrifice as you partake of the sacrament.

1. In your scripture study journal, answer the following question: How has remembering the Savior's sacrifice during the sacrament helped you feel gratitude for Him?

Jesus Christ's words recorded in 3 Nephi 18:7–11 teach the following principles: **As we partake of the sacrament, we witness unto the Father that we are willing to do all He has commanded. As we partake of the sacrament, we witness unto the Father that we will always remember Jesus Christ.** Review 3 Nephi 18:7–11, and mark words or phrases that teach these principles. As you read verse 11, think about how you would feel if the Savior said those words to you.

2. Select two of the following questions to answer in your scripture study journal:

a. What are some aspects of the Savior's life and ministry you might remember during the ordinance of the sacrament?

b. What can you do to always remember the Savior during the rest of the week?

c. If you sincerely strive to remember the Savior during the sacrament, how might this affect you during the week that follows?

Identify another principle taught in 3 Nephi 18:7, 11 by completing the following statement with a phrase that explains what the Savior promised to those who partake of the sacrament and remember Him. **As we partake of the sacrament and always remember the Savior, we will** _____.



3. Compare 3 Nephi 18:12–14 and Helaman 5:12. In your scripture study journal, write how partaking of the sacrament weekly can help you make Jesus Christ the foundation upon which you build your life.

4. To help you remember the Savior more, record in your scripture study journal each day for the next week what you did to remember the Savior that day. You might include what you thought about during the sacrament or how remembering the Savior influenced your thoughts, words, and deeds.

3 Nephi 18:15–25

Jesus taught the Nephites to pray always to the Father and to meet together often

After Jesus Christ administered the sacrament to the Nephites, He taught them important principles about prayer. One of the principles He taught is: **If we will be watchful and pray always unto the Father, we can resist the temptations of Satan.** When we are *watchful,* we are spiritually alert, vigilant, or on guard.

Read 3 Nephi 18:15–21, and mark words or phrases that teach the principle shown above. Why do you think that both watching and praying are essential to resisting temptation?

Notice that 3 Nephi 18:15, 20–21 is a scripture mastery reference. Consider marking these verses in your scriptures.

5. Read and think about the following questions, and then answer two or more of the questions in your scripture study journal:

a. How has praying helped you resist the temptations of Satan?

b. What can you do to improve your personal prayers?

c. What blessings have you experienced from praying with your family? (see 3 Nephi 18:21).

d. What can you do to help your family have consistent and meaningful family prayer?

As we pray to Heavenly Father and draw closer to our Savior, Jesus Christ, we often want to help others draw nearer to Him as well. Think about someone you would like to help become closer to the Savior. Read 3 Nephi 18:22–24, and look for the following principle in the verses: **As we minister to others, we can help them come unto Christ.**

As recorded in 3 Nephi 18:24, the Savior taught that we are each to hold up our light so it shines to the world. He also said that He is the light we are to hold up. Elder Robert D. Hales of the Quorum of the Twelve Apostles taught that we hold up the light of the Savior by keeping His commandments and following His example:



"We should be like the Savior as He admonished us to 'Come, follow me.' Wouldn't it be pleasing to Jesus if we could let our light so shine that those who followed us would be following the Savior? There are those searching for the light [who] will gladly pass through the gate of baptism onto the straight and narrow way that leads to eternal life (see 2 Nephi 31). Will you be that light that will lead them to a safe harbor? . . .

"Have you ever stopped to think that perhaps you are the light sent by Heavenly Father to lead another safely home or to be a beacon from a distance to show the way back to the straight and narrow path that leads to eternal life? Your light is a beacon and should never stop burning or mislead those who are looking for a way home. . . .

". . . Jesus Christ is the light that has been given to us so that we may follow and know where to go. [I pray] that each one of us may choose the right [so that we can] lift and strengthen those around us" ("That Ye May Be Children of Light" [Church Educational System fireside for young adults, Nov. 3, 1996], 6–7).

Praying for others, inviting them to attend Church meetings, and setting a Christlike example are ways we can minister to others. Reflect on how you felt when you followed the example of Jesus Christ and helped someone else come closer to the Savior. What will you do today or this week to let your light shine so that those who follow you will also be following the Savior?

3 Nephi 18:26–39

The Savior teaches His disciples to extend fellowship to all people

After the Savior instituted the sacrament and taught the Nephites about prayer, He turned to the twelve disciples He had chosen and instructed them how to lead and direct the affairs of the Church (see 3 Nephi 18:26–39). Notice in 3 Nephi 18:26 that the Savior stopped speaking to the multitude and turned to the leaders "whom he had chosen." His message in verses 28–29 was given to those priesthood leaders as a warning against allowing those who were unworthy to partake of the sacrament.

Church members should focus on their own worthiness to partake of the sacrament and leave the responsibility of determining others' worthiness to partake of the sacrament to those the Lord has called to make such judgments, such as the bishop or stake president. Read 3 Nephi 18:32, looking for how the Savior taught the disciples to care for those who had strayed from the faith. Think about how you could "continue to minister" to a friend, family member, or person in your ward or branch who has strayed from the faith.

Scripture Mastery—3 Nephi 18:15, 20–21

Consider spending a few minutes memorizing 3 Nephi 18:15, 20–21. Write the three verses on a piece of paper, and then practice saying them. After reading them a few times, start erasing or crossing out different parts of the verses while you continue to say the verses. You may want to repeat this process until all of the words have been erased or crossed off.

As you are memorizing these verses, think about what the Savior was teaching. As recorded in 3 Nephi 18:15, Jesus Christ taught the Nephites how to withstand the temptations of the devil. Note the power that comes from prayer. Through prayer we can be given strength to resist temptation.

As recorded in 3 Nephi 18:20–21, Jesus Christ taught that when we pray in faith, the Father always answers our prayers, but He answers according to His plan for His children and what He knows is right for us.

Repeat verse 20 aloud: "And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you." What do you think the phrase "which is right" means in this passage? (You may want to refer to James 4:3.)



President Gordon B. Hinckley shared this testimony: "God, our Eternal Father, lives. He is the Creator and Ruler of the universe and yet He is our Father. He is the Almighty and is above all. He can be reached in prayer. . . . Does He hear a child's prayer? Of course He does. Does He answer it? Of course He does. Not always as we might wish, but He answers. He hears and answers" (*Teachings of Gordon B. Hinckley* [1997], 468).

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles taught: "[In 3 Nephi 18:20] the Savior reminds us that faith, no matter how strong it is, cannot produce a result contrary to the will of him whose power it is. The exercise of faith in the Lord Jesus Christ is always subject to the order of heaven, to the goodness and will and wisdom and timing of the Lord. That is why we cannot have true faith in the Lord without also having complete trust in the Lord's will and in the Lord's timing" ("Faith in the Lord Jesus Christ," *Ensign,* May 1994, 100).

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 18 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 26: DAY 3

3 Nephi 19

Introduction

The events recorded in 3 Nephi 11–18 all took place during one day. At the conclusion of that day, news of the Savior's visit and of His returning the next day spread among the people, and they "did labor exceedingly all that night, that they might be on the morrow in the place where Jesus should show himself unto the multitude" (3 Nephi 19:3). In the morning, the twelve disciples taught the people and prayed with them. Nephi then baptized the twelve disciples, and they received the Holy Ghost and were encircled by angels. During this manifestation, Jesus Christ appeared and commanded the disciples to pray, and He also prayed to the Father on behalf of the multitude. Because of their faith, the disciples were filled with the Holy Ghost. They were purified, and they became one with the Father and the Son.

3 Nephi 19:1–14

The twelve disciples minister to the people as the Savior commanded

Imagine how you might feel and what you might do if you knew that tomorrow Jesus Christ would be coming to a temple some distance from you. How hard would you try to get there? Would you want to bring other people with you? What would you do to prepare for this experience?

Read 3 Nephi 19:1–3, looking for the Nephites' response to the Savior's promise that He would return the next day. After the multitude gathered, the twelve disciples divided the multitude into twelve groups and began to teach them. They instructed the multitude to kneel in prayer and taught them the same truths the Savior had taught the previous day. (See 3 Nephi 19:4–7.)

1. Read 3 Nephi 19:8–9, and answer the following questions in your scripture study journal:

a. What did the disciples most desire? From your experience, why is the gift of the Holy Ghost so desirable?

b. The twelve disciples were going to direct the affairs of the Church in the Americas after the Savior left. Why was it essential that they have the Holy Ghost to guide them?

After you have completed your scripture study journal assignment, ponder these questions: What are a few things that you most desire when you pray? How often do you pray for the Holy Ghost?

Read 3 Nephi 19:10–12, and look for what the disciples did after they had prayed. The baptism described in verses 10–12 was the second baptism for the twelve disciples. The Church had been established for many years among the Nephites, and these priesthood brethren would have previously been baptized, even though their first baptism is not recorded in the scriptures. This second baptism was a special circumstance, as explained by President Joseph Fielding Smith: "The Savior commanded Nephi and the people to be baptized again, because he had organized anew the Church under the gospel. Before that it had been organized under the law [of Moses]" (*Doctrines of Salvation,* ed. Bruce R. McConkie, 3 vols. [1954–56], 2:336).

Keep in mind that the disciples and the other Nephites were worthy to be in the presence of the Savior. Read 3 Nephi 19:13, looking for what the twelve disciples were granted for having righteous desires.

2. Make a list in your scripture study journal of the blessings that come into the life of a person who has the gift of the Holy Ghost and lives worthy of it. Then compare your list with the following quotation by Elder Robert D. Hales of the Quorum of the Twelve Apostles, and add to your list any new ideas you find:



"The Holy Ghost gives us the strength and courage to conduct our lives in the ways of the kingdom of God and is the source of our testimony of the Father and the Son. . . .

"We need the Holy Ghost as our constant companion to help us make better choices in the decisions that confront us daily. Our young men and women are bombarded with ugly things of the world. Companionship with the Spirit will give them the strength to resist evil and, when necessary, repent and return to the strait and narrow path. None of us are immune from the temptations of the adversary. We all need the fortification available through the Holy Ghost. . . . Having the gift of the Holy Ghost helps family members make wise choices—choices that will help them return with their families to their Father in Heaven and His Son, Jesus Christ, to live with Them eternally" ("The Covenant of Baptism: To Be in the Kingdom and of the Kingdom," *Ensign*, Nov. 2000, 8).

Based on your study of 3 Nephi 19:1–14, ponder what blessing you want most in your life and why you want it.

Complete the following principle statement based on 3 Nephi 19:9, 13: **Through earnest desires and prayer, we can be** _____ _____.

3 Nephi 19:14–36

The Savior appears and prays for the people to be purified through their faith

Read 3 Nephi 19:14–16 to learn what happened after the twelve disciples were baptized and filled with the Holy Ghost.

After the disciples and the multitude had kneeled down, the Savior commanded His twelve disciples to pray. Read the account of their prayer in 3 Nephi 19:17–18, 24–26, 30. This is the only place in recorded scripture where people prayed directly to Jesus Christ. In our prayers we pray to God the Father in the name of His Son, Jesus Christ. There is no place in scripture where we are taught to pray to Jesus.



Elder Bruce R. McConkie of the Quorum of the Twelve Apostles suggested a reason why the disciples may have prayed to Jesus in this unique instance: "Jesus had already taught them to pray in his name to the Father, which they first did [see 3 Nephi 19:8–9]. . . . But this time 'they did pray unto Jesus, calling him their Lord and their God.' [3 Nephi 19:18.] Jesus was present before them as the symbol of the Father. Seeing him, it was as though they saw the Father; praying to him, it was as though they prayed to the Father. It was a special and unique situation" (*The Promised Messiah: The First Coming of Christ* [1978], 560–61). The Savior Himself said, "They pray unto me because I am with them" (3 Nephi 19:22).

3. While the people were kneeling, they witnessed Jesus Christ offer three distinct prayers for His disciples and for them. Copy the following chart in your scripture study journal. Read the assigned scripture references and complete the chart.

Scripture passage	What did the Savior pray for?	How can you apply what you learned from the Savior's prayer to your life?
3 Nephi 19:19–23		
3 Nephi 19:27–29		
3 Nephi 19:31–34		

Read 3 Nephi 19:24. What do you think it means to "not multiply many words"? Regarding prayers in which words are given to us to know what to pray for, Elder Bruce R. McConkie taught, "Perfect prayers are those which are inspired, in which the Spirit reveals the words which should be used" (*Mormon Doctrine,* 2nd ed. [1966], 586).

To help you better understand some of the principles the Savior taught in His prayers, review 3 Nephi 19:28 and mark words or phrases that teach this principle: **As we exercise faith in Jesus Christ, we can be purified.** Contemplate the ways in which the disciples exercised faith throughout the experiences recorded in 3 Nephi 19. As a result of their faith, the disciples were filled with the Holy Ghost (see 3 Nephi 19:13), and receiving the Holy Ghost is necessary in order to be purified.



Read the following statement from President Marion G. Romney of the First Presidency, and look for what it means to be purified: " 'Then cometh the baptism of fire and of the Holy Ghost.' [2 Nephi 31:13.] This baptism of fire and of the Holy Ghost here spoken of by Nephi affects the great change in the hearts of men referred to by Alma [see Alma 5:14]. It converts them from carnality to spirituality. It cleanses, heals, and purifies the soul. . . . Faith in the Lord Jesus Christ, repentance, and water baptism are all preliminary and prerequisite to it, but it is the consummation [ultimate end]. To receive it is to have one's garments washed in the atoning blood of Jesus Christ" (*Learning for the Eternities,* comp. George J. Romney [1977], 133).

4. Ponder what it means to be purified, and answer the following question in your scripture study journal: How does exercising faith in Jesus Christ help us become pure and clean?

Jesus offered a great prayer on the eve of His atoning sacrifice that was very similar to the prayers He offered among the Nephites on the second day of His visit with them. Read 3 Nephi 19:23, 29 and John 17:9, 11, 21–22. Mark the phrase "that we may be one." Ponder how Jesus Christ and the Father are one. What do we learn from these verses about how we can become one with Jesus Christ?



One of the principles taught in these verses is: **Through faith we can be purified and become one with Jesus Christ, as He is one with the Father.** Read the following statement from Elder D. Todd Christofferson of the Quorum of the Twelve Apostles about how we can be one with the Father and the Son: "Surely we will not be one with God and Christ until we make Their will and interest our greatest desire. Such submissiveness is not reached in a day, but through the Holy Spirit, the Lord will tutor us if we are willing until, in process of time, it may accurately be said that He is in us as the Father is in Him. At times I tremble to consider what may be required, but I know that it is only in this perfect union that a fulness of joy can be found" ("That They May Be One In Us," *Ensign,* Nov. 2002, 73).

Conclude today's study by reading and pondering 3 Nephi 19:35–36.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 19 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 26: DAY 4

3 Nephi 20–22

Introduction

During the second day of His ministry among the Nephites, Jesus Christ again administered the sacrament to the people. He testified that in the latter days the Father would fulfill His covenant to gather Israel and bless all the nations of the earth. He also explained that the coming forth of the Book of Mormon in the last days would be a sign that the Father had begun to fulfill this covenant.

3 Nephi 20:1–9

The Savior again administers the sacrament to the people

If you are a young man and hold the Aaronic Priesthood, ponder the following questions: What does it mean to you to be able to help administer the sacrament? How do you demonstrate to the Lord that you understand the sacred nature of this ordinance?

If you are a young woman or a young man who does not yet hold the priesthood, ponder the following questions: How do you feel when you see worthy young men administering the sacrament? What do you do during the administration of the sacrament that shows you understand its sacred nature?

As recorded in 3 Nephi 20:3–5, at the beginning of the second day of His ministry among the Nephites, the Savior miraculously provided bread and wine to again administer the sacrament. Read 3 Nephi 20:1, and identify what He asked the people to do just before He prepared and passed the sacrament. How do you think praying in your heart can affect your weekly experience of partaking of the sacrament?

Read 3 Nephi 20:8. Notice that the Nephites used wine at this time, but it is the current practice of the Church to use water (see D&C 27:2). Also notice what the bread and water represent. When we regularly partake of the sacrament, we show our willingness to make the Savior's Atonement part of our lives.

According to 3 Nephi 20:8, what did Jesus Christ promise to those who partake of the sacrament? Think about the portion size of the bread and water in the sacrament. If you were physically hungry and thirsty, would the sacramental bread and water satisfy your hunger and thirst? To better understand how we can be filled by partaking of the sacrament, read 3 Nephi 20:9 and finish this principle: **If we worthily partake of the sacrament, we can be filled with** _____.

Read the following statement from Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, and underline ways he said you can be blessed as you are filled with the Spirit:



"Let us qualify ourselves for our Savior's promise that by partaking of the sacrament we will 'be filled' (3 Ne. 20:8; see also 3 Ne. 18:9), which means that we will be 'filled with the Spirit' (3 Ne. 20:9). That Spirit—the Holy Ghost—is our comforter, our direction finder, our communicator, our interpreter, our witness, and our purifier—our infallible guide and sanctifier for our mortal journey toward eternal life.

". . . Out of the seemingly small act of consciously and reverently renewing our baptismal covenants comes a renewal of the blessings of baptism by water and by the Spirit, that we may always have his Spirit to be with us. In this way all of us will be guided, and in this way all of us can be cleansed" ("Always Have His Spirit," *Ensign,* Nov. 1996, 61).

1. Think of a time when you felt the Holy Ghost as you partook of the sacrament. Read the sacrament prayers in Moroni 4:3 and 5:2. How does partaking of the sacrament each week help you to be filled with the Holy Ghost? Write some of these ways in your scripture study journal.

3 Nephi 20:10–46

The Savior teaches the Nephites about covenants to be fulfilled in the last days

Think about some of your most important qualities. What type of qualities did you focus on? Were they physical characteristics, personality traits, or spiritual qualities?

Read the following statement by Elder David A. Bednar of the Quorum of the Twelve Apostles, and mark how he defined who we are: "You may enjoy music, athletics, or be mechanically inclined, and someday you may work in a trade or a profession or in the arts. As important as such activities and occupations can be, they do not define who we are. First and foremost, we are spiritual beings. We are sons [and daughters] of God and the seed of Abraham" ("Becoming a Missionary," *Ensign* or *Liahona,* Nov. 2005, 47).

To be the seed of Abraham means that we are literal descendants of Abraham or we have become his sons and daughters through obedience to the laws and ordinances of the gospel of Jesus Christ. All receive the same promises and covenants God made with Abraham.

As recorded in 3 Nephi 20:11–13, the Savior taught the Nephites about the covenants and promises made to Abraham and his descendants, who are the house of Israel. He taught that **the Father will fulfill His covenant to gather the house of Israel in the last days.** Read 3 Nephi 20:13, and note what knowledge the house of Israel will gain as an essential part of this gathering. Why do you think this knowledge is essential?

Read 3 Nephi 20:25–26, and identify what the Savior taught about how the descendants of Lehi were blessed because of the covenant the Father made with Abraham. The Savior emphasized that the Father sent

Him to visit the Nephites and save them from sin "because [they were] the children of the covenant" (3 Nephi 20:26).

2. Write in your scripture study journal about how you have been blessed by the covenant you made with Heavenly Father at baptism. Because you have been baptized a member of the Church, you are the seed of Abraham and you have a responsibility to help fulfill the covenant God made with Abraham.

Read 3 Nephi 20:27, and mark phrases that teach the following principle: **As the seed of Abraham, we have a covenant responsibility to bless all the people of the earth.**



As you read the following statement by Elder David A. Bednar, look for how—as the seed of Abraham—we are to bless all the people of the earth: "You and I, today and always, are to bless all peoples in all the nations of the earth. You and I, today and always, are to bear witness of Jesus Christ and declare the message of the Restoration. You and I, today and always, are to invite all to receive the ordinances of salvation. Proclaiming the gospel is not a part-time priesthood obligation. It is not simply an activity in which we engage for a limited time or an assignment we must complete as members of The Church of Jesus Christ of Latter-day Saints. Rather, missionary work is a manifestation of our spiritual identity and heritage. We were foreordained in the premortal existence and born into mortality to fulfill the covenant and promise God made to Abraham. We are here upon the earth at this time to magnify the priesthood and to preach the gospel. That is who we are, and that is why we are here—today and always" ("Becoming a Missionary," 47).

3. Answer the following questions in your scripture study journal:

a. What can you do now, as a youth, to bless others in the world?

b. Why do you think it is important for you to understand that you are of the seed of Abraham?

3 Nephi 21–22

Jesus Christ foretells the sign for the gathering of the house of Israel in the last days

As recorded in 3 Nephi 21–22, the Savior taught the Nephites many things about the last days—the time when the gospel would be restored to the earth and the Saints would prepare for His Second Coming.

4. To help you discover what the Savior taught about the latter-day gathering of Israel, as recorded in 3 Nephi 21–22, read all of the scriptures in the left column of the following chart. Then choose two of the questions in the right column to answer in your scripture study journal.

Verses	Questions
Read 3 Nephi 21:1–2, 7. When the Book of Mormon comes forth in the last days, it will be a sign that the Father has begun gathering the house of Israel.	a. When have you seen the Book of Mormon lead (or gather) someone, including yourself, to Jesus Christ and the covenants of the gospel?
Read 3 Nephi 21:9. The phrase "a great and a marvelous work" refers to the Restoration of the gospel of Jesus Christ.	b. What do you think is great and marvelous about the Restoration of the gospel of Jesus Christ?
Read 3 Nephi 21:10–11, and ponder how this description fits the Prophet Joseph Smith.	c. Why is it essential to believe the words of the Lord that were brought forth through the Prophet Joseph Smith?
Read 3 Nephi 21:22. If people repent and do not harden their hearts, they will be numbered among the house of Israel.	d. Why do you think repentance is necessary for a person to be gathered into God's covenant people?
Read 3 Nephi 22:7–10, and look for the promises the Savior made to His covenant people who return to Him after forgetting the covenants they made with Him.	e. Why do you think it is important to understand that the Lord shows everlasting kindness and mercy to those who have strayed from Him?

Think of someone with whom you can share your testimony of Jesus Christ, the Book of Mormon, the Restoration of the gospel, and the mission of the Prophet Joseph Smith to help this person receive the blessings of the restored gospel. Also ponder how you can encourage others to come to the Lord, including those who were previously faithful in the gospel but no longer are. If you think of a specific individual, set a goal to act on the promptings you have received.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 20–22 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 27: DAY 1

3 Nephi 23

Introduction

After quoting the words of Isaiah, Jesus Christ commanded the Nephites to search the words of the prophets. The Savior also corrected the Nephites for not being diligent in their record keeping.

3 Nephi 23:1–5

Jesus Christ commands the people to search the words of the prophets

Ponder your experiences with studying the scriptures during this past year. Write a few words or short phrases that describe blessings that have come into your life as a result of your study of the scriptures.

As you look over your list, consider what these blessings may teach you about the importance of scripture study.

After quoting some of the teachings of Isaiah (see 3 Nephi 22), **the Savior commanded the people to diligently search the words of Isaiah and the prophets.** Read 3 Nephi 23:1–5, and identify *why* the Savior said we should search the words of Isaiah and the prophets. Consider marking words and phrases that will help you remember what you learned.

One reason we are commanded to study the words of Isaiah is because "he spake as touching all things concerning [the Lord's covenant] people which are of the house of Israel" (3 Nephi 23:2). Because you have made covenants with the Lord, you are part of the house of Israel. Isaiah's writings pertain to you. Another reason we should study Isaiah's words is because they will all be fulfilled (see 3 Nephi 23:3).

Notice in 3 Nephi 23:1 that Jesus Christ specifically commanded the Nephites to "search [the words of Isaiah] diligently."

1. Answer the following questions in your scripture study journal:

a. What do you think is the difference between reading the words of the prophets and diligently searching them?

b. What scripture study methods can help you search the words of Isaiah and the prophets effectively and meaningfully? (You may want to review the lesson Unit 1: Day 1, "Studying the Scriptures," to remember some important scripture study helps.)

Elder Merrill J. Bateman, an emeritus member of the Seventy, noted some blessings that come into our lives as we search the words of the prophets: "There are certain blessings obtained when one searches the scriptures. As a person studies the words of the Lord and obeys them, he or she draws closer to the Savior and obtains a greater desire to live a righteous life. The power to resist temptation increases, and spiritual weaknesses are overcome. Spiritual wounds are healed" ("Coming unto Christ by Searching the Scriptures," *Ensign,* Nov. 1992, 28).

Read 3 Nephi 23:5, and look for the promise the Savior gave all of us if we study and act upon the invitations in scripture.

2. Imagine you have a friend or family member who is struggling to study the scriptures regularly. Using what you learned in 3 Nephi 23:1–5, write what you might say to encourage this person to study the words of the prophets diligently and have a meaningful experience with the scriptures.

3 Nephi 23:6–14

Jesus Christ chastises His disciples for failing to record important events

Read the following statement from President Spencer W. Kimball:



"The Lord Jesus Christ Himself emphasized the great importance of record keeping to the Nephites and Lamanites [see 3 Nephi 23:6–13]. . . .

"I am glad that it was not I who was reprimanded, even though mildly and kindly, for not having fulfilled the obligation to keep my records up to date. . . .

". . . Remember, the Savior chastised those who failed to record important events" ("The Angels May Quote from It," *New Era,* Feb. 2003, 32, 34–35).

The remainder of 3 Nephi 23 contains the account President Kimball described, when the Savior chastised the Nephites for not including some important events in their records. Read 3 Nephi 23:6–11, and identify what the Nephites had failed to record. Why do you think it was important for the Nephites to record

the fulfillment of this prophecy made by Samuel the Lamanite? How does having that record in the Book of Mormon help us in our day?

3. Answer the following question in your scripture study journal: Why might it be important for you to write down the spiritual events and promptings that occur in your life?

If there has been a recent spiritual event in your life that you have failed to record, consider writing it in your personal journal now. A simple notebook or pad of paper is sufficient for keeping a personal journal. Read 3 Nephi 23:12–14, and look for what the Savior did after the Nephites obeyed the commandment to write down the fulfillment of Samuel the Lamanite's prophecy.

The Savior "expounded all the scriptures," which means that He explained the meaning of the scriptures.

Read 3 Nephi 24:1, and notice similarities between the first part of this verse and what occurred in 3 Nephi 23:12–14. Notice that after the Nephites recorded what Jesus Christ taught them, He gave them more knowledge and revelation by expounding upon those things.

Based upon what you have learned from 3 Nephi 23:6–14, complete the following principle: **As I write down sacred promptings and events, I invite** _____ _____.

Among other possibilities, you could have completed the above principle this way: As I write down sacred promptings and events, I invite the Lord to give me more revelation.

To more fully understand the truth you have learned, read the following two statements from Elder Richard G. Scott of the Quorum of the Twelve Apostles:



"Knowledge carefully recorded is knowledge available in time of need. Spiritually sensitive information should be kept in a sacred place that communicates to the Lord how you treasure it. That practice enhances the likelihood of your receiving further light" ("Acquiring Spiritual Knowledge," *Ensign,* Nov. 1993, 88).

"Write down in a secure place the important things you learn from the Spirit. You will find that as you write down precious impressions, often more will come. Also, the knowledge you gain will be available throughout your life" ("To Acquire Knowledge and the Strength to Use It Wisely," *Ensign,* June 2002, 32).

4. Answer the following questions in your scripture study journal:

a. Why do you think writing down the revelations we have received from the Lord may help us receive more revelation?

b. How can taking time to write about the Lord's influence in our lives help us feel grateful for our blessings and express our gratitude to Him?

You may be concerned that you have not had special or sacred experiences that would be valuable enough to record. Elder John H. Groberg, an emeritus member of the Seventy, addressed this concern: "Some people say, 'I don't have anything to record. Nothing spiritual happens to me.' I say, 'Start recording, and spiritual things will happen. They are there all the time, but we become more sensitive to them as we write' " ("Writing Your Personal and Family History," *Ensign,* May 1980, 48).

You can begin to apply what you have learned about recording spiritual experiences by carrying a piece of paper, notebook, or journal with you for the next week. Record any promptings, impressions, experiences, or feelings you have throughout the week. Also record how you feel impressed to act upon those promptings you receive. After you have followed through with those actions, write about your experience.

Tell someone (a family member, friend, or Church leader) about your plan to keep a record of your spiritual experiences. Consider inviting this person to join you in this effort by recording some of his or her own spiritual experiences. By inviting another person to do this project with you, you can encourage and report your progress to each other. However, you should remember that it is not necessary—and may not be appropriate—to share your sacred experiences with one another.

5. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 23 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 27: DAY 2

3 Nephi 24–26

Introduction

In 3 Nephi 24–25, Jesus Christ fulfilled Heavenly Father's commandment to give the people some of the prophecies of Malachi. Malachi had declared the need for the house of Israel to repent and return to the Lord in preparation for the Savior's coming. As recorded in 3 Nephi 26:3, Jesus Christ expounded unto the people "all things, even from the beginning until the time that he should come in his glory." Mormon then taught that those who believe the Book of Mormon would have greater things manifested unto them (see 3 Nephi 26:9).

3 Nephi 24:1–6

Jesus Christ quotes the words given to Malachi regarding the Second Coming

As He recited some of the prophecies of Malachi to the Nephites, Jesus Christ referred to the images of fire and soap. Imagine a glowing fire and a piece of soap. Think about what these two objects might have in common as purifying or cleansing agents.



Read 3 Nephi 24:2–3. In 3 Nephi 24:2, Jesus Christ is compared to a refiner's fire and fuller's soap because of what He will do at His Second Coming. In 3 Nephi 24:3, He is compared to a silversmith, who purifies silver. To understand these verses, it is helpful to know that the process for refining silver requires the silversmith to hold a piece of silver over the hottest part of the fire to burn away the impurities. The *refiner* has to watch the silver closely, for if the silver is left even a moment too long in the flames, it will be destroyed. A *fuller* is a person who cleans garments or whitens them using soap. The "sons of Levi" were those who held the priesthood in ancient Israel; this term can apply to all of the Lord's people today.

Ponder what this imagery suggests will take place at the Second Coming of Jesus Christ. In your scriptures next to 3 Nephi 24:2–3, you may want to write: ***At His Second Coming, Jesus Christ will purify His people.***

Read 3 Nephi 24:5–6, and identify who will and who will not be consumed or destroyed at the Savior's coming. (Note that in this passage the "sons of Jacob" are the Lord's covenant people in the house of Israel.) These verses teach the principle: **Jesus Christ will judge the wicked at His coming.**

1. Write the following heading in your scripture study journal: *What I must do to prepare for the Second Coming of Jesus Christ.* As you continue to study 3 Nephi 24–26, list under this heading what you learn that will help you prepare for the Second Coming of Jesus Christ.

3 Nephi 24:7–18

Malachi teaches the house of Israel how to return to the Lord

Imagine that a close friend or family member does not seem to be concerned about how a person's actions might affect him or her in the Judgment, the Second Coming, or in eternity. Think about what you might say to try and help this person. Read 3 Nephi 24:7, and identify what the Lord said to the sons of Jacob who had begun to drift away from Him. What do you think it means that the people had "gone away" from the Lord's ordinances?

In the Church, an ordinance is a sacred, formal act performed by the authority of the priesthood. Some ordinances are essential to our exaltation. These ordinances are called "saving ordinances." They include baptism, confirmation, ordination to the Melchizedek Priesthood (for men), the temple endowment, and the marriage sealing. With each of these ordinances, we enter into solemn covenants with the Lord. You may want to list the saving ordinances

under the heading in journal assignment 1. Think about how these ordinances help us prepare for the Second Coming.

Although the Lord's people had strayed from the ordinances and covenants of the gospel, notice the promise in 3 Nephi 24:7, which the Lord gave them if they would return unto Him. You may want to mark this promise in your scriptures to help you remember that **if we return unto the Lord, He will return unto us.**

Read 3 Nephi 24:8–10, and look for one way that the Lord indicated the sons of Jacob could return to Him and thus prepare for the Second Coming. You may want to include paying tithes and offerings in the list under the heading in journal assignment 1.

Read the following counsel from President Gordon B. Hinckley about paying tithing: "We *can* pay our tithing. This is not so much a matter of money as it is a matter of faith" ("Let Us Move This Work Forward," *Ensign,* Nov. 1985, 85).

Ponder for a moment how your willingness to give tithes and offerings to the Lord is an indication of your faith in Him. Read 3 Nephi 24:10–12, and focus on the blessings for those who pay a full and honest tithe.

2. Answer the following questions in your scripture study journal:

a. What blessings have you received from obedience to the law of tithing?

b. How do you think keeping the commandment to pay your tithes and offerings has helped you to spiritually prepare yourself for the Second Coming?

Some people in ancient Israel murmured that keeping the Lord's commandments had not done them any good. They felt that their efforts were in vain, or pointless (see 3 Nephi 24:14). On the other hand, they argued that the proud and wicked were "happy," "set up," and "delivered" (3 Nephi 24:15). In other words, these people claimed that the wicked were better off than the righteous. The Lord responded to these complaints by saying that those who fear the Lord and think upon His name, and who meet together often to speak one to another, would find their names written in "a book of remembrance" (3 Nephi 24:16). They would be the ones who were prepared for the Lord's coming and be spared as His own treasured "jewels" (see 3 Nephi 24:16–17). The Lord challenged those who complained to wait and observe the end result when they could then "return and discern between the righteous and the wicked" (3 Nephi 24:18). They will see that the righteous are much better off in the end.



3 Nephi 25

Jesus Christ quotes Malachi's prophecy that Elijah would return prior to the Second Coming

Read 3 Nephi 25:1–3, and look for why the Second Coming will be a blessing to those who are faithful to Jesus Christ. The word *root* in verse 1 refers to ancestors, and *branch* refers to posterity. Thus, in the next life the wicked will not enjoy the blessings of being sealed to either their ancestors or to their posterity. The calves that "grow up . . . in the stall" are a symbol for children who are protected, cared for, and have all things necessary for them as they grow up.

The Savior shared with the Nephites what Malachi wrote about an event that would take place before the Second Coming and would involve the Old Testament prophet Elijah. Read 3 Nephi 25:5–6, and look for what Malachi taught that Elijah would do to help prepare the world for the Lord's coming.

Elijah's return to the earth was an essential part of the Restoration of the gospel. On April 3, 1836, Elijah appeared to Joseph Smith and Oliver Cowdery in the newly dedicated Kirtland Temple (see D&C 110). He conferred upon them the sealing power of the priesthood, making it possible for families to be sealed throughout the generations. What do you think the statement that "he shall turn the heart of the fathers to the children, and the heart of the children to their fathers" (3 Nephi 25:6) means? _____

_____

These verses teach that **as our hearts are turned to our fathers, we are helping to prepare the earth for the Second Coming of Jesus Christ.**

3. Write in your scripture study journal an experience you or your family members have had that has helped you turn your heart to your ancestors. This might include being sealed in the holy temple, researching your family history, or participating in baptisms for the dead. If you cannot think of an experience, write a short paragraph about your desire to participate in this work. (Under journal assignment 1, you may want to write: *receiving temple ordinances for yourself and your family, attending the temple, and gathering family history information.*)

3 Nephi 26

What must be done to receive the greater things that Jesus Christ revealed

We learn from 3 Nephi 26:3 that the Savior taught the Nephites "all things which should come upon the face of the earth." Read 3 Nephi 26:6–8, looking for how much of the Savior's sermon was recorded in the Book of Mormon. Study 3 Nephi 26:9–11 to find out why Mormon did not include everything.

The Lord directed Mormon to include only a small portion of those teachings in order to try our faith. From 3 Nephi 26:1–21 we learn that **as we believe what God has revealed, we prepare ourselves to receive greater revelation.** Why do you think believing the truths we have already received is essential before we receive additional truth? (See Alma 12:9–11.) How can we show that we believe what the Lord has revealed?

4. To apply the bolded principle above, respond to the following question in your scripture study journal: What are you doing in your life to demonstrate your belief in the Book of Mormon?

As recorded in the rest of 3 Nephi 26, Mormon summarized the Savior's ministry and its effect on the Nephites. Read 3 Nephi 26:13–21, and consider marking how the people put the words of Jesus Christ into practice.

5. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 24–26 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 27: DAY 3

3 Nephi 27

Introduction

Early in their ministry, after the second day of the resurrected Savior's appearance among them, the twelve Nephite disciples met together in mighty prayer and fasting. Jesus Christ again appeared to them and answered their question about what the name of the Church should be. The Savior taught them that the Atonement is the essence of His gospel and that through the Atonement we may stand spotless before Him as we repent, are baptized, and endure to the end. In addition, He commanded His disciples to be like Him.

3 Nephi 27:1–12

The Lord teaches the twelve disciples that His Church should bear His name

Imagine that you wanted to start a new club or sports team. Decide what type of club or team you would create, and then choose a name for your organization. Write down both the name and the kind of organization you chose: _____

_____

_____

Think about some organizations you know about and what their names signify about their purpose and the people who belong to them.

The twelve Nephite disciples continued to teach and baptize the people. On one occasion they were united in fasting and prayer when the Savior again visited them (see 3 Nephi 27:1–2). Read 3 Nephi 27:3–7, looking for the question the disciples asked and the Savior's answer. You may wish to mark the reasons Jesus Christ gave for calling the Church in His name.

Search 3 Nephi 27:8–10, and mark what the Savior taught were indicators of His true Church. Finish the following phrase in your manual to indicate several key features of the true Church:

The true Church of Jesus Christ is _____

_____

_____.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Think about why it is important that the true Church of Jesus Christ not only bears His name but is also built on His gospel (see 3 Nephi 27:8–10). The Savior promised the Nephites that if the Church is built upon His gospel, then Heavenly Father will show forth His works in it (see 3 Nephi 27:10). Ponder how you personally have seen Heavenly Father show His works in the Church.

1. In your scripture study journal, write *Being a member of the true Church of Jesus Christ is important to me because . . .* Then write a short paragraph describing your thoughts on the phrase. Try to include as many reasons as you can from what you learned while studying 3 Nephi 27:1–12.

3 Nephi 27:13–22

Jesus Christ defines His gospel and teaches what we must do to stand guiltless before Him

Think of a time when you were caught doing something you knew was wrong. Recall how you felt when the truth about what you had done became known. Ponder the following questions: How would you feel standing before the Lord to be judged if there were still some wrong deeds you had not repented of? How would you feel standing before the Lord to be judged if there was no way to repent of any of the sins you committed during your life?

After teaching the Nephites that His Church must be built upon His gospel, the Savior went on to teach them what His gospel is. The word *gospel* literally means "good news" or "glad tidings." Through the gospel there is still good news for all of us if we sin.

2. Read 3 Nephi 27:13–16, 19, and look for elements of the gospel that are good news for all of us. **The foundation of the gospel of Jesus Christ is that He did the will of His Father in accomplishing the Atonement.** Answer the following questions in your scripture study journal:

a. The Savior testified to His disciples that He came into the world to do the will of His Father. According to 3 Nephi 27:14, what was Heavenly Father's will for His Holy Son?

b. Because the Savior fulfilled the will of His Father, what is available for all mankind? (see especially 3 Nephi 27:19).

3. To help you appreciate the greatness of this good news, read one or more of the following scripture passages and write a brief explanation in your scripture study journal about why the Atonement of Jesus Christ is such good news: 2 Nephi 9:8–10; Alma 34:14–16; Helaman 14:15–18.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles testified about why the gospel is good news for all people: "The 'good news' was that death and hell could be escaped, that mistakes and sins could be overcome, that there was hope, that there was help, that the insoluble was solved, that the enemy had been conquered. The good news was that *everyone's* tomb could one day be empty, that *everyone's* soul could again be pure, that *every* child of God could again return to the Father who gave them life" ("Missionary Work and the Atonement," *Ensign,* Mar. 2001, 8, 10).



Have you ever heard someone say that we need to "live the gospel"? When someone invites us to "live the gospel," they are usually inviting us to live the principles and receive the ordinances that invite the power of Jesus Christ's Atonement into our lives so we can be saved. Search 3 Nephi 27:20–21 looking for what we must do to receive all the blessings of the Atonement and prepare for judgment.

4. Write ***If we _____, then we will be able to stand spotless before Jesus Christ*** in your scripture study journal. Complete this phrase by writing in a gospel principle from 3 Nephi 27:20–21 that we must follow in order to stand spotless before the Lord. (You might identify

several principles for the "if" part of this principle statement.) Then answer the following question in your scripture study journal: What can I do in my life right now to "live the gospel" more fully so that I can experience the power of the Atonement and stand spotless before God at the last day?

Ponder what it will be like one day to stand before Jesus Christ knowing that you have been made clean through His Atonement by obedience to the principles, commandments, and ordinances of His gospel.

3 Nephi 27:23–33

Jesus Christ instructs His disciples to be like He is

As recorded at the end of 3 Nephi 27, Jesus Christ gave instructions to His twelve disciples and taught them about their role as leaders and judges of their people. Read 3 Nephi 27:27, and look for the commandment He gave the disciples to help them righteously fulfill their roles. Take a moment and think about the following questions:

- Why would it be important for those who judge others to be like the Savior?
- Referring back to 3 Nephi 27:21, what did the Savior command the disciples to do?
- What is the relationship between doing the works of the Savior and becoming like Him?

Reread 3 Nephi 27:21, 27, and mark in your scriptures words and phrases that show that **the Lord expects His disciples to emulate His works and become as He is.**

5. Answer the following questions in your scripture study journal to help you apply the Savior's teachings to be more like Him:

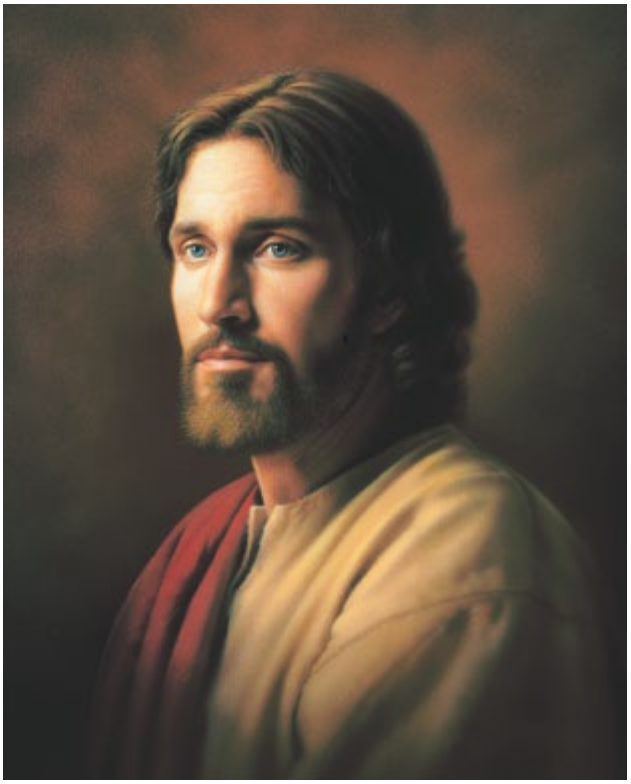
a. What opportunities did I have yesterday to be like the Savior?

b. How could I be more like the Savior today?

c. What works of the Savior could I do tomorrow at school or at home?



President Ezra Taft Benson taught that those who strive to become like Jesus Christ achieve true greatness: "That man is greatest and most blessed and joyful whose life most closely approaches the pattern of the Christ. This has nothing to do with earthly wealth, power, or prestige. The only true test of greatness, blessedness, joyfulness is how close a life can come to being like the Master, Jesus Christ. He is the right way, the full truth, and the abundant life" ("Jesus Christ—Gifts and Expectations," *Ensign,* Dec. 1988, 2).



6. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 27 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 27: DAY 4

3 Nephi 28–30

Introduction

Prior to His departure, Jesus Christ asked each of His twelve disciples what they desired of Him. Nine of them requested to speedily return to Him when their ministry on the earth was complete. Three asked to remain on the earth to continue working to bring souls to Christ until He returns. The Lord honored both of these righteous desires. Mormon provided some details concerning the Three Nephites' ministry upon the earth.

As Mormon concluded his account of the Savior's visit among the Nephites, he explained that the coming forth of the Book of Mormon would be a sign that the Lord was fulfilling His covenant with the house of Israel. Concluding 3 Nephi, Mormon recorded the words of Jesus Christ, inviting all people to repent and be numbered with the house of Israel.

3 Nephi 28:1–11

Jesus Christ grants the desires of His twelve disciples

Ponder how you would respond if Jesus Christ appeared to you and asked, "What is it that ye desire of me?"

Briefly write which of your righteous desires you would share with Him. _____

_____

Read 3 Nephi 28:1–3, and look for how nine of the Nephite disciples responded when the Lord asked them, "What is it that ye desire of me?" Notice how the Savior felt about their desire.

Read 3 Nephi 28:4–7, and look for what the remaining three disciples desired of the Savior. Notice how Jesus Christ felt about the desire of these three disciples. Ponder why you think the Lord said they were "more blessed" because of their desire.

Read 3 Nephi 28:8–10 to see how the Savior described the blessings the Three Nephites would receive because of their desires to labor among mortal men. Consider writing the following truth in the margin of your scriptures or in your scripture study journal: **The Lord blesses us according to our righteous desires.** Read the following statement from Elder Neal A. Maxwell of the Quorum of the Twelve Apostles to see the importance of righteous desires:



"What we insistently desire, over time, is what we will eventually become and what we will receive in eternity. . . .

"Righteous desires need to be relentless, therefore, because, said President Brigham Young, 'the men and women, who desire to obtain seats in the celestial kingdom, will find that they must battle every day' (in *Journal of Discourses,* 11:14)" ("According to the Desire of [Our] Hearts," *Ensign,* Nov. 1996, 21–22).

1. Answer one or both of the following questions in your scripture study journal:

a. When have you felt blessed by the Lord as you acted on your righteous desires?

b. What will you start doing today to nurture righteous desires in your own life so you can qualify for the Lord's blessings?

3 Nephi 28:12–35

Mormon describes the ministry of the Three Nephites

Many people have heard legends, myths, and rumors about supposed visits of the Three Nephites. Rather than rely on fables, find out what the scriptures say their mission is and how they are able to minister with power "as the angels of God" (3 Nephi 28:30).

Read 3 Nephi 28:12–17 to learn what happened to the Three Nephites. According to 3 Nephi 28:15, what was one reason the disciples needed to go through this change? _____

_____

Read 3 Nephi 28:18–23, looking for how the Lord blessed the Three Nephites so they could carry out their righteous desires. Think of what these verses teach us about the Lord's willingness to bless us as we live according to our righteous desires.

Study 3 Nephi 28:25–31, and identify who has benefitted and will yet benefit from the ministry of the Three Nephites. You may want to mark what you find.

3 Nephi 28:36–40

Mormon learns about the nature of translated beings

Think of a time you had a question about the gospel or a challenge that you were facing. Read 3 Nephi 28:36, and look for what Mormon did not understand about the physical condition of the Three Nephites after the change they experienced. Ponder your answer to the following question: Who do you normally turn to when you have a question about the gospel? Read 3 Nephi 28:36–37 to learn what Mormon did to find the answer to his question.

Study 3 Nephi 28:37–40, and look for what Mormon learned about the change that occurred to the bodies of the Three Nephites. The state or condition enjoyed by the Three Nephites is called "translation," which is like transfiguration (see 3 Nephi 28:17) only longer in duration. Translated beings are still mortal, but, as the Prophet Joseph Smith taught, their physical bodies have been changed from a telestial condition to a terrestrial condition; they are freed from the physical sufferings of their mortal bodies (see *History of the Church,* 4:210). Translated beings can appear and disappear as they choose and according to God's will (see 3 Nephi 28:27–30). They assist in bringing souls to salvation, and they remain in a translated state until the Second Coming of Jesus Christ, when they will undergo another change to become resurrected, glorified personages (see 3 Nephi 28:7–8, 39–40).

From Mormon's experience, we learn that **if we inquire of the Lord for understanding, we will**

receive revelation. You may want to write this principle in your scriptures or scripture study journal.

2. In your scripture study journal, record an experience in which you or someone you know sought the Lord for answers through heartfelt prayer.

3 Nephi 29

Mormon testifies that the Lord will fulfill His covenant with the house of Israel in the last days

After Mormon wrote about the Savior's visit to the people of the Book of Mormon, he prophesied of the fulfillment of the Lord's promises in the last days. Ponder your answer to the following question: When have you learned of or witnessed the fulfillment of one of God's promises?

Consider marking the words *when* and *then* as you study 3 Nephi 29:1–3. These words will help you identify an event that signifies the Lord is keeping His promises to the house of Israel in the last days. (The phrase "these sayings" in 3 Nephi 29:1 refers to the writings of the Book of Mormon.)

We learn from 3 Nephi 29:1–3 that **the coming forth of the Book of Mormon is a sign that the Lord is fulfilling His covenant with the house of Israel.**



The Book of Mormon assures us that the Lord is preparing His people for His coming (see 3 Nephi 29:2). As you read the following statement from Elder Russell M. Nelson of the Quorum of the Twelve Apostles, mark how the Book of Mormon helps us prepare for the Savior's coming:

"The Book of Mormon is a tangible sign that the Lord has commenced to gather His children of covenant Israel. . . .

"Indeed, the Lord has not forgotten! He has blessed us and others throughout the world with the Book of Mormon. . . . It helps us to make covenants with God. It invites us to remember Him and to know His Beloved Son. It is another testament of Jesus Christ" ("Covenants," *Ensign* or *Liahona,* Nov. 2011, 88).

3. Read 3 Nephi 29:4–6, and do one or both of the following activities in your scripture study journal:

a. Identify three specific Book of Mormon passages that you think can help someone come unto Jesus Christ. For each passage, write a sentence or two explaining why you chose that passage.

b. Write a paragraph about how you think the Book of Mormon could help someone understand and accept the gifts of revelation, prophecy, and tongues or the power of the Holy Ghost.

3 Nephi 30

The Lord exhorts the Gentiles to repent and come unto Him

Mormon concluded his record of the Savior's ministry by writing some specific instructions he received from Jesus Christ concerning the Gentiles. Read 3 Nephi 30:1–2, and consider marking as many of the Savior's instructions to the Gentiles as you can find. Consider also marking the blessings available to the Gentiles if they will come unto Christ. Although 3 Nephi 30:2 is addressed to those outside of the Church, we can use Jesus Christ's invitation to measure our own willingness to live the requirements of His covenant.

4. Write the following principle in your scripture study journal: ***If we come unto Christ, we can be numbered among His people.*** Write in your scripture study journal why it is a blessing of the Lord to be "numbered with [His] people who are of the house of Israel" (3 Nephi 30:2).

5. Write the following note at the bottom of today's assignments in your scripture study journal:

I have studied 3 Nephi 28–30 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

4 Nephi

Why Study This Book?

In your study of 4 Nephi, you will witness the blessings that come to people who are united in living the gospel of Jesus Christ. The book reveals that all the people throughout the land were converted during the Savior's ministry among them. By obeying the commandments, they enjoyed peace, prosperity, and marvelous spiritual blessings. Mormon declared: "Surely there could not be a happier people among all the people who had been created by the hand of God" (4 Nephi 1:16). You will also learn important lessons from this people's gradual decline into a state of gross wickedness.

Who Wrote This Book?

Mormon compiled and abridged the records of four other writers to create the book of 4 Nephi. The first of these was Nephi, for whom the book was named. Nephi was the son of Nephi who was one of the 12 disciples chosen by the Lord during His ministry among the descendants of Lehi (see 3 Nephi 11:18–22; 12:1). The other three writers were Amos the son of Nephi, Amos the son of Amos, and Ammaron the brother of Amos (see 4 Nephi 1:19, 21, 47).

When and Where Was It Written?

The original records used as sources for 4 Nephi were likely written between A.D. 34 and A.D. 321. Mormon abridged those records sometime between A.D. 345 and A.D. 385. Mormon did not record where he was when he compiled this book.

UNIT 28: DAY 1

4 Nephi 1

Introduction

After Jesus Christ's visit and ministry in the Americas, the people applied His teachings and enjoyed 200 years of unity, prosperity, and happiness. Eventually, however, the people began to be prideful and became increasingly wicked. Soon they became divided into Nephites and Lamanites again, and after 300 years, both the Nephites and Lamanites had become wicked, with only a few righteous people remaining.

4 Nephi 1:1–18

The people were all converted and experienced peace and happiness

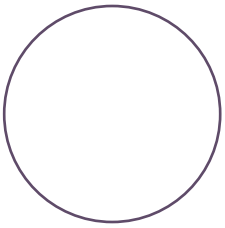
What helps you be truly happy? _____

_____

What do you think is the difference between things that bring you temporary happiness and things that can lead to lasting happiness? Read 4 Nephi 1:16 to find what Mormon wrote about the people after the Savior visited them. You might want to mark the phrase "surely there could not be a happier people."

1. Write the heading *There Could Not Be a Happier People* in your scripture study journal, and draw a circle underneath it, as shown in the following diagram. (You will be writing things inside and around the circle.) Read 4 Nephi 1:1–2, and look for what the people did that made their happiness possible. List your findings in the circle.

There Could Not Be a Happier People



Because the people applied the Savior's teachings, they "were all converted unto the Lord" (4 Nephi 1:2) and enjoyed great happiness.



Elder Richard G. Scott of the Quorum of the Twelve Apostles explained how conversion and happiness are linked together. As you read his words, underline what it means to be converted:



"Your happiness now and forever is conditioned on your degree of conversion and the transformation that it brings to your life. How then can you become truly converted? President [Marion G.] Romney describes the steps you must follow:

"'Membership in the Church and conversion are not necessarily synonymous. Being converted and having a testimony are not necessarily the same thing either. A testimony comes when the Holy Ghost gives the earnest seeker a witness of the truth. A moving testimony vitalizes faith. That is, it induces repentance and obedience to the commandments. Conversion is the fruit or the reward for repentance and obedience' [in Conference Report, Guatemala Area Conference 1977, 8–9].

"Stated simply, true conversion is the fruit of *faith, repentance,* and *consistent obedience.* . . .

"True conversion yields the fruit of enduring happiness that can be enjoyed even when the world is in turmoil and most are anything but happy" ("Full Conversion Brings Happiness," *Ensign,* May 2002, 25–26).

2. Read 4 Nephi 1:2–3, 5, 7, 10–13, 15–18, and look for words and phrases that describe what the people experienced because everyone was converted to the Lord. In your scripture study journal, write some of these words and phrases around the outside of the circle you drew in the previous assignment.

We can learn from this period of unprecedented happiness and prosperity among the Nephites that **when a group of people is converted to the Lord, it brings unity and happiness.** You may want to write this principle in your scriptures near 4 Nephi 1:16 or in your scripture study journal.

Ponder what you think it would be like if everyone around you were truly converted to the Lord.

3. Answer the following questions in your scripture study journal:

a. What benefits do you think would come to your family if everyone in your family lived like the people in 4 Nephi?

b. Think about a time in your life when you have been blessed by being a part of a group that was unified in righteousness—such as in your family, quorum or class, or group of friends. What do you think helped this group to be unified in righteousness? What blessings did you and those who were with you receive?

4 Nephi 1:19–49

Wickedness returns and spreads until only a few righteous people remain

What do you think could destroy a happy society like the people described in 4 Nephi had?

4. Write the heading *"Destruction of a Happy Society"* in your scripture study journal, and draw a circle underneath, similar to your diagram in the first assignment. Read 4 Nephi 1:20, 23–24, and look for what began to destroy the happiness and peace of the people. Write your findings in the circle.

You may want to write the following statement by President Henry B. Eyring of the First Presidency in your scriptures next to 4 Nephi 1:24 or in your scripture study journal: "Pride is the great enemy of unity" ("Our Hearts Knit as One," *Ensign* or *Liahona,* Nov. 2008, 70). In what ways do you think pride is the enemy of unity?

The following statement from President Dieter F. Uchtdorf of the First Presidency gives insight into pride. Underline phrases that explain why pride is so destructive.



"Pride is sinful . . . because it breeds hatred or hostility and places us in opposition to God and our fellowmen. At its core, pride is a sin of comparison, for though it usually begins with 'Look how wonderful I am and what great things I have done,' it always seems to end with 'Therefore, I am better than you.'

"When our hearts are filled with pride, we commit a grave sin, for we violate the two great commandments [see Matthew 22:36–40]. Instead of worshipping God and loving our neighbor, we reveal the real object of our worship and love—the image we see in the mirror" ("Pride and the Priesthood," *Ensign* or *Liahona,* Nov. 2010, 56).

5. Read 4 Nephi 1:25–27, 30–35, 38–45, and look for words and phrases that describe the effects of pride among the people. Write these words and phrases around the outside of the circle in your scripture study journal for assignment 4.

One truth we can learn from these events is that **the sin of pride creates division and leads to greater wickedness.** You may want to write this phrase in your scriptures. How can the pride of one or two people affect the happiness of the entire group?

Consider who in the following scenarios might be negatively affected by an individual's pride:

- A member of a class in Young Women does not want to listen to the lesson her teacher has prepared about the blessings that come from obeying the Word of Wisdom. She feels she does not need to be lectured again about the Word of Wisdom and becomes disruptive and refuses to participate in class.
- A friend consistently teases or belittles another member of the group because the way that person dresses shows he or she does not have much money.

6. Ponder whether or not there are elements of pride in your own life. It may be helpful to review President Uchtdorf's statement as you ponder. Think of what you can do to resist pride and to seek help in increasing unity and righteousness in your family, quorum, class, or group of friends. Write your thoughts and goals in your scripture study journal.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied 4 Nephi 1 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

INTRODUCTION TO

Mormon

Why Study This Book?

As you study the book of Mormon, you will learn valuable lessons from Mormon, who lived faithfully as a disciple of Jesus Christ even though he was surrounded throughout his life by "a continual scene of wickedness and abominations" (Mormon 2:18). You will also benefit from studying the words of Moroni, Mormon's son, who testified to latter-day readers, "Jesus Christ hath shown you unto me, and I know your doing" (Mormon 8:35). By studying these writings you can learn the importance of choosing to live according to the commandments and covenants of the gospel of Jesus Christ.

Who Wrote This Book?

Mormon wrote the first seven chapters of this book as a brief account of the wickedness and wars among the Nephites and Lamanites in his day. He also made "a full account" of events from his lifetime upon the large plates of Nephi. (See Mormon 2:18; 5:9.) When Mormon was "about ten years of age," the record keeper Ammaron informed him that eventually he would have the responsibility to record "all the things that [he] observed concerning this people" (Mormon 1:2, 4). At about age 24, he gained custody of the plates of Nephi and made "a record according to the words of Ammaron" (Mormon 2:17). Later, Mormon began abridging the large plates of Nephi, which included writings from prophets and record keepers from Lehi through Ammaron. Near the end of his life, Mormon "hid up in the hill Cumorah all the records which had been entrusted to [him] by the hand of the Lord," except for a few plates that he gave to his son Moroni (Mormon 6:6). He then led the Nephites in their last great battle against the Lamanites. Before Mormon died, he directed Moroni to complete his record. Moroni added the writings comprising chapters 8–9 of this book.

When and Where Was It Written?

Mormon likely wrote Mormon 1–7 between A.D. 345 and A.D. 401 (see Mormon 2:15–17; 8:5–6). He finished his writings after the final great battle between the Nephites and the Lamanites at Cumorah (see Mormon 6:10–11). Moroni probably wrote Mormon 8–9 between the years A.D. 401 and A.D. 421 as he wandered for the safety of his life (see Mormon 8:4–6; Moroni 1:1–3).

UNIT 28: DAY 2

Mormon 1–2

Introduction

Although Mormon grew up in a time of great wickedness, he chose to be faithful. Because of his faithfulness, he was called to care for the records of the Nephites. When he was 15 years old, Mormon was "visited of the Lord, and tasted and knew of the goodness of Jesus" (Mormon 1:15). In the same year, the Nephites appointed him to lead their armies (see Mormon 2:1). He desired to help the Nephites repent, but because of their willful rebellion, he was forbidden by the Lord to preach to them. The Nephites lost the gift of the Holy Ghost and other gifts of God and were left to their own strength as they battled the Lamanites.

Mormon 1:1–5

Mormon is given charge of the sacred records

What are some words you would like people to use when they describe you? _____

_____

Have you ever been described as a Mormon? What does it mean to you to have someone describe you as a Mormon?

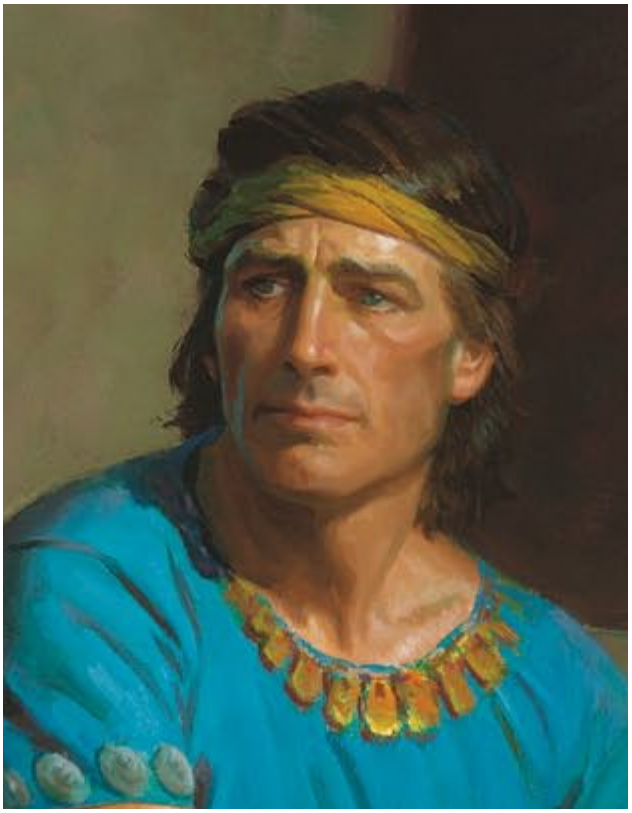
President Gordon B. Hinckley spoke about the nickname *Mormon,* which some people use when referring to members of The Church of Jesus Christ of Latter-day Saints:



"While I sometimes regret that people do not call this church by its proper name, I am happy that the nickname they use is one of great honor made so by a remarkable man and a book which gives an unmatched testimony concerning the Redeemer of the world.

"Anyone who comes to know the man Mormon, through the reading and pondering of his words, anyone who reads this precious trove of history which was assembled and preserved in large measure by him, will come to know that *Mormon* is not a word of disrepute, but that it represents the greatest good—that good which is of God" ("*Mormon* Should Mean 'More Good,'" *Ensign,* Nov. 1990, 52–53).

Mormon, the prophet, was born in a time when almost everyone in the land was living in wickedness. At this time a prophet named Ammaron was commanded to



hide up all of the sacred records (see 4 Nephi 1:47–49). Ammaron visited the then 10-year-old boy Mormon and gave him instructions concerning his future responsibility with the records. Read Mormon 1:2, and look for words or phrases Ammaron used to describe young Mormon.

One word Ammaron used to describe Mormon was *sober.* The word *sober* means serious, solemn, righteous, or godly. You may want to write this definition in the margin of your scriptures. What topics or situations in life do you think you should be sober about? It is important to understand that sober people can have fun and laugh, but they understand when it is appropriate to be lighthearted and when it is appropriate to be more serious.

Ammaron also described Mormon as being "quick to observe" (Mormon 1:2). What do you think it means to be quick to observe? Elder David A. Bednar of the Quorum of the Twelve Apostles explained that the word *observe* is used in the scriptures in two ways:

"[A] seemingly simple and perhaps underappreciated spiritual gift—the capacity of being 'quick to observe' (Mormon 1:2)—is vitally important for you and for me in the world in which we do now and will yet live. . . .

"Please consider the significance of this important spiritual gift. As used in the scriptures, the word *observe* has two primary uses. One use denotes 'to look' or 'to see' or 'to notice'—as we learn in Isaiah 42:20. . . .

"The second use of the word *observe* suggests 'to obey' or 'to keep'—as is evident in [Doctrine and Covenants 54:6]. . . .

"Thus when we are quick to observe, we promptly look or notice and obey. Both of these fundamental elements—looking and obeying—are essential to being quick to observe. And the prophet Mormon is an impressive example of this gift in action" ("Quick to Observe," *Ensign,* Dec. 2006, 31–32).

1. In your scripture study journal, write your thoughts about how this character trait of being quick to observe could help you in your everyday life.

Read Mormon 1:3–5, and identify Ammaron's instructions to Mormon. How might Mormon's character traits of being sober and quick to observe help him with these responsibilities?

Mormon 1:6–19

Mormon is forbidden by the Lord to preach because of the people's willful rebellion

Have you ever lost something very valuable? While still in his youth, Mormon witnessed a number of battles between the Nephites and the Lamanites and the spread of great wickedness upon the land (see Mormon 1:6–13). Because the wickedness of the Nephites became so great, Mormon recorded that they lost many precious gifts from the Lord.

2. Make two columns in your scripture study journal. Title the first column "Gifts the Nephites Lost." Read Mormon 1:13–14, 18, and look for what gifts the Lord took from the Nephites. Write your findings in the first column. Title the second column "Why the Lord Took His Gifts Away." Read Mormon 1:14, 16–17, 19, and look for reasons why the Lord took His gifts from the Nephites. Write your findings in the second column.

From these verses we can learn that **wickedness and unbelief drive away gifts of the Lord and the influence of the Holy Ghost.** Even though the Nephites' rebellion was extreme, this principle also applies to us individually when we disobey any of God's commandments.

If you had lived in Mormon's time, which of the gifts of God mentioned in Mormon 1:13–14, 18 would you most regret losing? _____

Read Mormon 1:15, and look for what Mormon was experiencing while the rest of the Nephites were losing the gift of the Holy Ghost and other gifts of God. How do you think Mormon was able to have spiritual experiences even though he was in the midst of great wickedness?

Mormon 2:1–15

Mormon leads the Nephite armies and sorrows over their wickedness

Consider the following scenario: A 30-year-old man lives at home with his parents and chooses not to look for work. Instead, he lives off of his parents' labors and wastes his time in unproductive activities such as spending most of his time playing video games. Contrast this scenario with the description of the boy Mormon as you study Mormon 2.

Read Mormon 2:1–2, and look for what responsibility Mormon was given and how old he was when he received it.

Not long after Mormon's appointment as leader of the Nephite armies, the Lamanite army came upon the Nephites with such force that the Nephites were frightened and retreated. The Lamanites drove them from city to city until the Nephites gathered in one place. Eventually, Mormon's army withstood the Lamanites and caused them to flee (see Mormon 2:3–9).

3. Read Mormon 2:10–15, and look for the spiritual condition of the Nephites after these battles. Then answer the following questions in your scripture study journal:

a. Why were the Nephites sorrowing?

b. According to Mormon 2:14, how did Mormon know that their sorrow was not an indication of true repentance?

c. What differences can you see in Mormon 2:13–14 between those who sorrowed unto repentance and those whose sorrow led to damnation (being stopped in their progression)?

These verses teach that **if our sorrow for sin is unto repentance, it will lead us to come unto Christ with a humble heart.** They also illustrate the principle that **sorrow only for the consequences of sin leads to damnation (or being stopped in our progress toward eternal life).**

4. Answer the following questions in your scripture study journal:

a. How might someone who has sinned show worldly sorrow—the kind of sorrow that leads to damnation?

b. How might someone who has sinned manifest the kind of sorrow that leads to repentance?

Ponder how you respond when you realize you have made mistakes or sinned. If you come unto the Savior with a humble heart and repent, you can experience peace and be reconciled to God.

Mormon 2:16–29

Mormon obtains the plates and records an account of the wickedness of his people

As battles with the Lamanites continued, Mormon found himself near the hill where Ammaron had hidden the Nephite records. He removed the plates of Nephi and began to record what he had observed among the people since the time he was a child (see Mormon 2:16–18). Read Mormon 2:18–19, and mark some of the phrases that describe the spiritual conditions that Mormon grew up with.

From what you have learned about Mormon, why do you think he was confident that he would be "lifted up at the last day"? (Mormon 2:19). (In this context, "lifted up at the last day" means to be exalted—resurrected with a celestial body and brought into the presence of God to remain with Him forever.) _____

Mormon's life is a testimony that **we can choose to live righteously even in a wicked society.**

Consider the following counsel: "You are responsible for the choices you make. God is mindful of you and will help you make good choices, even if your family and friends use their agency in ways that are not right. Have the moral courage to stand firm in obeying God's will, even if you have to stand alone. As you do this, you set an example for others to follow" (*For the Strength of Youth* [booklet, 2011], 2).

5. In your scripture study journal, write about a time when you saw a friend or family member stand firm in obeying God's will even when others were not. Also write your thoughts about how that person's example and Mormon's example are helpful to you.

The Young Women motto is "Stand for Truth and Righteousness." Whether you are a young woman or a young man, think of a specific area of your life in which you can be more determined to stand for what is right. The Lord will help you as you strive to stand for what is right even when others around you might not.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mormon 1–2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 28: DAY 3

Mormon 3–6

Introduction

After retaking their lands from the Lamanites, the Nephites again prepared for battle. Mormon pled with the Nephites to repent; instead, they boasted in their own strength and swore to avenge their fallen brethren. Because the Lord had forbidden His people to seek revenge, Mormon refused to lead their army, and they were defeated. As the Nephites persisted in wickedness, God poured out His judgments upon them and the Lamanites began to sweep them from the earth. Eventually, Mormon returned to lead the Nephites in battle, but because they refused to repent, they were destroyed by the Lamanites. Mormon lamented their fall and their unwillingness to return to Jesus Christ. He prophesied that the record of the people would come forth in the last days, and he encouraged those who would read it to repent and prepare for their own judgment before God.

Mormon 3–4

Because the Nephites increase in wickedness, Mormon refuses to lead their armies, and the Lamanites begin to sweep the Nephites off the earth

Have you ever felt that the Lord wanted you to change something in your life? Do you think He has encouraged or helped you to change something in your life without you realizing it?

During Mormon's time, the Nephites often failed to realize or appreciate how the Lord was influencing their battles with the Lamanites. After the Nephites made a treaty with the Lamanites and Gadianton robbers, the Lord let them experience 10 years without conflict. During those years they prepared physically for coming attacks (see Mormon 2:28; 3:1).

Read Mormon 3:2–3, and look for a more important way in which the Lord wanted the Nephites to prepare themselves for the Lamanite attacks. How did the Nephites respond? According to Mormon 3:3, why had the Lord spared the Nephites in their recent battles despite their wickedness? _____

_____

As recorded in Mormon 3:4–8, the Lord protected the Nephites twice more in battle. One doctrinal truth we can learn from the Lord's dealings with the wicked Nephite nation is that **in His mercy, the Lord gives us sufficient opportunities to repent of our sins.** These opportunities are evidence of God's patience and kindness and of His desire that all of His children live in such a way as to qualify for the full blessings of the Atonement.

1. Answer the following questions in your scripture study journal (you may answer them in your personal journal if the answers are sacred or confidential):

a. How has the Lord encouraged you to repent and given you opportunities to do so? What does this teach you about His character?

b. What can you do to keep from ignoring or hardening your heart against this encouragement, as the Nephites did in Mormon 3:3?

Opportunities and invitations from the Lord to make changes in your life may come more often than you might realize. For example, they may come when you

partake of the sacrament or when you feel a prompting from the Holy Ghost to improve yourself or to serve others. As you look for those opportunities and respond by making changes promptly, you will invite the Lord's redeeming power into your life. To help you understand the Nephites' resistance to the Lord's attempts to reach them, read Mormon 3:9–10 and look for how they acted in response to their multiple victories over the Lamanites. (As you read, it might be helpful to know that the word *avenge* in verse 9 means to get revenge for an injury.)

How did the Nephites respond following their victories over the Lamanites? Read Mormon 3:11–13, and find Mormon's response to the army's oath to seek vengeance (revenge).

Mormon had been leading the Nephite armies for over 30 years, despite their blatant wickedness. What does Mormon's refusal to lead the army at that time teach us about the seriousness of seeking vengeance? _____

Read Mormon 3:14–16, and mark phrases that express what the Lord taught Mormon about revenge (or seeking vengeance). One truth we learn from these verses is that **the Lord forbids us to seek revenge.**

2. Answer the following questions in your scripture study journal:

a. Have you ever wanted to seek revenge or get back at someone for something that person did to you? Why do you think this is a dangerous or poor response? Who do you think would be most harmed by your seeking revenge?

b. Why should we leave judgment and vengeance in the Lord's hands instead of taking it upon ourselves?

Although we may know we should lay aside feelings of vengeance and have the desire to do so, it can often be challenging to overcome these feelings when they arise. As you read the following counsel from President James E. Faust of the First Presidency, underline phrases that help you know what you can do to overcome feelings of vengeance when you encounter them:



"We need to recognize and acknowledge angry feelings. It will take humility to do this, but if we will get on our knees and ask Heavenly Father for a feeling of forgiveness, He will help us. The Lord requires us 'to forgive all men' [D&C 64:10] for our own good because 'hatred retards spiritual growth' [Orson F. Whitney, *Gospel Themes* (1914), 144]. Only as we rid ourselves of hatred and bitterness can the Lord put comfort into our hearts. . . .

". . . When tragedy strikes, we should not respond by seeking personal revenge but rather let justice take its course and then let go. It is not easy to let go and empty our hearts of festering resentment. The Savior has offered to all of us a precious peace through His Atonement, but this can come only as we are willing to cast out negative feelings of anger, spite, or revenge. For all of us who forgive 'those who trespass against us' [Joseph Smith Translation, Matthew 6:13], even those who have committed serious crimes, the Atonement brings a measure of peace and comfort" ("The Healing Power of Forgiveness," *Ensign* or *Liahona,* May 2007, 69).

Ponder how you might apply this counsel to let go of any grudges, anger, or unkind feelings that you may have toward others.

After refusing to lead the Nephite armies, Mormon turned his attention to writing for those who would read his words in the last days. He wanted each of us to repent and prepare to "stand before the judgment-seat of Christ" (see Mormon 3:18–22).

Read Mormon 4:1–2, and look for what happened to the Nephite army as they sought revenge upon the Lamanites. Read Mormon 4:4, and look for why the Nephite armies did not prevail (win). Read Mormon 4:5, and identify any truths about the results of persisting in wickedness. What did you find? _____

One of the truths you may have seen is that **the judgments of God will overtake the wicked.** Often "it is by the wicked that the wicked are punished" (Mormon 4:5). The wicked reject God's help and refuse to seek His divine protection. Read Mormon 4:11–14, 18, and look for how the judgments of God were poured out on the Nephites.

3. In your scripture study journal, answer the following questions:

a. In your opinion, what is the saddest part of the Nephite situation in Mormon 3–4?

b. How might the doctrines or truths you have studied so far today be related to each other? (Consider the relationship between repentance, revenge, and the judgments of God.)

Ponder what the Lord would have you do to apply these truths.

Mormon 5–6

Mormon decides to again lead the Nephite army, but the Lamanites prevail; Mormon mourns the destruction of his people

Is there a difference between the sorrow that might accompany the death of someone who has been living a righteous life and someone who died living wickedly? What do you think the difference is?

After more than 13 years of refusing to lead the Nephite armies, Mormon again took command. However, he led them without hope because the people refused to repent and call on the Lord for His help. After repelling a few waves of Lamanite attacks, the Nephites fled. Those who could not flee quickly enough were destroyed. Mormon wrote a letter to the king of the Lamanites requesting that he allow time for the Nephites to gather for one final battle (see Mormon 5:1–7; 6:1–6).

Read Mormon 6:7–11, and try to understand Mormon's sorrow as he witnessed the destruction of his people. Why do you think death can be fearful to those who are living wickedly? _____

_____

4. Read Mormon 6:16–22, and answer the following questions in your scripture study journal:

a. Why do prophets, leaders, and parents so diligently encourage us to repent?

b. How does hope of the Lord's embrace help you to repent? (see Mormon 6:17).

Ponder whether there is anything the Lord wants you to repent of right now in your life. You may want to write about this in your personal journal and set goals to accomplish it.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mormon 3–6 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 28: DAY 4

Mormon 7:1–8:11

Introduction

After the final battle between the Nephites and Lamanites, Mormon wrote to the future descendants of the Book of Mormon people about the importance of knowing who they are and what they must do to be saved. With great love for the future descendants of his enemies, Mormon taught the importance of following the gospel of Jesus Christ, that it might "be well with you in the day of judgment" (Mormon 7:10). After Mormon died, Moroni was left alone to write about the destruction of his people.

Mormon 7

In Mormon's final testimony, he exhorts the remnant of the Lamanites to believe in Jesus Christ and follow His gospel

In Mormon 6 you learned that there were 230,000 Nephite casualties in the final battle with the Lamanites. Imagine that you survived a great battle like this, but your friends and family did not. How would you feel about the descendants of the people who killed your loved ones and conquered your nation? Read Mormon 7:1–4, and look for what Mormon wrote to the descendants of the Lamanites.

1. Answer the following questions in your scripture study journal:

a. What did Mormon want the Lamanites and their descendants to know?

b. How does this compare with how you thought you might feel about the descendants of the people who had killed your friends and family in the imagined situation?

c. What attribute of the Savior do you see in Mormon's response to his enemies?

Mormon continued to write to the descendants of the Lamanites. Read Mormon 7:5–7, and mark at least three truths Mormon exhorted the descendants of the Lamanites to believe about the Savior, Jesus Christ.

2. Select one of the truths about Jesus Christ that you identified, and write in your scripture study journal how believing that doctrine has affected your life.

Mormon might have felt justified in writing words of condemnation to the Lamanites who had killed so many of his people, but because of his knowledge of the truth, he wrote to teach them what they (and we) must do to become guiltless before God at the judgment bar. Read Mormon 7:8–10, and identify what Mormon testified a person must do. You may want to mark what you identify in your scriptures.

These verses teach that **the Lord offers salvation to all and will redeem those who accept the principles and ordinances of His gospel.** You may want to write this principle in your scriptures. Notice that Mormon taught that the way we come to know how to live this principle is through our study of the scriptures (see Mormon 7:8). It may be helpful to understand that the phrase "this record" refers to the Book of Mormon, and "the record which shall come unto the Gentiles from the Jews" refers to the Bible. Similarly, "this" in Mormon 7:9 refers to the Book of Mormon, and "that" refers to the Bible. You may want to mark these distinctions in your scriptures.

As you conclude Mormon 7, take a moment to ponder Mormon's example of charity and Christlike compassion in writing such a message of hope and encouragement to the descendants of those who were his bitter enemies.

3. In your scripture study journal, record your thoughts about the following question: How can I follow Mormon's example and treat others, including those who might mistreat me, in a way that reflects their eternal worth?

Mormon 8:1–11

Moroni writes of the death of his father, the destruction of his people, and his remaining alone

Think of a time when you were alone. How did you feel about being alone? Imagine being alone for many years.

Notice the dates in the chapter summaries or at the bottom of the pages in Mormon 7 and 8. How many years passed between the time Mormon wrote his last words in chapter 7 and when Moroni began to write on the plates in chapter 8? _____





Read Mormon 8:1–2, and look for what happened after the great battle at Cumorah. Then read Mormon 8:3–9 and mark phrases that describe Moroni's circumstances after the destruction of his people. Ponder how you would feel if you were in similar circumstances.

Think of a time when you felt alone in your beliefs or standards. Did your determination to follow the Savior and keep His commandments during that time increase, stay the same, or decrease? Why?

Look again at Mormon 8:1, 3 to find what Moroni was resolved to do regardless of his circumstances. Moroni's example illustrates that **even when you are alone, you can choose to remain faithful.** You may want to write this truth in your scriptures.

There are others in the Book of Mormon who, like Moroni, remained faithful even when alone. Abinadi stood and testified alone before King Noah and his priests (see Mosiah 12–17). Alma was the lone priest who believed Abinadi's words and tried to defend him (see Mosiah 17:1–4).

Elder Richard G. Scott shared the following story about a young man who chose to be faithful even when standing alone:



"Consider the example of [this] young man. Through the years I have watched how his parents have taught him from infancy to unwaveringly live the commandments of God. By example and precept, they nurtured him, together with their other children, in truth. They encouraged the development of discipline and sacrifice to obtain worthy goals. This young man chose swimming to instill in his character those qualities. Early-morning practice sessions required discipline and sacrifice. Over time he excelled in that sport.

"Then came the challenges—for example, a championship swim meet on Sunday. Would he participate? Would he rationalize an exception to his rule of not swimming on Sunday to help his team win the championship? No, he would not yield, even under intense peer pressure. He was called names, even physically abused. But he would not yield. The rejection of friends, the loneliness, and the pressure brought times of sadness and tears. But he would not yield. He was learning firsthand what each of us must come to know, the reality of Paul's counsel to Timothy, 'All that will live godly in Christ Jesus shall suffer persecution' (2 Tim. 3:12). Over the years this consistent pattern of righteous living—woven from hundreds of correct decisions, some in the face of great challenge—has developed a character of strength and capacity. Now, as a missionary, he is appreciated by his peers for his ability to work, his knowledge of truth, his unwavering devotion, and his determination to share the gospel. One who earlier was rejected by his peers now has become a respected leader of his peers" ("First Things First," *Ensign,* May 2001, 8).

Read Mormon 8:10–11, and identify one way the Lord sustained Moroni and Mormon (before his death) during the difficult circumstances they faced. The following encouragement by President Thomas S. Monson can help you in your resolve to stay faithful even when you are alone:



"As we go about living from day to day, it is almost inevitable that our faith will be challenged. We may at times find ourselves surrounded by others and yet standing in the minority or even standing alone concerning what is acceptable and what is not. Do we have the moral courage to stand firm for our beliefs, even if by so doing we must stand alone? . . .

". . . May we ever be courageous and prepared to stand for what we believe, and if we must stand alone in the process, may we do so courageously, strengthened by the knowledge that in reality we are never alone when

we stand with our Father in Heaven" ("Dare to Stand Alone," *Ensign* and *Liahona,* Nov. 2011, 60, 67).

4. In your scripture study journal, write answers to the following questions:

a. Who else do you know that is an example of standing faithful even when standing alone?

b. How does President Monson's statement help you resolve to remain faithful even when you are alone?

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mormon 7:1–8:11 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 29: DAY 1

Mormon 8:12–41

Introduction

After writing about the destruction of his people and the death of his father, Moroni prophesied of the coming forth of the Book of Mormon and warned those who would condemn it. Moroni saw that the Nephite record would come forth in a day of great wickedness, when many would love worldly possessions more than God. He testified that the Book of Mormon would be "of great worth" (Mormon 8:14) during the spiritually dangerous conditions of the last days.

Mormon 8:12–32

Moroni prophesies of the coming forth of the Book of Mormon

Write what you believe are some of the greatest gifts you have ever been given: _____

_____

_____

Take a moment to think about why these gifts have been a blessing to you.

Read the following statement from President Ezra Taft Benson: "I would like to speak about one of the most significant gifts given to the world in modern times. The gift I am thinking of is more important than any of the inventions that have come out of the industrial and technological revolutions. This is a gift of greater value to mankind than even the many wonderful advances we have seen in modern medicine. It is of greater worth to mankind than the development of flight or space travel. I speak of the gift of _____

_____."

What do you think the gift President Benson referred to might be? _____

_____

Moroni taught about this gift in Mormon 8. Read Mormon 8:12–14 to find out what the gift is. The phrase "this record" refers to the Book of Mormon. The Book of Mormon is the gift that President Benson spoke of (see "The Book of Mormon—Keystone of our Religion," *Ensign,* Nov. 1986, 4). Write *the Book of Mormon* in the blank at the end of President Benson's statement.



Look again at Mormon 8:12–14 to identify what Moroni taught about the value of the Book of Mormon. What did he teach about the financial value of the plates? Moroni explained that while the Lord would not allow the plates to be used for financial gain, the writings upon the plates are of great worth.

The manner in which the Book of Mormon came forth can help us understand the importance of this book. Read Mormon 8:15–16, and identify what Moroni taught about how the Book of Mormon would come forth.

1. Answer the following questions in your scripture study journal:

a. What do you think it means that the Book of Mormon could be brought forth only by someone who had "an eye single to [God's] glory"? (Mormon 8:15).

b. What does it mean to you that the Book of Mormon would be brought forth "by the power of God"? (Mormon 8:16). How do you feel about the Book of Mormon when you read Moroni's words in Mormon 8:16?

Moroni warned those who would condemn or oppose the Book of Mormon. Look for his warnings as you read Mormon 8:17–22. Why is it important for you to know that "the eternal purposes of the Lord shall roll on, until all his promises shall be fulfilled"? (Mormon 8:22).

Moroni explained that the Lord had made a covenant with the "saints who have gone before me" (Mormon 8:23)—including prophets such as Nephi, Jacob, Enos, and Alma. The Lord had covenanted that He would bring forth these prophets' words in the latter days. As you study Mormon 8:23–25, identify whom these prophets prayed for.

These prophets prayed for "their brethren" (Mormon 8:24), meaning the Lamanites and their descendants. They also prayed for the person who would "bring these things forth" in the latter days (Mormon 8:25; see also Mormon 8:16), meaning the Prophet Joseph Smith, who was chosen to bring forth the Book of Mormon to the world in these latter days (see D&C 3:5–10). Many of the ancient prophets were aware of Joseph Smith and prayed for his success to translate and publish the Book of Mormon, thus fulfilling the purposes of God (see Mormon 8:22, 24–25; D&C 10:46).

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, spoke of the role that Joseph Smith played in bringing forth the Book of Mormon:



"To assume that [Joseph Smith] produced [the Book of Mormon] without help and without inspiration is preposterous.

"The truth is, simply, that he was a prophet of God—nothing more and not one whit less!

"The scriptures did not come so much from Joseph Smith as they did through him. He was a conduit through which the revelations were given. He was otherwise an ordinary man, as were the prophets in ancient times and as are the prophets in our day. . . .

"The Prophet Joseph Smith was an unschooled farm boy. To read some of his early letters in the original shows him to be somewhat unpolished in spelling and grammar and in expression.

"That the revelations came through him in any form of literary refinement is nothing short of a miracle" ("We Believe All That God Has Revealed," *Ensign,* May 1974, 94).

Imagine that you are Moroni, who lived approximately 1,600 years ago and through the power of God was allowed to see our day. Read Mormon 8:35, and consider what you might think of the spiritual conditions of our day. Then read Mormon 8:26–32, which contains Moroni's prophetic description of the time when the Book of Mormon would come forth—our day.

2. In your scripture study journal, write two or more of Moroni's descriptions of our day. Also write why you find these particular descriptions interesting and applicable to our day.

Concerning the Book of Mormon, President Ezra Taft Benson taught:



"We must make the Book of Mormon a center focus of study [because] it was written for our day. The Nephites never had the book; neither did the Lamanites of ancient times. It was meant for us. . . .

"Each of the major writers of the Book of Mormon testified that he wrote for future generations. . . .

"If they saw our day, and chose those things which would be of greatest worth to us, is not that how we should study the Book of Mormon? We should constantly ask ourselves, 'Why did the Lord inspire Mormon (or Moroni or Alma) to include that in his record? What lesson can I learn from that to help me live in this day and age?'" ("The Book of Mormon—Keystone of Our Religion," 6).

3. To ponder the value of the Book of Mormon for you personally, answer the following questions in your scripture study journal:

a. Think about how accurate Moroni's prophecies are about the conditions of our day (see Mormon 8:26–32). What do these prophecies teach you about the value of the Book of Mormon for our day?

b. Why do you think the Book of Mormon is, as President Ezra Taft Benson taught, "one of the most significant gifts given to the world in modern times"? ("The Book of Mormon—Keystone of our Religion," 4).

c. If a friend asked you why the Book of Mormon was important to you, how would you respond?

Mormon 8:33–41

Moroni sees the last days and condemns the spiritual wickedness of our time

Think of a time when you noticed someone in need—someone with a temporal, emotional, social, or spiritual need. Consider what you did or could have done to help that person. Ponder why you chose to help or not help that person. Why do you think people sometimes don't help those in need?

Read Mormon 8:36–41, and look for the reasons Moroni gave for why some people in the last days will not help those in need. Consider marking these reasons in your scriptures. It may be helpful to understand that the word *adorn* means "make beautiful" or "decorate."

What are some examples of how youth today might love the things money can buy and following worldly pursuits more than being a true disciple of Jesus Christ? Study Mormon 8:38, 41, and identify the consequences people will face for their pride, wickedness, and neglect of the poor and the needy.

4. Write a principle in your scripture study journal that summarizes what you have learned from Mormon 8:36–41.

One example of a principle taught in these verses is: **God will hold us accountable for how we treat the poor and those in need.**

5. Answer the following question in your scripture study journal: What are some of the most common needs—temporal, social, emotional, and spiritual—among youth in your school or community? Then think of something you can do in the next week to care for someone in need. Write this goal in your scripture study journal.

Setting Goals to Apply What You Learn

Setting goals to apply what you learn can help you act in faith, learn more from your study, and progress spiritually. Seek the guidance of the Holy Ghost as you set goals. Make sure your goals require effort but are also realistic and achievable. Write specifically what you will do, when you plan to do it, and how you plan to do it.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mormon 8:12–41 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 29: DAY 2

Mormon 9

Introduction

Moroni finished his father's record by calling upon those who do not believe in Jesus Christ to turn to God through repentance. He taught that God is a God of miracles who does not change. He also taught that miracles cease only when people stop having faith. He encouraged all mankind to pray to the Father in the name of Jesus Christ to receive those things they need.

Mormon 9:1–6

Moroni calls upon those who do not believe in Jesus Christ to repent

Imagine what you might think and feel if you were to enter into God's presence today. How do you think wicked people would feel in His presence? Read Mormon 9:1–5, and notice that Moroni described what will eventually happen when people who choose not to believe in Jesus Christ are finally brought into God's presence.

President Joseph Fielding Smith explained that many people mistakenly believe that they will feel comfortable in God's presence even if they have not repented of their sins:



"There can be no salvation without repentance. A man cannot enter into the kingdom of God in his sins. It would be a very inconsistent thing for a man to come into the presence of the Father and to dwell in God's presence in his sins. . . .

"I think there are a great many people upon the earth, many of them perhaps in the Church—at least some in the Church—who have an idea they can go through this life doing as they please, violating the commandments of the Lord, and yet eventually they are going to come into his presence. They think they are going to repent, perhaps in the spirit world.

"They ought to read these words of Moroni: 'Do ye suppose that ye shall dwell with him [Christ] under a consciousness of your guilt? Do ye suppose that ye could be happy to dwell with that holy Being, when your souls are racked with a consciousness of guilt that ye have ever abused his laws?

" 'Behold I say unto you that ye would be more miserable to dwell with a holy and just God, under a consciousness of your filthiness before him, than

ye would to dwell with the damned souls in hell. For behold, when ye shall be brought to see your nakedness before God, and also the glory of God, and the holiness of Jesus Christ, it will kindle a flame of unquenchable fire upon you' [Mormon 9:3–5]" (*Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. [1954–56], 2:195–96).

1. Answer the following question in your scripture study journal: Why do you think it is wrong to wait to repent in this life, believing you can repent in the next life? (You may want to use what you learn from Mormon 9:1–5; Alma 12:14; and Alma 34:32–34 in your answer.)

Read Mormon 9:6, and look for what the "unbelieving" must do to avoid the anguish Moroni described. Consider marking the words in Mormon 9:6 that describe the condition of people who turn to God and ask Him for forgiveness. From this verse we learn: **If we will repent and call upon God, we will be spotless when we come into His presence.** You may want to write this principle in your scriptures or your scripture study journal.

2. In your scripture study journal, write a few sentences about how you imagine you would feel in God's presence if you knew you had been made pure and spotless through the Savior's Atonement.

Through repentance and righteous living, you can prepare to be comfortable in God's presence. Ponder the most important thing you feel you could do now to be prepared to meet God.

Mormon 9:7–20

Moroni declares that God performs miracles and answers the prayers of the faithful

Have you ever witnessed or experienced a miracle? Write your definition of the word *miracle:* _____

_____

_____

Look up the word *miracle* in the Bible Dictionary or the Guide to the Scriptures to clarify or add to your definition. Why do you think some people today do not believe in miracles?

As recorded in Mormon 9:7–8, Moroni wrote to people in the last days who would deny that God lives, that He gives revelations, and that He pours out gifts upon the faithful. Moroni taught powerfully that there is a God and that He is the same "yesterday, today, and forever" (Mormon 9:9). He continues to work miracles among faithful people in all ages. Read Mormon 9:9–11, 15–19, and identify what Moroni taught about God's nature



so that he could help people believe that God still works miracles.

3. In your scripture study journal, write what you learned from Mormon 9:9–11, 15–19 about God's nature. Also write your answer to this question: What do these verses teach you about God's willingness and ability to perform miracles in the lives of people today?

Read Mormon 9:20, and look for reasons why some people may not experience miracles.

Moroni's words recorded in Mormon 9:9–19 teach this principle: **Because God is unchangeable, He will provide miracles according to His children's faith.** You may want to write this principle next to Mormon 9:19–20 in your scriptures.

We can experience God's miraculous power in many ways in our lives. After reviewing some of the great miracles described in the scriptures, Sister Sydney S. Reynolds, who served in the Primary general presidency, taught:

"Just as important as these 'mighty miracles' are the smaller 'private miracles' that teach each of us to have faith in the Lord. These come as we recognize and heed the promptings of the Spirit in our lives. . . .

"I believe that all of us can bear witness to these small miracles. We know children who pray for help to find a lost item and find it. We know of young people who gather the courage to stand as a witness of God and feel His sustaining hand. We know friends who pay their tithing with the last of their money and then, through a miracle, find themselves able to pay their tuition or their rent or somehow obtain food for their family. We can share experiences of prayers answered and priesthood blessings that gave courage, brought comfort, or restored health. These daily miracles acquaint us with the hand of the Lord in our lives" ("A God of Miracles," *Ensign,* May 2001, 12).

4. Write in your scripture study journal about an experience you have had or one that you know of that confirms God is still a God of miracles today.

Mormon 9:21–37

Moroni teaches about prayer and about the purpose of the Nephite record

Can you recall a time when you felt that Heavenly Father gave you the help you needed because you had prayed? Read Mormon 9:21, and look for what Moroni taught about praying to Heavenly Father for help.

Read the following statement, and look for what it means to pray in the name of Christ: "We pray in Christ's name when our mind is the mind of Christ, and our wishes the wishes of Christ—when his words abide in us (John 15:7). We then ask for things it is possible for God to grant. Many prayers remain unanswered because they are not in Christ's name at all; they in no way represent his mind, but spring out of the selfishness of man's heart" (Bible Dictionary, "Prayer").

Consider your own prayers based on what you just read. What can you do to more fully pray in the name of Jesus Christ?

To provide an example of people who believed in the Savior and were able to work miracles, Moroni quoted what Jesus Christ taught His Nephite disciples. As recorded in Mormon 9:22–25, the Savior commanded His disciples to go into all the world and preach the gospel, and He promised that miraculous "signs shall follow them that believe" (Mormon 9:24). Moroni then continued his teachings about prayer.

5. Read Mormon 9:27–29, and identify what Moroni taught about how we should pray in faith. Write the things you identify in your scripture study journal. Then write a few sentences describing how you can use one of these teachings to improve your own prayers.

You might want to write the following principle in your scriptures near Mormon 9:27: **If we pray in faith to Heavenly Father in the name of Jesus Christ, He will grant us blessings that will help us work out our salvation.**

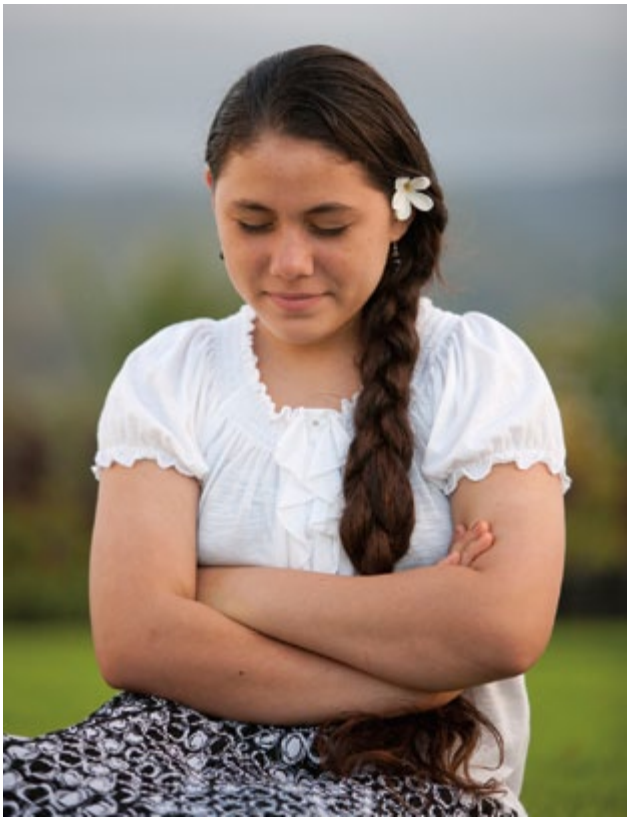
As Moroni concluded his words, he expressed concern that some people in the last days would reject the Book of Mormon because of the imperfections of those who wrote it (see Mormon 9:30–34). Read Mormon 9:35–37, and look for what Moroni declared about the purposes of the Book of Mormon.

Consider how the coming forth of the Book of Mormon is additional evidence that God is a God of miracles and that He answers prayers.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Mormon 9 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



INTRODUCTION TO

Ether

Why Study This Book?

As you study the book of Ether, you will learn about the Jaredites—a group of people who traveled to the Western Hemisphere and lived there for many centuries before the arrival of the people of Lehi. This book will help you learn important principles concerning prayer, revelation, and the relationship between exercising faith in Jesus Christ and receiving spiritual knowledge. It will also help you understand the role of prophets in persuading people to repent and the consequences that come to those who reject Jesus Christ and His prophets.

Who Wrote This Book?

Moroni abridged this book from 24 gold plates called the plates of Ether. It is named for the prophet Ether, who was the last prophet of the Jaredites and created a record of their history (see Ether 15:33–34). In the days of King Mosiah, some of the people of Limhi discovered the plates of Ether as they were searching for the land of Zarahemla (see Mosiah 8:7–11; Ether 1:2). Nephite prophets and record keepers passed the plates of Ether down until they came into Moroni's possession. Moroni stated that he did not include "the hundredth part" of the record in his abridgment (Ether 15:33).

When and Where Was It Written?

The original sources used to create the book of Ether were written centuries before Moroni made his abridgment. The first Jaredite record was created when the brother of Jared wrote the vision he received before his people crossed the seas (see Ether 4:1). No other record keepers among the Jaredites are mentioned until Ether (see Ether 13:3; 15:33). Moroni abridged the book of Ether (see Mormon 8:3–6; Moroni 10:1). Moroni did not state where he was when he made the abridgment, although he wrote that the Jaredites were destroyed in "this north country" (Ether 1:1), indicating he may have been in the land where they were destroyed.

UNIT 29: DAY 3

Ether 1–2

Introduction

The book of Ether is Moroni's abridgment of the history of the Jaredites. The Jaredites were people who came to the Western Hemisphere centuries before the people of Lehi. Following the Flood in Noah's day, many descendants of those who had been spared became wicked. One group of people attempted to build a tower "whose top may reach unto heaven" (Genesis 11:4). The account of the Jaredite nation began with the building of the Tower of Babel. The Lord dealt with the widespread wickedness by confounding the common language and by scattering the people across the face of the earth (see Genesis 11:5–8; Ether 1:33). This account in the book of Ether begins with Jared and his brother seeking the Lord's help when He confounded the language of the people at the Tower of Babel. The Lord preserved the language of Jared, his brother, and their families and friends and led them through the wilderness toward the promised land. The Lord then instructed the brother of Jared to build eight barges to carry his people over the seas.



Ether 1:1–33

Moroni records the genealogy of Ether back to Jared at the Tower of Babel

To help you understand where the book of Ether came from, review "Overview of Mosiah 7–24" from the Unit 12: Day 1 lesson (page 116). Refer to journey 4, and notice what Limhi's people found on this journey.

Look at the beginning of the book of Ether, and find the brief description of the book under the title. This description explains that the record of the Jaredites was taken from 24 gold plates found by the people of Limhi.

After Moroni finished the record of his father, he took the Jaredites' record and created a shorter version of it to include in the Book of Mormon. Read Ether 1:1–4, and look for what Moroni said he did not include in his version of the Jaredite record. Then read Ether 1:5, and look for what part of the account Moroni did include in his record. The tower referred to in Ether 1:5 is the Tower of Babel. As explained in Ether 1:33, the Lord "confounded" (confused or mixed up) the language of the people who sought to build the tower so they could not understand each other, and He scattered the people throughout the earth.

As recorded in Ether 1:6–33, a man named Ether had written the Jaredite record. Moroni recorded the ancestry of Ether back to a man named Jared, who lived during the time of the Tower of Babel.

Ether 1:33–43

The brother of Jared prays for help, and his family members and friends receive mercy and guidance

Have you ever been in a country or area where people spoke a language you did not understand? How do you think you would feel if you could not understand the language that others around you were speaking? If you could pick only a few people to communicate with in that situation, whom would you choose? This situation existed for a man named Jared and his brother, as well as their families, who lived during the time of the Tower of Babel. Read Ether 1:33–37, and look for the people with whom Jared wanted to be able to communicate. After the brother of Jared obtained a promise from the Lord that their language would not be confounded (see Ether 1:34–35), he prayed for his friends (see Ether 1:36–37). As demonstrated by the brother of Jared, one of the characteristics of faithful people is to pray for their friends to receive the Lord's blessings.

The Lord blessed the families of Jared and his brother and their friends so that their language was not confounded. Then Jared asked his brother to pray to God, asking Him where their families should go. (See Ether 1:38–40.)

Read Ether 1:40–43, and identify the instructions the Lord gave to the Jaredites to guide them in their journey. Why do you think it was important for Jared and his brother to follow these instructions from the Lord?

Ether 2:1–12

The Jaredites begin their journey toward the promised land

Read Ether 2:1–3 to discover how well the Jaredites responded to the instructions the Lord gave them about preparing to travel to a promised land (see Ether 1:41–42). Then read Ether 2:4–6, and look for what happened next. Notice that because the Jaredites had obeyed the Lord's instructions, He gave them further directions. Ponder the blessings and the guidance the Jaredites received because they followed the Lord's instructions.

From the Jaredites' experience we learn this principle: **As we act in faith on direction the Lord has given us, we can receive further guidance from Him.** You may want to write this principle in your scriptures next to Ether 2:6.

Can you think of an impression or prompting you have received from the Lord while praying, studying the scriptures, or attending a Church meeting? Keep that impression or prompting in mind as you read the following statement from Elder Richard G. Scott of the Quorum of the Twelve Apostles about how we often receive answers to prayers: "Seldom will you receive a complete response [to prayer] all at once. It will come a piece at a time, in packets, so that you will grow in capacity. As each piece is followed in faith, you will be led to other portions until you have the whole answer. That pattern requires you to exercise faith in our Father's capacity to respond. While sometimes it's very hard, it results in significant personal growth" ("Using the Supernal Gift of Prayer," *Ensign* or *Liahona,* May 2007, 9).



1. Write in your scripture study journal how you responded (or can respond) to the spiritual prompting you thought of earlier. You might also include the blessings you received (or can receive) from acting on that prompting.

As recorded in Ether 2:7–12, the Lord told the brother of Jared that when he and his people arrived in the promised land, they would need to "serve him, the true and only God, or they should be swept off" (Ether 2:8).

Ether 2:13–15

The Lord chastens the brother of Jared for not calling upon Him in prayer

Read Ether 2:13–15, and look for what happened when the Jaredites came to the great sea that divided the lands. They had been guided through the wilderness by the Lord because they listened to the Lord and kept His commandments. However, after they had camped by the great sea for four years, the Lord came to the brother of Jared and chastised him for failing to pray.

Ether 2:14–15 helps us learn these principles: **The Lord is not pleased when we fail to call upon Him in prayer. The Lord desires us to call upon Him regularly in prayer.**

As you read the following statement from Elder Donald L. Staheli, who served as a member of the Seventy, think about how often you pray: "Daily fervent prayers seeking forgiveness and special help and direction are essential to our lives and the nourishment of our testimonies. When we become hurried, repetitive, casual, or forgetful in our prayers, we tend to lose the closeness of the Spirit, which is so essential in the continual direction we need to successfully manage the challenges of our everyday lives" ("Securing Our Testimonies" *Ensign* or *Liahona,* Nov. 2004, 39).

In your personal journal or on a separate piece of paper, respond to the following questions:

- How do you feel about the frequency of your personal prayers?
- How do you feel about the sincerity of your personal prayers?
- In your personal prayers, do you feel that you truly communicate with Heavenly Father? Why, or why not?
- If you could make one change that would improve your personal prayers, what might it be?

As recorded in Ether 2:16, the brother of Jared repented of his sins and prayed to the Lord for his family members and friends. The Lord told him that he was forgiven but that he must continue in righteousness in order to be led to the promised land.

Ether 2:16–25

The Jaredites build barges to cross the ocean to the promised land

Think of an important personal decision you are facing or might face in the future, such as how to deal with



a difficult family or social situation, how to do well in school, whom to marry, or what profession to pursue. Have you thought about how the Lord might give you direction or help in that situation? As you study the remainder of Ether 2, ponder the decision you identified and look for principles that will help you receive the Lord's assistance.

Read Ether 2:16–17, and look for what the Lord asked the Jaredites to do to progress toward the promised land. The brother of Jared faced three problems resulting from the design of the barges. Read Ether 2:18–19, and mark the three problems the brother of Jared mentioned to the Lord.

2. To help you visualize what you have read in Ether 2:16–19, draw what you think the barges might have looked like in your scripture study journal.

The following chart will help you discover how the Lord helped the brother of Jared with the problems with the barges. Study the scripture verses in the chart, and then use the information to fill in the "Solution to the Problem" column of the chart.

Visualizing

When you can visualize or picture in your mind what is occurring in a scriptural account, it can help make those events more real and vivid. Visualizing can help you relate better to people and situations in the scriptures and as a result allow you to more effectively analyze and understand what is happening.

Scripture Verses	Problem with the Barges	Solution to the Problem
Ether 2:20–21	No air	
Ether 6:4–9	No steering	
Ether 2:22–3:6	No light	

What the Lord did and what He required Jared's brother to do were different for each problem. From each problem and solution, we can learn a different truth about how the Lord assists us when we need help. Compare the solutions you wrote in the chart with those in the following list:

No air (Ether 2:20–21). To solve this problem, the Lord told the brother of Jared what he should do. The brother of Jared then had the faith to follow the Lord's instructions.

No steering (Ether 6:4–9). To solve this problem, the Lord provided the answer to the problem Himself.

No light (Ether 2:22–3:6). To solve this problem, the Lord gave the brother of Jared some direction. The brother of Jared then had to think of a solution to the problem—based on the information he had—and ask for the Lord's approval and help in carrying it out.

From the brother of Jared's experience, we learn this principle: **As we strive to do our part to solve our problems, we can receive the Lord's help.** Thinking about the personal decision you thought of earlier, how can knowing this principle help you receive help or guidance concerning this decision? What do you think the Lord might expect you to do in making your decision?

3. Write a paragraph in your scripture study journal explaining what you have learned from the brother of Jared's experiences about prayer and about receiving the Lord's help and direction in your life.

4. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Ether 1–2 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 29: DAY 4

Ether 3

Introduction

The Lord asked the brother of Jared, "What will ye that I should do that ye may have light in your vessels?" (Ether 2:23). In response, the brother of Jared carefully prepared 16 stones and humbly prayed that the Lord would touch them "that they may shine forth in darkness" (Ether 3:4). Because of the brother of Jared's great faith, he saw the Savior's finger as the Savior touched the stones. The Lord then showed Himself to the brother of Jared and commanded him to write what he had seen and heard.

Ether 3:1–20

The Lord touches stones to provide light for the Jaredite barges, and He shows Himself to the brother of Jared

What are some examples of what you or other young people sincerely pray for? Choose one of these things, and write it here: _____

As you study the example of the brother of Jared in Ether 3, look for insights that would help you or a friend receive help from the Lord.

Think about the brother of Jared's prayer to the Lord about providing light for the barges and the Lord's answer to him. Review Ether 2:22–3:1. Then write a caption for each of the following pictures that describes what the brother of Jared did as his part to solve the problem of not having light.





1. Write in your scripture study journal about what impresses you about the brother of Jared's efforts to solve the problem of having light in the barges. Even though the brother of Jared went to great effort, consider how effective his molten stones would have been at providing light without the Lord's help.

Read Ether 3:2–5, and then do the following:

- Identify or mark phrases that show the brother of Jared was humble and recognized his dependence on God. It may be helpful to know that the phrase "our natures have become evil continually" refers to our sinful state on earth. Because of the Fall of Adam, we are physically separated from God. We are also prone to sin. Without divine help, we could never return to God's presence.
- Identify what the brother of Jared asked the Lord to do.
- Identify or mark what the brother of Jared testified he knew about God.

2. Answer the following questions in your scripture study journal:

a. What evidence can you find in Ether 3:1–5 that the brother of Jared had faith that the Lord could help Him solve His problem?

b. How can his example help you to recognize your dependence on the Lord as you ask for His help?

Read the following statement from Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, which emphasizes the faith of the brother of Jared: "Surely God, as well as the reader, feels something very striking in the childlike innocence and fervor of this man's faith. *'Behold, O Lord, thou canst do this'* [Ether 3:5]. Perhaps there is no more powerful, single line of faith spoken by man in scripture. . . . However uncertain the prophet is about his own ability, he has *no* uncertainty about God's power" ("Rending the Veil of Unbelief," in *Nurturing Faith through the Book of Mormon: The 24th Annual Sidney B. Sperry Symposium* [1995], 12).

Read Ether 3:6, and imagine what it might have been like to be in the situation described in this verse.

Read Ether 3:9, looking for why the Lord was willing to touch the stones and why the brother of Jared was able to see the finger of the Lord.

Finish the following principle statement according to what you have learned so far in Ether 3: **As we humbly call upon the Lord, He will answer us according to our _____ and His will.**

3. Answer one or both of the following questions in your scripture study journal:

a. Refer to what you wrote at the beginning of this lesson about what you or other young people pray for. How might someone show faith in the Lord as he or she seeks for the Lord's help and guidance in that situation?



b. What have you experienced in your life that has led you to know of the truthfulness of the principle that as we humbly call upon the Lord, He will answer us according to our faith and His will?

Take a moment and silently evaluate how much you trust the Lord. Read Ether 3:9–12, and look for and mark evidence of the faith the brother of Jared had in the Lord.

Review Ether 3:11, and think about whether you have enough faith in the Lord to commit to believe and follow what He will reveal to you even *before* He reveals it.



Read the following statement from Elder Jeffrey R. Holland, and underline what we must do to exercise faith like the brother of Jared: "Preparatory faith is formed by experiences in the past—by the known, which provides a basis for belief. But redemptive faith must often be exercised toward experiences in the future—the unknown, which provides an opportunity for the miraculous. . . . Faith like that of the brother of Jared, *precedes* the miracle and the knowledge. He had to believe *before* God spoke. He had to act *before* the ability to complete that action was apparent. He had to commit to the complete experience in advance of even the first segment of its realization. Faith is to agree unconditionally—and in advance—to whatever conditions God may require in both the near and distant future" (*Christ and the New Covenant: The Messianic Message of the Book of Mormon* [1997], 18–19).

Think about the experiences of the brother of Jared, beginning at the Tower of Babel. What experiences may have helped increase his faith in the Lord? How do you think these experiences prepared him to exercise "such exceeding faith" (Ether 3:9) at that moment?

4. Answer the following questions in your scripture study journal:

a. What is an experience in your life that has increased your faith in the Lord?

b. How did that experience prepare you to exercise even greater faith in the future?

Read Ether 3:13–20, and look for the blessing the brother of Jared received because of his faith. What did the brother of Jared learn about the Savior from this remarkable experience? Another important principle you can learn from Ether 3 is this: **As we exercise faith in the Lord, we will grow closer to Him.** You may want to write this principle in your scriptures next to Ether 3:11–20.

Elder Jeffrey R. Holland commented on Ether 3:15–16 and the possible confusion that might arise from that experience:

"[An] issue that requires brief comment stems from the Lord's exclamation 'Never has man come before me with such exceeding faith as thou hast; for were it not so ye could not have seen my finger.' And later, 'Never have I showed myself unto man whom I have created, for never has man believed in me as thou hast.' [Ether 3:9, 15.]

"The potential for confusion here comes with the realization that many (and perhaps all) of the major prophets living prior to the brother of Jared had seen God. How, then, do we account for the Lord's declaration? . . .

"This issue has been much discussed by Latter-day Saint writers, and there are several possible explanations, any one—or all—of which may cast light upon the larger truth of this passage. Nevertheless, without additional revelation or commentary on the matter, any conjecture is only that and as such is inadequate and incomplete. . . .

"Some believe that the Lord meant he had never before revealed himself to man in that degree or to that extent. This theory suggests that divine appearances to earlier prophets had not been with the same 'fulness,' that never before had the veil been lifted to give such a complete revelation of Christ's nature and being. . . .

"A final explanation—and in terms of the brother of Jared's faith the most persuasive one—is that Christ was saying to the brother of Jared, 'Never have I showed myself unto man *in this manner, without my volition, driven solely by the faith of the beholder.*' As a rule, prophets are *invited* into the presence of the Lord, are bidden to enter his presence by him and only with his sanction. The brother of Jared, on the other hand, seems to have thrust himself through the veil, not as an unwelcome guest but perhaps technically as an uninvited one. Said Jehovah, 'Never has man come before me with such exceeding faith as thou hast; for were it not so ye could not have seen my finger. . . . Never has man believed in me as thou hast.' Obviously the Lord himself was linking unprecedented faith with this unprecedented vision. If the vision itself was not unique, then it had to be the faith and how the vision was obtained that was so unparalleled. The only way that faith could be so remarkable was its ability to take the prophet, uninvited, where others had been able to go only with God's bidding" (*Christ and the New Covenant,* 20–23).

Ether 3:21–28

The Lord commands the brother of Jared to write the things he saw and to seal up his record

Read Ether 3:25–26, and identify what else the Lord showed the brother of Jared. As recorded in Ether 3:21–24, 27–28, the Lord commanded the brother of Jared to write the things he was shown in vision and to seal them up. The Lord also explained that He would prepare a way for the brother of Jared's writings to be translated in the future. One of the ways this prophecy was fulfilled was when the Prophet Joseph Smith translated the book of Ether from the gold plates as part of the Book of Mormon and made the record of the Jaredites available for all people to read.

Ponder how you can apply what you have learned today and what you can do to demonstrate your faith in the Lord. As you exercise faith in Jesus Christ, God will pour out blessings upon you, as He did the brother of Jared.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Ether 3 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 30, DAY 1

Ether 4–5

Introduction

The Lord commanded Moroni to write and then seal up his record of the vision of the brother of Jared. Moroni explained that these writings would be revealed when men have as much faith as the brother of Jared. In addition, Moroni prophesied that three witnesses would bear testimony of the truthfulness of the Book of Mormon in the latter days.

Ether 4:1–7

Moroni records and seals up the full account of the brother of Jared's vision

Think of an object that is especially valuable to you or your family that you might want to keep out of the reach of small children. What would a child need to learn or do before you would trust him or her with that object?

Similarly, the Lord has valuable truths He wants to share with us, but He waits until we are ready to receive them. As you study Ether 4, look for what Moroni taught that can help you prepare to receive greater truth and guidance from the Lord.

As you read in Ether 3, the Lord showed the brother of Jared a vision of all the inhabitants of the earth—past, present, and future—and all things concerning the earth. The brother of Jared was then commanded to write what he had seen and to seal up his writings. Read Ether 4:4–5, and look for Moroni's description of what the brother of Jared was shown. Moroni wrote about what the brother of Jared saw and was likewise commanded by the Lord to seal the vision up to come forth in the Lord's due time. The vision that these verses refer to is included in what is commonly called the sealed portion of the Book of Mormon.

Moroni prophesied of the conditions that need to exist before the revelation given to the brother of Jared will be made known. You may want to mark these conditions in Ether 4:6–7.

1. To help you ponder what it means to "exercise faith in [the Lord], even as the brother of Jared" (Ether 4:7), review Ether 1–3 and list in your scripture study journal the ways the brother of Jared showed faith and trust in the Lord. Also choose and describe one of these examples that most impressed you and explain why.

Just as you would trust a child with a valuable object only under certain conditions, the Lord shares additional truths with His children only as we demonstrate our spiritual preparedness, believe in the precious truths He has already revealed, and exercise faith in Him.

Ether 4:8–19

Moroni teaches what we must do to receive further revelation

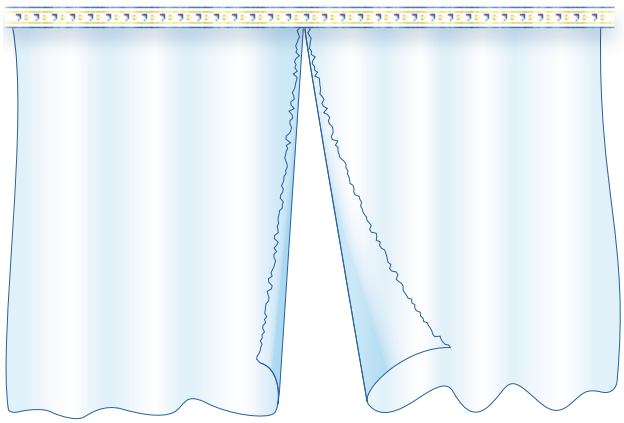
Look at any window coverings in the room you are in. Think about how the window coverings limit what you can see.

Moroni used the symbol of a veil, which is similar to a window covering, to teach principles that govern how each of us can receive revelation. Read Ether 4:15, and find the phrase that includes the word *veil.* Notice that Moroni compared unbelief to a veil. In what ways is unbelief like a veil? _____

_____

_____

It may be helpful to understand that the word *rend* in Ether 4:15 means to tear. Imagine what it would be



like if you could rend the veil between you and the knowledge of the Lord.

Moroni described those things that help "rend that veil of unbelief" and allow us to receive further revelation. He began by warning of an attitude that prevents us from receiving further revelation. Read Ether 4:8, and mark what would cause the Lord to hold back revelation and "show no greater things."

2. Answer the following questions in your scripture study journal:

a. What do you think it means to "contend against the word of the Lord"? (Ether 4:8).

b. What are some ways a young person today might "contend against the word of the Lord"?

Moroni included the Lord's own words to describe how to receive additional revelation from Him. Search Ether 4:11, 13–15, and mark phrases that teach what we must do to invite the Lord's revelation and how He will respond if we do these things.

What principles concerning revelation and how to invite it into your life do you learn from these verses? You may want to write one principle you learn from these verses in your scriptures next to Ether 4:11.

One important principle we can learn from the Lord's counsel is that **as we exercise great faith in the word of the Lord, He will, in His own due time and way, bless us with further revelation.**

3. In your scripture study journal, explain why you think you need to show faith in the word of God you have already received before the Lord will reveal more to you. Then rate yourself on a scale of 1 to 10 (10 being "very effective") on how well you feel you are exercising faith in the Lord by seeking for and following His word in each of the following areas:

a. Daily prayer

b. Following promptings you receive through the Holy Ghost

c. Sustaining and following leaders in your branch, ward, district, or stake

d. Studying the word of God in church or seminary

e. Personal scripture study

f. Following the words of the prophets and living the commandments

4. In your scripture study journal, describe how obeying God in one of the areas mentioned above has enabled you to receive further revelation from the Lord.

Ponder how you might incorporate this principle of exercising faith in the word of the Lord in your efforts to invite additional revelation and guidance from the Lord.

Ether 5

Moroni declares that three witnesses shall see and bear testimony of the plates

Read Ether 5:1–3. What did Moroni write in these verses that is directed to the Prophet Joseph Smith—the person who would one day translate the record on the plates? Imagine what it may have been like for Joseph Smith to encounter these verses as he was translating the Book of Mormon.





Read the following statement from President Henry B. Eyring of the First Presidency, and look for a phrase that impresses you about the testimony of the Three Witnesses: "The Three Witnesses never denied their testimony of the Book of Mormon. They could not because they knew it was true. They made sacrifices and faced difficulties beyond what most people ever know. Oliver Cowdery gave the same testimony about the divine origin of the Book of Mormon as he lay dying. . . . That they continued to affirm what they saw and heard in that marvelous experience, during long periods of estrangement from the Church and from Joseph, makes their testimony more powerful" ("An Enduring Testimony of the Mission of the Prophet Joseph," *Ensign* or *Liahona*, Nov. 2003, 90).

According to Ether 5:2–3, what would the Prophet Joseph Smith be privileged to do with the plates?

5. Just like the three men who were privileged to witness the reality of the gold plates, you too can be a witness to the truthfulness of the Book of Mormon. In your scripture study journal, record a few ways you can also be a witness of the Book of Mormon. In addition, write how your witness of the Book of Mormon could influence other people.

Prayerfully seek opportunities to share your witness of the Book of Mormon with someone this week.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Ether 4–5 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 30, DAY 2

Ether 6

Introduction

After preparing according to the commandments of the Lord, the Jaredites boarded their vessels and trusted the Lord to take them safely through their difficult journey to the promised land. The Lord sent winds that tossed the barges on the waves and buried them in the sea many times, yet those same winds propelled them toward the promised land. After establishing themselves in the new land, the people chose a king despite warnings from the brother of Jared.

Ether 6:1–12

The Lord drives the Jaredite barges by the wind to the promised land

There are times when we might feel it is difficult to do what the Lord asks, such as sharing the gospel with a friend, staying morally clean, choosing friends with high standards, and setting correct priorities in life. Can you think of other examples of when it may be difficult to do what the Lord asks? _____

_____

_____

The account of the Jaredites' journey to the promised land teaches principles that can guide you when you find it difficult to do what the Lord commands. Read Ether 2:24–25, and look for what the Lord warned the Jaredites would make their journey to the promised land difficult.

In order to withstand these difficulties, the Lord commanded the Jaredites to make barges that were "tight like unto a dish" (Ether 2:17), with holes in the top and bottom that they could unplug for air. Read Ether 6:1–4, and identify other ways the Lord had the Jaredites prepare for the difficulties of the voyage.

It may be helpful to understand that "commending themselves unto the Lord their God" (Ether 6:4) means that the Jaredites entrusted themselves to God for their care and preservation.

1. Answer the following questions in your scripture study journal:

a. Why might it have been difficult for the Jaredites to trust in the Lord in this situation?

b. Why do you think both preparing and commending themselves to the Lord were essential?

As you read Ether 6:5–11, try to imagine what it must have been like to travel in a Jaredite barge.

2. To help you prepare to identify gospel principles you can learn from this account, answer the following questions in your scripture study journal:

a. How did the Jaredites show their trust in the Lord during their difficult journey? (see Ether 6:7, 9).

b. How did God bless them during their journey?

After nearly a year upon the water, the Jaredites' journey finally came to an end. Read Ether 6:12, and identify how they felt when they arrived in the promised land. Summarize what you have learned in this lesson so far by completing the following principle statement: **As we trust in the Lord and do His will, He will** _____

_____.

One way of completing this statement is with the phrase "direct the course of our lives." To deepen your understanding of this principle, refer back to the situations when we might feel it difficult to do what the Lord asks, listed at the beginning of the lesson. Just as He did with the Jaredites, the Lord prepares us to overcome the difficulties we will face in life as we pray, follow the prophet, and keep the commandments.

3. In your scripture study journal, record how someone might show trust in the Lord. Based on the Jaredites' example, what should we do when faced with a difficult commandment from the Lord?

4. Reflect on the following principle: **If we trust in the Lord, adversity and hardship can help us progress and attain promised blessings.** (You may want to write it in your scriptures next to Ether 6:5–10.) In your scripture study journal, answer the following questions:

a. How do you feel you have progressed and attained blessings by faithfully enduring hardships you have faced or are currently facing in your life?

b. How might you better trust in the Lord and follow His directions in difficult situations you may face?

Ether 6:13–18

The Jaredites teach their children to walk humbly before the Lord

Imagine that you, like the Jaredites, have just crossed an ocean and arrived in a land completely new to you. Read Ether 6:13–18, and think about the following questions: What might be some examples of what it means to walk humbly before the Lord? How have your parents and others encouraged you to walk humbly before the Lord? What do you think is the relationship between walking humbly and being taught from on high? When have you felt you were "taught from on high"? (Ether 6:17).

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Ether 6 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 30, DAY 3

Ether 7–11

Introduction

Though the brother of Jared prophesied that establishing a Jaredite king would lead to captivity, his words were not immediately fulfilled. The first Jaredite king, Orihah, ruled in righteousness. However, a man named Jared became king two generations later by forming a secret combination. During the reigns of their kings, the Jaredites went through several cycles of listening to the prophets and living in righteousness, and rejecting the prophets and living in wickedness.

Ether 7

Corihor seizes the kingdom from his father, his brother Shule regains it, and prophets condemn the wickedness of the people

How do you think someone might feel living in captivity? Have you ever had similar feelings of being restrained because of incorrect choices you have made? Look for insights into how you can avoid physical and spiritual captivity as you study Ether 7–11.



When Jared and his brother became old, the Jaredites asked for a king. The brother of Jared warned the people that having a king would lead to captivity (see

Ether 6:19–23). Prophets have always prophesied against actions that will lead us into physical or spiritual captivity.

1. Write in your scripture study journal one or two examples of actions that modern prophets warn against and how those actions could lead to physical and spiritual captivity.

Despite the brother of Jared's warning, the people chose to have a king. Read Ether 7:1–2 to learn if the brother of Jared's prophecy was fulfilled in the days of Orihah, who was a son of Jared. Think about what you would say to someone who lived in the days of King Orihah and did not believe that the brother of Jared's prophecy was going to be fulfilled.

Within two generations the brother of Jared's prophetic warning was fulfilled. Read Ether 7:3–7, and discover how Kib and his people dwelt in captivity under Corihor, whose selfish desire to be the king brought him to rebel against his father. This captivity was the result of selfishness and rebellion.

2. In your scripture study journal, write down what you would say to people today who disobey the counsel of the prophets but don't feel like they are in spiritual captivity. (In your answer, you may want to include the idea that those becoming entangled in spiritual captivity are often the last to realize it. Give a modern situation of something that could place someone in spiritual captivity.)

This portion of the history of the Jaredites illustrates the principle that **rejecting the words of the prophets leads to captivity.** Ponder ways you may have experienced spiritual captivity because of disobedience to the commandments or prophetic counsel.

The rebellion of Corihor against his father, Kib, led to ongoing strife and war. While in his old age, Kib had another son—Shule. When Shule grew up, he fought against his rebellious brother, Corihor.

3. Imagine you are a reporter assigned to cover the story of Shule. Read Ether 7:8–13, and write a short paragraph in your scripture study journal reporting what you would highlight in your coverage of Shule's life.

During Shule's reign, many prophets came among the people and warned them of their wickedness. Read Ether 7:23–25, and identify what the prophets prophesied and how the people reacted. How did Shule react? How did Shule's protection of the prophets bless his people?

Read Ether 7:26–27, and look for what happened when the people obeyed the words of the prophets. Shule "remembered the great things that the Lord had done for his fathers" (Ether 7:27). When you remember the great things the Lord has done for you, then you are more likely to have gratitude for Him and live righteously.

These events testify of an important principle: **As we repent of our iniquities, we begin to prosper.** The word *prosper* means "hope" and also "succeed," and it "is often used in the sense of material success, [but] it does *not* necessarily mean an abundance of temporal possessions—or even a relatively comfortable, problem-free life. . . .

"The truly righteous *are* prosperous, in the sense that they have confidence, which triggers faith into activity and creates beneficial circumstances from less-favorable ones. They do not wait for the Lord to give or withhold rewards, but instead call on him for guidance about what will be most beneficial for them, both temporally and spiritually. Such guidance may lead to changing occupations, moving to another district, acquiring training or new skills, or accepting things as they are but working within one's own limitations and following the Spirit's direction in other ways" (Alan Webster, "I Have a Question," *Ensign,* Apr. 1990, 52–53).

4. Answer the following questions in your scripture study journal:

a. How have you been blessed for heeding the words of the prophets?

b. What is one thing you can do to better heed the words of the prophets and qualify for the Lord's blessings?

Ether 8:1–9:12

Jared and then Akish become kings of the Jaredites through secret combinations

Read over the following list: music you listen to, thoughts you entertain, how you act in school, movies you watch, your dating behavior, activities you do with your friends, what you do when no one else is around. Why might someone who is engaged in wicked behavior want to hide how they participate in one or more of these activities from their friends, parents, or leaders? What is the danger of engaging in unrighteous secret activities?

According to Ether 8, Omer became the king after Shule died, but Omer's son Jared "rebelled against his father" (Ether 8:2) and "set his heart upon the kingdom and upon the glory of the world" (Ether 8:7). Jared's daughter devised a plan with her father that would give him the kingdom. She was a beautiful woman, and when she danced before a man named

Akish, he wanted to marry her. Jared told Akish that he could only marry his daughter "if ye will bring unto me the head of my father, the king" (Ether 8:12). Akish entered into a secret combination with his friends to kill King Omer. A secret combination is where two or more people swear oaths to keep their unrighteous acts secret in order to avoid the consequences of their actions.

Read Ether 8:15–18, and identify words and phrases that describe some of the motives and methods behind those who embrace secret combinations.

5. Answer two or more of the following questions in your scripture study journal:

a. Why do some people participate in secret combinations?

b. Why do you think it is spiritually destructive to believe you can do "all manner of wickedness" (Ether 8:16) or "whatsoever thing" you desire (Ether 8:17) without facing any consequences?

c. Which phrase in Ether 8:18 indicates how the Lord feels about secret combinations? Why do you think such combinations are considered "wicked above all"?

Read Ether 8:20–22, 25 and Ether 9:5–6, 11–12, looking for the consequences of supporting secret combinations. Summarize what you learned: _____

_____

_____

One of the truths you may have identified in these verses is: **Supporting secret combinations leads to the destruction of individuals and societies.**

Moroni paused in writing about the Jaredite wars to speak to us. Read Ether 8:23–24, 26, and identify how Moroni encouraged the people of our day to apply his warnings about secret combinations.

Think about answers to the following questions: Why do you think a nation, a society, or another group is in an "awful situation" (Ether 8:24) when it has secret combinations in its midst? How does secrecy give power to these combinations? How can knowing the truth about secret combinations help people do away with this evil?

6. Refer back to the list of actions given at the beginning of this portion of the lesson. Though making unrighteous choices in these areas of your life would not necessarily be categorized as a secret combination, write in your scripture study journal the danger that comes from choosing to engage in activities that a person would feel a need to keep secret from others.

Ether 9:13–11:23

One king succeeds another—some are righteous, some are wicked

As recorded in Ether 9–11, many kings ruled over the Jaredites, some in righteousness and some in wickedness. Read Ether 9:26–35 (during the reign of Heth) and Ether 11:1–8 (during the reign of Com and Shiblom), looking for evidence of the truthfulness of the principle that **rejecting the words of the prophets leads to captivity,** which was discussed earlier in this lesson.



Recall the way you thought of to better heed the words of the prophets. In the coming days, follow through with this goal and look for opportunities to share your testimony about the importance of obeying the words of the prophets.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Ether 7–11 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 30, DAY 4

Ether 12

Introduction

After recounting many years of Jaredite history, Moroni introduced the ministry of the prophet Ether. Moroni then paused in his historical account and recorded some of the blessings that come to those who exercise faith in Jesus Christ. He also confessed a concern. He was worried that those who would read the Book of Mormon in the latter days would not accept it because of his and the other writers' weakness in writing. The Lord promised Moroni that He strengthens the weaknesses of all those who humble themselves before Him and have faith.

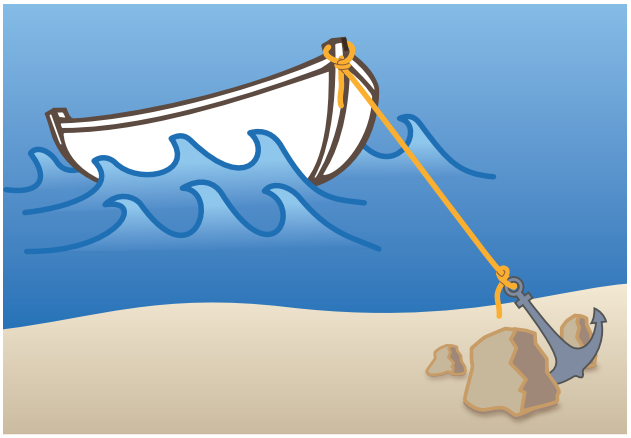
Ether 12:1–4

Ether preaches repentance to the Jaredites

Why is it important for a boat to have an anchor? What dangers or difficulties might a boat encounter if it does not have an anchor? Label the boat in the picture *My life.* Think about the following questions:

- If the boat represents your life, what could the waves be likened unto?
- If we compare the waves to difficulties and wickedness, what might someone's life be like if he or she does not have an anchor? (See Mormon 5:18.)
- What has the Lord given you to help hold you securely in place like an anchor?

As you study Ether 12, look for what you must do to be like a boat with an anchor—firm and secure despite the waves and pressures you face. Ether 12 begins with Moroni introducing the prophet Ether, who lived in a time when the people rejected the prophets and lived in wickedness. Read Ether 12:1–3, and look for anything that impresses you about Ether's actions during these difficult circumstances.



While going about exhorting the people to repent, Ether taught what a person who believes in God can hope for in spite of being surrounded by difficulties and wickedness. Read Ether 12:4, and mark what that hope is. (As you read, it may be helpful to know that to have "a place at the right hand of God" means to return to God's presence and receive eternal life.)

1. Answer the following questions in your scripture study journal:

a. How do you think having hope "with surety" is different from merely wishing for something?

b. How does faith in Jesus Christ allow us to hope "with surety" for a place at the right hand of God?

c. What phrases in Ether 12:4 describe the actions of someone who has hope and faith in Jesus Christ?

On the picture of the boat at the beginning of this lesson, label the anchor with the words *faith* and *hope.*

Ether 12:4 teaches the principle that **when we have hope and faith in Jesus Christ, we will receive strength to be steadfast and abound in good works.**

Ponder times when it may be difficult for you to be steadfast (unwavering) and to abound in good works. To help you in these situations and throughout your life, look for ways you can increase your faith in the Lord Jesus Christ as you continue to study Ether 12.

Ether 12:5–22

Moroni recounts miracles and mighty works that came by faith

2. In your scripture study journal, finish the following sentence with any gospel truths for which you are seeking a spiritual witness: *I would like to gain a spiritual witness of . . .*

Some people feel that they must first see evidence of a truth and have it proven to them before they will live it. Ether spoke of that attitude in Ether 12:5–6. Read these verses and mark those parts of his counsel that stand out to you. (Ether 12:6 is a scripture mastery passage.)

According to Ether 12:6, what must we have before receiving a witness from the Lord? What comes to mind when you think about a "trial of your faith"?



Some people mistakenly interpret "trial of your faith" to always refer to hardship. Elder Richard G. Scott of the Quorum of the Twelve Apostles gave this insight into what "trial of your faith" means: "You can learn to use faith more effectively by applying this principle taught by Moroni: '. . . ye receive no witness until after the *trial of your faith*' [Ether 12:6; italics added]. Thus, every time you *try your faith,* that is, act in worthiness on an impression, you will receive the confirming evidence of the Spirit. Those feelings will fortify your faith. As you repeat that pattern, your faith will become stronger" ("The Sustaining Power of Faith in Times of Uncertainty and Testing," *Ensign* or *Liahona,* May 2003, 76).

Read the following scripture passages, and look for the blessings that came after the people exercised faith:

- Ether 12:11. What was the blessing? _____
  _____
- Ether 12:12–13. What blessing came to Alma and Amulek? _____
  _____
- Ether 12:19–22, 30–31. What blessings came to the brother of Jared by faith? _____
  _____
  _____

It may be helpful to notice the use of the word *after* in Ether 12:7, 12, 17, 18, and 31.

3. Based on what you have studied in Ether 12, in your own words, write in your scripture study journal what you feel Moroni taught about receiving spiritual witnesses from the Lord.

One of the principles Moroni taught was: **If we desire a witness, then we must first exercise faith in Jesus Christ.**

4. Read the following scenarios, and then write in your scripture study journal how someone in two or more of those situations could demonstrate faith in the Lord:

a. A young woman wants to receive a witness of the truthfulness of the Book of Mormon.

b. A young man has a strong desire to help his loved ones accept the gospel.

c. A young woman seeks for the Lord to bless her sick father.

5. Write in your scripture study journal about a time when you or someone you know has received a witness or miracle after demonstrating faith.

Think back on the principle or doctrine for which you would like to receive a spiritual witness (see assignment 2 in this lesson). What can you do to demonstrate your faith before receiving the witness?

Scripture Mastery—Ether 12:6

6. To help you memorize Ether 12:6, read it through several times, then write down as much of the verse as you can remember in your scripture study journal. Afterward, compare what you wrote with the actual verse. Study the verse again, and write it down a second time in your scripture study journal.

Ether 12:23–41

Moroni expresses concern about how the Gentiles will respond to the Book of Mormon

As recorded in Ether 12:23–41, Moroni expressed his concern that those who would receive the Book of Mormon in the latter days would not accept it because of his and the other writers' weakness in writing. As you read the Lord's response to Moroni's concern in Ether 12:26–27, look for how the Lord said that weak things can become strong. (Ether 12:27 is a scripture mastery passage.)

The scriptures sometimes indicate a gospel principle by using the words *if* and *then.* The word *if* describes what we must do, and *then* explains what will happen as a result of our actions. Read Ether 12:27, identify an if–then principle, and write it below.

If we _____
_____**, then the Lord will**
_____
_____.

You will discuss these verses in more depth in the lesson with your teacher this week. You will also study and learn more about Moroni's discussion about faith, hope, and charity found in Ether 12:28–41.

Scripture Mastery—Ether 12:27

To help you remember the ideas in Ether 12:27, copy the following onto a piece of paper: *If . . . come . . . show . . . weakness. . . . give . . . weakness . . . humble; . . . grace . . . all men . . . humble . . . if . . . humble . . . faith . . . weak . . . strong.*

Reread Ether 12:27, noticing these words. Restate as much of the verse as you can, looking only at the words on your paper. Put the piece of paper somewhere you will see it later today or tomorrow (for example, in your pocket or in your scriptures). Review Ether 12:27 whenever you see the piece of paper until you have the passage memorized.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Ether 12 and completed this lesson on (date).

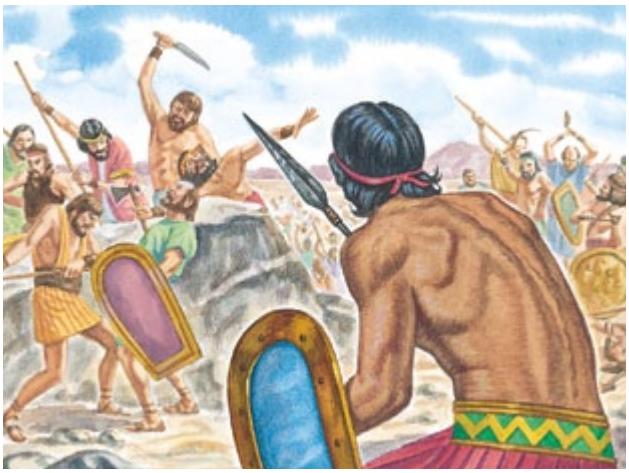
Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 31: DAY 1

Ether 13–15

Introduction

The prophet Ether prophesied of the New Jerusalem. He also warned Coriantumr, a Jaredite king, that his people would be destroyed because of wickedness, and he admonished Coriantumr and his household to repent. When Coriantumr and the people refused to repent, war and wickedness escalated for many years until the entire Jaredite nation was destroyed. Only Ether and Coriantumr survived to witness the fulfillment of Ether's prophecy.



Ether 13:1–12

Moroni records Ether's prophecies of the New Jerusalem and the Jerusalem of old

Consider some cities today that have alternate names indicating a significant feature of the city. For example, Paris, France, is also known as the City of Light. To begin, see if you can match the cities below with their correct alternate names (answers are given at the end of the lesson).

Cairo, Egypt	The Windy City
Manila, Philippines	The City of a Thousand Minarets
Chicago, USA	The Eternal City
Mexico City, Mexico	The Pearl of the Orient
Rome, Italy	The City of Palaces

Today's lesson draws attention to two significant cities in the last days: (1) Jerusalem and (2) the New Jerusalem. In the latter days these two cities will become known for their righteousness. Ether taught the Jaredites that the land upon which they lived was the site for a future city called the New Jerusalem.

Read Ether 13:2–8. The Lord revealed to the Prophet Joseph Smith that the New Jerusalem identified in Ether 13:6 would be built in Jackson County, Missouri, USA (see D&C 57:1–4; 84:1–4). What did Ether say about these cities in Ether 13:3, 5? Ponder what it would be like to live in a city like that. Study Ether 13:10–11 to learn what someone must experience in order to live in the holy cities of the New Jerusalem and Jerusalem of old (which will be holy when it is rebuilt unto the Lord; see Ether 13:5).

Another name for the New Jerusalem is Zion (see Moses 7:62; Articles of Faith 1:10). While we may not live in Jerusalem or the New Jerusalem, all members of the Church can be seeking to establish Zion. We can prepare to dwell in holy places, including the celestial kingdom of God, as we become clean through the Atonement of Jesus Christ.

Ether 13:13–15:34

The Jaredites reject Ether and persist in wickedness and war until they are destroyed

Read Ether 13:13–19, and look for the conditions of the Jaredite society in Ether's day. Study Ether 13:20–22 to discover Ether's message to Coriantumr and how Coriantumr and his people responded.

1. Answer the following questions in your scripture study journal:

a. In what ways have you seen people in our day harden their hearts and reject the Lord's servants?

b. What will you do to keep yourself strong in the faith and heeding the words of the prophets?

As recorded in Ether 13:23–14:20, Coriantumr fought battles with several men who tried to take the kingdom from him, including Shared, Gilead, and Lib. Eventually, the entire Jaredite nation became engulfed in war. Coriantumr's final enemy was a man named Shiz. The extent of the destruction among the Jaredites from these wars is detailed in Ether 14:21–25 and Ether 15:1–2.

Read Ether 15:3–6 to discover what Coriantumr attempted to do to spare the remainder of the people from destruction. Think about why Shiz rejected Coriantumr's proposal and why the people in both armies refused to surrender (see also Ether 14:24).

Read Ether 15:12–17, and look for details about the Jaredites' situation. What do you find particularly tragic or sorrowful about their condition? Remember that Ether had spent many years warning the people to repent (see Ether 12:2–3; 13:20). Read Ether 15:18–19, and identify the consequences that come from rejecting the Lord's warnings to repent. Based on what you read, complete this statement: If we reject the Lord's warnings to repent, then _____

_____

_____.

In the space above, you may have written a principle such as the following: **If we reject the Lord's warnings to repent, His Spirit withdraws and Satan gains power over our hearts.**

2. Using Ether 15:19 and the principle we learn from it, explain why one or more of the following rationalizations that someone might give today for refusing to repent are wrong:

a. I know the movies I watch are not in harmony with Church standards, but they don't seem to have an effect on me.

b. Drinking alcohol with my friends isn't that bad. We're just having fun.

c. It is just a little pornography. It is not like I am going out and being immoral. Besides, I can stop anytime I feel like it.

d. I don't have to repent now. That can wait until I'm about to go on a mission or get married in the temple.

Ether 15:20–32 relates how the two Jaredite armies fought each other until only their leaders, Coriantumr and Shiz, remained. Then Coriantumr killed Shiz.

The history of the Jaredites provides a vivid example of what happens to a people when they collectively reject God's repeated efforts to convince them to repent. While we may not face immediate physical destruction by refusing to repent, we will experience feelings of guilt if we reject the Lord's warnings to repent.





Reflect upon the following statement from Elder Neil L. Andersen of the Quorum of the Twelve Apostles: "I testify that the Savior is able and eager to forgive our sins. Except for the sins of those few who choose perdition after having known a fulness, there is no sin that cannot be forgiven. What a marvelous privilege for each of us to turn away from our sins and to come unto Christ. Divine forgiveness is one of the sweetest fruits of the gospel, removing guilt and pain from our hearts and replacing them with joy and peace of conscience" ("Repent . . . That I May Heal You," *Ensign* or *Liahona,* Nov. 2009, 40–41).

Examine anything you might be doing that may be interfering with the influence of the Holy Ghost in your life. Consider how you might draw upon the power of Jesus Christ's Atonement to make the necessary changes that will help you receive the Spirit and resist the power of Satan.

From Ether 13–15 we learn that **anger and vengeance lead us to make choices that hurt ourselves and others.** Read or reread the following passages, and mark words or phrases that teach this truth: Ether 13:27; 14:24; 15:6, 22, 28.

Ponder what consequences uncontrolled anger can have on a family or other relationships. Think about a situation in your life where you might need to forsake feelings of anger or revenge.

As you read the following statement by Elder David E. Sorensen, an emeritus member of the Seventy, look for how you can overcome feelings of anger or a desire to seek revenge: "When someone has hurt us or those we care about, that pain can almost be overwhelming. It can feel as if the pain or the injustice is the most important thing in the world and that we have no

choice but to seek vengeance. But Christ, the Prince of Peace, teaches us a better way. It can be very difficult to forgive someone the harm they've done us, but when we do, we open ourselves up to a better future. No longer does someone else's wrongdoing control our course. When we forgive others, it frees us to choose how we will live our own lives. Forgiveness means that problems of the past no longer dictate our destinies, and we can focus on the future with God's love in our hearts" ("Forgiveness Will Change Bitterness to Love," *Ensign* or *Liahona,* May 2003, 12).



3. Answer the following question in your scripture study journal: When have you or someone you know experienced healing and freedom after choosing to forgive?

You can overcome any feelings of anger and revenge if you will turn to Jesus Christ and receive the power of forgiveness and comfort through His Atonement. Remember to turn to the Lord in prayer for the help you may need in those situations.



4. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Ether 13–15 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

Answers to the matching activity at the beginning of the lesson: Cairo, Egypt (The City of a Thousand Minarets); Manila, Philippines (The Pearl of the Orient); Chicago, USA (The Windy City); Mexico City, Mexico (The City of Palaces); Rome, Italy (The Eternal City).

INTRODUCTION TO

Moroni

Why Study This Book?

As you study the book of Moroni, you can draw strength from Moroni's powerful example and testimony. In addition, from the teachings of Moroni and his father, Mormon, you will learn about basic ordinances and practices of the Church of Jesus Christ, the importance of doing righteous works with real intent, the way to judge between good and evil, and the relationship between faith, hope, and charity. You will also read Moroni's exhortation to pray to know for yourself that the Book of Mormon is true and to "come unto Christ and be perfected in him" (Moroni 10:32).

Who Wrote This Book?

Moroni wrote this book, which includes his words, the words of Jesus Christ to His twelve disciples (see Moroni 2), and the words of his father, Mormon (see Moroni 7–9). Before the destruction of the Nephites, Moroni served as a military and Church leader among them (see Mormon 6:12; Moroni 8:1). Like other major writers and compilers of the Book of Mormon, Moroni was a witness of the Savior. He testified: "I have seen Jesus, and . . . he hath talked with me face to face" (Ether 12:39). Moroni was faithful to his testimony and emphasized his willingness to be killed rather than deny Christ (see Moroni 1:1–3).

In 1823, approximately 1,400 years after he completed the record of the Book of Mormon, Moroni appeared to the Prophet Joseph Smith as a resurrected being and informed him that the record was deposited in a hill near Joseph Smith's home. At that time and during the next several years, Moroni also instructed Joseph Smith "respecting what the Lord was going to do, and how and in what manner his kingdom was to be conducted in the last days" (Joseph Smith—History 1:54).

When and Where Was It Written?

Moroni probably wrote and compiled this book between the years A.D. 401 and A.D. 421 (see Mormon 8:4–6; Moroni 10:1), as he wandered for the safety of his life (see Mormon 1:1–3).

UNIT 31: DAY 2

Moroni 1–5

Introduction

After completing his abridgment of the plates of Ether, Moroni explained that he "had supposed not to have written more" (Moroni 1:1). However, he was preserved to "write a few more things, that perhaps they may be of worth" to those in the last days (Moroni 1:4). Moroni 1–5 affirm Moroni's faithfulness to Jesus Christ. They also outline instructions for important ordinances of the gospel, including the administration of the sacrament.

Moroni 1

Moroni wanders for the safety of his life and continues his writings

Elder David E. Sorenson, an emeritus member of the Seventy, told the following story about a young woman who had the courage to stand up for her beliefs:

"My granddaughter Jennifer was invited to go with several of her school friends to a dinner and a movie. The girls all agreed on the movie they were going to see, and Jennifer was comfortable attending. However, the girl who left dinner to buy the movie tickets for the group returned with tickets to a different movie than was planned! She said, 'It is a great show, and it's R-rated.'

"Jennifer, caught by surprise, couldn't believe the situation had changed so quickly. But fortunately she had made up her mind before she ever found herself in this position that she would not watch R-rated movies. She was able to stand firm and say to her friends, 'I can't go see an R-rated movie. My parents would not approve.' To which the girls replied, 'Oh, come on! Your parents will never know!' Confronted with this, Jennifer went on to say, 'Well, actually it doesn't matter whether my parents will know. I just don't go to R-rated movies!'

"Her friends were upset and tried to get her to relent. They told her she 'was ruining everything.' When she would not give in, they threw the ticket and change in her face and deserted her for the R-rated movie. It wound up being a lonely night full of rejection from her friends. But it was a great moment for Jennifer and our family. She gained confidence, self-worth, and spiritual power" ("You Can't Pet a Rattlesnake," *Ensign,* May 2001, 42).

Read Moroni 1:1–3, and look for how Moroni stood alone for his beliefs. Moroni and Elder Sorensen's granddaughter both exemplify ways in which individuals can choose to stand up for that which they know is right. You too can make seemingly small decisions every day that demonstrate your faith, obedience, and desire to follow Christ.

1. Write in your scripture study journal about a time when you chose to stand up for your beliefs or to demonstrate your faith through obedience.

Think about how you can better stand up for your belief in Jesus Christ. Read Moroni 1:4 to discover why Moroni chose to write more. What can we learn from Moroni's example and motivation to write more to the descendants of those seeking his life? What might you write to your own descendants that would be a blessing to them? As you study Moroni 2–5, consider how the things Moroni chose to write about are "of worth" to you (Moroni 1:4).

Moroni 2

Moroni records instructions on conferring the gift of the Holy Ghost

Think about your experience being confirmed a member of the Church and having hands laid on your head so you could receive the gift of the Holy Ghost. What do you remember about this ordinance? Read Moroni 2:1–3, and consider how the gift of the Holy Ghost has been a blessing in your life.

One gospel truth taught in these verses is this: **Worthy members holding proper priesthood authority can bestow the gift of the Holy Ghost on baptized members by the laying on of hands.**

Moroni 3

Moroni records instructions on ordaining individuals to priesthood offices

Have you ever seen a record of someone's priesthood line of authority? This record shows who ordained an individual to the priesthood and who in turn ordained that person and so on back to Jesus Christ. Perhaps you have a copy of your own priesthood line of authority or have seen a brother's or father's. Think about the significance of being able to trace the line of authority directly to Jesus Christ as you read the following statement from Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles:



"Clearly, acting with divine authority requires more than mere social contract. It cannot be generated by theological training or a commission from the congregation. No, in the authorized work of God there has to be power greater than that already possessed by the people in the pews or in the streets or in the seminaries—a fact that many honest religious seekers had known and openly acknowledged for generations leading up to the Restoration. . . .

". . . We in the restored Church of Jesus Christ can trace the priesthood line of authority exercised by the newest deacon in the ward, the bishop who presides over him, and the prophet who presides over all of us. That line goes back in an unbroken chain to angelic ministers who came from the Son of God Himself, bearing this incomparable gift from heaven" ("Our Most Distinguishing Feature," *Ensign* or *Liahona,* May 2005, 44).

Each person who receives the Aaronic or Melchizedek priesthood is also ordained to a priesthood office that includes certain duties. Read Moroni 3:1–4, and look for how individuals are ordained to priesthood offices, including the office of priest or teacher.

You may want to write the following truth in your scriptures next to these verses: **Individuals are ordained to priesthood offices by the laying on of hands by those having authority.**

2. Answer the following questions in your scripture study journal:

a. Why do you think it is necessary for an individual to be ordained to a priesthood office by someone who already holds the priesthood?

b. How is having the authority of the priesthood in the Church or in your family of worth to you?



Moroni 4–5

Moroni explains how the sacrament is to be administered

3. Think about the emblems of the sacrament and about your experiences of partaking of the sacrament. Then do the following in your scripture study journal:

a. From memory, as best you can, write out one of the sacrament prayers, either for the bread or for the water.

b. After reviewing these sacred prayers (see Moroni 4:3; 5:2) and checking what you wrote in the first part of this assignment, write about a part of one of the sacrament prayers that stands out to you, and explain why that portion of the prayer is meaningful to you.

Moroni included the prayers for the administration of the sacrament in his record because he felt they would be "of worth" to people "in some future day" (Moroni 1:4). Read Moroni 4:1–3 and 5:1–2, and identify phrases that explain what the sacramental bread and water represent. As you read, it may be helpful to remember that today the Church uses water in the sacrament instead of wine as a result of a revelation given to the Prophet Joseph Smith (see D&C 27:2).

Summarize the purpose of the sacrament by completing this statement: The emblems of the sacrament help us remember _____ _____.

Contemplate why the Savior's body and blood are significant to you.

The physical suffering, death, and Resurrection of the Savior's body and His intense spiritual suffering, evidenced through the shedding of His blood, made possible a remission of sins for all people who exercise faith in Him and repent. **The emblems of the sacrament help us remember the Atonement of Jesus Christ.**

4. Answer one or both of the following questions in your scripture study journal:

a. How has sincerely pondering the Savior's Atonement during the sacrament helped or strengthened you spiritually?

b. What can you do to better focus on remembering the Savior's Atonement during the sacrament?

To help you understand what you promise to do as you partake of the sacrament, review Moroni 4:3 and complete the following chart:

What I covenant to do	What I think it means to keep this part of the covenant	What I can do to better keep this part of the covenant
1.		
2.		
3.		

We also learn from Moroni 4:3 that as we faithfully keep our part of the covenant of the sacrament, we can always have the Lord's Spirit to be with us.

As you read the following statement from Elder David A. Bednar of the Quorum of the Twelve Apostles, think about how you have experienced the gift of the Holy Ghost in the ways he mentions: "The Spirit of the Lord can be our guide and will bless us with direction, instruction, and spiritual protection during our mortal journey" ("That We May Always Have His Spirit to Be with Us," *Ensign* or *Liahona,* May 2006, 31).

Ponder the Savior's Atonement as you partake of the sacrament on Sunday. Try to keep the parts of the covenant that you identified in the chart so you can always have the Lord's Spirit with you.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Moroni 1–5 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 31: DAY 3

Moroni 6

Introduction

Moroni neared the completion of his writings on the plates by explaining some of the qualifications for a person to be prepared for baptism into the Church. He then outlined the responsibilities members of the Church have to care for other members. Moroni also explained the purpose of Church meetings and emphasized the need for Church meetings to be conducted by the influence of the Holy Ghost.

Moroni 6:1–3

Moroni sets forth the requirements for baptism

Imagine you have a seven-year-old sibling who will be eight in a few months. Your parents have asked you to teach a family home evening lesson on how to prepare for baptism.

1. If you were to teach that lesson right now, what would you teach in order to help your sibling prepare to be baptized? Write your thoughts in your scripture study journal.



After including the sacrament prayers in his record (see Moroni 4–5), Moroni added instruction concerning the ordinance of baptism. Search Moroni 6:1–3, looking for the requirements for baptism. You may wish to mark the requirements you identify in your scriptures.

What do you think it means that those wanting to be baptized were to bring "forth fruit meet that they were worthy of it"? (Moroni 6:1). _____

Ponder what you think it means to have "a broken heart and a contrite spirit" (Moroni 6:2) before being baptized. As recorded in Moroni 6:1–3, Moroni explained that **through baptism we covenant to take upon us the name of Jesus Christ and serve Him to the end.** What are you doing to maintain and strengthen your determination to serve Jesus Christ?

2. In your scripture study journal, describe some ways that you have tried since your baptism to maintain and strengthen your determination to serve Jesus Christ.

Moroni 6:4

Moroni explains how to care for and spiritually nourish members of the Church

After explaining the requirements individuals should meet before being baptized, Moroni then explained how those who were newly baptized remained faithful to their covenants. Read Moroni 6:4, and look for what was done to help new converts remain faithful.

Summarize what you learn from Moroni 6:4 about your responsibilities toward other members of the Church. _____

What blessings does Moroni 6:4 indicate will come from being nourished by the word of God?

One important truth taught in Moroni 6:4 is that **we have a responsibility to remember and spiritually nourish other members of the Church.**

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles testified of the importance of nourishing each other with the word of God: "Most people don't come to church looking merely for a few new gospel facts or to see old friends, though all of that is important. They come seeking a spiritual experience. They want peace. They want their faith fortified and their hope renewed. They want, in short, to be nourished by the good word of God, to be strengthened by the powers of heaven. Those of us who are called upon to speak or teach or

lead have an obligation to help provide that, as best we possibly can" ("A Teacher Come from God," *Ensign,* May 1998, 26).

Have you ever thought about the great number of individuals who have prayed for you, prepared lessons for you, encouraged you and your activity in the Church, and helped you through challenges?

3. In your scripture study journal, write about two or three people who have remembered you in a meaningful way or nourished you spiritually.

Sometime soon, discuss with a family member or friend how you have been blessed because someone remembered you or nourished you by the word of God.

President Henry B. Eyring of the First Presidency told the story of a deacon in his ward who understood the need to fulfill his responsibility to other members of his quorum:



"One of his quorum members lived near my home. That neighbor boy had never attended a quorum meeting nor done anything with the members of his quorum. His stepfather was not a member, and his mother did not attend church.

"The presidency of his deacons quorum met in council one Sunday morning. . . . In their presidency meeting, those 13-year-old shepherds remembered the boy who never came. They talked about how much he needed what they received. The president assigned his counselor to go after that wandering sheep.

"I knew the counselor, and I knew he was shy, and I knew the difficulty of the assignment, so I watched with wonder through my front window as the counselor trudged by my house, going up the road to the home of the boy who never came to church. The shepherd had his hands in his pockets. His eyes were on the ground. He walked slowly, the way you would if you weren't sure you wanted to get where you were headed. In 20 minutes or so, he came back down the road with the lost deacon walking by his side. That scene was repeated for a few more Sundays. Then the boy who had been lost and was found moved away.

". . . Years later, I was in a stake conference, a continent away from the room in which that presidency had met in council. A gray-haired man came up to me and said quietly, 'My grandson lived in your ward years ago.' With tenderness, he told me of that boy's life. And then he asked if I could find that deacon who walked slowly up that road. And he wondered if I could thank him and tell him that his grandson, now grown to be a man, still remembered" ("Watch with Me," *Ensign,* May 2001, 38–39).

Consider specific individuals whom the Lord may want you to "remember" or "nourish." Plan a way that you can help nourish them spiritually. Write their names on a piece of paper, and place it in a location that will help you remember them.

Moroni 6:5–9

Moroni describes the purpose of Church meetings and how they are to be conducted

Imagine you are the parent of a teenager who, for the past few weeks, has said that he or she does not want to go to church because it seems meaningless and boring. Consider what you would say to help encourage your child to attend church and to understand the right reasons for attending regularly.

In his record, Moroni was inspired to describe the reasons that members of the Church met together in his day. Study Moroni 6:5–6, and look for how you could complete the following statement: **As Church members, we are to meet together often to** _____

_____

_____.

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles shared a portion of a letter from a friend expressing a change in attitude about church attendance:



"A wise friend wrote:

"'Years ago, I changed my attitude about going to church. No longer do I go to church for my sake, but to think of others. I make a point of saying hello to people who sit alone, to welcome visitors, . . . to volunteer for an assignment. . . .

"'In short, I go to church each week with the intent of being active, not passive, and making a positive difference in people's lives. Consequently, my attendance at Church meetings is so much more enjoyable and fulfilling.'

"All of this illustrates the eternal principle that we are happier and more fulfilled when we act and serve for what we give, not for what we get" ("Unselfish Service," *Ensign* or *Liahona,* May 2009, 96).

You might have completed the statement above with some of the following ideas.

As Church members, we are to meet together often to:

- **Fast and pray.**
- **Strengthen each other spiritually.**
- **Partake of the sacrament in remembrance of the Lord Jesus Christ.**

Reflect upon experiences you have had that taught you the importance of praying or fasting together with members of your ward or branch.



4. Answer the following questions in your scripture study journal:

a. How would your experience at church change if you attended with the desire to strengthen others spiritually?

b. Why is it valuable to partake often of the sacrament in remembrance of Jesus Christ?

c. How can going to church for the purposes listed above help to "keep [you] in the right way"? (Moroni 6:4).

Read Moroni 6:7–8, and look for what the members of the Church in Moroni's day were "strict to observe," or in other words, what they paid special attention to. Why do you think it is important that we teach and encourage each other to avoid and repent of sin?

Moroni testified that as often as we repent and seek forgiveness with real intent, we will be forgiven. You may wish to mark this truth in Moroni 6:8.

Moroni concluded this chapter by teaching how our Church meetings should be conducted. Read Moroni 6:9, and identify who should guide our meetings in the Church. Think of a time when you were particularly aware of the influence of the Holy Ghost during a Church meeting.

How can the principle that Church meetings are to be conducted by the power of the Holy Ghost apply to you? If you were asked to give a talk or teach a lesson during a Church meeting, how could you help ensure that what you say contributes to the guidance and influence of the Holy Ghost during that meeting?

5. In your scripture study journal, write a plan of how you are going to approach your Church meetings this coming Sunday. You may want to include ways to invite the Holy Ghost into your worship and how you might remember and nourish others through your attendance.

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Moroni 6 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 31: DAY 4

Moroni 7:1–19

Introduction

Moroni recorded a sermon that his father, Mormon, had delivered to his "beloved brethren" many years earlier (Moroni 7:2). This lesson covers the first portion of Mormon's sermon found in Moroni 7. It addresses his teachings on doing righteous works with real intent and his explanation of how we can discern between good and evil. In the next lesson you will study the remainder of Mormon's sermon in Moroni 7.

Moroni 7:1–10

Mormon teaches the followers of Jesus Christ about works and intent

Have you ever discovered that something was not as good on the inside as it appeared on the outside? One example of this might be a piece of fruit, such as an



apple that was sour or too ripe. List two or three other examples you can think of: _____

_____

_____

Consider how these examples of things that appear good on the outside but in reality are not might be compared to the outer appearance and inner motives of people. Moroni recorded the words of his father, Mormon, concerning the state of our hearts as we do righteous works. Read Moroni 7:2–3 to identify the audience Mormon was addressing.

Mormon referred to his brethren whom he was speaking to as "the peaceable followers of Christ" (Moroni 7:3). Study Moroni 7:4–5 to discover how Mormon knew these Nephites were truly disciples of the Savior.

Do you think a person can merely pretend to be righteous? Why or why not?

Mormon addressed this issue in Moroni 7:6. As you study this verse, you may want to mark the phrase "real intent." The following explanation from Elder Dallin H. Oaks of the Quorum of the Twelve Apostles can help you understand what it means to have real intent. Underline those portions of his explanation that stand out to you.

"We must not only *do* what is right. We must act for the right reasons. The modern term is *good motive.* The scriptures often signify this appropriate mental attitude with the words *full purpose of heart* or *real intent.*

"The scriptures make clear that God understands our motives and will judge our actions accordingly" (*Pure in Heart* [1988], 15).

Mormon described the results of a person seeking to do good works without real intent. Search Moroni 7:7–10, and identify what happens when we do righteous acts without the right intent. From these verses we learn that **to be blessed for good works, we must do them with real intent of heart.** Real intent includes doing good works out of a love for God and others.

1. Answer the following question in your scripture study journal: What differences have you noticed when you have done good works with the right intent as opposed to having done something good with a selfish intent?

2. To help you better understand the principle that to be blessed for good works, we must do them with real intent of heart, consider the following scenario: A friend who has been reading the Book of Mormon asks for your help in understanding Moroni 7:9 and says, "I read that if a person prays without real intent, 'it profiteth him nothing, for God receiveth none such.' I often feel like I don't pray with real intent. Should I just quit praying?" In your scripture study journal, write how you would respond to that question, and explain why you would respond that way.

President Brigham Young gave this helpful counsel on how we can gain a desire to pray with real intent: "It matters not whether you or I feel like praying, when the time comes to pray, pray. If we do not feel like it, we should pray till we do" (*Teachings of Presidents of the Church: Brigham Young* [1997], 45).

Think about how President Young's counsel could relate to obeying other commandments besides prayer. Often doing what is right can help bring a desire to continue obeying that commandment for the right reasons.

3. To apply Mormon's teachings on the importance of doing good works with real intent, choose one of the following commandments: fasting, paying tithing, serving others, studying the scriptures, honoring parents, staying morally clean. (Staying morally clean includes being virtuous while using the Internet or social media. It also includes not doing anything that could lead to sexual transgression.) Then answer the following questions in your scripture study journal:

a. How have you been blessed when you have sought to obey that commandment with real intent?

b. What advice would you give to your peers on how to obey that commandment with real intent?

Moroni 7:11–19

Mormon teaches how to judge between good and evil

How can we tell that something is evil without actually trying it? Mormon offered counsel to help us when facing such a situation.

4. Read Moroni 7:11–13, and look for how to judge good from evil. You may wish to mark phrases that stand out to you. Summarize what you learn from these verses by completing the following statements in your scripture study journal:

a. That which is of God . . .

b. That which comes from the devil . . .

Mormon affirmed that God invites and entices us to do good continually. Notice that according to Moroni 7:12, the devil also invites and entices us. Think about some ways the devil invites and entices you to sin.



Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles discussed Satan's motives for seeking to entice us to do evil continually: "Satan, or Lucifer, or the father of lies—call him what you will—is real, the very personification of evil. His motives are in every case malicious. . . . He is eternally

opposed to the love of God, the Atonement of Jesus Christ, and the work of peace and salvation. He will fight against these whenever and wherever he can. He knows he will be defeated and cast out in the end, but he is determined to take down with him as many others as he possibly can" ("We Are All Enlisted," *Ensign* or *Liahona,* Nov. 2011, 44).

5. To help you prepare to apply Mormon's teachings on judging between good and evil, list in your scripture study journal several of your favorite TV shows, songs, music groups, Internet sites, apps, video games, or personal possessions. (You may want to modify this list according to your interests.) You will come back to this journal entry later in this lesson.

Read Moroni 7:15–17, and look for truths that will help you know how to judge whether something is of God or of the devil.

The Spirit of Christ is also called the Light of Christ (see Moroni 7:18). President Boyd K. Packer, President of the Quorum of the Twelve Apostles, gave this explanation that can help you better understand the Light of Christ:



"The Holy Ghost and the Light of Christ are different from each other. While they are sometimes described in the scriptures with the same words, they are two different and distinct entities. . . .

"The more we know about the Light of Christ, the more we will understand about life and the more we will have a deep love for all mankind. . . .

"Regardless of whether this inner light, this knowledge of right and wrong, is called the Light of Christ, moral sense, or conscience, it can direct us to moderate our actions—unless, that is, we subdue it or silence it. . . .

"Every man, woman, and child of every nation, creed, or color—everyone, no matter where they live or what they believe or what they do—has within them the imperishable Light of Christ. In this respect all men are created equally. The Light of Christ in everyone is a testimony that God is no respecter of persons" ("The Light of Christ," *Ensign,* Apr. 2005, 8–10).

Baptized members of the Church also have the gift of the Holy Ghost to help them discern between good and evil. President Packer taught, "The Holy Ghost can work through the Light of Christ" ("Light of Christ," 10).

Search Moroni 7:18–19 to find Mormon's counsel on how to respond to the Light of Christ within us. You may want to mark words or phrases in these verses indicating that **as we search diligently to follow the Light of Christ, we can discern between good and evil.**

Refer to the list you made in your scripture study journal in assignment 5. Carefully ponder the items on your list, and "search diligently in the light of Christ" (Moroni 7:19) to determine whether or not these items come from God. The following questions may be helpful to consider:

- How well do these things invite you to do good, to believe in Christ, to love God and serve Him?
- Do any of these persuade you "to do evil, . . . believe not in Christ, . . . deny Him, [or] serve not God"? (Moroni 7:17).
- Do you feel you should remove any of these items from your life? If so, how will you do this?

Mormon offered the promise that as you choose to remove anything from your life that is not good and seek to "lay hold upon every good thing," you become "a child of Christ" (Moroni 7:19).

6. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Moroni 7:1–19 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 32: DAY 1

Moroni 7:20–48

Introduction

As recorded in Moroni 7:20–48, Mormon continued his sermon in the synagogue by teaching his listeners how to "lay hold upon every good thing" (Moroni 7:20–21, 25). He explained the importance of faith, hope, and charity. He concluded his sermon with a plea that his listeners would pray to the Father with all the energy of their hearts for the gift of charity—which Mormon defined as "the pure love of Christ" (Mormon 7:47).

Moroni 7:20–39

Mormon teaches about faith in Jesus Christ

Review Moroni 7:12–13, and consider what you learned in the previous lesson about how to tell good things from evil things. In the space provided, list examples of good things (things that come from God and persuade us to believe in Christ) and evil things (things that persuade us not to believe in Christ and not to serve God):

Good Things	Evil Things

Notice that Mormon encouraged us to "lay hold upon every good thing" (Moroni 7:19). Ponder what you think it means to lay hold on every good thing.

Mormon asked his listeners an important question, which he then went on to answer. Read Moroni 7:20, and find the question Mormon planned to address. Then search Moroni 7:21–26, looking for the answer to this question.

As you look at Moroni 7:21, 25, mark words or phrases that teach this principle: **As we exercise faith in Jesus Christ, we can lay hold upon every good thing.**

1. In your scripture study journal, answer the following questions:

a. According to Moroni 7:22–26, in what ways does Heavenly Father seek to help us build faith in Jesus Christ?

b. When has your faith in Jesus Christ helped you lay hold upon a good thing or helped you dismiss something evil?

Mormon went on to describe several of the good things that come to those who exercise faith in Jesus Christ. Read Moroni 7:32–34, and mark at least one blessing in each of these verses that results from having faith in Jesus Christ.

2. Think of and pray about something you can do to exercise greater faith in Jesus Christ. When you have a goal in mind, write it down in your scripture study journal. This goal could be to do something specific that will help you follow the words of the prophets (see Moroni 7:23), pray with greater faith (see Moroni 7:26), or repent of a sin (see Moroni 7:34). As you write your goal, include specific details about how you are going to accomplish it. Also write how this goal will bring good things into your life.

Moroni 7:40–43

Mormon teaches about hope

In the sermon recorded in Moroni 7, Mormon identified three divine principles that are necessary for eternal life. Elder M. Russell Ballard of the Quorum of the Twelve Apostles taught that these "three divine principles form a foundation upon which we can build the structure of our lives." He said that these three principles "together give us a base of support like the legs of a three-legged stool" ("The Joy of Hope Fulfilled," *Ensign,* Nov. 1992, 33).



The following material will help you find the three principles that Mormon identified. The first principle is faith, which you have just studied in Mormon 7:20–39. Label one of the legs of the stool above *Faith in Jesus Christ.* Find what the second leg represents by reading Moroni 7:40. Write that principle by another leg of the stool.

Read Moroni 7:41–42, and identify what Mormon taught we should hope for. (Moroni 7:41 is a scripture mastery passage.) You might wish to add "for eternal life" to the label you put on the second leg of the stool so that it reads "Hope for eternal life."

President Dieter F. Uchtdorf of the First Presidency spoke about the hope Mormon was referring to:



"Hope is a gift of the Spirit. It is a hope that through the Atonement of Jesus Christ and the power of His Resurrection, we shall be raised unto life eternal and this because of our faith in the Savior. . . .

"Hope is not knowledge, but rather the abiding trust that the Lord will fulfill His promise to us. It is confidence that if we live according to God's laws and the words of His prophets now, we will receive desired blessings in the future. It is believing and expecting that our prayers will be answered. It is manifest in confidence, optimism, enthusiasm, and patient perseverance" ("The Infinite Power of Hope," *Ensign* or *Liahona,* Nov. 2008, 21–22).

One principle we learn from Moroni 7:40–42 is: **If we exercise faith in Jesus Christ, we can obtain a hope through the Atonement of Jesus Christ to be raised to eternal life.**

Read Moroni 7:43, and identify characteristics that are required in order for a person to have the faith and hope that Mormon spoke of.

To be "meek, and lowly of heart" means to be truly humble, gentle, and submissive to the Lord's will. Why do you think meekness and lowliness of heart are necessary in order to have faith and hope in the Atonement of Jesus Christ?

3. In your scripture study journal, describe how your faith in Jesus Christ and His Atonement has given you hope.

Moroni 7:44–48

Mormon teaches about charity

Refer back to the stool diagram at the beginning of the lesson. Read Moroni 7:44, and identify the third principle taught by Mormon. Label the last leg of the stool with this final principle.

As recorded in Moroni 7:44–48, Mormon gave a powerful explanation of charity. Read Moroni 7:45–47, and mark words or phrases that Mormon used to define charity. (Moroni 7:45, 47–48 is a scripture mastery passage.) To help you better understand what Mormon was teaching, you might wish to write some of these definitions in your scriptures: "suffereth long" means to endure patiently, "envieth not" means to not be jealous, "not puffed up" means to be humble and meek, "seeketh not her own" means to put God and others first, "not easily provoked" means to not become angry easily, and "believeth all things" means to accept all truth.

4. In your scripture study journal, answer one or more of the following questions:

a. Based on the definition in Moroni 7:45–47, why do you think charity is the greatest spiritual gift we can receive?

b. What do you think it means that charity will never fail?

c. Why do you think we are nothing if we do not have charity?

After mentioning the Apostle Paul's teaching on charity in 1 Corinthians 13, Elder Dallin H. Oaks of the Quorum of the Twelve Apostles explained: "The reason charity never fails and the reason charity is greater than even the most significant acts of goodness he cited is that charity, 'the pure love of Christ' (Moro. 7:47), is not an *act* but a *condition* or state of being. Charity is attained through a succession of acts that result in a conversion. Charity is something one becomes. Thus, as Moroni declared, 'except men shall *have* charity they cannot inherit' the place prepared for them in the mansions of the Father (Ether 12:34; emphasis added)" ("The Challenge to Become," *Ensign,* Nov. 2000, 34.)

Read the following situations and consider how you might respond if you lacked the gift of charity and how you might respond if you were filled with charity:

- Other students make fun of you or someone else at school.
- You have a brother or sister who frequently annoys you.
- You do not like one of your new quorum or class advisers as much as you liked the previous leader.

After explaining how important it is that we develop charity in our lives, Mormon explained how we can acquire this vital character trait. Read Moroni 7:48, and mark words or phrases that teach this principle: **If we pray unto the Father with all the energy of heart and live as true followers of Jesus Christ, we can be filled with charity.** Ponder why it is important to pray for the gift of charity with all the energy of your heart rather than praying casually for this gift.

5. In your scripture study journal, write about a time when you felt that the Lord helped you to be charitable. Or write about a time when you saw someone else being charitable. In addition, set a specific goal for how you will improve in one of the characteristics of charity listed in Moroni 7:45. Pray for the gift of charity as you strive to accomplish your goal.

Scripture Mastery—Moroni 7:41

Write the entire verse on a piece of paper. Recite the verse several times. Erase (or cross out) words or phrases until you can recite the entire verse from memory.

Scripture Mastery—Moroni 7:45, 47–48

Write the first letter of every word in these three verses on a piece of paper. Refer to the paper to help you recite the verses. After you recite the verses several

times, erase or cross out letters until you can recite the verses from memory. Then choose one of the following groups of people for whom you would like to have more charity: family, Church quorum or class members, school classmates, friends, or neighbors. Think about the people you chose as you read Moroni 7:45, and consider ways you will show these people more Christlike love.

6. Write in your scripture study journal one or two ways you will show greater charity for these people. During the coming week, pray for the Lord's help in developing greater charity for them. At the end of the week, share your experience with a friend or a family member.

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Moroni 7:20–48 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 32: DAY 2

Moroni 8–9

Introduction

Moroni 8 is an epistle (letter) Mormon wrote to his son Moroni about why little children do not need baptism. In the epistle, Mormon also taught about how we can prepare to dwell with God. He concluded by expressing concern for the wickedness and impending destruction of the Nephites. Moroni 9 contains Mormon's final recorded epistle to his son. He expressed sorrow for the wicked state of the Nephites and urged Moroni to labor diligently to help the Nephites repent. Notwithstanding the corrupt situation of his people, he encouraged his son to be faithful in Christ and to let the promise of eternal life rest on his mind forever.

Moroni 8:1–24

Mormon wrote to his son Moroni about those who need baptism

Have you ever wondered why children in The Church of Jesus Christ of Latter-day Saints are not baptized until they are eight years old? In a letter written to his son Moroni, Mormon taught some important truths about the salvation of little children and baptism, including why children aren't baptized until they are eight years old. Mormon began his letter to Moroni by talking about a disputation (disagreement) the Nephites were having. Read Moroni 8:4–6, and look for the doctrine the Nephites were disputing about. (As you read, it might be helpful to know that *gross* in this context means extremely serious.)

Read Moroni 8:7, and identify what Mormon did when he heard of this problem. The Savior answered Mormon's prayer by explaining why little children do not need baptism before the age of accountability. Read Moroni 8:8–9, and look for what the Savior said about why infants and little children are not baptized.

In Moroni 8:8, the "curse of Adam" refers to Adam's separation from God's presence as a result of the Fall. Evidently, some Nephites did not understand the doctrine of baptism. Therefore, they incorrectly believed that little children were unworthy to be in God's presence without the ordinance of baptism, and they wanted to baptize children when they were very young. In understanding this verse, it may also be helpful to note that sin is "willful disobedience to God's commandments" (Guide to the Scriptures, "Sin," scriptures.lds.org). To understand the doctrine in this verse more fully, you may want to cross-reference Moroni 8:8 with the second article of faith.

Read Moroni 8:10, and look for words that complete the following truth: **Repentance and baptism are necessary for all who** _____.

Because repentance and baptism are necessary only for those who are accountable and capable of committing sin, Mormon taught that it is wrong to baptize little children before they are accountable. Read Moroni 8:11–13, 18–22, and look for Mormon's explanation of why baptism of little children is wrong. These verses teach this doctrine: **Little children are saved through the Atonement of Jesus Christ.**

The Lord has set the age when accountability begins—eight years old (see D&C 68:25–27; Joseph Smith Translation, Genesis 17:11 [in Bible appendix]). Before children turn eight, they cannot sin because Satan is not given power to tempt little children (see D&C 29:46–47). Any mistakes children make before the age of eight are not considered sins.





Elder Dallin H. Oaks of the Quorum of the Twelve Apostles explained why little children cannot commit sins: "We understand from our doctrine that before the age of accountability a child is 'not capable of committing sin' (Moro. 8:8). During that time, children can commit mistakes, even very serious and damaging ones that must be corrected, but their acts are not accounted as sins" ("Sins and Mistakes," *Ensign,* Oct. 1996, 65).

As part of his epistle, Mormon also testified that little children are "alive in Christ" and that if they die before they are eight years old, they are redeemed through the Atonement of Jesus Christ (see Moroni 8:12–15, 22).

While explaining why infants and little children do not need baptism, Mormon testified of this principle: **God is perfectly just in His dealings with His children.** This means God will ensure that everyone has a just and fair chance to receive salvation.

1. The following activity can help you learn to explain the doctrines taught in the first part of Moroni 8. Select one (or both) of the situations below and, in your scripture study journal, identify one or two verses from Moroni 8:8–24 that help answer the person's concern in the situation. Then write a paragraph or two responding to the situation. Use the scripture verses in your response.

a. As a missionary, you meet a man who is sincerely seeking truth. He explains that all his life he was taught that little children are sinful when they are born because of Adam's transgression. He is certain that when infants die without being baptized, they are sinful and cannot be saved.

b. A recent convert agrees that baptism for eight-year-old children is a good idea but asks, "It doesn't really matter if people are baptized when they are eight months old, or eight years old, does it?"

Moroni 8:25–30

Mormon teaches what we must do to dwell with God

After teaching why little children do not need baptism, Mormon taught that people who have reached the age of accountability must be baptized. He also explained what we must do after our baptism in order to dwell with God.

Read Moroni 8:25–26, and look for what we must do and the characteristics we must develop in order to dwell with God. You might want to mark these things in your scriptures. It may be helpful to understand that "meekness" means being submissive to God's will, and "lowliness of heart" means being truly humble.

You may want to write the following principle in your scriptures by Moroni 8:25–26: **Through faithful obedience to the commandments, we can receive the Holy Ghost, which prepares us to dwell with God.**

2. The following questions will help you better understand Moroni 8:25–26. Consider all of the questions, and then select two or more of them to answer in your scripture study journal:

a. Why do you think that receiving a remission of your sins can lead to meekness and lowliness of heart?

b. How can being meek and lowly of heart invite the Holy Ghost into your life?

c. How will having the Holy Ghost help you prepare to live with God?

d. Mormon taught that if we want to be filled with love that endures, we must pray diligently. Why do you think that diligent prayer is necessary if we want to be filled with love?

As recorded in Moroni 8:27, Mormon condemned the sin of pride among the Nephites. Read Moroni 8:27, and look for the result of the Nephites' pride. Then compare this result with the results of being meek and lowly of heart, found in Moroni 8:26.

Mormon encouraged Moroni to pray for the Nephites so that perhaps they might repent and receive the blessings he described in his letter (see Moroni 8:28–30). Using Mormon's counsel to his son, consider praying for specific individuals you know who need to receive the blessings of the gospel, and seek to find ways to help those individuals.

Moroni 9:1–20

Mormon describes the wickedness of the Nephites and Lamanites

Recall a time when you tried to help someone and that person rejected your efforts. How might some people respond when their good intentions are repeatedly rejected by those they are trying to help? As you study Mormon's second epistle to his son Moroni, found in Moroni 9, look for what Mormon said to encourage his son not to give up on the Nephites.

Read Moroni 9:1, and look for the word Mormon used to describe the situation he would discuss in his letter. Note that *grievous* in this context means extremely disturbing. As recorded in Moroni 9:2–19, Mormon described some of the disturbing things taking place among the people, showing how wicked the people had become. Like Ether, who was a prophet among the Jaredites, Mormon witnessed the anger and wickedness that had overcome his people. He feared that the Spirit of the Lord had ceased striving with them (see Moroni 9:4).

Ponder why Mormon continued to labor among the Nephites even though they had hardened their hearts toward the word of God and rejected the prophets' efforts to help them.

Mormon gave Moroni some powerful counsel about how he should minister to people whose hearts were not open. Read Moroni 9:3–6, and mark words or phrases that teach this principle: **We are to labor diligently in God's service even if those we serve do not respond positively.** Verse 6 is particularly helpful in teaching this principle.

Moroni 9:21–26

Mormon encourages Moroni to be faithful

Think about recent events in your community, nation, or world that people might feel discouraged about. Read Moroni 9:25–26 to discover the counsel Mormon gave to Moroni about what to do in discouraging circumstances.



3. Answer the following questions in your scripture study journal: What did Mormon tell Moroni ought to "rest in your mind forever"? (Moroni 9:25). How can remembering the Savior and His Atonement help you when you are in difficulty or surrounded by wickedness?

From Mormon's counsel to Moroni, we can learn this principle: **If we are faithful in Jesus Christ, He can lift us up even when difficulties and wickedness surround us.** Being "faithful in Christ" can mean striving at all times to act like a true disciple of the Savior, remembering the Savior and His Atonement, and faithfully keeping His commandments.



4. In your scripture study journal, write about an experience in your life or in the life of someone close to you that demonstrates that the preceding principle is true.

Think about one way you can be more faithful in Christ when you are surrounded by wickedness or difficult circumstances.



5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Moroni 8–9 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 32: DAY 3

Moroni 10:1–7, 27–29

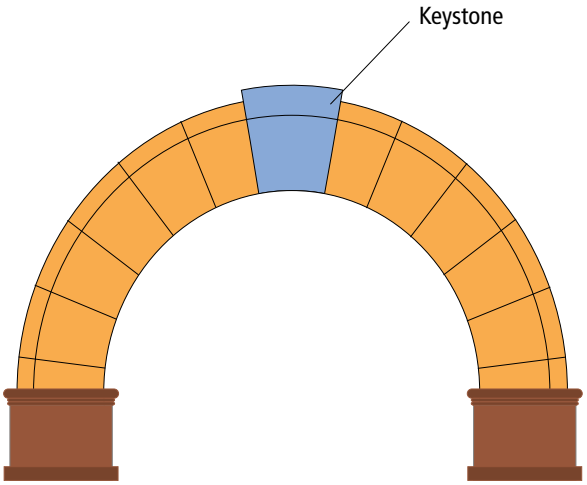
Introduction

Moroni exhorted the Lamanites, and all others who would read his testimony, to learn for themselves the truth of his words by asking God. He taught that a testimony of the Book of Mormon and of Jesus Christ would come by the power of the Holy Ghost. Moroni boldly declared that he would meet his readers before the bar of God, where God would confirm the truth of his words.

Moroni 10:1–7

Moroni exhorts us to obtain a testimony of the Book of Mormon and of Jesus Christ

Review the introductory lessons on the Book of Mormon in unit 1 of this manual. Can you remember the purpose of the keystone in an arch and how a keystone relates to the Book of Mormon? Turn to the introduction to the Book of Mormon (found at the beginning of the book), and read the statement from the Prophet Joseph Smith in the sixth paragraph.



The Prophet Joseph Smith described the Book of Mormon as the "keystone" of our religion, meaning that our testimony of the Book of Mormon holds up and strengthens our testimony of all the truths of the restored gospel. Read the last paragraph of the introduction to the Book of Mormon, and look for truths a person can come to know by obtaining a testimony of the Book of Mormon. Just as a keystone holds an arch together, how is your testimony held together and strengthened by the Book of Mormon?

About 1,400 years before Joseph Smith received the gold plates, Moroni concluded his father's record by writing his final exhortation to those who would receive the Book of Mormon in the last days (see Moroni 10:1–2). The word *exhort* means to strongly encourage someone. Moroni used this word eight times in the final chapter of the Book of Mormon. He exhorted all who receive the Book of Mormon to seek a testimony of its truth and divinity.

Read Moroni 10:3–4, and identify the things Moroni said we should do to obtain a testimony of the Book of Mormon. You may want to mark these things in your scriptures. Study the following information about each thing Moroni said we should do:

"Read these things"

The first step in gaining a witness that the Book of Mormon is true is to read it. Elder Tad R. Callister of the Presidency of the Seventy shared how one young woman benefited from reading the entire Book of Mormon:

"A 14-year-old girl . . . said that she had been discussing religion with one of her friends at school. Her friend said to her, 'What religion do you belong to?'

"She replied, 'The Church of Jesus Christ of Latter-day Saints, or Mormons.'

"Her friend replied, 'I know that church, and I know it's not true.'

"'How do you know?' came the reply.

"'Because,' said her friend, 'I have researched it.'

"'Have you read the Book of Mormon?'

"'No,' came the answer. 'I haven't.'

"Then this sweet young girl responded, 'Then you haven't researched my church, because I have read every page of the Book of Mormon and I know it's true'" ("The Book of Mormon—a Book from God," *Ensign* or *Liahona,* Nov. 2011, 76).

Why do you think that reading the Book of Mormon is necessary in order to gain a testimony of its truthfulness? _____

_____

"Remember how merciful the Lord hath been"

The next step in the process is to "remember how merciful the Lord hath been." Remembering the Lord's mercies in our lives can soften our hearts and prepare us to receive the Holy Ghost. Ponder times when you have felt the Lord's mercy in your life.

In the beginning of the Book of Mormon, Nephi declared that through his writings he would show us examples of the Lord's tender mercy (see 1 Nephi 1:20). At the end of the Book of Mormon, Moroni asked us to remember the mercies of the Lord to us (see Moroni 10:3). You might want to write the cross-reference 1 Nephi 1:20 next to Moroni 10:3.

1. In your scripture study journal, answer the following questions:

a. What evidence of the Lord's mercy have you seen in your life?

b. How do you think remembering the Lord's mercy helps someone receive a testimony of the Book of Mormon?

Remembering the mercy of the Lord to others and ourselves can prepare us to ponder the Book of Mormon's message for us.

"Ponder it in your hearts"

The next step Moroni taught is to "ponder it in your hearts." Elder Marvin J. Ashton of the Quorum of the Twelve Apostles explained how pondering can help us receive the Holy Ghost in our lives:



"As I study the scriptures, I am challenged and moved by the word *ponder* used so frequently in the Book of Mormon. Dictionaries say that *ponder* means to weigh mentally, think deeply about, deliberate, meditate. . . . Moroni used this term as he closed his record [see Moroni 10:3].

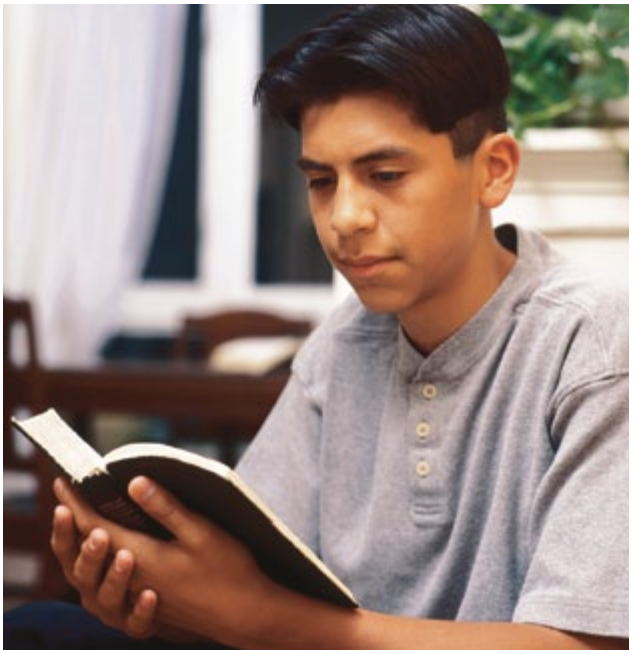
"By pondering, we give the Spirit an opportunity to impress and direct. Pondering is a powerful link between the heart and the mind. As we read the scriptures, our hearts and minds are touched. If we use the gift to ponder, we can take these eternal truths and realize how we can incorporate them into our daily actions. . . .

"Pondering is a progressive mental pursuit. It is a great gift to those who have learned to use it. We find understanding, insight, and practical application if we will use the gift of pondering" ("There Are Many Gifts," *Ensign,* Nov. 1987, 20).

2. In your scripture study journal, answer one or both of the following questions:

a. How has pondering as you have studied the Book of Mormon helped you feel the Holy Ghost?

b. What could you do to ponder more consistently and effectively as you study the scriptures?



"Ask with a sincere heart, with real intent, having faith in Christ"

When people "pray sincerely and have real intent," it means that they "intend to act on the answer they receive from God" (*Preach My Gospel* [2004], 111).

A man named Rodolfo Armando Pérez Bonilla learned the importance of praying with real intent. He was baptized at age nine but his family was not active in the Church. When he became a teenager, he began thinking about the gospel and had the following experience:

"Occasionally I prayed to know what was right, but it was more of a passing thought than a sincere question. Then one night I decided to pray with 'real intent.'

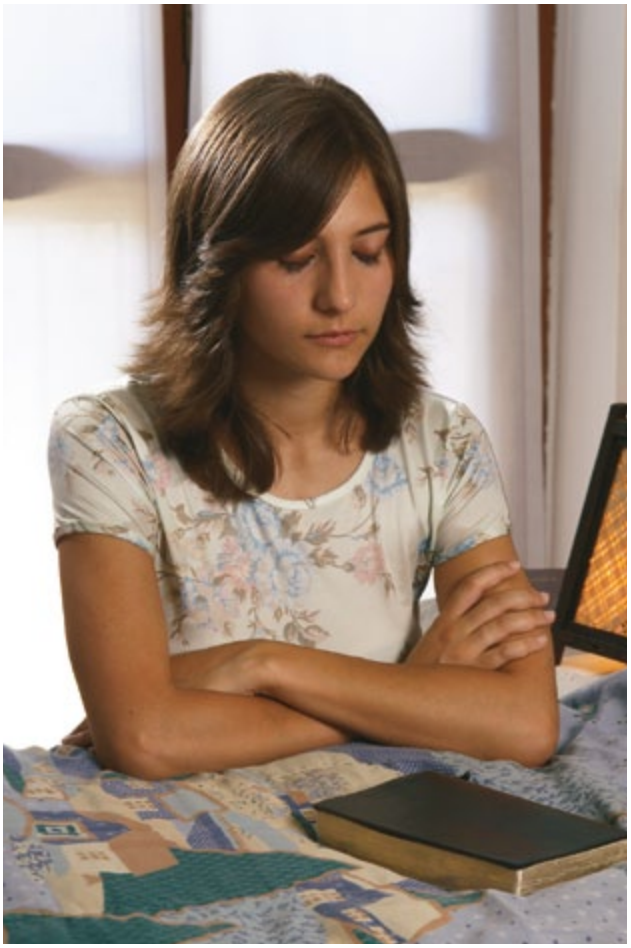
"I told Heavenly Father that I wanted to know Him and to be part of His true Church. I promised: 'If Thou will let me know whether Joseph Smith is a real prophet and whether the Book of Mormon is true, I'll do whatever Thou would have me do. If The Church of Jesus Christ of Latter-day Saints is the true Church, I'll follow it and never give it up.'

"I had no spectacular manifestation, but I felt at peace and went to bed. Several hours later I awoke with a distinct thought: 'Joseph Smith is a true prophet, and the Book of Mormon is true.' The thought was accompanied by an indescribable peace. I fell asleep again, only to awake later with the exact same thought and feeling.

"Since that time, I have never doubted that Joseph Smith is a true prophet. I know that this is the Savior's work and that Heavenly Father will answer our sincere petitions" ("How I Know," *Ensign,* Oct. 2011, 64).

3. Think about how much you want to have a strong testimony of the truthfulness of the Book of Mormon. Write in your scripture study journal some of the things you have already done to obtain a testimony of the Book of Mormon. Then write what you could do to gain a stronger testimony of the Book of Mormon.

Search Moroni 10:4, and identify what Moroni testified God would do for those who follow this process of reading, remembering, pondering, and asking. You may want to mark this promise in your scriptures. (Moroni 10:4–5 is a scripture mastery passage.)



Read Moroni 10:5–7, and look for what else Moroni promised we can know through the Holy Ghost.

One principle we can learn from Moroni 10:3–7 is: **If we seek in faith, we can receive a testimony of the Book of Mormon and of Jesus Christ through the Holy Ghost.** You may want to write this in your scriptures by these verses.

4. Do the following in your scripture study journal:

a. Record how reading, remembering, pondering, and praying this year has strengthened your testimony of the Book of Mormon and the truths it teaches or has helped you obtain a testimony of it.

b. Think about when you have felt the Holy Ghost testify to you of the truthfulness of the Book of Mormon or another gospel truth. It is important to remember that most revelation does not come in a spectacular way. Most people will feel quiet and subtle promptings from the Holy Ghost, such as a warm, peaceful feeling or an assurance of the truth. The Spirit may also testify of gospel truths line upon line, helping us learn the truths gradually over time. Write about a time when you have felt the confirming witness of the Holy Ghost.

Moroni 10:27–29

Moroni testified that he would meet us at the judgment bar of God

Read Moroni 10:27–29, and consider how these verses teach the following principle: **Those who have received the Book of Mormon will be accountable to God for their response to it.** Imagine that you have the opportunity to meet Moroni at the judgment bar of God. Ponder what you would say to him about the Book of Mormon and how it has affected your life.

Scripture Mastery—Moroni 10:4–5

Memorizing Moroni 10:4–5 can be of great help to you in sharing the message of the Book of Mormon with others. Consider taking some time now to memorize it word for word. One way to do this is to read the passage out loud several times. Then write it out word for word three times on a piece of paper or in your scripture study journal. When you have finished, see if you can recite these verses from memory.

5. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Moroni 10:1–7, 27–29 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:

UNIT 32: DAY 4

Moroni 10:8–26, 30–34

Introduction

After teaching how to obtain a witness of the truth of all things through the Holy Ghost, Moroni exhorted those who would read his words to recognize and receive spiritual gifts. Moroni concluded the Book of Mormon record by exhorting all people to come unto Jesus Christ, lay hold on every good gift He offers, and be perfected through Him.

Moroni 10:8–26

Moroni teaches about gifts of the Spirit and their purpose in the Lord's work

Think of a time when Heavenly Father blessed you to be able to do something that you could not have done on your own. In his concluding chapter, Moroni testified of the help and strength the Lord can bestow upon us. Read Moroni 10:8, and look for the phrase that describes the spiritual abilities or blessings that Heavenly Father gives to His faithful children.

The "gifts of God" Moroni spoke of in Moroni 10:8 are also referred to as "gifts of the Spirit" or "spiritual gifts." You may wish to mark the phrase "gifts of God" in your scriptures. Write the following truth in your scriptures next to Moroni 10:8: **God grants gifts of the Spirit to profit His children.** The phrase "profit His children" means to be of benefit or service to His children.

Read Moroni 10:9–16, and mark each spiritual gift Moroni mentioned. It is important to know that the spiritual gifts Moroni discussed are just a few examples of the many spiritual gifts that exist. Elder Marvin J. Ashton of the Quorum of the Twelve Apostles taught that "God has given each of us one or more special talents":



"One of the great tragedies of life, it seems to me, is when a person classifies himself as someone who has no talents or gifts. . . . For us to conclude that we have no gifts when we judge ourselves by stature, intelligence, grade-point average, wealth, power, position, or external appearance is not only unfair but unreasonable. . . .

". . . Taken at random, let me mention a few gifts that are not always evident or noteworthy but that are very important. Among these may be your gifts—gifts not so evident but nevertheless real and valuable.

"Let us review some of these less-conspicuous gifts: the gift of asking; the gift of listening; the gift of hearing and using a still, small voice; the gift of being able to weep; the gift of avoiding contention; the gift of being agreeable; the gift of avoiding vain repetition; the gift of seeking that which is righteous; the gift of not passing judgment; the gift of looking to God for guidance; the gift of being a disciple; the gift of caring for others; the gift of being able to ponder; the gift of offering prayer; the gift of bearing a mighty testimony; and the gift of receiving the Holy Ghost.

"We must remember that to every man is given a gift by the Spirit of God [see D&C 46:11–12]. It is our right and responsibility to accept our gifts and to share them. God's gifts and powers are available to all of us" ("There Are Many Gifts," *Ensign,* Nov. 1987, 20).

Read Moroni 10:17, and note Moroni's teaching that every faithful member of the Church has at least one spiritual gift (see also D&C 46:11). Elder Robert D. Hales of the Quorum of the Twelve Apostles taught that "the gifts of the Spirit . . . will help each of us achieve our goal of eternal life.



"These gifts of the Spirit are encompassed by the gift of the Holy Ghost. The Holy Ghost is the third member of the eternal Godhead and is identified as the Holy Spirit. This Holy Spirit is a gift from God to help us make the decisions that will allow us to find and fulfill our mission. . . .

"In these latter days, an understanding of the gifts of the Spirit has been given to us by revelation as recorded in section 46 of the Doctrine and Covenants. Section 46 identifies specific gifts of the Spirit as follows:

"'For all have not every gift given unto them; for there are many gifts, and to every man is given a gift by the Spirit of God' (v. 11).

"We are clearly instructed that each of us is given a gift or gifts. Do we know what gift we have been given? Are we seeking to find our gifts?" ("Gifts of the Spirit," *Ensign,* Feb. 2002, 12).

1. Think about spiritual gifts you have received from God, and then answer two or all of the following questions in your scripture study journal:

a. How have you profited from gifts of the Spirit you have received?

b. What examples of spiritual gifts have you seen in the Church today?

c. How can you use your spiritual gifts to bless the lives of others? How has your life been blessed by the gifts of others?

Consider how spiritual gifts were apparent in the coming forth of the Book of Mormon. In the spaces provided, identify the spiritual gifts that were noticeable in the life of Joseph Smith, as shown in each picture:



Moroni 10:11 _____



Moroni 10:14 _____



Moroni 10:16 _____

Moroni testified that we must have faith in order to receive spiritual gifts. He taught that God "worketh by power, according to the faith of the children of men, the same today and tomorrow, and forever" (Moroni 10:7). Read Moroni 10:19, 24, and identify what prevents people from receiving and recognizing spiritual gifts.

2. Write in your scripture study journal why you think people in a condition of unbelief cannot recognize or receive the power and gifts of God.

Read Moroni 10:20–23. Look for what Moroni taught about the important spiritual gifts of faith, hope, and charity. He testified that the spiritual gift of faith leads to a wonderful blessing. Look at verse 23 to find this blessing. Note that the word *expedient* means "desirable," and the phrase "all things which are expedient unto me" can mean "all things that I desire you to do." You may want to mark the sentence in Moroni 10:23 that teaches this principle: **If we have faith, we will be able to do what Heavenly Father wants us to do.**

3. To help you recognize how this principle has been or could be fulfilled in your life, write a few sentences in your scripture study journal in response to one or both of the following statements:

a. I experienced the promise in Moroni 10:23 when . . .

b. The promise found in Moroni 10:23 can help me with . . .

4. Think about the two principles you have learned in Moroni 10:8–26: **God grants gifts of the Spirit to profit His children. If we have faith, we will be able to do what Heavenly Father wants us to do.** In your scripture study journal, answer the following questions:

a. How can knowing these two principles help you right now in your life?

b. How can these principles help you with opportunities that may come in the future?

Moroni 10:30–34

Moroni concludes His record by inviting all to come unto Christ and be perfected in Him



Do you think it is possible to be perfect in this life? President James E. Faust of the First Presidency explained the commandment to become perfect: "Perfection is an eternal goal. While we cannot be perfect in mortality, striving for it is a commandment, which ultimately, through the Atonement, we can keep" ("This Is Our Day," *Ensign*, May 1999, 19).

As President Faust taught, perfection is a goal we can work toward now and achieve in the life to come, with the Savior's help. Moroni concluded his testimony by teaching what we can do to invite the Savior's purifying power into our lives now and ultimately become perfected through His Atonement.

5. Make the following chart in your scripture study journal:

What I can do	What God promises

Search Moroni 10:30–33, looking for (a) what we must do to become pure and eventually perfect and (b) what God promises to do to help us. Record what you find in the appropriate column of your chart.

Write the following statement underneath the chart in your scripture study journal or in your scriptures next to Moroni 10:32–33: **As we come unto Jesus Christ, we can be purified and perfected through His Atonement.**

Coming unto Christ is a lifelong process that begins with believing in Him and then humbly seeking His influence in our lives. The process continues with accepting His gospel, accepting Him as our Savior, repenting, covenanting with Him through gospel ordinances, and enduring faithfully in obedience to His commandments throughout our lives. Ultimately we will have come unto Christ when we have become as He is; then we can dwell with Him in the eternities.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles summarized Moroni's final invitation to come to Christ, found in Moroni 10:30–33:



"Moroni's [final testimony emphasizes] faith in Christ, hope in Christ, the charity of Christ, with the prayer that these three great Christian virtues, these three consummate Christian principles, will lead us to purity. . . .

"That final, last, lonely appeal of the keystone of our religion and the most correct book ever written is to touch not the unclean thing; it is to be holy and without spot; it is to be pure. And that purity can come only through the blood of that Lamb who bore

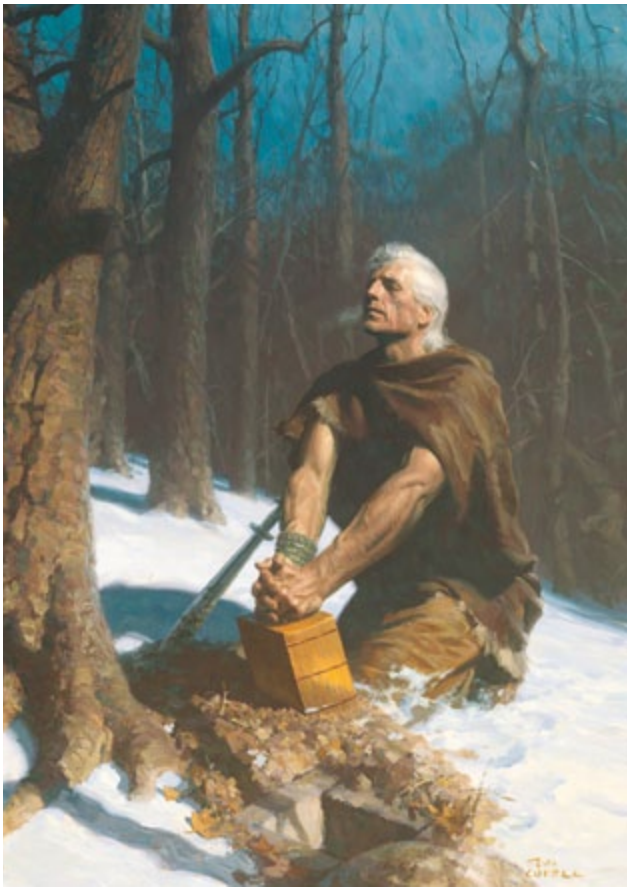
our griefs and carried our sorrows, the Lamb who was wounded for our transgressions and bruised for our iniquities, the Lamb who was despised and afflicted, but whom we esteemed not (see Mosiah 14). . . .

"Purity—through the blood of the Lamb. That is what [the Book of Mormon] pleads for" ("A Standard unto My People" [CES symposium on the Book of Mormon, Aug. 9, 1994], 15, si.lds.org).

Review Moroni 10:32–33, and mark phrases emphasizing that the only way we can be perfect is to be perfect "in Christ." This means that we cannot reach perfection by ourselves; we must rely on the power and grace of the Savior's Atonement. Ponder why we need the Atonement of Jesus Christ to become pure and perfect. You may want to mark phrases in Moroni 10:32–33 that you find encouraging as you strive for purity and the eternal goal of perfection.

Look back at what you wrote under "What I can do" in the chart in your scripture study journal. Select one action written there and ponder how you can be more diligent in that area in your life.

Read Moroni 10:34, and look for evidence of Moroni's faith in Jesus Christ and hope of receiving eternal life. We too can have faith and hope as we make the study of the Book of Mormon a lifetime pursuit and apply the truths taught in its pages.



6. In concluding this course of study on the Book of Mormon, answer the following questions in your scripture study journal, and be prepared to share your answers with your teacher:

a. What difference has studying the Book of Mormon this year made in your life?

b. What lessons or principles have helped you "come unto Christ" and strengthened your faith in the Savior?

c. What is your testimony of the Book of Mormon?

7. Write the following at the bottom of today's assignments in your scripture study journal:

I have studied Moroni 10:8–26, 30–34 and completed this lesson on (date).

Additional questions, thoughts, and insights I would like to share with my teacher:



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