



BOOK OF MORMON 2024

Come, Follow Me — For Home and Church

Living, Learning, and Teaching the Gospel of Jesus Christ

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Conversion Is Our Goal

The aim of all gospel learning and teaching is to deepen our conversion and help us become more like Jesus Christ. For this reason, when we study the gospel, we're not just looking for new information; we want to become a "new creature" (2 Corinthians 5:17). This means relying on Heavenly Father and Jesus Christ to help us change our hearts, our views, our actions, and our very natures.

But the kind of gospel learning that strengthens our faith and leads to the miracle of conversion doesn't happen all at once. It extends beyond a classroom into an individual's heart and home. It requires consistent, daily efforts to understand and live the gospel. True conversion requires the influence of the Holy Ghost.

The Holy Ghost guides us to the truth and bears witness of that truth (see John 16:13). He enlightens our minds, quickens our understandings, and touches our hearts with revelation from God, the source of all truth. The Holy Ghost purifies our hearts. He inspires in us a desire to live by truth, and He whispers to us ways to do this. Truly, "the Holy Ghost . . . shall teach [us] all things" (John 14:26).

For these reasons, in our efforts to live, learn, and teach the gospel, we should first and foremost seek the companionship of the Spirit. This goal should govern our choices and guide our thoughts and actions. We should seek after whatever invites the influence of the Spirit and reject whatever drives that influence away—for we know that if we can be worthy of the presence of the Holy Ghost, we can also be worthy to live in the presence of Heavenly Father and His Son, Jesus Christ.



Using *Come, Follow Me—For Home and Church*

Who Is This Resource For?

This resource is for anyone who wants to learn from the Book of Mormon—individually, as a family, and in Church classes. If you haven’t studied the scriptures regularly in the past, this resource can help you get started. If you already have a good habit of scripture study, this resource can help you have more meaningful experiences.

Individuals and Families at Home

The ideal place to learn the gospel is the home. Your teachers at church can support you, and you can get encouragement from other ward members. But to survive spiritually, you and your family need daily nourishment from “the good word of God” (Moroni 6:4; see also Russell M. Nelson, “Opening Remarks,” *Ensign* or *Liahona*, Nov. 2018, 6–8).

Use this resource in any way that is helpful to you. The outlines highlight some eternal truths found in the Book of Mormon and suggest ideas and activities to help you study the scriptures individually, with your family, or with friends. As you study, follow the Spirit’s guidance to find eternal truths that are meaningful to you. Look for God’s messages for you, and follow the promptings you receive.

Teachers and Learners at Church

If you teach a Primary class, a youth or adult Sunday School class, an Aaronic Priesthood quorum, or a Young Woman class, you are encouraged to use the outlines in this resource as you prepare to teach. *Come, Follow Me—For Home and Church* is the

curriculum for your Sunday class. The learning ideas in this resource are designed for learning at home and at church. As you prepare to teach, start by having your own experiences in the scriptures. Your most important preparation will occur as you search

the scriptures and seek the inspiration of the Holy Ghost. Look for eternal truths that help you become more like Heavenly Father and Jesus Christ. *Come, Follow Me* can help you identify some of these truths and understand the context of the scriptures.

Keep in mind that learning the gospel, at its best, is home centered and Church supported. In other words, your main responsibility is to support the people you teach in their efforts to learn and live the gospel at home. Give them opportunities to share their experiences, thoughts, and questions about the scripture passages. Invite them to share the eternal truths they have found. This is more important than covering a certain amount of material.

Primary

Your preparation to teach Primary begins as you study the Book of Mormon personally and with your family. As you do, be open to spiritual impressions and insights from the Holy Ghost about the children in your Primary class. Be prayerful, and the Spirit can inspire you with ideas to help them learn the gospel of Jesus Christ.

As you prepare to teach, you might gain additional inspiration by exploring the teaching ideas in this resource. Each outline in *Come, Follow Me—For Home and Church* has a section titled “Ideas for Teaching Children.” Think of these ideas as suggestions to spark your inspiration. You know the children in your Primary class—and you will get to know them even better as you interact with them in class. God knows them too, and He will inspire you with the best ways to teach and bless them.

It’s possible that children in your class will have already done some of the activities in *Come, Follow Me* with their families. That’s OK. Repetition is good. Consider inviting the children to share with each other what they learned at home—though you should also plan ways for children to participate even if they aren’t learning at home. Children learn gospel truths more effectively when these truths are

taught repeatedly through a variety of activities. If you find that a learning activity is effective for the children, consider repeating it, especially if you are teaching younger children. You might also review an activity from a previous lesson.

In months that have five Sundays, Primary teachers are encouraged to replace the scheduled *Come, Follow Me* outline on the fifth Sunday with one or more of the learning activities in “Appendix B: For Primary—Preparing Children for a Lifetime on God’s Covenant Path.”

Youth and Adult Sunday School Classes

One main reason we gather in Sunday School classes is to support and encourage one another as we strive to follow Jesus Christ. A simple way to do this is to ask a question like “What has the Holy Ghost taught you this week as you studied the Book of Mormon with *Come, Follow Me*?” Answers to this question could lead to meaningful discussions that build faith in Jesus Christ and His gospel.


Then you could invite discussion based on the study suggestions in *Come, Follow Me*. For instance, a study idea might suggest searching Alma 36 and making a list of words that teach about the Savior’s role in repentance. You might ask class members to share and talk about the words they found. Or you could spend some time making the list together as a class.

Aaronic Priesthood Quorums and Young Women Classes

When Aaronic Priesthood quorums and Young Women classes meet on Sundays, their purpose is somewhat different from a Sunday School class. In addition to helping each other learn the gospel of Jesus Christ, these groups also meet to counsel together about accomplishing the work of salvation and exaltation (see *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 1.2). They do this under the direction of class and quorum presidencies.

For this reason, each quorum or class meeting should begin with a member of the quorum or class presidency leading a discussion about efforts to, for example, live the gospel, minister to people in need, share the gospel, or participate in temple and family history work.

After this time for counseling together, an instructor leads the class or quorum in learning the gospel together. Adult leaders or members of the class or quorum can be assigned to teach. The class or quorum presidency, consulting with adult leaders, makes these assignments.

People assigned to teach should prepare by using the learning suggestions in the weekly outline of *Come, Follow Me*. In each outline, this icon  indicates an activity that is especially relevant to youth. However, any of the suggestions in the outline could be used as a learning activity for youth.

For a sample agenda for quorum and class meetings, see appendix D.



JANUARY 1-7: ANOTHER TESTAMENT OF JESUS CHRIST

Introductory Pages of the Book of Mormon

Before you even get to 1 Nephi chapter 1, you will notice that the Book of Mormon is no ordinary book. Its introductory pages describe a backstory unlike any other—including visits from angels, an ancient record buried for centuries in a hillside, and a young man translating the record by the power of God. The Book of Mormon is not just a history of ancient American civilizations. It seeks to convince all “that Jesus is the Christ” (title page of the Book of Mormon), and God Himself directed how it was written, preserved, and made available to us. This year, as you read the Book of Mormon, pray about it, and apply its teachings, you will invite the Savior’s power into your life. And you may feel moved to say, as the Three Witnesses did in their testimony, “It is marvelous in [my] eyes.”

Ideas for Learning at Home and at Church

TITLE PAGE OF THE BOOK OF MORMON

Studying the Book of Mormon can strengthen my faith in Jesus Christ.


The title page of the Book of Mormon provides more than just a title. Among other things, it lists several purposes of this sacred record. Look for these purposes in the title page. Questions like these can help you as you ponder: Why do we have the Book of Mormon? How is the Book of Mormon different from other books?

Now might be a good time to make a personal or family plan for reading the Book of Mormon this year. When and where will you read? How will you invite the Spirit into your study? Is there anything specific you will look for as you study? For example, you might look for passages that accomplish the purposes you found on the title page. You might keep a list of verses that build your faith in Jesus Christ.

See also 2 Nephi 25:26; Mosiah 3:5–8; Alma 5:48; 7:10–13; Helaman 5:12; 3 Nephi 9:13–18; 11:6–14; Moroni 10:32–33.

A prophetic promise. President Russell M. Nelson said, “I promise that as you ponder what you study [in the Book of Mormon], the windows of heaven will open, and you will receive answers to your own questions and direction for your own life” (“The Book of Mormon: What Would Your Life Be Like without It?,” *Ensign* or *Liahona*, Nov. 2017, 62–63).

INTRODUCTION TO THE BOOK OF MORMON; “THE TESTIMONY OF THREE WITNESSES”; “THE TESTIMONY OF EIGHT WITNESSES”

 **I can be a witness of the Book of Mormon.**

The Holy Ghost can testify to you that the Book of Mormon is true, even though you haven’t seen the gold plates as the Three Witnesses and Eight Witnesses did. As you read their words, think about how their testimonies strengthen yours.

What inspires you about the way these witnesses shared their testimony of the Book of Mormon? Ponder how you can share your testimony of the Book of Mormon—especially its witness of Jesus Christ. For example, imagine that you’re talking to a friend who has never heard of the Book of Mormon before. What would you tell him or her about it? How would you try to inspire your friend to read it? Consider reviewing the Introduction to the Book of Mormon. You might find details there that would be useful to share with your friend. The following videos might also give you ideas:

- “Book of Mormon Introduction”
- “What Is the Book of Mormon? A 60-Second Overview”
- “A Book of Mormon Story”



Consider making a list of things you would share with a friend about the Book of Mormon. Try sharing the Book of Mormon using the Book of Mormon app.

See also Ronald A. Rasband, “This Day,” *Liahona*, Nov. 2022, 25–28; Gospel Topics, “Book of Mormon,” Gospel Library; “An Angel from on High,” *Hymns*, no. 13.



The Three Witnesses bore testimony of the Book of Mormon.

“THE TESTIMONY OF THE PROPHET JOSEPH SMITH”

The coming forth of the Book of Mormon was a miracle.

If someone asked you where the Book of Mormon came from, what would you say? How would you describe God’s involvement in giving us the Book of Mormon? As you read Joseph Smith’s testimony, pay attention to how he described it. Based on what you read, how do you think God feels about the importance of the Book of Mormon?

See also Ulisses Soares, “The Coming Forth of the Book of Mormon,” *Ensign* or *Liahona*, May 2020, 32–35; *Saints*, vol. 1, *The Standard of Truth*, 21–30; Gospel Topics Essays, “Book of Mormon Translation,” Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

TITLE PAGE OF THE BOOK OF MORMON

Reading the Book of Mormon helps me have faith in Jesus Christ.

- Let your children look at and hold a copy of the Book of Mormon. Help them point to the subtitle, *Another Testament of Jesus Christ*. You might also help them find, on the title page, the phrase “Jesus is the Christ, the Eternal God, manifesting himself unto all nations.” Help them understand that this means the Book of Mormon teaches us about Jesus Christ. Briefly tell them how the Book of Mormon has strengthened your faith in Jesus Christ. You could also ask them about their favorite Book of Mormon stories. Singing “Book of Mormon Stories” (*Children’s Songbook*, 118–19) could remind them of some of these stories.

INTRODUCTION TO THE BOOK OF MORMON

The Book of Mormon is the keystone of our religion.

- This week’s activity page and the image below can help your children understand these words of Joseph Smith in the introduction to the Book of Mormon: “The Book of Mormon [is] the keystone of our religion.” It might also be fun to build or draw an arch with a keystone at the top. What might happen if the keystone is removed? What would happen if we did not have the Book of Mormon? You might read together the last paragraph of the introduction to find out what else we learn when we accept the truth of the Book of Mormon. How can we make the Book of Mormon the keystone of our faith in Jesus Christ?



The Book of Mormon is the keystone of our religion.

“THE TESTIMONY OF THREE WITNESSES”; “THE TESTIMONY OF EIGHT WITNESSES”

I can be a witness of the Book of Mormon.

- To help your children understand what it means to be a witness, you could describe to them something you have seen that they haven’t. Then let them do the same for you. This could lead to a conversation about the 11 people who saw the gold plates from which the Book of Mormon was translated. As you read the testimonies together, you could talk about why these witnesses wanted other people to know about their testimonies. Who do we want to tell about the Book of Mormon?

“THE TESTIMONY OF THE PROPHET JOSEPH SMITH”

The Book of Mormon was given to us by the power of God.

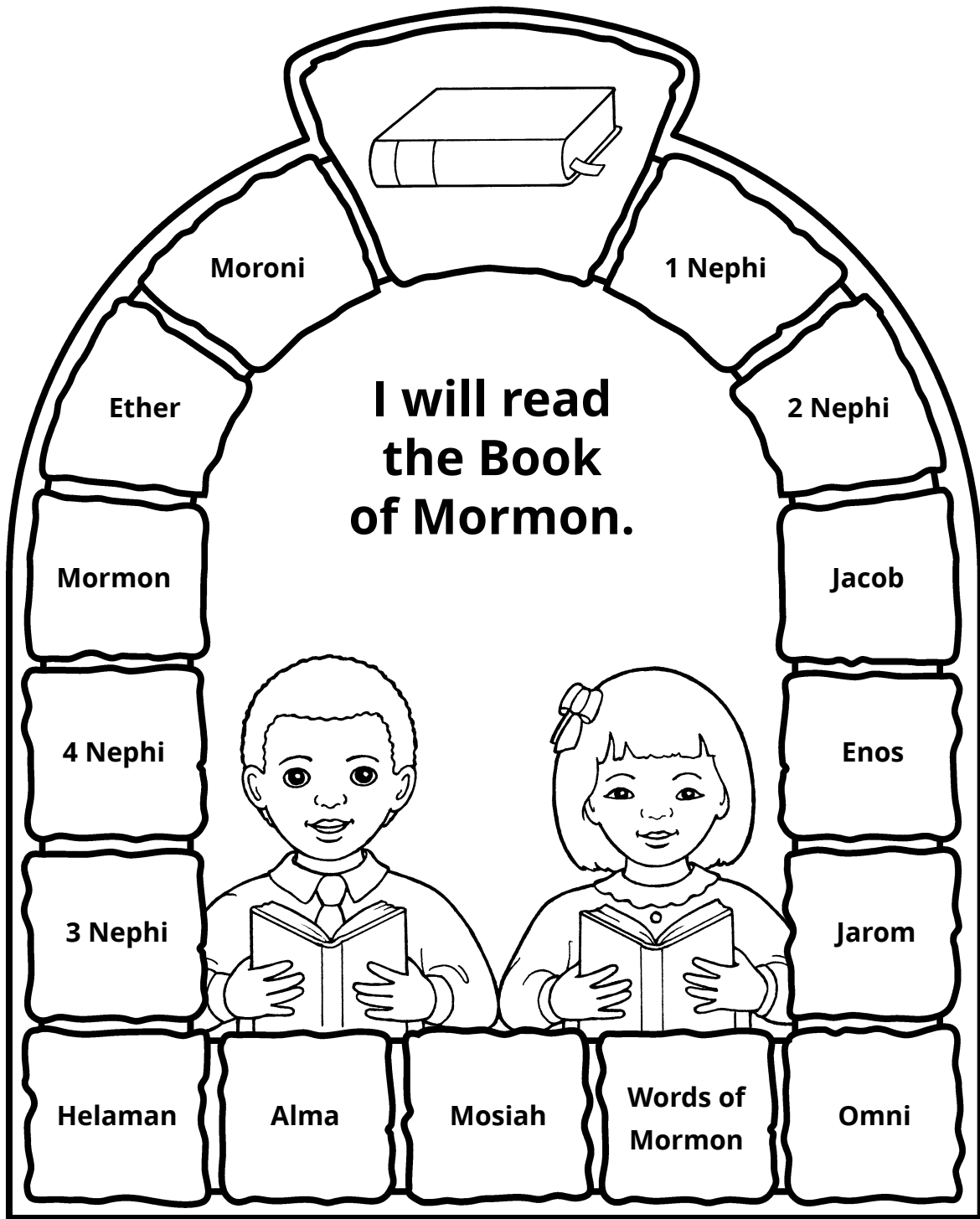
- To help your children learn how God gave us the Book of Mormon, you could read parts of “The Testimony of the Prophet Joseph Smith” to them. You might also use “Chapter 1: How We Got the Book of Mormon” (in *Book of Mormon Stories*, 2–4). Your children might also enjoy acting out the story a few times.

For more ideas, see this month’s issue of the *Friend* magazine.



Moroni Delivers the Golden Plates, by Gary L. Kapp

The Book of Mormon is the keystone of our religion.
Color each stone as you finish reading each book in the Book of Mormon.





Lehi Travelling Near the Red Sea, by Gary Smith

JANUARY 8-14: "I WILL GO AND DO"

1 Nephi 1-5

The Book of Mormon begins with an account of a real family experiencing real struggles. It happened in 600 BC, but there are things about this account that might seem familiar to families today. This family was living in a world of wickedness, but the Lord promised them that if they would follow Him, He would lead them to safety. Along the way they had good moments and bad moments, great blessings and miracles, but they also had arguments and contention. Rarely in scripture is there such a detailed account of a family trying to live the gospel: parents struggling to inspire faith in their family and worrying about their safety, children deciding if they will believe their parents, and brothers dealing with jealousy and contention—and sometimes forgiving each other. Overall, there is power in this imperfect family's examples of faith.

Ideas for Learning at Home and at Church

1 NEPHI 1-5

The word of God is "of great worth" to me.

One prominent message in the Book of Mormon is the "great worth" of the word of God (1 Nephi 5:21). As you read 1 Nephi 1-5, look for ways the word of God directly or indirectly blessed Lehi's family (for example, see 1:11-15; 3:19-20; 5:10-22). What do these chapters teach you about the word of God? What do you find that inspires you to search the scriptures?

See also "As I Search the Holy Scriptures," *Hymns*, no. 277; "Scriptures Legacy" (video), Gospel Library.


1 NEPHI 2

I can gain and strengthen my testimony as I turn to the Lord.

Nephi is known for his powerful faith in the Lord, but he had to work to gain his testimony—just as we all do. What do you read in 1 Nephi 2 that shows why Nephi was able to gain a witness that his father's words were true? Why didn't Laman and Lemuel gain this witness? (See also 1 Nephi 15:2-11). When have you felt the Lord soften your heart?

See also "The Lord Commands Lehi's Family to Leave Jerusalem" (video), Gospel Library.

1 NEPHI 3-4


God will prepare a way for me to do His will.

When the Lord commanded Lehi's sons to obtain the plates of brass, He did not give specific instructions on how to do it. This is often true of direction we receive from God, and it might feel like He has required "a hard thing" (1 Nephi 3:5). What inspires you about Nephi's response to the Lord's command in 1 Nephi 3:7, 15-16?

As you read 1 Nephi 3-4, look for the variety of difficulties Nephi encountered. How did the Lord "prepare a way" for Nephi to "accomplish the thing which he [commanded]"? Why is it important for you to know what the Lord did for Nephi?

One powerful way that God has prepared us to keep His commandments is by sending Jesus Christ to be our Savior. Consider reading President Dallin H. Oaks's message "What Has Our Savior Done for Us?" (*Liahona*, May 2021, 75-77). How has Jesus Christ prepared a way for each of us? Knowing that He has overcome all things for you, what do you feel impressed to "go and do"?

See also "Nephi Is Led by the Spirit to Obtain the Plates of Brass" (video), Gospel Library; Gospel Topics, "Obedience," Gospel Library.

Use stories and examples to teach gospel principles.

As you prepare to teach, think of personal experiences that could add a second witness to the accounts in the scriptures. For example, when has the Lord prepared a way for you to do His will?



Their Joy Was Full, by Walter Rane

1 NEPHI 4:1-3; 5:1-8

Remembering the works of God can give me the faith to obey His commandments.

When Laman and Lemuel felt like murmuring or complaining, they usually had Nephi and Lehi nearby to inspire and support them. When you feel like murmuring, it can be helpful to read the words of Nephi and Lehi. How did Nephi and Lehi try to help others build faith in God? (see 1 Nephi 4:1-3; 5:1-8; see also 1 Nephi 7:6-21). What do you learn that can help you when you are tempted to murmur or complain?

1 NEPHI 4:5-18

"I was led by the Spirit."

In 1 Nephi 4:5-18, what impresses you about Nephi's ability to recognize and follow the Spirit? You might study President Russell M. Nelson's message "Revelation for the Church, Revelation for Our Lives" (*Ensign* or *Liahona*, May 2018, 93-96) to learn more about receiving revelation from the Lord.

For more ideas, see this month's issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

1 NEPHI 2:16

I can have my own testimony.

- How did Nephi know that what his father taught was true? Help your children find answers to this question in 1 Nephi 2:16, 19. They might also enjoy writing Nephi’s actions on blocks or other objects and then building something with the objects. This could lead to a conversation about how these actions help us build a testimony.
- You could show your children pictures or objects that represent things they might seek a testimony of, such as a copy of the Book of Mormon or a picture of Jesus Christ, a temple, or the living prophet. Invite them to pick one and share their testimonies of that thing. You could also tell your children how you gained your testimony. Why do we need our own testimony?

1 NEPHI 3–4

God will help me keep His commandments.

- Consider using one or more of these resources to help your children talk about how God helped Nephi get the brass plates: 1 Nephi 3–4; this week’s activity page; “Nephi’s Courage” (*Children’s Songbook*, 120–21); and “Chapter 4: The Brass Plates” (in *Book of Mormon Stories*, 8–12).
- You and your children might enjoy role-playing 1 Nephi 3:2–7. Maybe you could pretend to be Lehi and ask your children to return to Jerusalem to get the brass plates. Invite them to respond in their own words as if they were Laman and Lemuel or Nephi. What are some things God has commanded us to do? (see pictures 103–15 in the *Gospel Art Book* or Mosiah 18:8–10 for ideas). How can we be like Nephi?

1 NEPHI 3:19–21; 5:19–22

The scriptures are a great treasure.

- The scriptures were very important to Lehi’s family. To illustrate this, you could invite your children to help you tell or act out what Nephi and his brothers did to get the brass plates: they traveled a long distance, gave up their gold and silver, and hid in a cave to save their lives. Then you could read 1 Nephi 5:21 and talk about why the scriptures were so valuable to Lehi’s family. Why are they valuable to us? How can we treat the scriptures like a treasure?



Nephi and his family valued the scriptures.

1 NEPHI 4:6

The Holy Ghost will lead me as I seek to do the Lord’s will.

- After reviewing together in 1 Nephi 3 how Nephi and his brothers tried to get the brass plates, read with your children 1 Nephi 4:6 to find out what Nephi did that allowed him to finally succeed. Then your children could make a list of things that God wants them to do. How can the Holy Ghost help us in these situations?

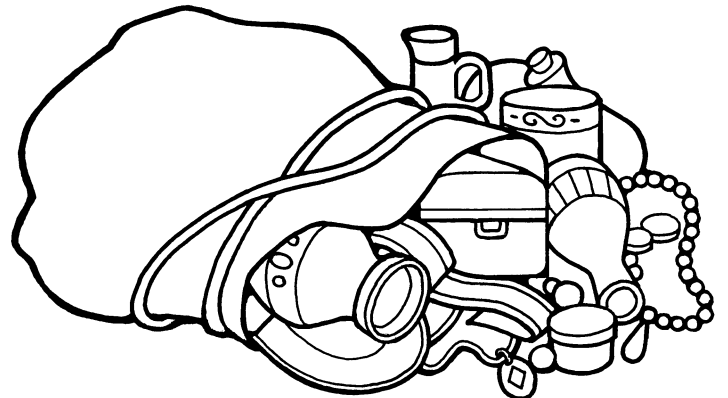
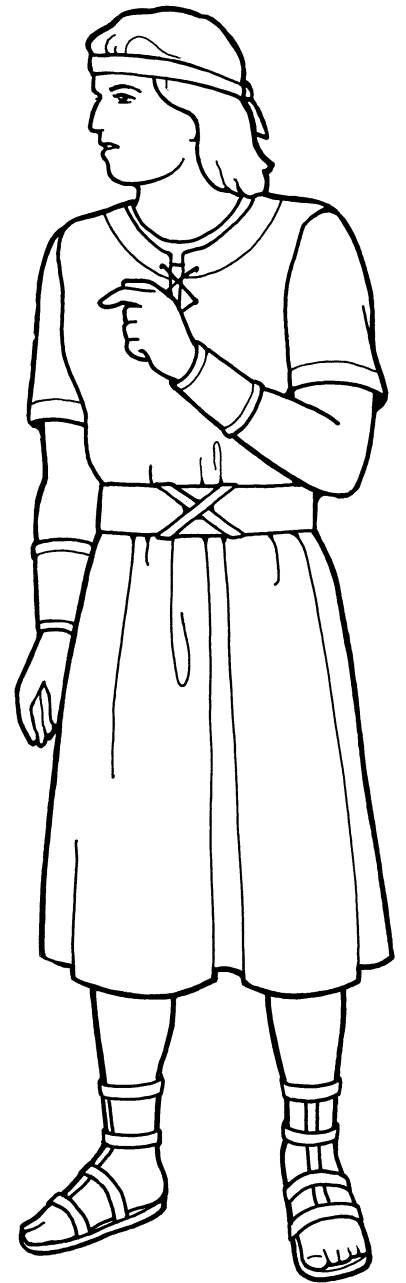
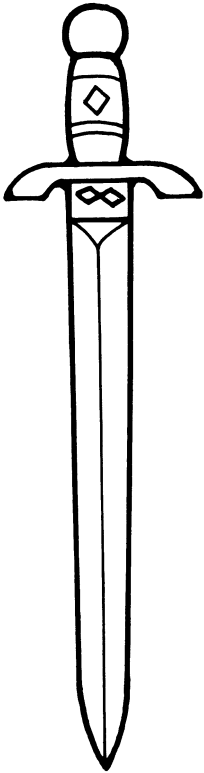
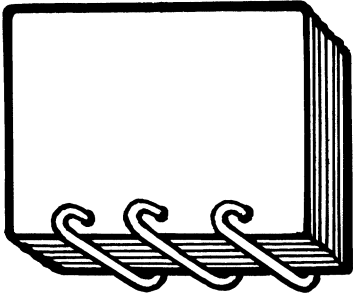
For more ideas, see this month’s issue of the *Friend* magazine.



I Did Obey the Voice of the Spirit, by Walter Rane

God will help me keep His commandments (1 Nephi 2:2-4; 3-4).

Color and cut out the figures below. Use them to tell the story of Nephi and his brothers getting the brass plates from Laban.





Lehi's Dream, by Steven Lloyd Neal

JANUARY 15–21: “COME AND PARTAKE OF THE FRUIT”

1 Nephi 6–10

Lehi's dream—with its iron rod, mists of darkness, spacious building, and tree with “most sweet” fruit—is an inspiring invitation to receive the blessings of the Savior's love and atoning sacrifice. For Lehi, however, this vision was also about his family: “Because of the thing which I have seen, I have reason to rejoice in the Lord because of Nephi and also of Sam. . . . But behold, Laman and Lemuel, I fear exceedingly because of you” (1 Nephi 8:3–4). When Lehi finished describing his vision, he pleaded with Laman and Lemuel to “hearken to his words, that perhaps the Lord would be merciful to them” (1 Nephi 8:37). Even if you have studied Lehi's vision many times, this time think about it the way Lehi did—think of someone you love. As you do, the security of the iron rod, the dangers of the spacious building, and the sweetness of the fruit will take on new meaning. And you will understand more deeply “all the feeling of [the] tender parent” who received this remarkable vision.

Ideas for Learning at Home and at Church

1 NEPHI 7:6–21

I can forgive others.

What impresses you about Nephi's example in 1 Nephi 7:6–21? How are we blessed when we “frankly forgive” each other? The video “The Lord Delivers Nephi from His Rebellious Brothers” (Gospel Library) could be helpful in your study.

1 NEPHI 8

Holding fast to the word of God leads me to the Savior and helps me feel His love.

Lehi's vision offers an invitation to reflect on where you are in your personal journey to become like Christ. President Boyd K. Packer said: “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” (“Lehi's Dream and You,” *New Era*, Jan. 2015, 2).

As you study, consider filling out a chart like this one.

Symbol from Lehi's vision	Meanings	Questions to ponder
Tree and its fruit (1 Nephi 8:10–12)		What am I doing to invite others to partake of the love of God?
River (1 Nephi 8:13)		
Rod of iron (1 Nephi 8:19–20, 30)		
Mist of darkness (1 Nephi 8:23)		
Great and spacious building (1 Nephi 8:26–27, 33)		

You could also search the following verses to learn about four groups of people Lehi saw: 1 Nephi 8:21–23, 24–28, 30, and 31–33. What differences do you notice between these groups? Why did some people leave after making it to the tree and tasting the fruit (see verses 24–28)? What do you learn from this experience?

See also Kevin W. Pearson, “Stay by the Tree,” *Ensign or Liahona*, May 2015, 114–16; “Lehi Sees a Vision of the Tree of Life” (video), Gospel Library.



Common Thread, by Kelsy and Jesse Barrett

Let learners share their own discoveries.


Consider inviting learners to search the scriptures on their own for truths they find. For example, you could invite them to search the scripture references in the chart on their own or in small groups. They will remember and cherish the truths they discover.

1 NEPHI 10:2–16

Ancient prophets knew about Jesus Christ's mission and testified of Him.

Why do you think the Lord would want Lehi's family—and all of us—to know the truths found in 1 Nephi 10:2–16? Consider how you could help your loved ones invite the Savior into their lives.

1 NEPHI 10:17–19

 **God will reveal truth to me by the power of the Holy Ghost.**

How do you respond when you are asked to live a gospel principle you don't understand? In the following scriptures, note the differences between Nephi's response to Lehi's vision (see 1 Nephi 10:17–19; 11:1) and Laman and Lemuel's response (see 1 Nephi 15:1–10). What truths did Nephi understand that led him to respond as he did?

With Nephi's example in mind, make a list of gospel principles you would like to understand better.

What could you do to find answers for yourself? (See also “Truth will make you free” in *For the Strength of Youth: A Guide for Making Choices*, 30–33.)

Just as Nephi found out for himself that his father’s words were true, we can do the same when we hear the words of modern prophets and apostles. What did prophets and apostles teach us in the most recent general conference? How have you gained a personal witness of what they taught?

See also 1 Nephi 2:11–19; Doctrine and Covenants 8:1–3; “Search, Ponder, and Pray,” *Children’s Songbook*, 109; Gospel Topics, “Revelation,” Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

1 NEPHI 8

Holding fast to the word of God leads me to Him and helps me feel His love.

- Your children might enjoy drawing a picture of Lehi’s vision as you read 1 Nephi 8 together. Let them share their pictures, and help them discover what the symbols in the dream represent (see 1 Nephi 11:21–22; 12:16–18; 15:23–33, 36 and this week’s activity page). Ask them to share as many answers as they can to this question: What do we learn from Lehi’s vision?
- Do you have something that could represent the iron rod in Lehi’s vision, such as a pipe or a stick? Let your children hold on to it as you lead them around a room to a picture of the Savior. Why is the iron rod important in Lehi’s vision? (See 1 Nephi 8:20, 24, 30). How is the iron rod like the word of God?
- Invite some of your children to read 1 Nephi 8:10–12 and describe what Lehi saw. Ask the others to read 1 Nephi 11:20–23 and describe what Nephi saw. Why would the angel show Nephi the baby Jesus to teach him about the love of God? Talk with your children about how they have felt the love of God in their lives. A song like “I Feel My Savior’s Love” (*Children’s Songbook*, 74–75) could help them think of examples.

1 NEPHI 10:17–19; 11:1

God will reveal truth to me by the power of the Holy Ghost.

- How could you help your children understand what Nephi taught in 1 Nephi 10:19? Perhaps you could fold a picture of the Savior or another special object inside a blanket and invite your children to unfold it. As you read 1 Nephi 10:19, they could raise their hands when they hear the words “unfolded” and “Holy Ghost.” Then you could share an experience when the Holy Ghost helped you discover truth.
- Ask your children to talk about what they do to find answers to a question. What might Nephi say if someone asked him how to find answers to a question about the gospel? Encourage the children to find out by reading 1 Nephi 10:17–19; 11:1.
- Have your children ever felt that the Holy Ghost helped them know that something was true? Let them share their experience. What would we say to a friend who thinks that they can’t receive answers through the Holy Ghost? What do we find in 1 Nephi 10:17–19 and 11:1 that could help that friend?

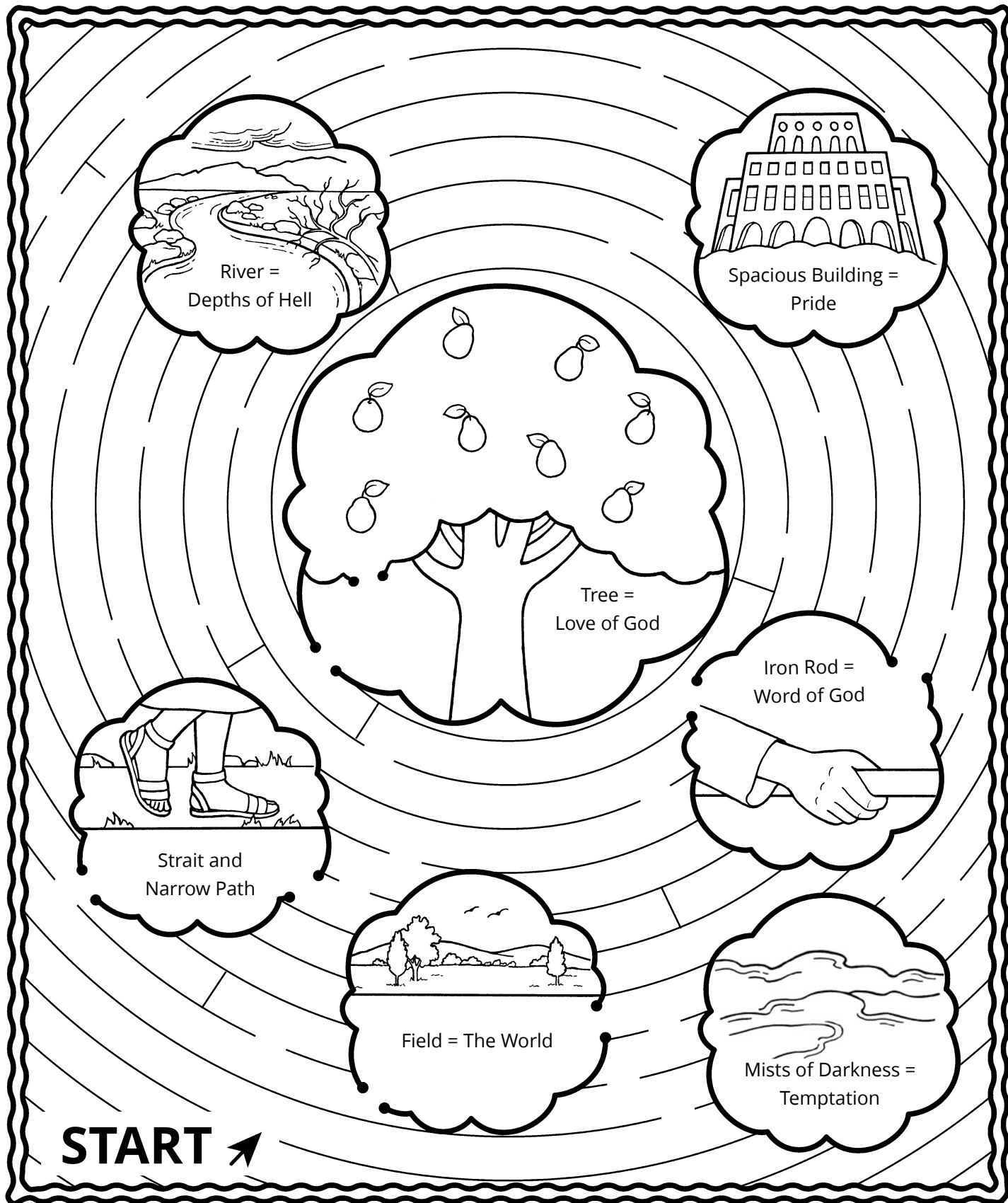
For more ideas, see this month’s issue of the *Friend* magazine.



The Tree of Life, by Avon Oakeson

The word of God leads me to Him and helps me feel His love (1 Nephi 8:2, 5-34).

Find your way through the maze of Lehi's vision, avoiding things that will prevent you from reaching the tree of life.





The Love of God, by Sabrina Squires

JANUARY 22–28: “ARMED WITH RIGHTEOUSNESS AND WITH THE POWER OF GOD”

1 Nephi 11–15

When God has monumental work for His prophet to do, He often gives that prophet a monumental vision. Moses, John, Lehi, and Joseph Smith all had visions like that—visions that expanded their minds and helped them see just how grand and awe-inspiring God’s work really is.

Nephi also had one of these life-changing visions. He saw the ministry of the Savior, the future of Lehi’s posterity in the promised land, and the latter-day destiny of God’s work. After this vision, Nephi was better prepared for the work that lay ahead. And reading about this vision can help prepare you too—for God also has work for you to do in His kingdom. You are among “the saints of the church of the Lamb” seen by Nephi, “who were scattered upon all the face of the earth; and they were armed with righteousness and with the power of God in great glory” (1 Nephi 14:14).

See also “Nephi Sees a Vision of Future Events” (video), Gospel Library.

Ideas for Learning at Home and at Church

1 NEPHI 11

God sent Jesus Christ as an expression of His love.

When Nephi asked the angel about the meaning of the tree in Lehi’s vision, the angel could have simply said, “It represents the love of God.” Instead, he showed Nephi a series of symbols and events from the Savior’s life. Look for these symbols and events as you read and ponder 1 Nephi 11. What do you

find that helps you understand why Jesus Christ is the ultimate expression of God’s love?

You might also consider watching Bible Videos in the Gospel Library that correspond with the events Nephi saw. How has the Savior helped you feel your Heavenly Father’s love?

See also Susan H. Porter, “God’s Love: The Most Joyous to the Soul,” *Liahona*, Nov. 2021, 33–35.

1 NEPHI 12-14

I can be “armed with righteousness” and power.

Nephi would not live to witness much of what he saw in his vision. Why do you think it was valuable for Nephi to know these things? Why is it valuable for you to know them? Ask these questions each time you read about something that Nephi saw in his vision (see 1 Nephi 12–14). What impressions do you receive about your role in the Lord’s “great and . . . marvelous work”? (1 Nephi 14:7). What are some of the great and marvelous things He has done for you?

Consider especially the promise in 1 Nephi 14:14. How has the Savior fulfilled this promise in your life? (For some examples, see David A. Bednar, “With the Power of God in Great Glory,” *Liahona*, Nov. 2021, 28–30, especially the last two sections.)

1 NEPHI 13:1-9; 14:9-11

What is the “great and abominable church” that Nephi saw?


President Dallin H. Oaks explained that the “great and abominable church” Nephi described represents “any philosophy or organization that opposes belief in God. And the ‘captivity’ into which this ‘church’ seeks to bring the saints will not be so much physical confinement as the captivity of false ideas” (“Stand as Witnesses of God,” *Ensign*, Mar. 2015, 32). How does the Savior help you avoid—and escape from—the captivity of false ideas?

1 NEPHI 15:1-11

God will answer me if I ask in faith.

Have you ever felt like you weren’t receiving personal revelation—that God wasn’t talking to you? What counsel did Nephi give his brothers when they felt this way? (See 1 Nephi 15:1–11.) How can you apply Nephi’s counsel in your life?

1 NEPHI 15:23-25

 **Holding fast to the word of God helps me resist Satan’s influence.**

Nephi often had urgent things to say to his brothers. But he seemed especially passionate about what he told them in 1 Nephi 15:23–25. What was Nephi’s message, and why do you think he felt so strongly about it?

Elder David A. Bednar taught that “the word of God” can refer to the scriptures, to the words of living prophets, and to Jesus Christ Himself. What do you think it means to “hold fast” to the scriptures and words of living prophets? What might it mean to “hold fast” to Jesus Christ? You might look for possible answers to these questions in Elder Bednar’s message “But We Heeded Them Not” (*Liahona*, May 2022, 14–16).

How does holding fast to the word of God help you resist the adversary? Filling out a table like this one could help organize your thoughts:

	... help me overcome the darkness of temptation? (see 1 Nephi 12:17)	... help me “heed not” the vanity and pride of the world? (1 Nephi 12:18)
How does holding fast to the scriptures and words of living prophets . . .		
How does holding fast to the Savior . . .		



The scriptures are like an iron rod that lead us to the tree of life.

See also “The Iron Rod,” *Hymns*, no. 274; Jorge F. Zeballos, “Building a Life Resistant to the Adversary,” *Liahona*, Nov. 2022, 50–52.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

1 NEPHI 11:16–33

Heavenly Father sent Jesus Christ because He loves me.

- To teach Nephi about God’s love, an angel showed Nephi events from the Savior’s life. You could do the same for your children—give them pictures of the events Nephi saw in 1 Nephi 11:20, 24, 27, 31, and 33 (see *Gospel Art Book*, nos. 30, 35, 39, 42, 57). As you read these verses, help your children find the picture that matches it. What do we learn about Jesus Christ from these verses and pictures?

Use art to help children learn. When you teach your children a scripture story, help them visualize it. You could use pictures, videos, puppets, costumes, and so on.

- Singing a song like “He Sent His Son” (*Children’s Songbook*, 34–35) could help your children feel God’s love. After you sing, ask your children

what they learn from the song. What else do we learn about God’s love from 1 Nephi 11:22–23?

1 NEPHI 13:26–29, 35–36, 40

The Book of Mormon teaches precious truths.

- To help your children value the “plain and precious” truths in the Book of Mormon, you could draw a picture and invite your children to change or remove parts of the picture to make it look different. You could use this to teach that things in the Bible were changed and taken out over time. Read together 1 Nephi 13:40 and talk about how the Book of Mormon (“these last records”) helps us understand the “plain and precious things” that were lost from the Bible (the “first” records). What “plain and precious” truths have you learned from the Book of Mormon?
- The video “The Book of Mormon—a Book from God” (Gospel Library) could help your children see why it’s important to have both the Bible and the Book of Mormon. Children might enjoy re-creating the illustration from the video.



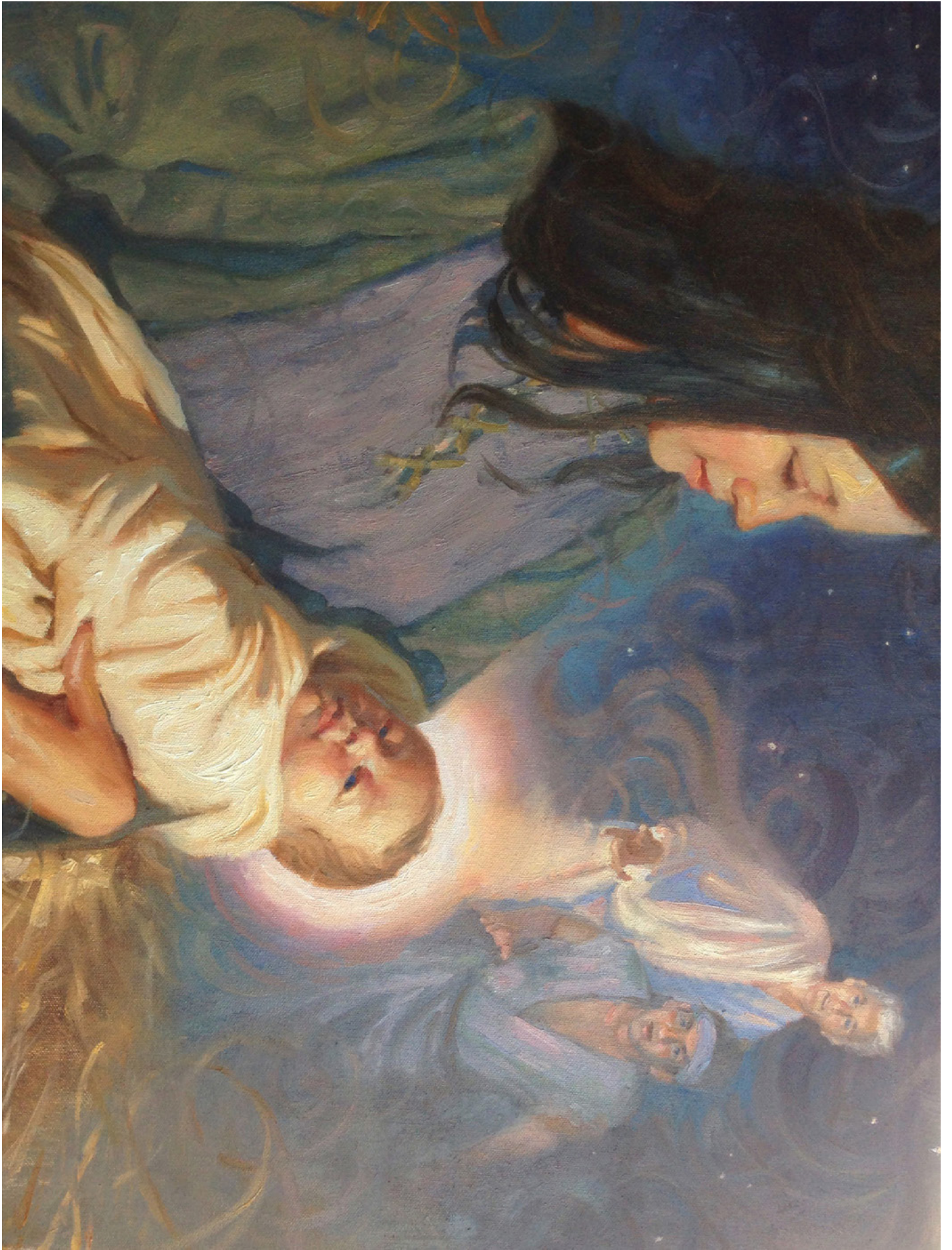
The Book of Mormon restores gospel truths lost during the Apostasy.

1 NEPHI 15:23–24

Holding fast to the word of God helps me resist temptation.

- Give your children a chance to share what they remember about Lehi’s vision. It might help to use a picture, like the one in last week’s outline. What kept people from reaching the tree? What helped them reach it? You might ask them to find the iron rod in the picture. Read together 1 Nephi 15:23–24 to find out what the iron rod represents and how it can help us.

For more ideas, see this month’s issue of the *Friend* magazine.



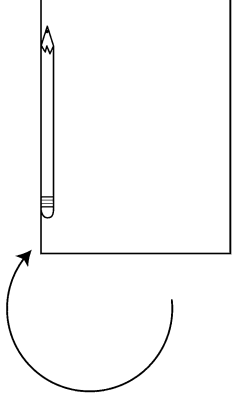
Nephi's Vision of Mary, by James Johnson

The word of God gives me power to resist temptation (1 Nephi 15:23-25).

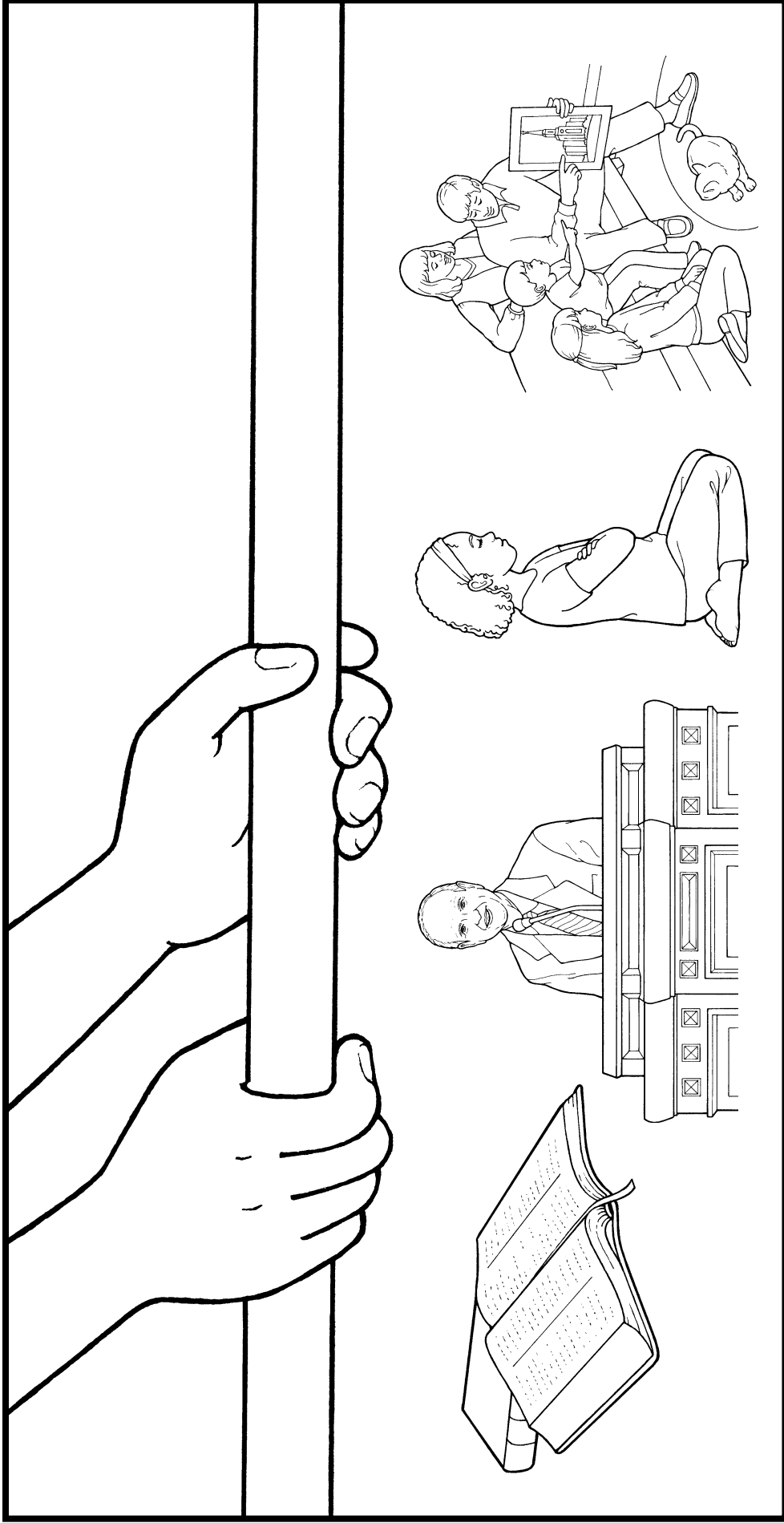
Color the pictures that show different ways we can receive the word of God.

Tape a pencil to the top of the back side of this page, and roll it up tightly.

Tape the roll together to make an iron rod.



HOLD TO THE IRON ROD—THE WORD OF GOD!



HOLD TO THE IRON ROD—THE WORD OF GOD!



JANUARY 29–FEBRUARY 4: “I WILL PREPARE THE WAY BEFORE YOU”

1 Nephi 16–22

As Lehi’s family journeyed toward the promised land, the Lord made them this promise: “I will prepare the way before you, if it so be that ye shall keep my commandments” (1 Nephi 17:13). Clearly, that promise did not mean that the journey would be easy—family members still disagreed, bows broke, people struggled and died, and they still had to build a ship from raw materials. However, when the family faced adversity or tasks that seemed impossible, Nephi recognized that the Lord was never far away. He knew that God “doth nourish [the faithful], and strengthen them, and provide means whereby they can accomplish the thing which he has commanded them” (1 Nephi 17:3). If you ever wonder why bad things happen to good people like Nephi and his family, you may find insights in these chapters. But perhaps more important, you will see what good people do when bad things happen.

Ideas for Learning at Home and at Church

1 NEPHI 16–18

The Savior will help me face life’s challenges.

Nephi’s family faced some tough challenges—like all of us do. What can you learn from Nephi about facing adversity with faith in Jesus Christ? Read about his experiences in 1 Nephi 16:17–32; 16:34–39; 17:7–16; 18:1–4; and 18:9–22. Consider recording what you find under headings like these: “Challenge,” “How Nephi Responded,” and “How the Lord Helped.” What do you learn that you could apply to the challenges you face?

After learning from Nephi and his family, you might record additional thoughts under these headings: “My Challenges,” “How I Will Respond,” and “How the Lord Can Help Me.” As you do, you could refer to scriptures like these: Matthew 11:28–30; John 14:26–27; Mosiah 24:13–15. A hymn like “Where Can I Turn for Peace?” (*Hymns*, no. 129) could strengthen your faith in the Savior and the help He offers during times of trial.

See also Anthony D. Perkins, “Remember Thy Suffering Saints, O Our God,” *Liahona*, Nov. 2021, 103–5; “He Will Give You Help,” “The Lord Guides Lehi’s Journey,” “The Lord Commands Nephi to Build a Ship,” and “Lehi’s Family Sails to the

Promised Land” (videos), Gospel Library; “Life Help,” Gospel Library.

1 NEPHI 16:10–16, 23–31; 18:11–22

God guides me through small and simple means.

When God led Lehi’s family into the wilderness, He didn’t give them a map showing every detail of the journey. Instead, He gave them the Liahona to guide them daily. As you read 1 Nephi 16:10–16, 23–31, and 18:10–22, consider making a list of truths that illustrate how God guides His children (for example, 1 Nephi 16:10 can teach that God sometimes guides us in unexpected ways). What similarities do you see between the Liahona and the Holy Ghost? What are the “small means” by which He has brought about “great things” in your life?

See also Alma 37:7, 38–47; Doctrine and Covenants 64:33–34.



God can direct us through small means, just as he directed Lehi’s family through the Liahona. *If Ye Are Prepared Ye Shall Not Fear*, by Clark Kelley Price

1 NEPHI 17:1–6, 17–22

My trials can be a blessing.

Although Nephi and his brothers had the same challenges in the wilderness, their experiences were very different. You could contrast Nephi’s account of traveling in the wilderness (see 1 Nephi 17:1–6) with his brothers’ account (see 1 Nephi 17:17–22). What did Nephi know or do that helped him have a faithful perspective? Consider writing about a

recent or current trial from the perspective of faith and gratitude. What do you feel or learn from this?

See also Amy A. Wright, “Christ Heals That Which Is Broken,” *Liahona*, May 2022, 81–84; “No Strength without Struggle” (video), Gospel Library.

Quiet reflection time. Taking time to think, ponder, reflect, or write can lead to inspiration. It can help us see how the doctrine or principles of the gospel relate to our lives. When you teach others, give them time to reflect and write their impressions. This can also increase their willingness to share their thoughts and feelings with others.

1 NEPHI 19:22–24; 20–22

I can “liken all scriptures” to myself.

Because the scriptures were written so long ago, it might seem like they aren’t relevant to us today. But Nephi knew better. “I did liken all scriptures unto us,” he said, “that it might be for our profit and learning” (1 Nephi 19:23). This is one reason Nephi found so much spiritual power in the scriptures.

Consider questions like the following as you read 1 Nephi 20–22:

1 Nephi 20:1–9. What do these verses teach about the people in Isaiah’s time? What do you find that applies to you?

1 Nephi 20:17–22. What do these verses teach about how Heavenly Father led the people of Isaiah’s time? How does He invite you to follow Him?

What else do you find in 1 Nephi 20–22 that you can “liken” to yourself?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

1 NEPHI 16:10, 28–29; 18:8–13, 20–22

When I keep the commandments, the Lord guides me.

- If you have a compass, a map, or something else that helps us find our way, you could show it to your children. This could be a good way to begin a discussion about the Liahona, which you can read about in 1 Nephi 16:10, 28–29. What are some reasons a compass or map might not work? Why did the Liahona sometimes not work for Lehi’s family? (see 1 Nephi 18:9–12, 20–22). What has Heavenly Father given us today to guide us back to Him?
- To help your children apply what they learn about the Liahona in 1 Nephi 16:10, 26–31; 18:8–22, you could invite them to think about an important or difficult decision. What has God given us to guide us today that works like the Liahona? (See, for example, Alma 37:38–44.) Consider sharing a personal experience in which Heavenly Father guided you.

1 NEPHI 16:21–32

I can be a good example to my family.

- As you read 1 Nephi 16:21–32 together, help your children discover how Nephi’s example blessed his family (see also the video “The Lord Guides Lehi’s Journey” [Gospel Library]). This could

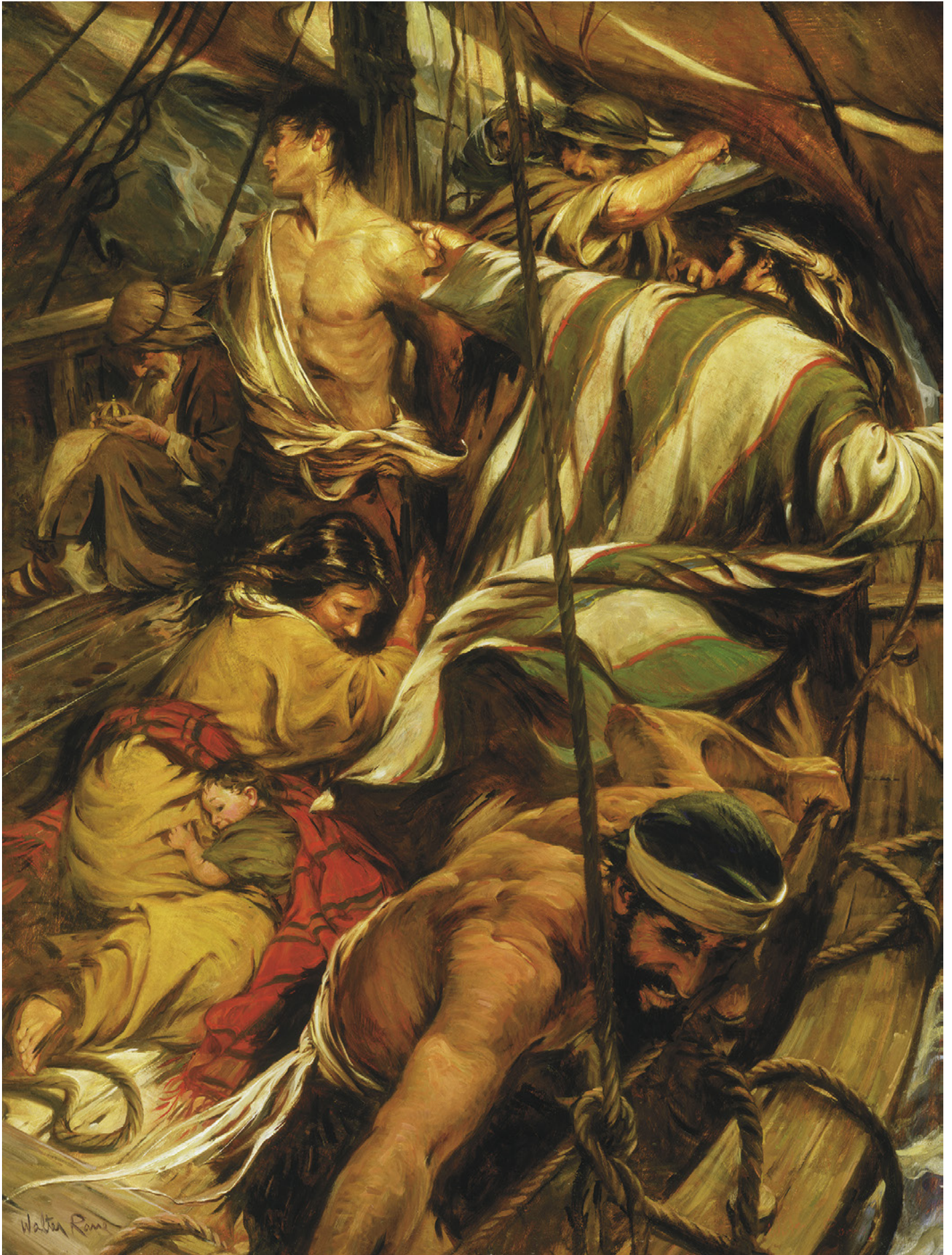
lead to a discussion about how we could be like Nephi. Invite your children to plan one thing they can do to be a good influence on other family members.

1 NEPHI 17:7–19; 18:1–4

Heavenly Father can help me do difficult things.

- Children love telling stories. You could invite them to help you tell the story of Nephi being commanded to build a boat (see 1 Nephi 17:7–19; 18:1–4; see also “Chapter 7: Building the Ship,” in *Book of Mormon Stories*, 21–22; or the video “The Lord Instructs Nephi to Build a Ship” [Gospel Library]). They could also sing together the second verse of “Nephi’s Courage” (*Children’s Songbook*, 120–21). What helped Nephi have courage when his brothers mocked him for trying to build the boat?
- Nephi did not know how to build a boat, so he relied on instruction from the Lord. After reading 1 Nephi 18:1 with you, your children could complete this week’s activity page. As they do, talk with them about how Heavenly Father can help us do hard things, just as He helped Nephi.

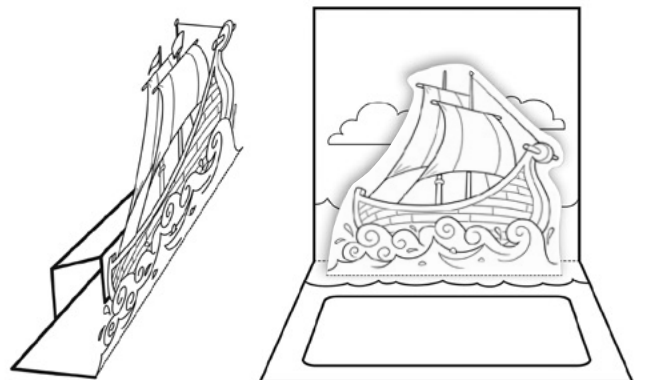
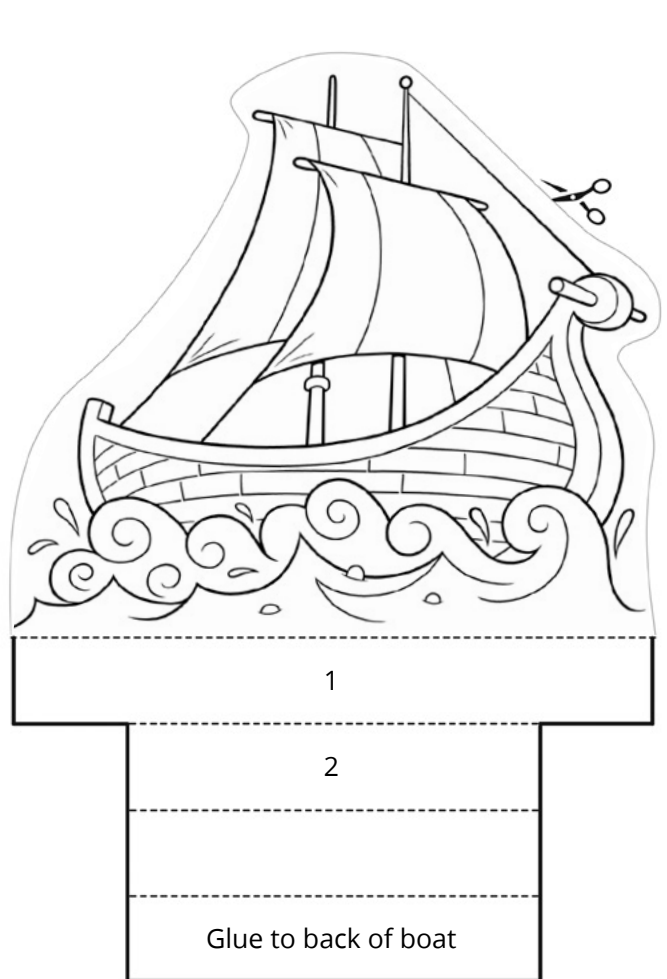
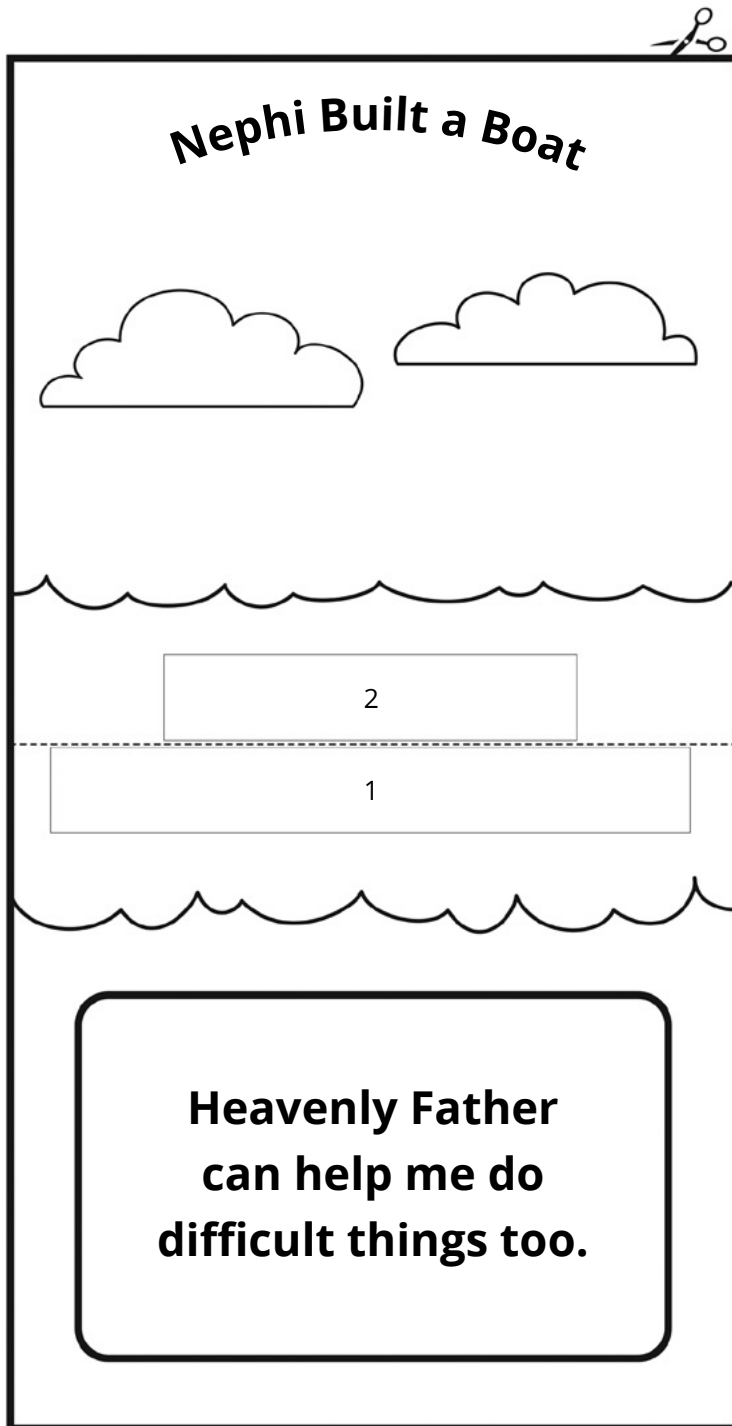
For more ideas, see this month’s issue of the *Friend* magazine.



They Did Treat Me with Much Harshness, by Walter Rane

Heavenly Father can help me do difficult things (1 Nephi 17:7-19; 18:1-4).

Make a pop-up boat by first coloring the pictures and then cutting out the rectangle and the boat. Fold the rectangle in half on the dotted line. Fold the dotted lines on the bottom part of the boat, and glue the marked tab to the back of the boat, as illustrated. Glue the boat to the rectangle by matching the numbered sections.





Adam and Eve, by Douglas Fryer

FEBRUARY 5-11: “FREE TO CHOOSE LIBERTY AND ETERNAL LIFE, THROUGH THE GREAT MEDIATOR”

2 Nephi 1-2

If you knew that your life was coming to an end, what final messages would you want to share with the people you love most? When the prophet Lehi felt he was nearing the end of his life, he gathered his family together one last time. He shared with them what Heavenly Father had revealed to him. He bore his testimony of the Messiah. He taught gospel truths he cherished to the people he cherished. He talked about liberty, obedience, the Fall of Adam and Eve, redemption through Jesus Christ, and joy. Not all of his children chose to live by what he taught—none of us can make these choices for our loved ones. But we can teach and testify of the Redeemer, who makes us “free to choose liberty and eternal life” (see 2 Nephi 2:26–27).

Ideas for Learning at Home and at Church

2 NEPHI 1:13-29

I can “awake! and arise from the dust.”

In 2 Nephi 1:13–29, notice the words Lehi used to describe the spiritual condition of Laman and Lemuel. What helps you awaken from a spiritual “deep sleep”? What helps you shake off the spiritual “chains” in your life? Think about Lehi’s testimony in verse 15 and his invitation in verse 23. What message does Heavenly Father have for you in these verses?

Use visuals. Using visuals will help learners understand gospel truths and remember them longer. As you prepare to teach from this outline, consider what visuals you could use.

For example, maybe a paper chain could help learners understand Lehi’s words in 2 Nephi 1:13 or 2 Nephi 2:27.

2 NEPHI 2



Because of Jesus Christ, I am “free to choose liberty and eternal life.”

Lehi’s family was now in a new land, full of new possibilities. The choices they made in this new place would be important for their success and happiness. Perhaps this is why Lehi taught his son Jacob about agency, or the ability to make choices, in 2 Nephi 2. As you study verses 11–30, write down possible answers to these questions:

- Why is agency so important to Heavenly Father, even though some people use it in hurtful ways?
- How does the adversary try to weaken or destroy your agency?
- How does the Savior help you “choose liberty and eternal life” (verse 27)?

Here’s another way to learn about agency in 2 Nephi 2: Look for things that are essential for us to have agency and to reach our divine potential. For example:

- 2 Nephi 2:5: A knowledge of good and evil; a law
- 2 Nephi 2:11, 16: _____
- 2 Nephi 2:16: _____
- 2 Nephi 2:21: _____
- 2 Nephi 2:6–9, 26–28: _____

What would happen to our agency if one or more of these things were missing?

Each of the six sections of *For the Strength of Youth: A Guide for Making Choices* contains “Invitations” and “Promised Blessings.” Look at one or more of these sections, and choose a promised blessing you hope for in your life. What invitation do you need to act on to receive this blessing? Consider sharing with someone the blessings you have received from following these invitations.

See also Gospel Topics, “Agency and Accountability,” Gospel Library; “Know This, That Every Soul Is Free,” *Hymns*, no. 240.

2 NEPHI 2:1–4, 6–25

God can turn my trials into blessings.

Lehi knew that his young son Jacob had suffered “afflictions” and “much sorrow” during his childhood (2 Nephi 2:1). Why do you think Lehi’s testimony in 2 Nephi 2:1–3, 6–25 would have been valuable to Jacob? Why is it valuable to you? Look for words and phrases that you find especially powerful. How

has God consecrated your afflictions for your gain? (See 2 Nephi 2:2.)

See also Romans 8:28; Dale G. Renlund, “Infuriating Unfairness,” *Liahona*, May 2021, 41–45.

2 NEPHI 2:15–29

The Fall and the Atonement of Jesus Christ are essential parts of Heavenly Father’s plan.

Many people believe that the Fall was only a tragedy and that Eve and Adam made a permanent mistake when they chose to eat the fruit. In 2 Nephi 2:15–28 Lehi teaches additional truth about the Fall—and about redemption through Christ. As you search these verses, make a list of truths about what happened in the Garden of Eden. Questions like these could help:

- Why was the Fall necessary?
- What role did Jesus Christ play in overcoming the effects of the Fall?
- How does correctly understanding the Fall help us better understand our need for Jesus Christ?

See also Dallin H. Oaks, “The Great Plan of Happiness,” *Ensign*, Nov. 1993, 72–75.



Let Not Your Heart Be Troubled, by Howard Lyon

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

2 NEPHI 1:13, 15, 23

Jesus Christ helps me overcome the effects of sin.

- To help your children understand Lehi’s invitation to “shake off the chains” of sin, maybe you could work together to make a chain from slips of paper. On the slips, your children could help you write some things Satan tempts us to do. Then you could read together 2 Nephi 1:13, 15, 23 as they act out some of the phrases in these verses—including shaking off the paper chain. How is sin like a chain? How does Jesus help us “shake off the chains” of sin?

2 NEPHI 1:20

I am blessed when I obey God’s commandments.

- Would it help your children to compare God’s commandments to shoes, hats, gloves, or other things that protect us? Maybe you could let them try on some as you talk about how the commandments protect us. Then you could read 2 Nephi 1:20, emphasizing that we “prosper” (are blessed or protected) as we keep the commandments. Share an experience when you were blessed or protected by following the commandments.
- To illustrate the difference between prospering and being cut off from God (see 2 Nephi 1:20), you and your children could look at a healthy plant and a leaf or branch that has been cut off from the plant. Then your children could review

choices that Nephi and his brothers made (see 1 Nephi 2:11–16; 3:5–7; 18:9–11). What were the results of these choices? What choices help us stay connected to God?

2 NEPHI 2:11, 16, 27

God gave me the freedom to choose.

- To help your children understand what Lehi taught about opposites and making choices, you could play a game in which you say a word (such as *light*) and your children say its opposite (*dark*). Help them learn why opposites are part of God’s plan as you read together 2 Nephi 2:11, 16. Then you could share stories about a child who is tempted to make a wrong choice. Your children could share what the opposite of the wrong choice is and act it out.
- To learn about the difference between “liberty” and “captivity” (2 Nephi 2:27), your children could draw pictures of an animal in a cage and an animal in its natural environment. Which animal is free? Invite the children to point at the correct picture when you read the word “free” in 2 Nephi 2:27. Testify that Jesus Christ makes us free.
- Sing together a song like “Choose the Right” (*Hymns*, no. 239). What do we learn from the song about making choices?

For more ideas, see this month’s issue of the *Friend* magazine.



Lehi and His People Arrive in the New World, by Clark Kelley Price

Eve

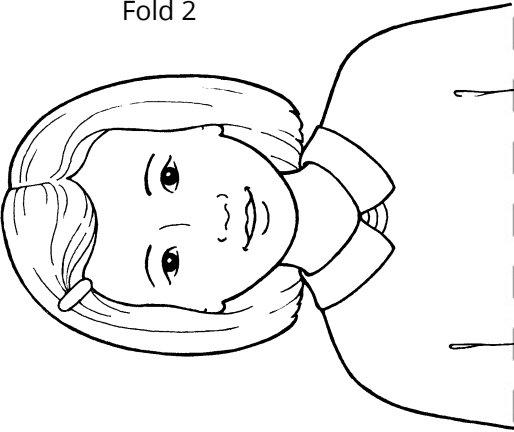


God gave me the freedom to choose (2 Nephi 2:11, 16, 27).

Cut out the rectangle on the solid black line. To make a booklet, fold along the dotted lines.



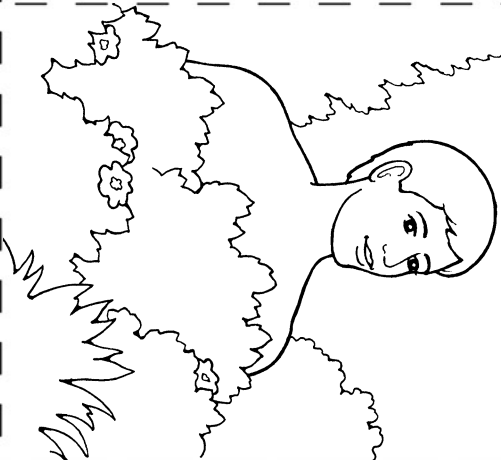
Fold 1



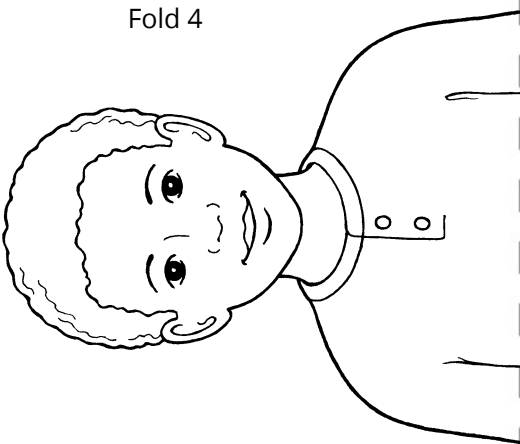
Fold 2

Other ways I am like Adam and Eve:

Adam



Like Adam and Eve...



Fold 4

Fold 3

- I have agency.
- I am a child of God.
- I can have joy.
- I came to earth.
- I can learn to know good from evil.





FEBRUARY 12-18: “WE LIVED AFTER THE MANNER OF HAPPINESS”


2 Nephi 3–5

Reading 1 Nephi, you might get the impression that Nephi was somehow larger than life. “Large in stature” both physically and spiritually (1 Nephi 2:16), he seemed unshaken by the trials he faced. Or at least that is what we might assume. While Nephi’s faith was remarkable, his tender words in 2 Nephi 4 reveal that even faithful people sometimes feel “wretched” and “easily beset” by temptations. Here we see someone who is trying, who wants to be joyful, but whose “heart groaneth because of [his] sins.” We can relate to this and to the hopeful determination that follows: “Nevertheless, I know in whom I have trusted” (see 2 Nephi 4:15–19).

While Nephi and his people learned to live “after the manner of happiness” (2 Nephi 5:27), they also learned that happiness does not come easily or without periods of sorrow. It ultimately comes from trusting the Lord, “the rock of [our] righteousness” (2 Nephi 4:35).

Ideas for Learning at Home and at Church

2 NEPHI 3:6–24

 **Joseph Smith was chosen by God to restore the gospel.**

Lehi shared with his son Joseph a prophecy given by Joseph of Egypt. The prophecy was about a future “choice seer,” Joseph Smith. What do verses 6–24 say that Joseph Smith would do to bless God’s people? Consider how Joseph Smith’s work has been “of great worth” to you. You might get some ideas from the videos about Joseph Smith in the “Prophets of the Restoration” collection in the Gospel Library. Think about questions like these, and consider recording your answers:

- What do you know about Heavenly Father and Jesus Christ because of what Joseph Smith taught?
- How is your life different because of what the Lord restored through Joseph Smith?
- What would your life be like if the Restoration had not happened?

One important part of Joseph Smith’s mission was to bring forth the Book of Mormon. What do you learn from this chapter about why the Book of Mormon is important? In particular, you could look for reasons in verses 7, 11–13, 18–24.

See also Joseph Smith Translation, Genesis 50:24–38 (in the Bible appendix); Gospel Topics, “Joseph Smith,” Gospel Library; “Praise to the Man,” *Hymns*, no. 27.



Prophet of the Lord, by David Lindsay

2 NEPHI 4:15–35

“O Lord, I have trusted in thee.”

Nephi said that he would “write the things of my soul” (verse 15). As you read what he wrote in 2 Nephi 4:15–35, ask yourself, “What are the things of *my* soul?” Consider writing them down, as Nephi did, and sharing them with people you love.

Seeing how Nephi found comfort when he felt overwhelmed and anxious can help you when you have similar feelings. Look in verses 15–35 for passages that bring you comfort. Do you know someone else who might find comfort in these passages?

See also Ronald A. Rasband, “The Things of My Soul,” *Liahona*, Nov. 2021, 39–41.

2 NEPHI 5

I can find happiness in living the gospel of Jesus Christ.

What do you think it means to be happy? Nephi wrote that his people lived “after the manner of happiness” (2 Nephi 5:27). You might look for choices Nephi and his people made that helped them be happy (see, for example 2 Nephi 5:6, 10–17). What

can help you build a life of happiness like the people of Nephi?

2 NEPHI 5:20–21

What was the curse that came upon the Lamanites?

In Nephi’s day the curse of the Lamanites was that they were “cut off from [the Lord’s] presence . . . because of their iniquity” (2 Nephi 5:20–21). This meant that the Spirit of the Lord was withdrawn from their lives. When Lamanites later embraced the gospel of Jesus Christ, “the curse of God did no more follow them” (Alma 23:18).

The Book of Mormon also states that a mark of dark skin came upon the Lamanites after the Nephites separated from them. The nature and appearance of this mark are not fully understood. The mark initially distinguished the Lamanites from the Nephites. Later, as the Nephites and Lamanites each went through periods of wickedness and righteousness, the mark became irrelevant.

Prophets affirm in our day that dark skin is not a sign of divine disfavor or cursing. President Russell M. Nelson declared: “I assure you that your standing before God is not determined by the color of your skin. Favor or disfavor with God is dependent upon your devotion to God and His commandments and not the color of your skin” (“Let God Prevail,” *Ensign* or *Liahona*, Nov. 2020, 94).

As Nephi taught, the Lord “denieth none that come unto him, black and white, bond and free, male and female; . . . all are alike unto God” (2 Nephi 26:33).

See also “Till We All Come in the Unity of the Faith” (video), Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

2 NEPHI 3:6-24

Joseph Smith was a prophet.

- Consider how you can teach your children about the great work that God accomplished through Joseph Smith. To begin, you could help your children find the word “seer” in 2 Nephi 3:6 and explain that prophets are called seers because Heavenly Father helps them see things we can’t see. Share why you are grateful to have a seer leading the Church.
- The *Gospel Art Book* has several pictures you could use to teach about the work God did through Joseph Smith (see pictures 89–95). Let your children share what they know about the pictures. Why is Joseph Smith called a “choice seer”? What did Joseph Smith do that is “of great worth”? (verse 7).

2 NEPHI 4:15-35; 5

I love “the things of the Lord.”

- What makes us happy? Consider reading together verses from 2 Nephi 4 to find out what delighted Nephi or made him happy (see verses 15–16, 20–25, 34–35). In his message “The Things of My Soul,” Elder Ronald A. Rasband shared seven “things of the Lord” that are precious to him (*Liahona*, Nov. 2021, 39–41). Perhaps you could review his list together and talk about “things of the Lord” that are precious to you.

- 2 Nephi 5 also describes things that helped the Nephites live “after the manner of happiness” (verse 27). You could provide some words or pictures that represent these things and help your children match them to verses in chapter 5. Some examples include family (verse 6), God’s commandments (verse 10), the scriptures (verse 12), work (verses 15 and 17), temples (verse 16), and Church callings (verse 26). How do these things bring us happiness?

2 NEPHI 5:15-16

The temple is the house of the Lord.

- As you read 2 Nephi 5:15–16 to your children, they could pretend they are helping Nephi build a temple. You could also show them pictures of different buildings, including a temple. How are temples different from other buildings? Share with each other why the temple is important to you (see also “I Love to See the Temple,” *Children’s Songbook*, 95).

Any moment can be a teaching moment.

Don’t think of teaching your family as something you do once a week during a formal lesson. Think of it as something you do all the time.

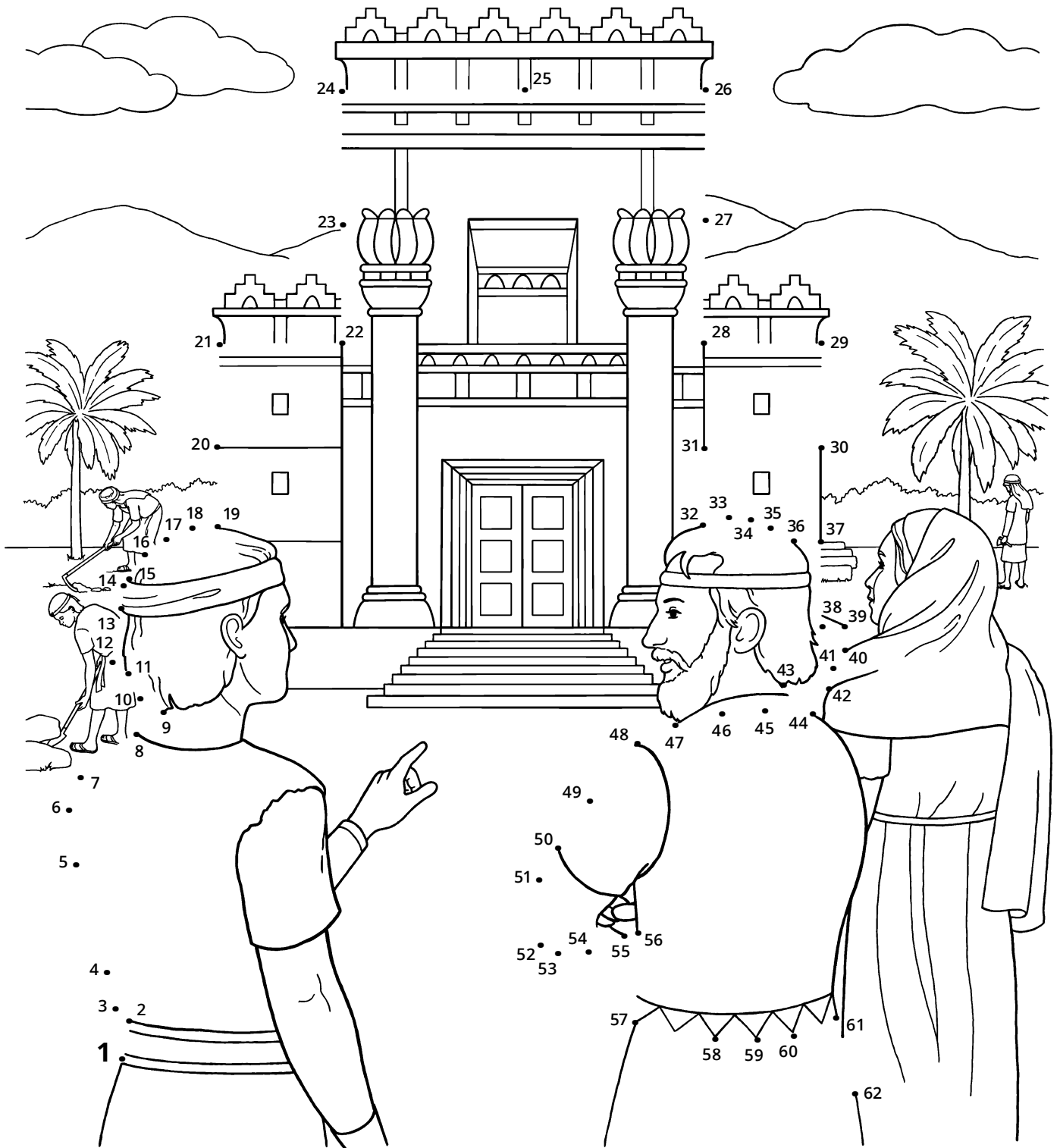
For more ideas, see this month’s issue of the *Friend* magazine.



The Temple of Nephi, by Michael T. Malm

The temple is the house of the Lord (2 Nephi 5:15-16).

Connect the dots to reveal the temple that Nephi and his people built.
Color the picture and display it to remind you to prepare to go to the temple.





Not My Will, but Thine, Be Done, by Harry Anderson

FEBRUARY 19–25: “O HOW GREAT THE PLAN OF OUR GOD”

2 Nephi 6–10

It had been at least 40 years since Lehi’s family left Jerusalem. They were in a strange new land, half a world away from Jerusalem. Lehi had died, and his family had already started what would become a centuries-long contention between the Nephites—“who believed in the warnings and the revelations of God”—and the Lamanites, who did not (2 Nephi 5:6). Jacob, who was Nephi’s younger brother and was now ordained as a teacher for the Nephites, wanted the covenant people to know that God would never forget them, so they must never forget Him. This is a message we surely need today (see Doctrine and Covenants 1:15–16). “Let us remember him . . . for we are not cast off. . . . Great are the promises of the Lord,” Jacob declared (2 Nephi 10:20–21). Among these promises, none is greater than the promise of an “infinite atonement” to overcome death and hell (2 Nephi 9:7). “Therefore,” Jacob concluded, “cheer up your hearts”! (2 Nephi 10:23).

Ideas for Learning at Home and at Church

2 NEPHI 6–8


The Lord is merciful to His people and will fulfill His covenants.

To help his people understand that they were part of the house of Israel and could trust God and His promises, Jacob quoted prophecies of Isaiah, recorded in 2 Nephi 6–8. That message is for you too, because Latter-day Saints are also part of God’s covenant people. As you read these chapters, think about questions like the following:

- What do I learn about the Savior’s redeeming love for me? What words or phrases express this love especially well?

- What does the Savior offer to people who seek Him?
- What can I do to more faithfully “wait” for the Savior and His promised blessings?

2 NEPHI 9:1–26

 **Jesus Christ saves me from sin and death.**

One way to deepen your appreciation for Jesus Christ is to think about what would have happened to us without Him. As you read 2 Nephi 9:1–26, consider listing or marking in one color what would happen to us without the Atonement of Jesus Christ.

Then, in another list or color, you could identify what we can receive through the Savior’s Atonement. Based on what you read, how would you explain why we need the Atonement of Jesus Christ? What did you find that inspires you to praise the “wisdom of God, his mercy and grace”? (2 Nephi 9:8).

In addition to teaching what Jesus Christ saved us from, Jacob also gave insights about how He did it. Consider recording what you find in 2 Nephi 9:11–15, 20–24.

Jacob was so awed by God’s plan of redemption that he exclaimed, “O how great the plan of our God.” Look for his exclamations in 2 Nephi 9 (most of them are found in verses 8–20). What do you learn from these verses about God’s plan? What experiences have helped you feel some of what Jacob felt? As part of your worship and study, consider looking for a hymn that might express how you feel about Him, such as “How Great Thou Art” (*Hymns*, no. 86).

See also “Where Justice, Love, and Mercy Meet,” “Jacob Teaches of the Resurrection” (videos), Gospel Library; Gospel Topics, “Atonement of Jesus Christ,” Gospel Library.

2 NEPHI 9:7

The Savior’s Atonement is infinite.

What could you do to better understand Jesus Christ’s “infinite atonement”? (2 Nephi 9:7). Perhaps you could look at things that seem infinite in number—blades of grass in a field, grains of sand on a beach, or stars in the sky. How is the Savior’s Atonement infinite? How is it also personal? What

phrases in 2 Nephi 9 help you feel grateful for what the Savior did for you?

2 NEPHI 9:27–54

I can come unto Christ and follow God’s plan.

In 2 Nephi 9, Jacob used two powerful and contrasting phrases: “the merciful plan of the great Creator” and “that cunning plan of the evil one” (2 Nephi 9:6, 28). Perhaps you could draw a path and label it *Heavenly Father’s Plan*. Then search 2 Nephi 9:27–52. Look for warnings and invitations that Jacob gave to help us follow this plan. Write what you find beside the path. How does Satan try to lead us away from God’s plan? What do you feel inspired to do in response to Jacob’s warnings and invitations?

2 NEPHI 10:20, 23–25

The sacrifice of Jesus Christ can bring me joy.

Jacob’s message was a joyful one. “I speak unto you these things,” he said, “that ye may rejoice, and lift up your heads forever” (2 Nephi 9:3). As you read 2 Nephi 10:20, 23–25, what do you find that cheers your heart? What will you do to remember these things when you feel discouraged?

See also John 16:33; D. Todd Christofferson, “The Joy of the Saints,” *Ensign* or *Liahona*, Nov. 2019, 15–18; “Jacob Encourages the Nephites to Be Reconciled with God” (video), Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

2 NEPHI 9:6-10, 19-24

Jesus Christ is my Savior.

- How will you help your children understand and feel that they need the Savior Jesus Christ? This week's activity page could help. It uses a simple analogy of a pit and a ladder. Consider using 2 Nephi 9:21-22 to talk with your children about why you are grateful for Jesus Christ.

Teach truth with stories and examples. Be sure the stories and examples you use teach truth. For example, when using this week's activity page, teach that Jesus Christ came into the "pit" to help us each step of the way as we climb out.

- One way to help your children understand why we need the Savior is to teach them about the Fall. You could show a picture of Adam and Eve, such as *Leaving the Garden of Eden* (Gospel Library), and a picture of Jesus Christ on the cross. Consider asking them to describe what is happening in each picture. How are we like Adam and Eve? Perhaps 2 Nephi 9:6-10 can help them see what Jesus Christ does for us. Consider inviting your children to share their feelings about

Jesus Christ. A song like "I Feel My Savior's Love" (*Children's Songbook*, 74-75) could help.

2 NEPHI 9:20, 28-29, 42-43, 49

"My heart delighteth in righteousness."

- To encourage your children to "[delight] in righteousness" or joyfully obey the Lord (2 Nephi 9:49), perhaps you could share examples in which a child makes a good choice or a bad choice. Invite your children to stand up when the choice brings happiness and sit down when the choice brings sadness. When have we felt happy because we made a choice to follow Jesus Christ?
- Your children are likely to interact with people (if they haven't already) who think that the Lord's commandments are foolish or out of date. Maybe you and your children could talk about how to explain why we're happy to keep the commandments. Why is it important to trust God's counsel even if we do not completely understand it? You could encourage them to look in 2 Nephi 9:20, 28-29, 42-43 for help with thinking about and discussing these questions.

For more ideas, see this month's issue of the *Friend* magazine.



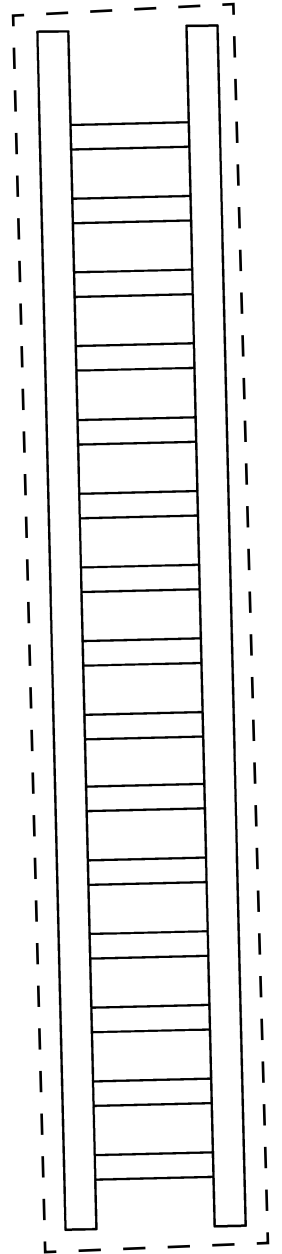
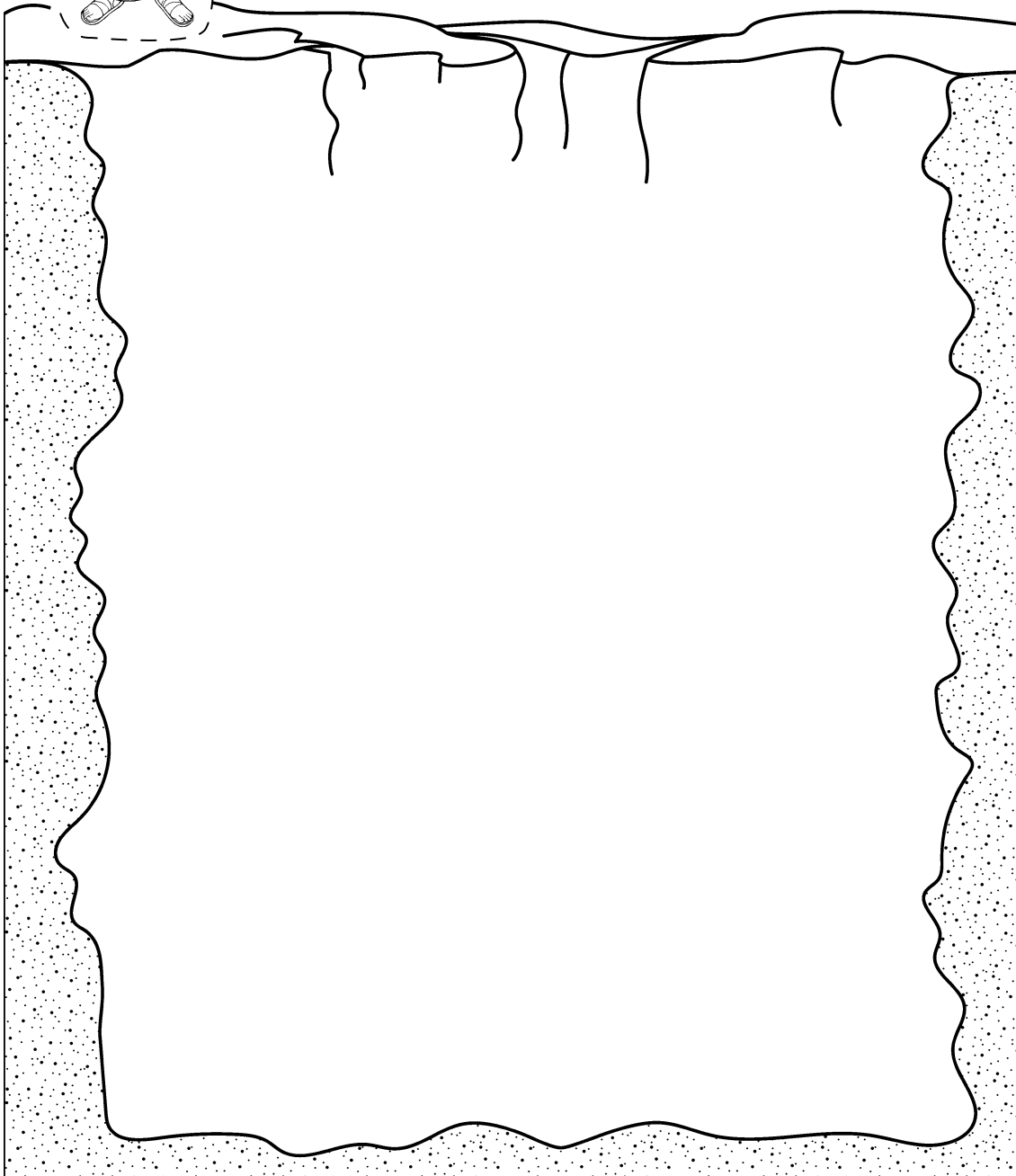
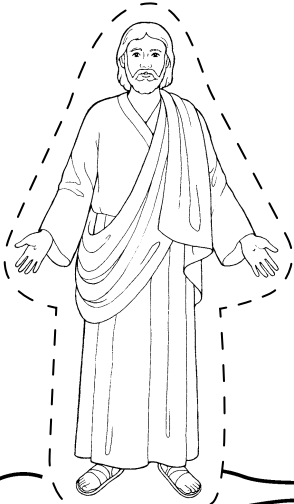
He Healed Many of Diverse Diseases, by J. Kirk Richards

Jesus Christ saves me from sin and death (2 Nephi 9:7-23).

Following the dotted lines, cut out the Savior, the ladder, and the man.

Show how the man fell into the pit representing sin and death.

Then show how the Savior went into the pit and used the ladder to help the man escape. Because Jesus Christ suffered for our sins, died, and was resurrected, we can overcome sin and will be resurrected after we die.





FEBRUARY 26–MARCH 3: “HIS NAME SHALL BE CALLED . . . THE PRINCE OF PEACE”

2 Nephi 11–19

Engraving on metal plates is not easy, and space on Nephi’s small plates was limited. So why would Nephi make the effort of copying so many of the writings of the prophet Isaiah into his record? He did it because he wanted us to believe in Jesus Christ. “My soul delighteth,” he wrote, “in proving unto my people the truth of the coming of Christ” (2 Nephi 11:4). Nephi had seen what would happen to his people in future generations. He saw that, despite their great blessings, they would become prideful, contentious, and worldly (see 1 Nephi 12; 15:4–6). He also saw similar problems in our day (see 1 Nephi 14). Isaiah’s writings warned against such wickedness. But they also gave Nephi hope for a glorious future—an end to wickedness, a gathering of the faithful, and “great light” for people who had “walked in darkness” (2 Nephi 19:2). All this would happen because “a child [was] born” who could end all strife—“The Prince of Peace” (2 Nephi 19:6).

Ideas for Learning at Home and at Church

How can I better understand the teachings of Isaiah?

Nephi acknowledged that “the words of Isaiah are not plain” (2 Nephi 25:4). But he also shared ideas to help us find meaning in Isaiah’s writings:

- **“Likened his words unto” yourself** (2 Nephi 11:2). Many of Isaiah’s teachings have multiple possible meanings and applications. For example, when you read about dwelling places in 2 Nephi 14:5–6, consider how these verses apply to your home. Ask yourself, “What does Heavenly Father want me to learn?”
- **Look for symbols of Jesus Christ** (see 2 Nephi 11:4). Many of Isaiah’s teachings about the Savior are conveyed through symbols. For example, how is the Savior represented in 2 Nephi 19:2? What does this symbol teach you about Him?
- **Seek to be “filled with the spirit of prophecy”** (2 Nephi 25:4). As you study, pray for spiritual guidance. You may not understand everything at first, but the Spirit can help you learn what you need to know.

You might also find it helpful to refer to the study helps in the scriptures, including the footnotes, chapter headings, and Guide to the Scriptures.

The Book of Mormon and Old Testament institute manuals have additional information that can help you learn about the historical context of Isaiah’s teachings.

2 NEPHI 11–19

Isaiah testified of Jesus Christ.

Because Isaiah used symbolic language, it can be easy to overlook his powerful witness of Jesus Christ. Look for the Savior in 2 Nephi 13:13; 14:4–6; 15:1–7; 16:1–7; 17:14; 18:14–15; 22:2. What do these verses teach you about Him?

The prophecy in 2 Nephi 19:6 lists several of Jesus Christ’s titles. How has He fulfilled these roles in your life?

See also Ulisses Soares, “Jesus Christ: The Caregiver of Our Soul,” *Liahona*, May 2021, 82–84.

2 NEPHI 12–13; 15

The proud and worldly will be humbled.

Nephi had foreseen that pride would cause the downfall of his people (see 1 Nephi 12:19). So it’s not surprising that Nephi would share with his people Isaiah’s repeated warnings against pride. In chapters 12 and 13, look for words that Isaiah used to describe pridefulness, such as *lofty* and *haughty*. In 2 Nephi 15:1–24, look for symbolic language describing the results of pride. Then you might try to summarize what you have read in your own words. Think about how you will choose to be humble.

See also “Chapter 18: Beware of Pride,” *Teachings of Presidents of the Church: Ezra Taft Benson* (2014), 229–40.

2 NEPHI 12:2–3

The temple is the house of the Lord.

Isaiah called the temple “the mountain of the Lord’s house” (2 Nephi 12:2). Why is a mountain a good symbol for the temple?

How would you explain to someone why we need temples? You could find some possible answers in 2 Nephi 12:2–3 and President Russell M. Nelson’s message “The Temple and Your Spiritual Foundation” (*Liahona*, Nov. 2021, 93–96). Based on what you read, what does the Lord want you to learn and experience in His holy house? What experiences have you had there?

You can find the temple recommend interview questions on pages 36–37 of *For the Strength of Youth: A Guide for Making Choices*. Consider reading each one and asking yourself, what does this question teach me about the Lord’s ways? How does it help me “walk in his ways”?

See also Gospel Topics, “Temples,” Gospel Library; “High on the Mountain Top,” *Hymns*, no 5.

2 NEPHI 12–19

Jesus Christ will redeem His people.

Despite the wickedness he observed, Isaiah saw hope for the future. Consider studying each of the following passages. Write one or more truths each passage teaches about our day: 2 Nephi 12:1–5; 14:2–6; 15:20–26; 19:2–8. Why do you feel these passages are important for us to understand?

Look for patterns. In the scriptures we can find patterns that show us how the Lord works. In 2 Nephi 11–19, you might look for patterns that show how the Lord warns of sin and forgives people who repent.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

2 NEPHI 12:2–3

The temple is the house of the Lord.

- Isaiah described the temple as “the mountain of the Lord’s house.” Your children might enjoy pretending to climb a mountain as you read 2 Nephi 12:2–3. Help them find phrases in these verses that describe why we have temples.
- To illustrate the phrase “we will walk in his paths” from 2 Nephi 12:3, you could make a path on the floor, leading to a picture of a temple. As your children walk on the path, they could name things they can do to walk in the Lord’s paths.
- Perhaps your children could draw a picture of themselves going to the temple. They could also sing or listen to a song about the temple, such as “I Love to See the Temple” (*Children’s Songbook*, 95). Help them find phrases in the song that teach what the temple is and what we do there.

2 NEPHI 11:4–7; 17:14; 19:6

Jesus Christ is my Savior.

- There are several names for Jesus Christ in 2 Nephi 11:4–7; 17:14; 19:6. Help your children find them and talk about what they mean. For

example, “Christ” means “the anointed” and “Immanuel” means “God with us.” What do these names teach us about Jesus?

- Show portions of the video “The Christ Child” (Gospel Library) that show different people seeing Jesus for the first time. Pause the video during these depictions, and ask your children about what these people might have felt. What would we feel if we were there? How will we feel when we see Him again?

2 NEPHI 15:20

Satan tries to confuse me about good and evil.

- Show your children something bitter or sour, such as a lemon slice, inside a candy wrapper. Read together 2 Nephi 15:20. How does Satan try to make things that are evil look good? You could also show the first 90 seconds of the video “You Will Be Freed” (Gospel Library). Why does the fisherman disguise his hook? Why does Satan disguise sin? How does Jesus Christ help us avoid being deceived by Satan?

For more ideas, see this month’s issue of the *Friend* magazine.

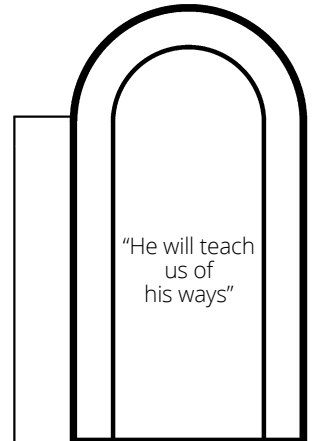
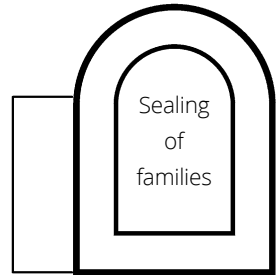
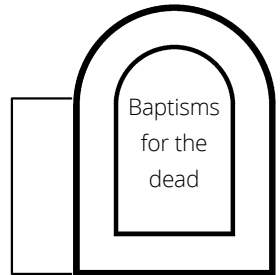
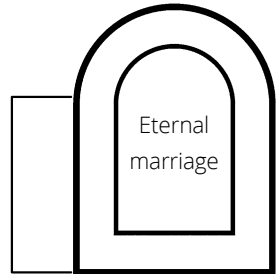
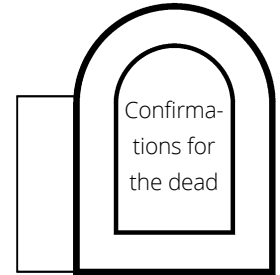
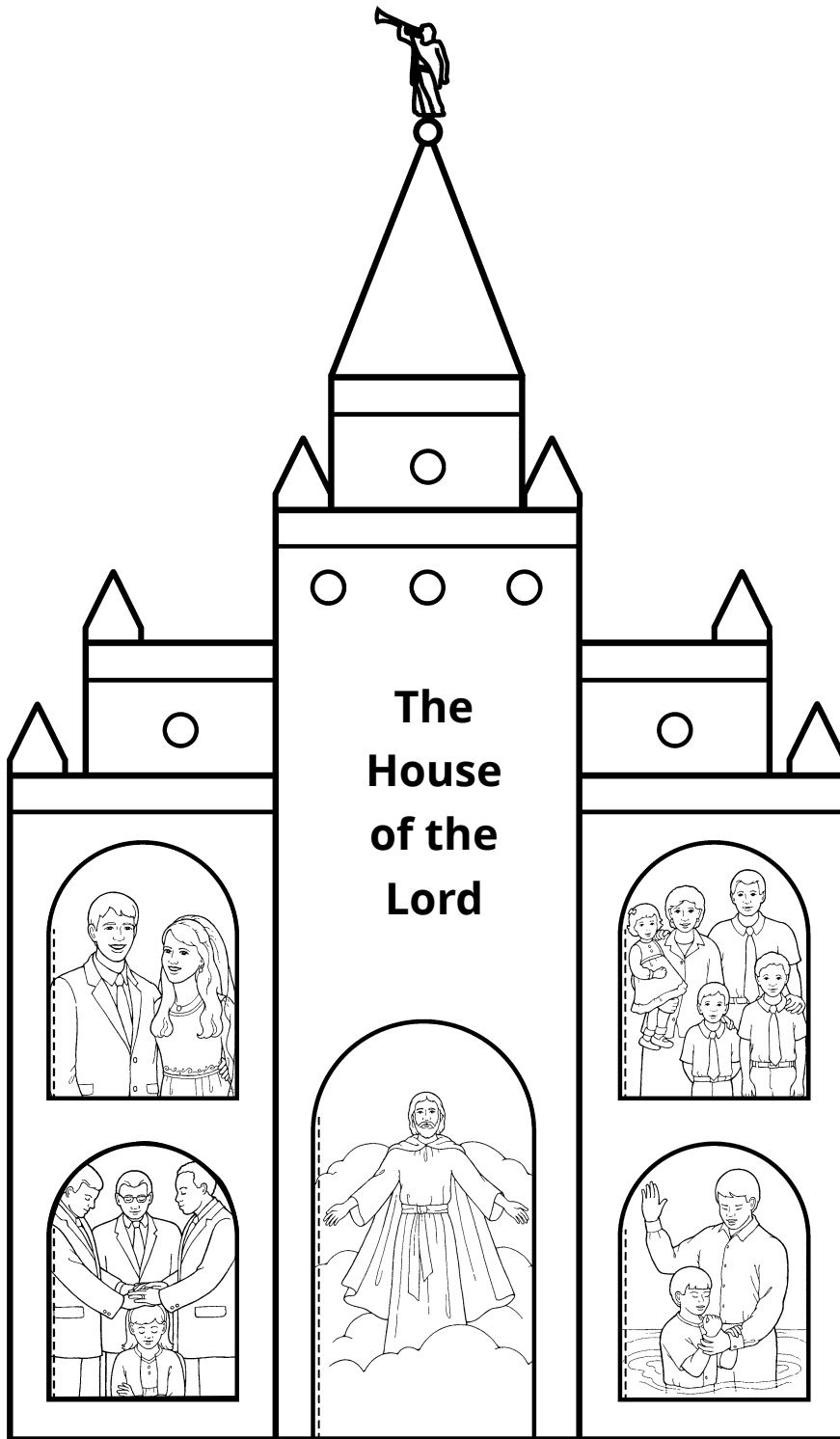


Panama City Panama Temple. "The Lord's house shall be established in the top of the mountains, . . . and all nations shall flow unto it" (2 Nephi 12:2).

The temple is the house of the Lord (2 Nephi 12:2-3).

Cut out the windows with the names of ordinances that are performed in the temple, and match them with the pictures inside the windows of the temple. Make slits on the dotted lines, and insert the tab.

Fasten the tabs to the back with tape or glue so you can open the windows.





MARCH 4-10: "WE REJOICE IN CHRIST"

2 Nephi 20-25

The writings of Isaiah include strong warnings, but they also offer hope and joy. This is one reason Nephi included them in his record: "I write some of the words of Isaiah," he said, "that whoso . . . shall see these words may lift up their hearts and rejoice" (2 Nephi 11:8). In a sense, the invitation to read Isaiah's writings is an invitation to rejoice. You can take delight, as Nephi did, in Isaiah's prophecies about the gathering of Israel, the coming of the Messiah, and the peace promised to the righteous. You can rejoice to live in the prophesied day when the Lord has "set up an ensign for the nations, and shall assemble the outcasts of Israel" (2 Nephi 21:12). When you thirst after righteousness, you can "with joy . . . draw water out of the wells of salvation" (2 Nephi 22:3). In other words, you can "rejoice in Christ" (2 Nephi 25:26).

Ideas for Learning at Home and at Church

2 NEPHI 21-22

I can find peace in Jesus Christ.

Lehi's children had a problem with contention. The problem got worse in future generations, leading to division, captivity, sorrow, and destruction. And contention continues to be a problem today.

With all of that in mind, think about the prophecies in 2 Nephi 21-22. Consider how the Savior is fulfilling these prophecies. What does the prophecy that the wolf will "dwell with the lamb" mean to you? (2 Nephi 21:6). Ponder what you can do to be a peacemaker.

See also Dale G. Renlund, "The Peace of Christ Abolishes Enmity," *Liahona*, Nov. 2021, 83-85.

2 NEPHI 21:9-12

The Lord is gathering His people.

Nephi and his family were witnesses to the scattering of Israel (see 2 Nephi 25:10). Now you can participate in the gathering of Israel (see 2 Nephi 21:12). As you read 2 Nephi 21:9-12, think about how you can help fulfill the prophecies these verses describe.

For example, as you read about the "ensign" (standard or banner) that will be raised to gather God's people, think about how you have seen God gather His people, physically and spiritually. What attracts people to the Lord and His Church?

What do you feel inspired to do to help gather God’s people?

2 NEPHI 23–24

The worldliness of Babylon will fall.

The kingdom of Babylon was a mighty political and military threat to ancient Israel. But to Nephi’s people—and to us today—the bigger threat is what Babylon represents: worldliness and sin. Consider how the warnings in 2 Nephi 23–24 might have affected people who feared or admired or trusted Babylon’s wealth and power (see, for example 23:6–9, 11, 19–22; 24:10–19). What are some similar things we might fear or admire or trust today? What do you feel the Savior’s message to you might be in these chapters? Think about how you can show that you “rejoice in [the Lord’s] highness” (2 Nephi 23:3).

2 NEPHI 25:19–29



“We talk of Christ . . . we rejoice in Christ.”

Nephi was open about sharing his beliefs—especially his testimony of Jesus Christ. Throughout your study of 2 Nephi 25, think about Nephi’s desire to “persuade [his] children . . . to believe in Christ, and to be reconciled to God” (verse 23). What did Nephi want people to know about the Savior? (see verses 12–13, 16). How did Nephi try to persuade people to believe in Him? (see verses 19–29). Note passages

in this chapter that persuade you to believe in and follow Jesus Christ.

Some of us may not feel as bold as Nephi was about talking of Christ. But maybe you can find something in Nephi’s teachings in 2 Nephi 25:23–26 that inspires you to talk about Him with others more openly. For example, Nephi’s declaration “We rejoice in Christ” might prompt you to think about how the Savior brings you joy—and how you can share that joy with others.

In his message “We Talk of Christ” (*Ensign* or *Liahona*, Nov. 2020, 88–91), Elder Neil L. Andersen suggests how we can speak more openly of Christ in various settings. Which of his suggestions stand out to you? What opportunities do you have to talk of Christ with others?

What do you feel inspired to tell others about Jesus Christ? If you need some ideas, you might search “The Living Christ: The Testimony of the Apostles.” A hymn like “I Believe in Christ” (*Hymns*, no. 134, Gospel Library) could give you more ideas.

See also Gospel Topics, “Inviting All to Receive the Gospel of Jesus Christ,” Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

2 NEPHI 21:1–5

Jesus Christ will judge in righteousness.

- To help your children visualize these verses, see if you can find a tree that has been cut down or a branch growing from a tree (or use the picture below). If the “branch” in 2 Nephi 21:1 represents Jesus Christ, what do verses 2–5 teach us about Him?



2 NEPHI 21:6–9

Jesus Christ brings peace and joy.

- What does 2 Nephi 21:6–9 teach about what can happen when everyone follows the Savior? (see also 4 Nephi 1:15–18). How can we make our home more like this? Your children might enjoy looking at pictures of the animals mentioned in verses 6–7—animals that are usually enemies but will not hurt each other when Jesus comes again (see this week’s activity page). Your children could also draw pictures of themselves and these animals living peacefully with Jesus.

2 NEPHI 21:11–12; 22

The Lord is gathering His people.

- Isaiah said that the Lord would set up an “ensign for the nations” to help people gather to Him (see 2 Nephi 21:11–12). Help your children understand that an ensign is like a flag. Perhaps they would enjoy drawing their own flag. They could

include pictures or words that represent reasons they come to Jesus Christ and His Church. Let them talk about their flags, and help them think of how they can help others “gather” to Jesus Christ.

- After reading 2 Nephi 22:4–5 together, you might talk with your children about some of the “excellent things” the Lord has done. What are some of the Lord’s “doings among [us]” that we can declare? To help your children think about this question, you might sing together a song about the Savior, like “I Believe in Christ” (*Hymns*, no. 134). You could take turns completing a sentence like this one: “I believe in Christ; He _____.” How can we help other people know about what the Savior has done for us?

2 NEPHI 25:26

“We rejoice in Christ.”

- How can you help your children “rejoice in Christ”? Maybe you could tell a story about Jesus Christ bringing joy to others, or you could show a video such as “Jesus Heals a Man Born Blind” or “Suffer the Little Children to Come unto Me” (Gospel Library). Your children could point out joyful moments in the story or video. Then, as you read together 2 Nephi 25:26, they could talk about why they “rejoice in Christ.”

Testify of Christ. Don’t assume your family knows how you feel about the Savior. Tell them, and let your feelings about the Savior influence the way you interact with them.

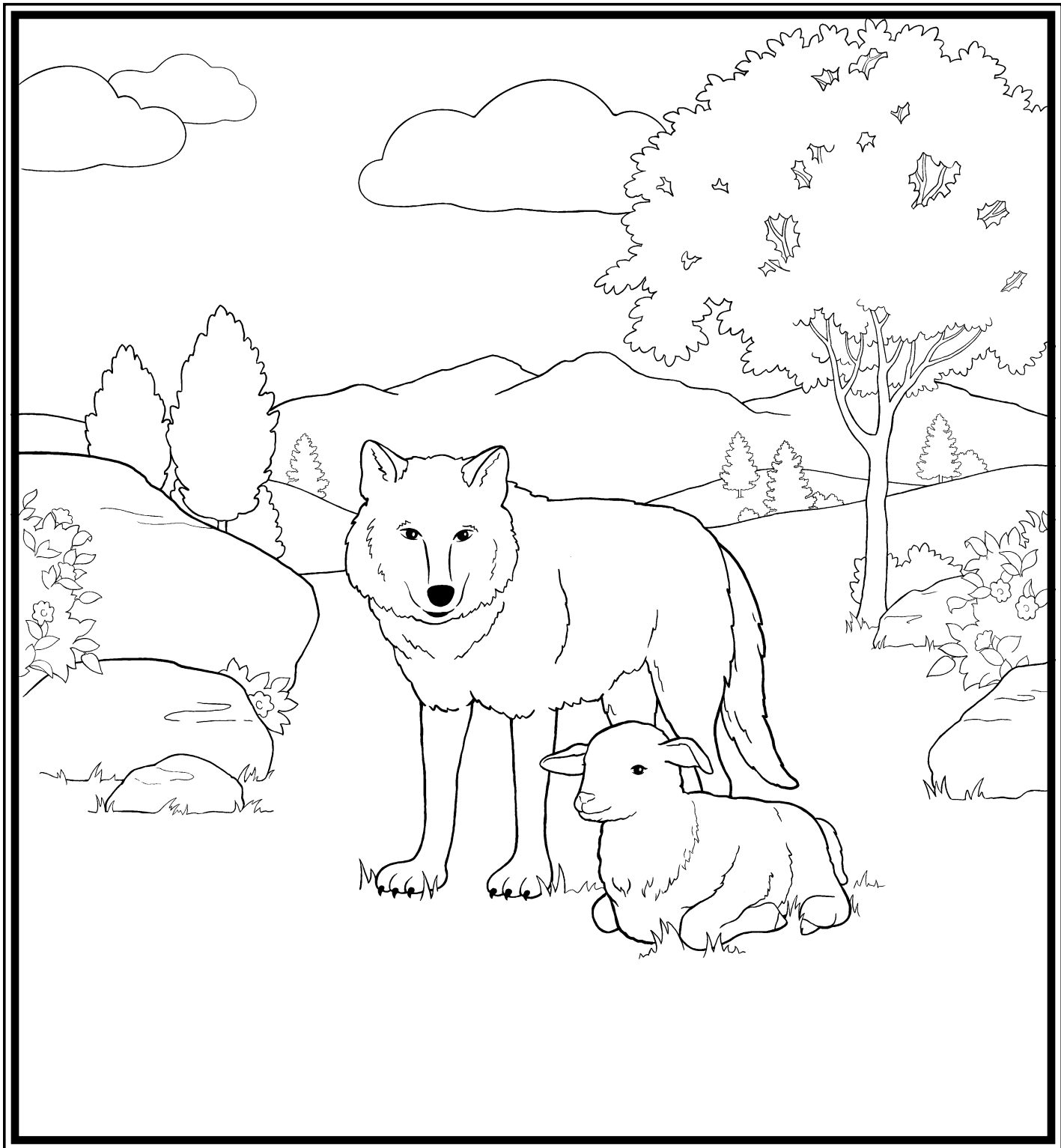
For more ideas, see this month’s issue of the *Friend* magazine.



I'll Go Where You Want Me to Go, by Ramon Ely Garcia Rivas

Jesus Christ brings peace and joy (2 Nephi 21:6-9; 22).

After Jesus Christ comes again, the earth will be a place of peace and joy.
Color the picture of the wolf and the lamb, and draw pictures of other animals
named in 2 Nephi 21:6-9 living peacefully together.





He Will Lead Thee by the Hand, by Sandra Rast

MARCH 11–17: “A MARVELOUS WORK AND A WONDER”

2 Nephi 26–30

“I prophesy unto you concerning the last days,” Nephi wrote (2 Nephi 26:14). In other words, he was writing about our day. And there’s reason to be concerned about what he saw: people denying the power and miracles of God; widespread jealousy and conflict. But in addition to these latter-day “works of darkness” (2 Nephi 26:10, 22) led by the adversary, Nephi also spoke of “a marvelous work and a wonder” led by God Himself (2 Nephi 27:26). Central to that work would be a book—a book that exposes Satan’s lies and gathers the righteous. That book is the Book of Mormon, the marvelous work is the work of the Lord’s Church in the latter days, and the wonder is—at least in part—that God invites all of us, despite our weaknesses, to participate in the gathering.

Ideas for Learning at Home and at Church


2 NEPHI 26–27; 29–30

God prepared the Book of Mormon for our day.

In 2 Nephi 26–27, Nephi quoted from an earlier prophecy of Isaiah (see Isaiah 29) and applied it to his people and their record—the Book of Mormon. He knew by revelation, even before the Book of Mormon had been completely written, that it would one day “be of great worth unto the children of men” (2 Nephi 28:2). Why is the Book of Mormon of great worth to you? Think about this question as you read 2 Nephi 29–30. What “marvelous work” (2 Nephi 27:26) is God accomplishing in the world and in your life through the Book of Mormon?

See also Joseph Smith—History 1:62–65.

2 NEPHI 26:23–33

 **Jesus Christ invites us all to come unto Him.**

There are many beautiful truths to consider in 2 Nephi 26:23–24. For example, you could think about what Jesus Christ has done “for the benefit of the world”—and for you. How does He “draw all men”—and you—“unto him”? What do you feel inspired to do in response to His expressions of love?

Keep reading and looking for truths about the Savior in verses 25–33. Notice in particular His invitations. How would you summarize Jesus Christ’s message to you in one sentence? A hymn like “Come unto Jesus” (*Hymns*, no. 117) could open your mind to additional impressions.

Consider how these verses might influence the way you interact with others and invite them to come unto Christ. You might find some ideas in Elder D. Todd Christofferson’s message “The Doctrine of Belonging” (*Liahona*, Nov. 2022, 53–56).

Don’t be afraid of silence. Good questions take time to answer. They require searching, thinking, and inspiration. The time you spend waiting for answers to a question can be a sacred time of pondering. Avoid the temptation to end this time too soon by moving on to something else.

See also 3 Nephi 18:30–32; Dallin H. Oaks, “What Has Our Savior Done for Us?,” *Liahona*, May 2021, 75–77; Gospel Topics, “Belonging in the Church of Jesus Christ,” Gospel Library.

2 NEPHI 28

Satan seeks to deceive.

Many of Satan’s lies and tactics are exposed in 2 Nephi 28. Look for them in verses 6, 8, 21–23, 29. Why do you need to know about Satan’s lies? What will you do when the adversary tries to deceive you?

Listed below are some scriptures that reject Satan’s lies. See if you can match the true doctrine in these verses with the false doctrine Nephi warns us about in 2 Nephi 28:

- 2 Nephi 2:17: there is a devil (2 Nephi 28:22: “I am no devil, for there is none”)

Ideas for Teaching Children

2 NEPHI 26:23–28, 33

Jesus Christ wants everyone to come unto Him.

- To teach your children about the Savior’s invitations in these verses, you might talk with them

- Moroni 7:35–37 _____
- Doctrine and Covenants 1:31 _____
- Doctrine and Covenants 68:31; 82:14 _____
- Articles of Faith 1:9 _____

See also Gary E. Stevenson, “Deceive Me Not,” *Ensign* or *Liahona*, Nov. 2019, 93–96.

2 NEPHI 28:27–31; 29

God continues to give revelation to guide His children.

As Latter-day Saints, we are blessed with an abundance of the word of God. And yet, as Nephi warned, we must never feel that “we have enough!” As you read the warnings in 2 Nephi 28:27–31 and 2 Nephi 29, think about questions like these:

- How does God want me to feel about and respond to His word?
- Why are people sometimes “angry” about receiving more truth from God? (2 Nephi 28:28). Do I ever feel this way? If so, how can I change?
- What does it mean to receive God’s word? How can I show Him that I want to receive more of His word?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

about times they invited people to a special event, like a birthday party. Then you could read 2 Nephi 26:23–28 together and find out what Jesus is inviting us to do. Your children might like to create a card inviting someone to come unto

Jesus Christ. Encourage them to use a phrase from these verses in their invitation.

- The painting at the end of this outline shows people from many backgrounds. Maybe your children could look at this picture as you read 2 Nephi 26:33. You could repeat the phrase “Jesus invites all to come unto Him” as your children point to each person in the picture—and then to themselves. How do we come unto Jesus?
- A song about loving all people, such as “I’ll Walk with You” (*Children’s Songbook*, 140–41), could help you teach the message of 2 Nephi 26:33.

2 NEPHI 28:2; 29:7-11; 30:3-6

The Book of Mormon is a blessing.

- To help your children feel that the Book of Mormon is “of great worth” (2 Nephi 28:2), you could wrap a copy as a gift and let them guess what’s inside. They could look for clues in 2 Nephi 30:3–6. Tell your children why the Book of Mormon is of great worth to you, and let them share their feelings too.
- Consider asking your children to imagine that a friend says, “I don’t need to read the Book of Mormon. I’ve already read the Bible.” What could we say to our friend? Read together

2 Nephi 29:7–11 to learn why God wants us to have both books.

2 NEPHI 28:30-31

Heavenly Father teaches me little by little.

- Perhaps you can think of an object lesson that will help your children understand what it means to learn “line upon line.” For example, they could put together a puzzle or build something with blocks, one piece at a time. Or you could teach them a skill step by step, such as tying a bow or drawing a picture. You could then read 2 Nephi 28:30 and discuss how Heavenly Father teaches us one truth at a time.
- Another idea could be to choose a phrase from 2 Nephi 28:30 and take turns writing it, one word at a time. How is this like the way God gives us truth? Why does God reveal truth to us “line upon line, precept upon precept, here a little and there a little” instead of all at once? How can we show God that we want to receive more truth from Him?

For more ideas, see this month’s issue of the *Friend* magazine.

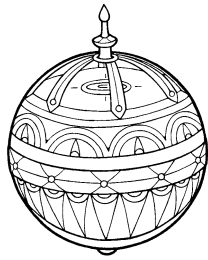


Christ in the Midst, by Judith A. Mehr

The Book of Mormon is a blessing (2 Nephi 28:2; 30:6).

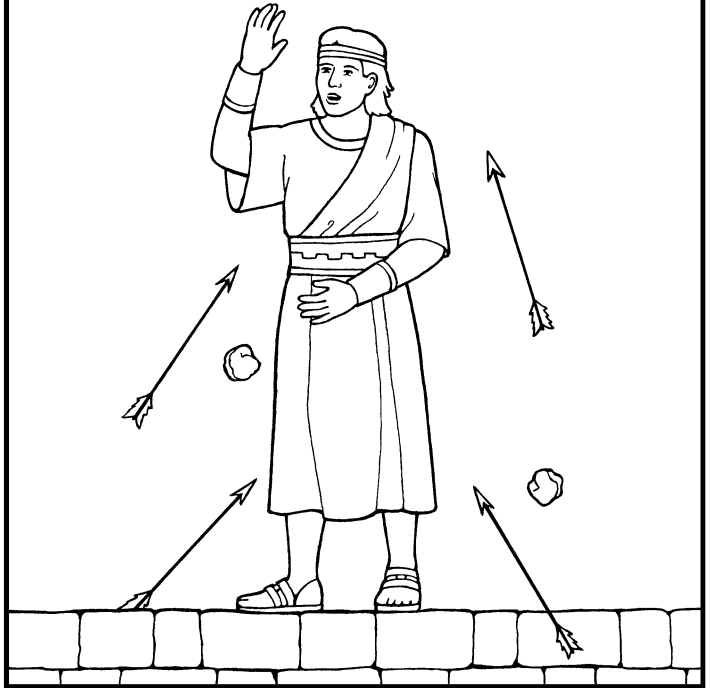
Color and cut out the four pages. Staple them together to make a book. Draw some of your favorite Book of Mormon stories on the back of each page.

**Book
of
Mormon
Stories**



Name

Samuel the Lamanite



Helaman's Army



Mormon





Christ Teaching His Disciples, by Justin Kunz

MARCH 18-24: “THIS IS THE WAY”

2 Nephi 31-33

Among Nephi’s last recorded words, we find this declaration: “The Lord commanded me, and I must obey” (2 Nephi 33:15). This is a good summary of Nephi’s life. He tried to understand the will of God and courageously obeyed it—whether that meant risking his life to get the brass plates from Laban, building a boat and crossing the sea, or faithfully teaching the doctrine of Christ with plainness and power. Nephi could speak persuasively of the need to “press forward with a steadfastness in Christ,” of following the “strait and narrow path which leads to eternal life” (2 Nephi 31:20, 18), because that is the path he followed. He knew by experience that this path, though demanding at times, is also joyful, and that “there is none other way nor name given under heaven whereby man can be saved in the kingdom of God” (2 Nephi 31:21).

Ideas for Learning at Home and at Church

2 NEPHI 31

Jesus Christ and His doctrine are the only way to eternal life.

If you had to summarize the path to eternal life in just a few words, what would you say? Notice how Nephi described it in 2 Nephi 31. Consider drawing a path and writing along the path some of the principles or steps you find in these chapters. You could add to your drawing your own summary of what Nephi taught about each principle.

As you read 2 Nephi 31:18–20, evaluate your own efforts to “press forward” along the gospel path.

See also “Press Forward, Saints,” *Hymns*, no. 81.



Following Jesus Christ’s teachings leads us to eternal life.

2 NEPHI 31:4–13**Jesus Christ set the perfect example of obedience when He was baptized.**

Whether your baptism happened yesterday or a long time ago, it was an important moment. You entered an eternal covenant to follow Jesus Christ. Think about your baptism as you read about the Savior’s baptism in 2 Nephi 31:4–13. Answering questions like these may help:

- Why was Christ baptized? Why did I choose to be baptized?
- What promises did I make when I was baptized? What does the Lord promise in return? (see verses 12–13; see also Mosiah 18:10, 13).
- How can I show that I am still committed to following Jesus Christ?

2 NEPHI 31:15–20**“He that endureth to the end, the same shall be saved.”**

As you read 2 Nephi 31:15–20, ask yourself, “How do I know if I am enduring to the end?” What do you learn from Nephi that helps you answer this question?

Elder Dale G. Renlund taught: “Enduring to the end is not a separate step in the doctrine of Christ—as though we complete the first four steps and then hunker down, grit our teeth, and wait to die. No, enduring to the end is actively and intentionally repeating the steps” (“Lifelong Conversion” [Brigham Young University devotional, Sept. 14, 2021], 2, speeches.byu.edu). How can you repeat the steps in the doctrine of Christ (faith, repentance, baptism, and receiving the Holy Ghost)?

2 NEPHI 32; 33:2**Through the words of Christ and the Holy Ghost, God will show me what to do.**

Have you ever felt uncertain about the next steps in your life? Nephi’s people had similar concerns (see 2 Nephi 32:1). Look for Nephi’s answer in 2 Nephi 32:2–9. How would you state in your own words what Nephi taught? What experiences have taught you that Nephi’s words are true?

Consider making a list of decisions or situations (now and in the future) in which you need God’s guidance. What can you learn from 2 Nephi 32 that will help you succeed in receiving inspiration from Him? What might lead people to “harden their hearts against the Holy Spirit”? (2 Nephi 33:2).

As you ponder Nephi’s counsel, think about how you study the Savior’s words. Would you describe it as snacking, eating, or feasting? What’s the difference, in your opinion? Consider how you can make your experience with the Savior’s words more like a feast. Maybe you could get ideas from a friend or family member.

Feast upon the words of Christ. There are many ways to feast on the words of Christ, including praying for inspiration, asking questions before and during study, defining words, pondering, cross-referencing, taking notes, looking for gospel truths, and applying the scriptures to your life (see 1 Nephi 19:23).

How do you invite the Holy Ghost to be a constant companion in your life, rather than an occasional visitor? Read David A. Bednar’s three suggestions to make the companionship of the Holy Ghost an “ongoing reality” in “Receive the Holy Ghost” (*Ensign* or *Liahona*, Nov. 2010, 94–97). How will you apply his counsel?

See also Gospel Topics, “Revelation,” Gospel Library; “Daily Bread: Pattern” (video), Gospel Library.

2 NEPHI 33

The Book of Mormon persuades us all to believe in Christ.

In 2 Nephi 33, as Nephi concluded his writings, he explained why he was writing in the first place. What reasons do you find in this chapter? Reflect

on the stories and teachings you’ve read so far in 1 Nephi and 2 Nephi. Which have influenced you and your faith in Christ the most?

See also “Nephi Records His Final Testimony” (video), Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

2 NEPHI 31:4–13

When I am baptized, I am following Jesus Christ.

- There’s a picture of Jesus being baptized at the end of this outline. Maybe your children could use it to tell you what they know about this event (see also Matthew 3:13–17). Why does Jesus want us to be baptized like He was? Your children could listen for reasons as you read together portions of 2 Nephi 31:4–13. It might be helpful if someone who was recently baptized could share their experience.

2 NEPHI 31

Jesus Christ taught me how to return to Heavenly Father.

- To help your children visualize the teachings in 2 Nephi 31, they could draw a path with a picture of Christ at the end. You could help them find or draw pictures that represent steps on that path, such as faith in Christ, repentance, baptism, the gift of the Holy Ghost, and enduring to the end. They could point to the pictures as you read 2 Nephi 31:17–20 together.

2 NEPHI 32:3–5

I can feast upon the words of Christ.

- To teach about “feasting” on the words of Christ, you could ask your children to act out how they would feast on their favorite food. In 2 Nephi 32:3, what did Nephi say we should feast on? How is feasting on God’s word different from just *reading* it? Maybe your children could act out the differences. Share with them the blessings you’ve received as you’ve feasted on the scriptures.

2 NEPHI 32:8–9

Heavenly Father wants me to pray always.

- After reading 2 Nephi 32:8–9, talk with your children about why Satan doesn’t want us to pray. Why does God want us to “pray always”? Your children could make a list or draw pictures of situations in which they could pray. Then you could sing a song that teaches about prayer, such as “Did You Think to Pray?” (*Hymns*, no. 140). You could replace some of the words in the song with the words from their lists. How does God bless us when we pray always?

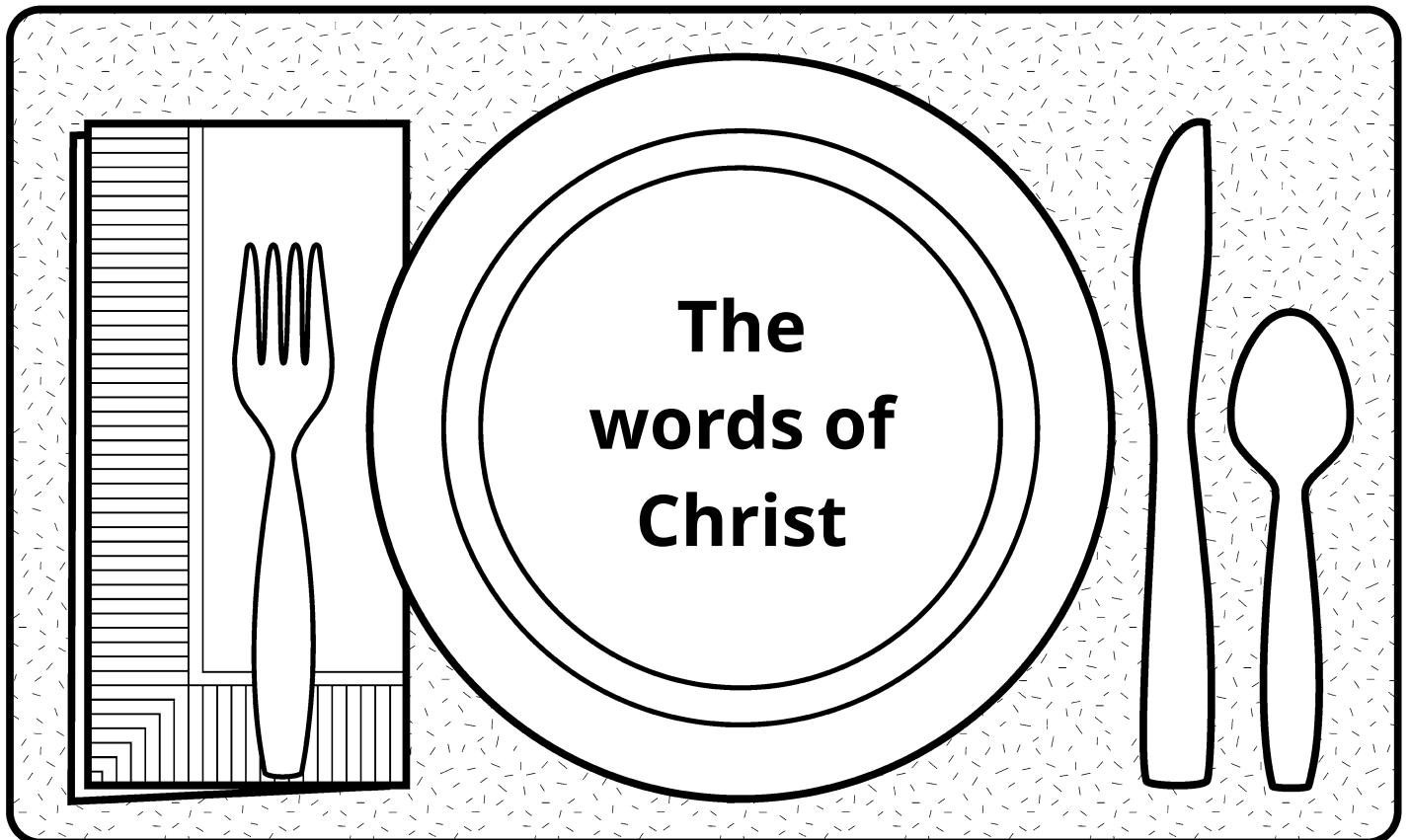
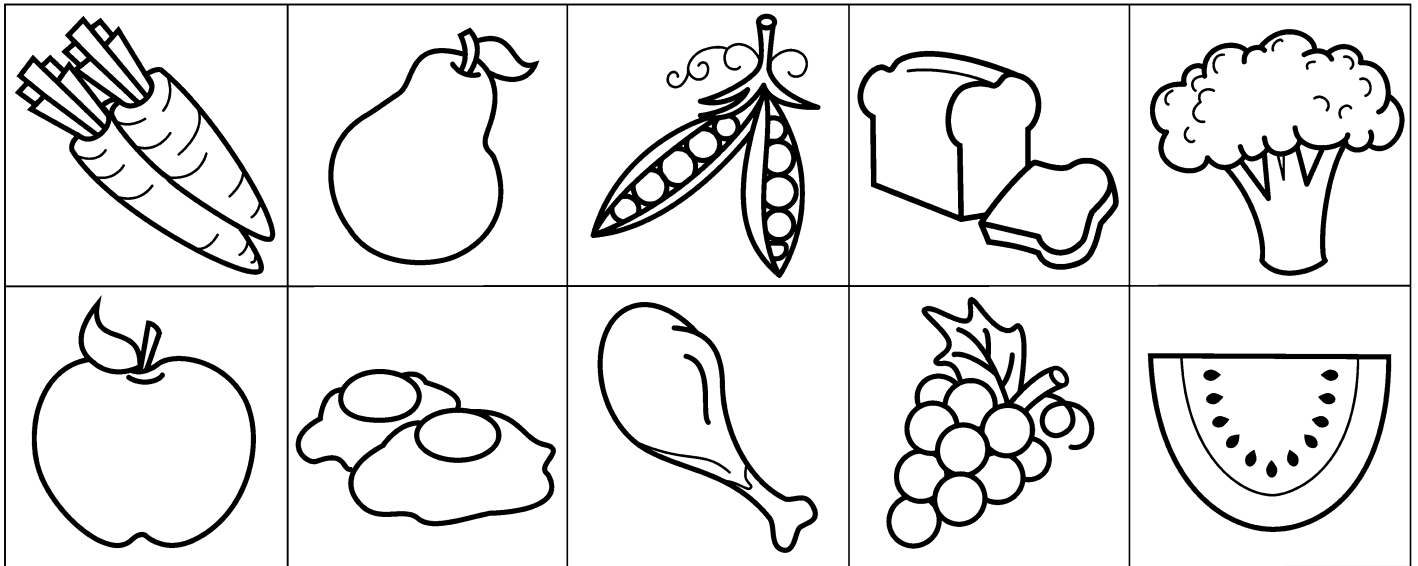
For more ideas, see this month’s issue of the *Friend* magazine.



To Fulfill All Righteousness, by Liz Lemon Swindle

I can "feast upon the words of Christ" (2 Nephi 32:3).

Color and cut out the squares containing different foods. On the back of each square, write something you can do to "feast upon the words of Christ," and place the foods on the plate.





Christ and the Apostles, by Del Parson

MARCH 25–31: “HE SHALL RISE . . . WITH HEALING IN HIS WINGS”

Easter

The ancient Apostles were bold in their testimonies of Jesus Christ and His Resurrection (see Acts 4:33). Millions of people believe in Jesus Christ and try to follow Him because of their words recorded in the Bible. Yet some people might wonder: If Jesus Christ is the Savior of the whole world, then why were His eyewitnesses limited to a handful of people in one small region?

The Book of Mormon stands as an additional, convincing witness that Jesus Christ is the Savior of the world, “manifesting himself unto all nations” (title page of the Book of Mormon) and offering salvation to all who come unto Him. In addition, this second witness also makes it clear what salvation means. This is why Nephi, Jacob, Mormon, and all the prophets labored so “diligently to engraven these words upon plates”—to declare to future generations that they too “knew of Christ, and . . . had a hope of his glory” (Jacob 4:3–4). This Easter season, reflect on the testimonies in the Book of Mormon that the Savior’s power is both universal and personal—redeeming the whole world and redeeming you.

Ideas for Learning at Home and at Church

Because of Jesus Christ, I will be resurrected.

It’s traditional at Easter to ponder the Resurrection of Jesus Christ, but what exactly does it mean to be resurrected? What insights does the Book of Mormon offer about resurrection? Perhaps this Easter season you could list truths about resurrection that you find in 2 Nephi 9:6–15, 22; Alma 11:42–45; 40:21–25; 3 Nephi 26:4–5.

You could also record how these truths about resurrection influence your actions and the way you

live. For example, consider how you would complete these sentences: *If I did not know these things . . .* and *Because I know these things . . .*

A hymn like “I Know That My Redeemer Lives” (*Hymns*, no. 136) could help you think about why the Savior’s Resurrection is important to you. As you sing, listen to, or read the hymn, you might ask yourself, “How is my life different because Jesus Christ was resurrected?”

The Gospel Library has a collection of Easter videos that could be a meaningful part of your study.

Perhaps you could watch one or more of these videos and ponder what they add to your understanding or appreciation of the Savior's Resurrection.

See also Luke 24:36–43; Acts 24:15; 1 Corinthians 15:12–23; Reyna I. Aburto, “The Grave Has No Victory,” *Liahona*, May 2021, 85–86; Gospel Topics, “Resurrection,” Gospel Library; “Death, Grieving, and Loss” in the “Life Help” collection in Gospel Library.

Jesus Christ took upon Himself my sins, pains, and infirmities.

The Bible clearly teaches that Jesus Christ atoned for our sins. The Book of Mormon expands our understanding of Christ's sacrifice and suffering in important ways. You can find some of these teachings in Mosiah 3:7; 15:5–9; Alma 7:11–13. After you read these passages, consider recording what you discover in a chart like this one:

What did the Savior suffer?	Why did He suffer?	What does this mean to me?

Here's another way to study these passages: Look for hymns that you feel match the messages they teach. The “Scriptures” index at the back of the hymnbook can help. What phrases from these hymns and the scriptures help you appreciate the Savior's sacrifice more deeply?

See also Isaiah 53; Hebrews 4:14–16; Gérald Caussé, “A Living Witness of the Living Christ,” *Ensign* or *Liahona*, May 2020, 38–40.

Jesus Christ can cleanse me and help perfect me.

It could be said that the Book of Mormon is an account of people who changed because of the Atonement of Jesus Christ. You can read some of these experiences in Mosiah 5:1–2; 27:8–28; Alma 15:3–12; 24:7–19. You might think of other examples to study as well. What do you notice that these experiences have in common? What differences do you notice? What do these experiences teach you about how the Savior can change you?

See also Alma 5:6–14; 13:11–12; 19:1–16; 22:1–26; 36:16–21; Ether 12:27; Moroni 10:32–33.

For more ideas, see this month's issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

Because Jesus Christ was resurrected, I will be resurrected too.

- You can use “Chapter 53: Jesus Is Crucified” and “Chapter 54: Jesus Is Risen” (in *New Testament Stories*, 136–38, 139–44) to tell your children about the Resurrection of Jesus Christ. Or let your children tell you the story, using the pictures in these chapters.
- The Risen Savior's visit to the Americas is a powerful witness of His Resurrection. Consider telling your children about it, using 3 Nephi 11; 17; the song “Easter Hosanna”; or the last verse of “Book of Mormon Stories” (*Children's Songbook*, 68–69, 118–19). Encourage your children to imagine what it would have been like to feel Jesus's wounds (see 3 Nephi 11:14–15) or to be one of the children He blessed (see 3 Nephi 17:21). Share

with each other your feelings about Jesus Christ and His Resurrection.

- To help your children discover what the Book of Mormon teaches about resurrection, you could invite them to pretend that you don't know anything about it and ask them to explain it to you. Help them look in 2 Nephi 9:10-15; Alma 11:41-45; and Alma 40:21-23 for answers to questions like these: What does it mean to be resurrected? Who will be resurrected? Also invite them to bear testimony of the Savior's Resurrection as part of their answer.

Jesus Christ knows how to comfort me.

- Mosiah 3:7 and Alma 7:11 describe some of what the Savior went through as part of His Atonement. You might read one of these verses to your children and ask them to listen for words that tell them what Jesus suffered for us. Then you could read Alma 7:12 to find out why He suffered it. Testify that Jesus Christ felt all of our pains and sicknesses so that He could comfort us.
- Do your children have a favorite hymn or song about Jesus Christ and His Atonement? You could sing it together—or learn a new one. Talk about words or phrases in the lyrics that teach you about the comfort and peace the Savior offers us.



Gethsemane, by Michael T. Malm

Jesus Christ can cleanse me and help me change.

- The Book of Mormon gives many examples of people who were changed because of the Savior's Atonement. Perhaps your children could choose one to learn about, such as Enos (see Enos 1:2-8), Alma the Younger (see Mosiah 27:8-24), or the Anti-Nephi-Lehies (see Alma 24:7-19). How did this person or group change because of the Atonement of Jesus Christ? How can we follow their examples?
- You and your children could also compare something clean and something dirty and talk about how dirty things are made clean. Read together Alma 13:11-13. What did Jesus do so that we can be made clean from our sins? How does this make us feel about sin? How does it make us feel about the Savior?

Live worthy of the Spirit's guidance. The Spirit is the real teacher. As you seek His guidance and live worthily, He will give you thoughts and impressions about how to meet the needs of the people you teach.

For more ideas, see this month's issue of the *Friend* magazine.

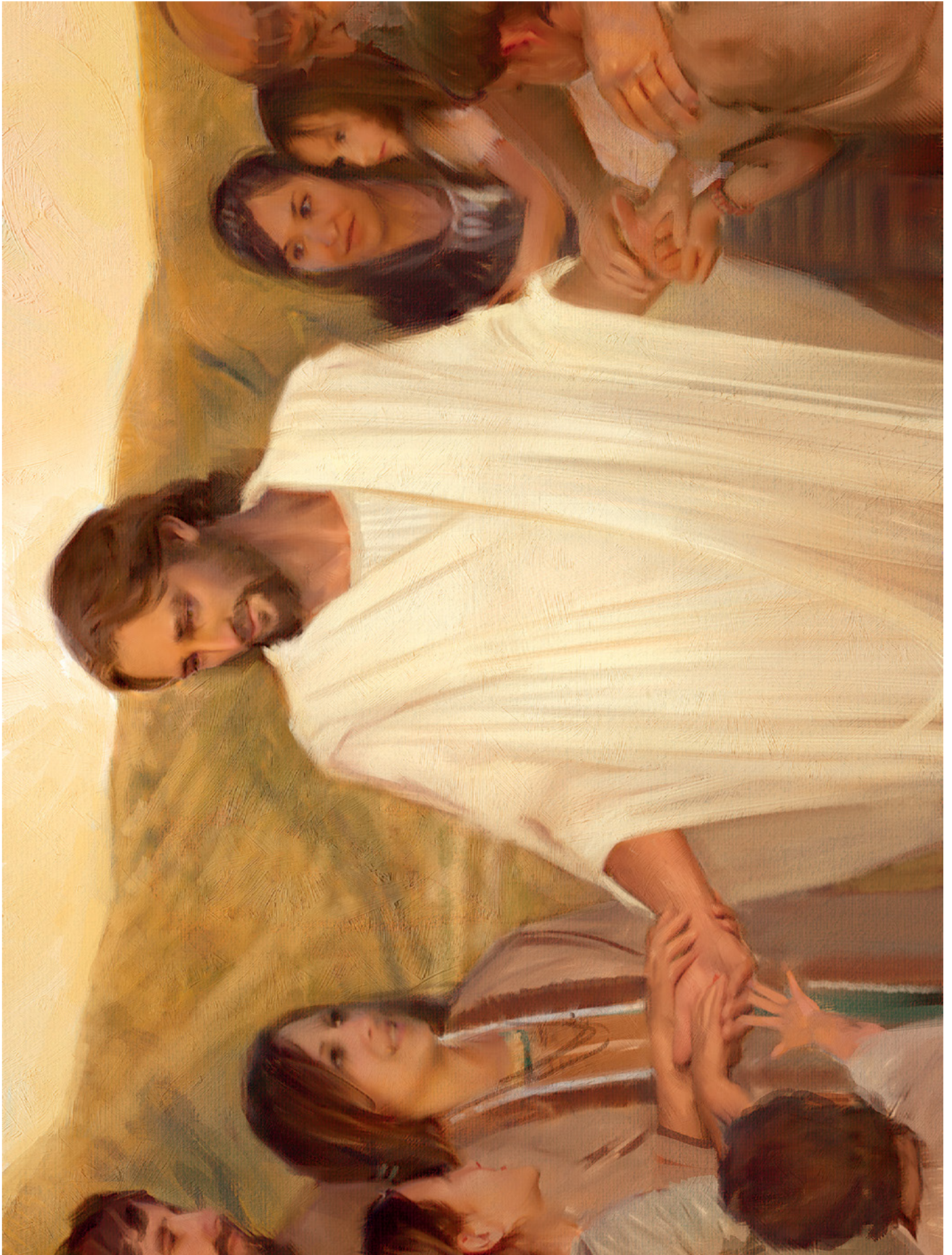
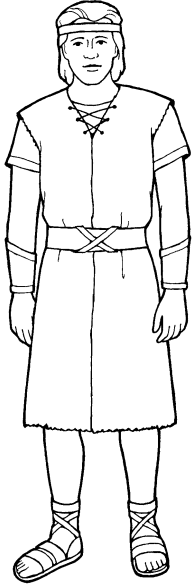


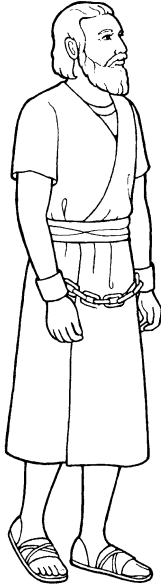
Illustration of Christ with the Nephites, by Ben Sowards

Book of Mormon prophets knew that Jesus Christ would come.

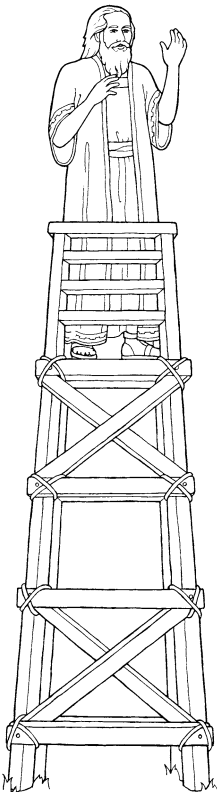
Draw a line from the Book of Mormon prophet to what he prophesied.



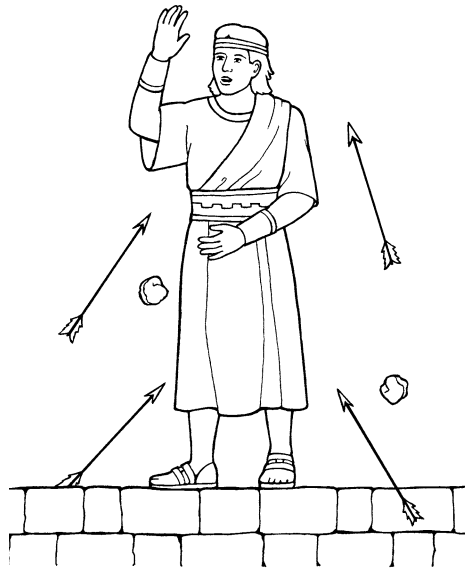
Nephi
(1 Nephi 11:27)



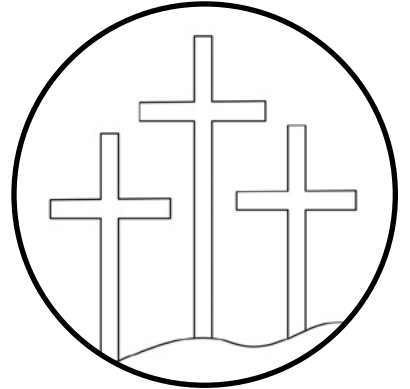
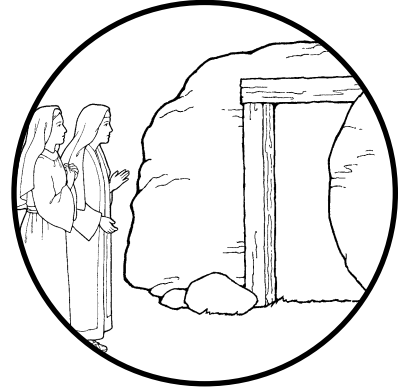
Abinadi
(Mosiah 15:7)



King Benjamin
(Mosiah 3:5)



Samuel the Lamanite
(Helaman 14:16-17)





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APRIL 1-7: BE RECONCILED UNTO GOD THROUGH THE ATONEMENT OF CHRIST

Jacob 1-4

The Nephites considered Nephi their “great protector” (see Jacob 1:10). He had also protected them against spiritual dangers, warning them against sin and urging them to come unto Christ. Now that task fell to Jacob, whom Nephi had consecrated to be a priest and teacher (see Jacob 1:18). Jacob felt a responsibility to boldly warn those who were “beginning to labor in sin” while also comforting “the wounded soul” of those who had been hurt by the sins of others (see Jacob 2:5–9). How would he do both? He would point them to Jesus Christ—because both groups needed the Savior’s healing (see Jacob 4). Like the message of Nephi before him, Jacob’s testimony was a call to “be reconciled unto [God] through the atonement of Christ” (Jacob 4:11).

Ideas for Learning at Home and at Church

JACOB 1:6-8, 15-19; 2:1-11

I have an “errand from the Lord.”

To Jacob, teaching the word of God was an “errand from the Lord,” so he labored diligently to “magnify [his] office” (Jacob 1:17, 19). What do these phrases that Jacob used mean to you? Think about what a magnifying glass does. Does that give you any ideas? As you ponder Jacob 1:6–8, 15–19 and 2:1–11, think about the errands the Lord might have for you. What do you feel inspired to do to “magnify” them?

See also “Whom the Lord Calls, the Lord Qualifies,” in *Teachings of Presidents of the Church: Thomas S. Monson* (2022), 209–20; “Rise to Your Call” (video), Gospel Library.

JACOB 2:12-21

“Let not this pride of your hearts destroy your souls!”

The Nephites had a problem with pride and focusing on riches (see Jacob 2:13), and that problem wasn’t unique to them or their day. How does the adversary promote the love of riches today? After reading Jacob 2:12–21, describe in your own words how God wants you to view material wealth. A hymn like “Because I Have Been Given Much” (*Hymns*, no. 219) could provide additional insights. What do you feel inspired to do about what you’re learning?

JACOB 2:22–35; 3:10–12 **God delights in chastity.**

As you read Jacob 2:22–35; 3:10–12, what do you find that helps you understand why chastity is so important to God? What are some of the negative consequences of immorality—in Jacob’s day and in ours? What are the blessings of living a chaste life?

Elder David A. Bednar taught that we live “in a world that increasingly mocks the sanctity of procreation” (“We Believe in Being Chaste,” *Ensign* or *Liahona*, May 2013, 41–44). How do you help others understand why you obey the law of chastity? A good place to start is the explanation of God’s standards on sexual feelings and relations in “Your body is sacred” in *For the Strength of Youth: A Guide for Making Choices* (pages 22–29). What else do you find in this resource that would help you explain why you live the law of chastity?

You could find additional answers in Elder Bednar’s message referenced above or in the video “I Choose to Be Pure” (Gospel Library).

How is God’s standard of sexual purity different from other messages you might encounter? What are the blessings of living a chaste life?

See also Gospel Topics, “Virtue,” Gospel Library; “Same-Sex Attraction” in the “Life Help” Collection in the Gospel Library.

JACOB 4**I can be reconciled to God through the Atonement of Jesus Christ.**

Jacob pleaded with his people to “be reconciled unto [God] through the atonement of Christ” (Jacob 4:11). One definition of *reconcile* is to restore

to friendship or harmony. As you ponder your own life, think about a time when you may have felt distant from Heavenly Father. How does the Savior help you restore this relationship? What counsel can you find in this chapter that helps you reconcile with God? (see verses 4–14).

What additional insights do you gain from Matthew 5:23–24? How can the Savior help you reconcile with God—and others?

See also 2 Nephi 10:24.

JACOB 4:8–18**I can avoid spiritual blindness by focusing on the Savior.**

As Jacob worked to turn his people more completely to the Lord, he warned them not to be spiritually blind and not to despise the gospel’s “words of plainness” (see Jacob 4:13–14). According to Jacob 4:8–18, what can we do to avoid spiritual blindness?

See also Quentin L. Cook, “Looking beyond the Mark,” *Ensign*, Mar. 2003, 40–44.

When He taught, the Savior used comparisons to everyday life.

Jesus’s parables helped people find spiritual truths in their common experiences. Try to do the same when you teach. For example, when teaching Jacob 4:8–18, you could ask learners if they’ve ever had an eye exam. How did the doctor assess their physical vision? How can we assess our spiritual vision?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

JACOB 2:8

God heals the wounded soul.

- To help your children understand how a “wounded soul” can be healed, you could discuss together how our bodies get wounded and what helps them heal. Perhaps your children could talk about times when they got hurt and what helped them heal. You could even show them bandages or medicine as part of this conversation. Maybe you could share with them how the Savior has helped you when your spirit needed healing.

JACOB 2:17-19

I can help others in need when I share with them.

- Some of the people in Jacob’s time were very rich, but they didn’t want to share what they had with others. As you read Jacob’s teachings to them in Jacob 2:17–19, you could give your children pictures or objects to hold that go with words or phrases in these verses. You might explain that you are sharing these objects with them; maybe you could then invite them to share the objects with you or with each other. Talk about how you feel when you share. What else could we share with others to help them feel happy?
- After reading together Jacob 2:17, perhaps your children could name some blessings Heavenly Father has shared with them. Why does He want us to share with each other?

JACOB 4:6, 10-11

I can strengthen my faith in Jesus Christ.

- Jacob’s faith in Christ was so strong it could not be shaken. To teach your children how to build

faith like this, you could ask them about things we do to make our bodies stronger. What can we do to make our faith in Jesus Christ stronger? Read Jacob 4:6 together to help the children discover what Jacob and his people did to make their faith “unshaken.”

- Another way to help your children understand what it means to be “unshaken” in their faith would be to find a large tree and ask them to shake individual branches. Then let them try to shake the trunk. Why is it harder to shake the trunk? What phrases in Jacob 4:6, 10–11 describe what we can do to make our faith in Jesus Christ unshaken?



Like the trunk of a tree, our faith in Christ can be “unshaken.”

- For other comparisons to teach your children about unshakable faith in Jesus Christ, see Neil L. Andersen, “Spiritual Whirlwinds” (*Ensign* or *Liahona*, May 2014, 18–21; and the video “Spiritual Whirlwinds”) or “The Wise Man and the Foolish Man” (*Children’s Songbook*, 281; see also Matthew 7:24–27).

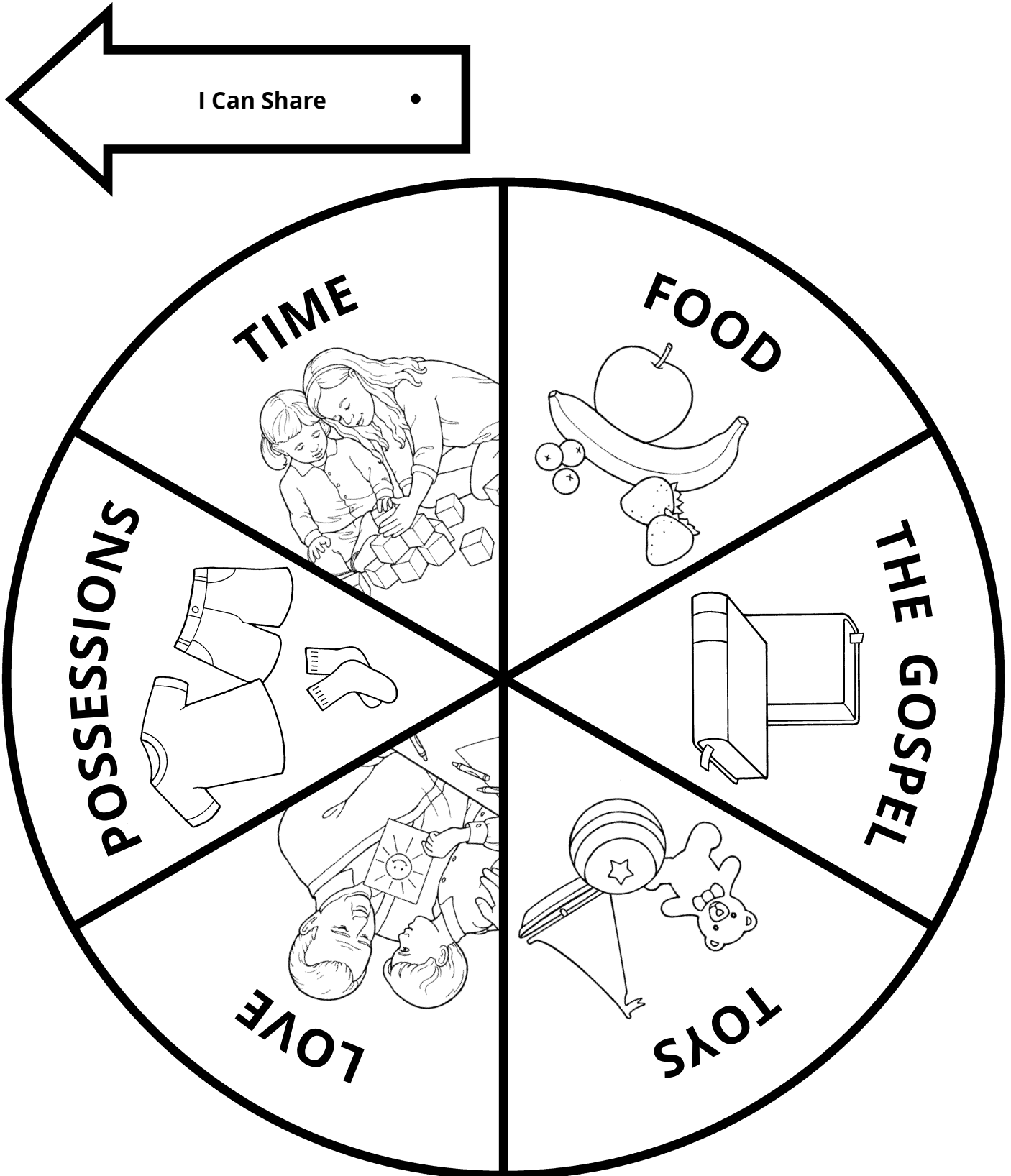
For more ideas, see this month’s issue of the *Friend* magazine.



I Will Send Their Words Forth (Jacob the Teacher), by Elspeth Caitlin Young

I can help others in need when I share with them (Jacob 2:12-14, 17-21).

Cut out the arrow, and attach it to the center of the circle. Spin the arrow, and tell about how you can share what the arrow points to.





Allegory of the Olive Tree, by Brad Teare

APRIL 8-14: THE LORD LABORS WITH US

Jacob 5-7

There are many, many people who haven't yet heard the gospel of Jesus Christ. If you ever feel overwhelmed by the immensity of the task of gathering them into the Lord's Church, what Jacob said about olive trees in Jacob 5 has a reassuring reminder: the vineyard belongs to the Lord. He has given each of us a small area to assist in His work—our family, our circle of friends, our sphere of influence. And sometimes the first person we help gather is ourselves. But we are never alone in this work, for the Lord of the vineyard labors alongside His servants (see Jacob 5:72). God knows and loves His children, and He will prepare a way for each of them to hear His gospel, even those who have rejected Him in the past (see Jacob 4:15–18). And then, when the work is done, all those who have been “diligent in laboring with [Him] . . . shall have joy with [Him] because of the fruit of [His] vineyard” (Jacob 5:75).

See also “Jacob Teaches about the Gathering of Israel” (video), Gospel Library.

Ideas for Learning at Home and at Church

JACOB 5

Jesus Christ is the Lord of the vineyard.

Jacob 5 is a story with symbolic meaning. It describes trees and fruit and laborers, but it's really about God's interactions with His people throughout history. So as you read the basic story, think about what some of the things in the story might symbolize.

For example, if the vineyard represents the world, and the tame olive tree represents Israel (or those who have made covenants with God; see Jacob 5:3), what might the wild olive trees represent? What

could the good and bad fruit represent? What other symbols do you see?

Even though Jacob 5 teaches about nations and centuries of world history, it's also about you and your life. What messages do you find for yourself in Jacob 5?

Perhaps most important, Jacob 5 is about Jesus Christ. Look for Him as you read. What do you learn about Him, for example, in verses 40–41, 46–47?

For additional insights about Jacob 5, see the diagram at the end of this outline.

JACOB 5:61-75

**The Lord invites me to labor with Him in His vineyard.**

The “other servants” (Jacob 5:70) who were called into the Lord’s vineyard include people like you. What truths do you find in Jacob 5, especially verses 61–62 and 70–75, about working in the Lord’s vineyard? What have you learned about Him by helping with His work?

As you read about the “last time” that the Lord labors in His vineyard, what inspires you to serve the Lord “with your might”? (Jacob 5:71). Maybe you could think of a personal experience in which you felt joy while serving the Lord of the vineyard—for example, through sharing the gospel, serving in the temple, or strengthening others. You might also explore the examples Elder Gary E. Stevenson shared in his message “Simply Beautiful—Beautifully Simple” (*Liahona*, Nov. 2021, 47–50).

President Russell M. Nelson taught: “*Anytime* you do *anything* that helps *anyone*—on either side of the veil—take a step toward making covenants with God and receiving their essential baptismal and temple ordinances, you are helping to gather Israel. It is as simple as that” (“Hope of Israel” [worldwide youth devotional, June 3, 2018], Gospel Library). Consider starting a list of ideas of what you can do to help gather Israel. From your list, what do you feel the Lord would have you do today in His vineyard? According to verse 75, how does the Lord reward us for service in His vineyard?

See also “Israel, Israel, God Is Calling,” *Hymns*, no. 7; “Old Testament Olive Vineyard” (video), Gospel Library; Gospel Topics, “Gathering Israel,” “Inviting All to Receive the Gospel of Jesus Christ,” “Participating in Temple and Family History Work,” Gospel Library.

Teach doctrine. Make sure your discussions focus on the foundational doctrine in the scriptures. You can do this by reading scriptures together and then sharing with each other the truths you find, as well as experiences with living these truths.

JACOB 6:4-5

The Lord remembers His people in love and mercy.

One meaning of the word *cleave* is to adhere to or stick to something firmly, closely, and unwaveringly. How does that definition affect the way you understand Jacob 6:4–5? In the story of the olive tree, how did the Lord of the vineyard extend his “arm of mercy”? (see, for example, Jacob 5:47, 51, 60–61, 71–72). How has He done this for you?

JACOB 7:1-23

I can stand strong when others challenge my faith in Jesus Christ.

The Nephites’ experience with Sherem is often repeated today: people are trying to destroy faith in Christ. How did Jacob respond when his faith was attacked? What do you learn from his responses? What can you do now to prepare for times when your faith in the Savior will be challenged?

See also Jeffrey R. Holland, “The Cost—and Blessings—of Discipleship,” *Ensign* or *Liahona*, May 2014, 6–9; “Sherem Denies Christ” (video), Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

JACOB 5

The Lord cares for His people.

- How can you share the story of the olive trees in a way that your children can understand? One way is to take a walk outside to look at a tree and briefly review the main points of the story. What did the Lord of the vineyard do for His trees? How can we be like workers in the story and help others feel the Savior's love?
- Jacob shared the story of the olive trees to invite his people to come unto Christ. It can do the same for your children. Perhaps you could summarize the story with verses such as Jacob 5:3–4, 28–29, 47, and 70–72 (see also “Old Testament Olive Vineyard” [video], Gospel Library). You or your children could then read Jacob 5:11, 41, 47, and 72, looking for things that show how much the Lord of the vineyard (Jesus Christ) cared about the trees. What does the Savior do to show that He cares about us?

JACOB 6:4–5

Heavenly Father loves me and will forgive me as I repent.

- Jacob 6:4–5 has an important message for us when we make wrong choices. Maybe you could

help your children find it. Which words in these verses give us hope in God's redeeming love? Elder Allen D. Haynie's story about getting dirty in a mud pit, in his message “Remembering in Whom We Have Trusted” (*Ensign* or *Liahona*, Nov. 2015, 121–22), could help. What do this story and Jacob 6:4–5 teach us about what we need to do to be saved in the kingdom of God?

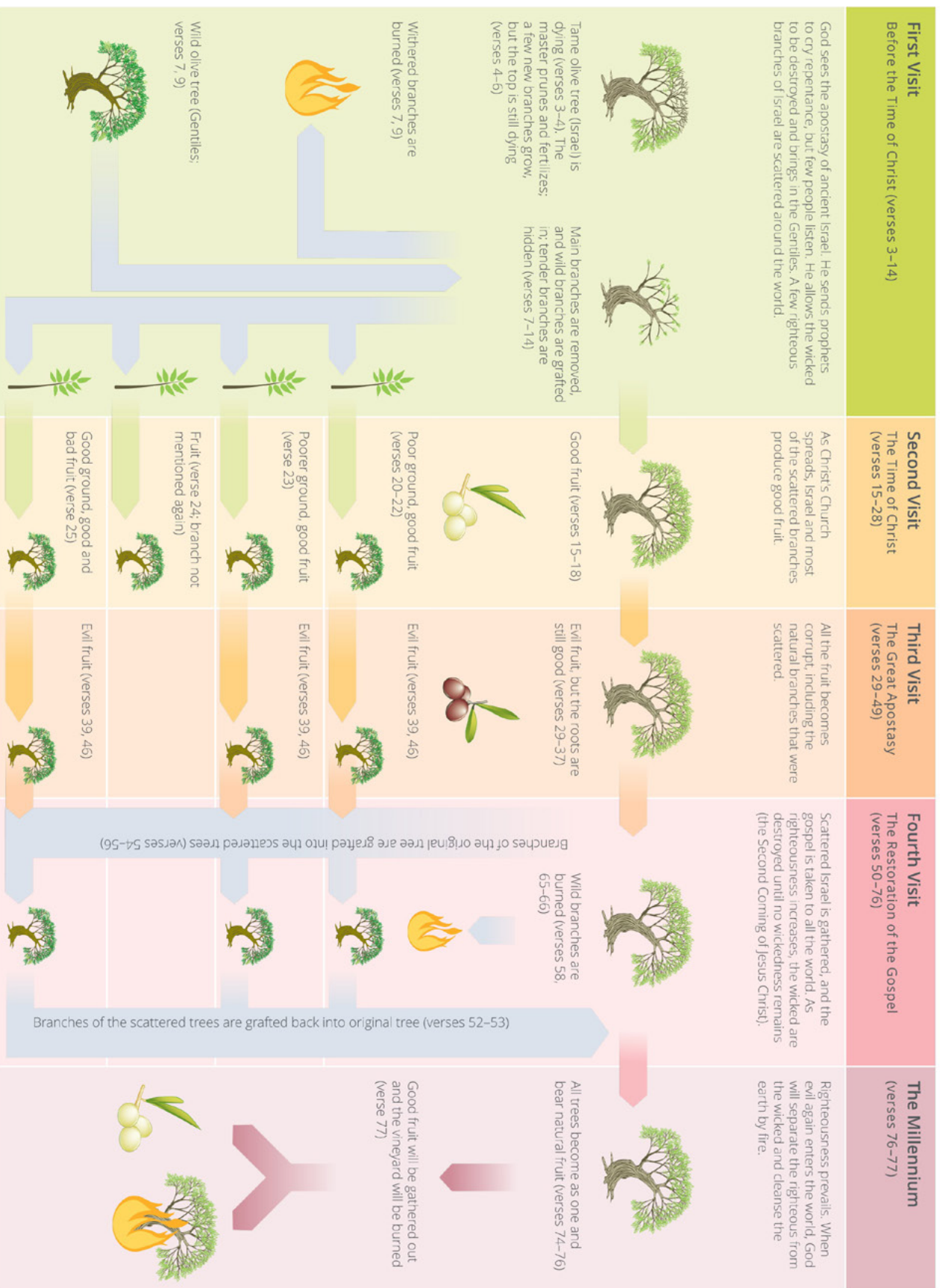
JACOB 7:1–23

I can stand up for what I know is true.

- How can you inspire your children to stand for truth like Jacob did? Your children could watch the video “Chapter 10: Jacob and Sherem” (Gospel Library) and act out the interaction between Jacob and Sherem, using Jacob 7:1–23 as a guide. How did Jacob stand for what he knew was right? Invite your children to share experiences when they stood for the right, or share your own. Perhaps they could also sing a song that expresses courage like Jacob's, such as “Stand for the Right,” *Children's Songbook*, 159.

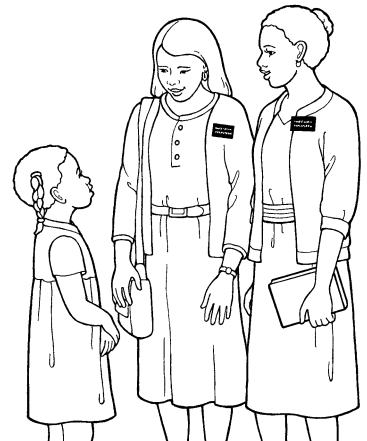
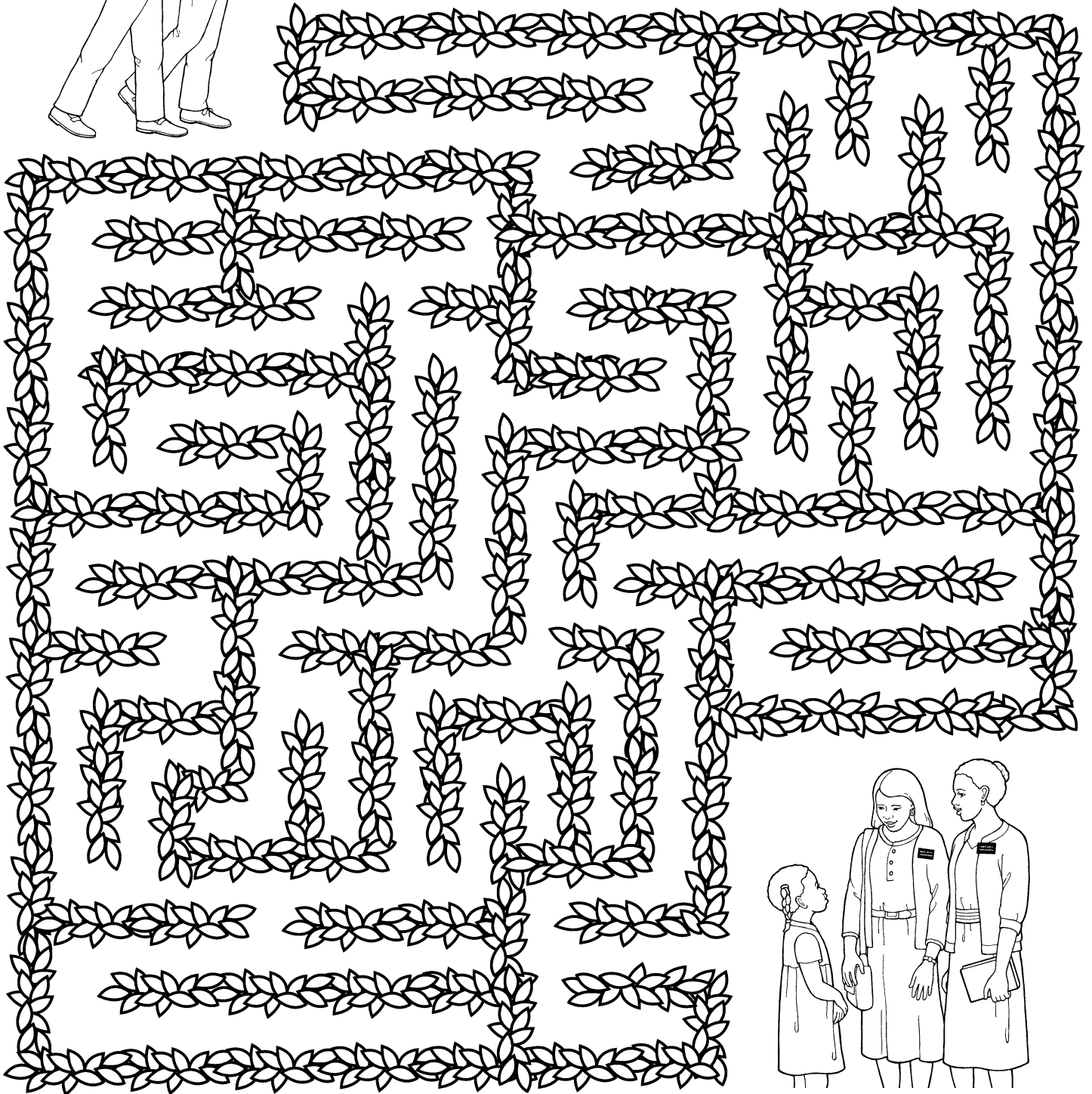
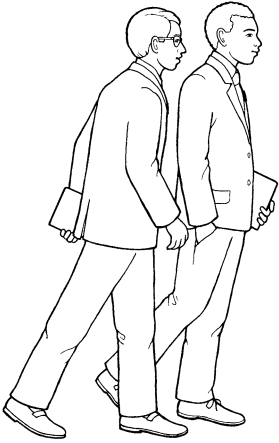
For more ideas, see this month's issue of the *Friend* magazine.

The Allegory of the Olive Trees (Jacob 5)



Missionaries serve Heavenly Father's children (Jacob 5).

Missionaries help God's children like laborers who care for trees in a vineyard. Help the missionaries find their way through the maze. How do missionaries help God's children?





Jacob and Enos, by Scott Snow

APRIL 15–21: “HE WORKETH IN ME TO DO ACCORDING TO HIS WILL”

Enos—Words of Mormon

Although Enos went to the forest to hunt beasts to satisfy physical hunger, he ended up staying there all day and into the night because his “soul hungered.” This hunger led Enos to “raise [his] voice high that it reached the heavens.” He described this experience as a wrestle before God (see Enos 1:2–4). From Enos we learn that prayer is a sincere effort to draw near to God and seek to know His will. When you pray with this intent, you are more likely to discover, as Enos did, that God hears you and truly cares about you, your loved ones, and even your enemies (see Enos 1:4–17). When you know His will, you are better able to do His will. Like Mormon, you may “not know all things; but the Lord knoweth all things . . . ; wherefore, he worketh in [you] to do according to his will” (Words of Mormon 1:7).

Ideas for Learning at Home and at Church

ENOS 1:1–17

God will hear and answer my prayers.


Your experiences with prayer may be less dramatic than Enos’s, but they don’t have to be less meaningful. Here are some questions to think about as you study Enos 1:1–17:

- What words describe Enos’s efforts as he prayed?
- How did Enos’s prayers change from verses 4 to 11?

- What do I learn from Enos that can help me improve my prayers?

See also “Enos Prays Mightily” (video), Gospel Library; “Sweet Hour of Prayer,” *Hymns*, no. 142.

Sharing discussion questions. If you are teaching others, consider putting the questions you’d like to discuss in a prominent place so everyone can see them. This helps people ponder the questions and give more inspired answers.

ENOS 1:1–4

The Lord can help me influence my family for good.

Maybe there's someone in your family who you wish you could help come unto Christ, but you wonder if your efforts are making any difference. What can you learn from Enos 1:1–4 about Jacob's influence on his son Enos? For example, what does the phrase "the nurture and admonition of the Lord" mean to you? How can you invite His influence in your home?

As you think about your own family, consider these questions and resources:

- How can you influence your family in positive ways? (see 1 Nephi 2:16–18; 3:15–21; 5:1–6; 7:20–21; Alma 36:17–20; "The Family: A Proclamation to the World"). What can you do if someone doesn't seem to want your help or is unkind to you?
- What principles do you find in the following scriptures that can guide your relationships with family members? Matthew 5:21–24, 38–44; 6:14; 7:1–5; 22:36–39; 3 Nephi 18:21; Moroni 7:33; Doctrine and Covenants 18:10–13.

Elder Dieter F. Uchtdorf shared helpful counsel for families in "In Praise of Those Who Save" (*Ensign* or *Liahona*, May 2016, 77–80). What does his message inspire you to do to strengthen your family? (see especially the section titled "Saving Our Families").

See also Gospel Topics, "Family," Gospel Library; "Home and Family—Through Small Things" (video), Gospel Library.

ENOS 1:1–18
I can receive forgiveness as I exercise faith in Christ.

At times you may wonder if your sins have been forgiven, even after you've repented of those sins. What insights do you gain from Enos's experience in Enos 1:1–8? How did Enos show his faith in Jesus Christ before and after he received forgiveness?

JAROM-OMNI
As I strive to keep His commandments, God will bless me.

The books of Jarom and Omni both describe the relationship between righteousness and prosperity. What do you learn from Jarom 1:7–12; Omni 1:5–7, 12–18? How are worldly definitions of prosperity different from the Lord's definition? How does the Lord help His people prosper? (see Alma 37:13; 48:15–16).

OMNI 1:25–26
"Come unto Christ, who is the Holy One of Israel."

The invitation "Come unto Christ" appears often in the Book of Mormon. In fact, one of the book's main purposes is to extend this invitation to everyone. As you read Omni 1:25–26, what words or phrases do you find that describe how to come unto Christ? What will you do to come unto Him more completely?



Mormon Compiling the Plates, by Jorge Cocco

WORDS OF MORMON 1:1–8
God will work through me as I follow His guidance.

One reason the Lord inspired Mormon to include the small plates of Nephi in the Book of Mormon was because He knew that the first 116 translated pages would be lost (see Doctrine and Covenants 10; *Saints*, volume 1, chapter 5). Why are you grateful that Mormon followed the Lord's instruction to include these writings (consisting of 1 Nephi through Omni)? What reasons did Mormon give

for including them? (see Words of Mormon 1:3–7). When have you seen God working through you or others?

For more ideas, see this month's issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ENOS 1:1–5

I can talk to Heavenly Father through prayer.

- How can you help your children make their prayers more meaningful? Consider showing them a picture of Enos praying; let them describe what they see. They could then close their eyes and imagine they are talking to Heavenly Father face-to-face. What would they like to talk about? What might He want to say to them?
- As you read aloud Enos 1:1–5, younger children could pretend to be Enos by acting out hunting, kneeling to pray, and so on. Older children could listen for a word or phrase that describes Enos's prayers. What do these words tell us about Enos's prayers? Share an experience when your soul "hungred" and you "cried unto" the Lord (Enos 1:4).



As children of God, we can pray to our Heavenly Father.

ENOS 1:2–16

Heavenly Father hears and answers my prayers.

- How can you help your children understand that Heavenly Father will hear and answer their prayers? Consider inviting them to list some

things they typically pray for. Then you could help them find what Enos prayed for in Enos 1:2, 9, 13–14, and 16 (see also "Chapter 11: Enos," *Book of Mormon Stories*, 30–31). What were the results of Enos's prayers? (see verses 6, 9, 11). What do we learn from Enos's experience about how to improve our prayers?

- Sing together a song about prayer, such as "A Child's Prayer" (*Children's Songbook*, 12–13). Perhaps your children could raise their hands every time they hear the word "pray" or "prayer" or another repeated word. Tell your children about some of the ways that Heavenly Father has answered your prayers.

WORDS OF MORMON 1:3–8

I can bless others when I listen to the Holy Ghost.

- Mormon followed the guidance of the Holy Ghost to include the small plates of Nephi in the Book of Mormon. Everything we've studied in the Book of Mormon so far this year has come to us because Mormon made the choice to listen to the Spirit. How can you help your children learn about listening to the Spirit? Invite them to take turns reading the verses from Words of Mormon 1:3–8. You could talk about what they learn from each verse. Your children could then:
 - Share what they have learned from stories in the Book of Mormon this year (pictures from *Come, Follow Me* can help them remember).
 - Sing together a song about the Holy Ghost, such as "The Still Small Voice" (*Children's Songbook*, 106–7).

- Talk about experiences in which they were guided by the Spirit to do something that blessed someone else.

For more ideas, see this month's issue of the *Friend* magazine.

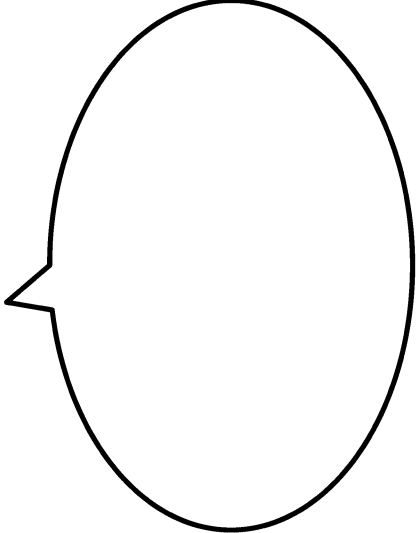
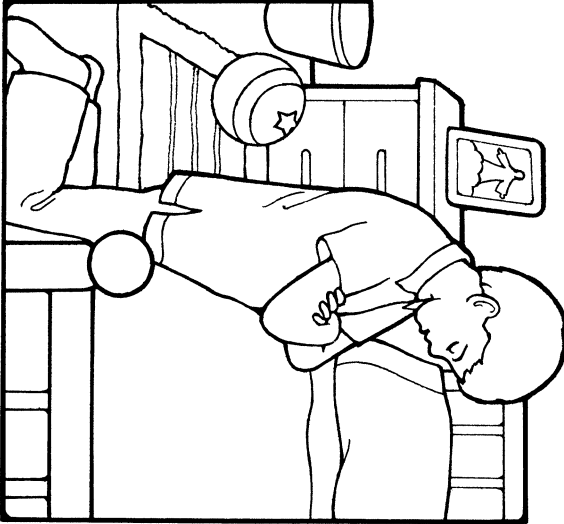
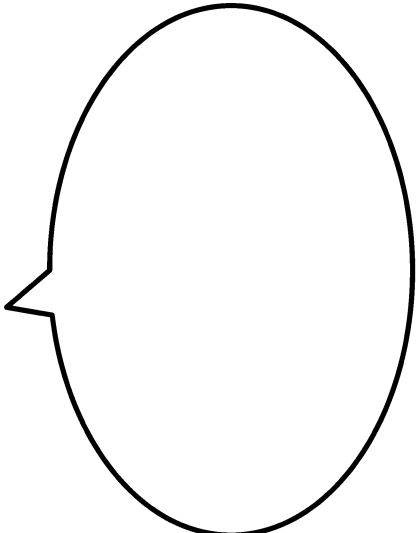

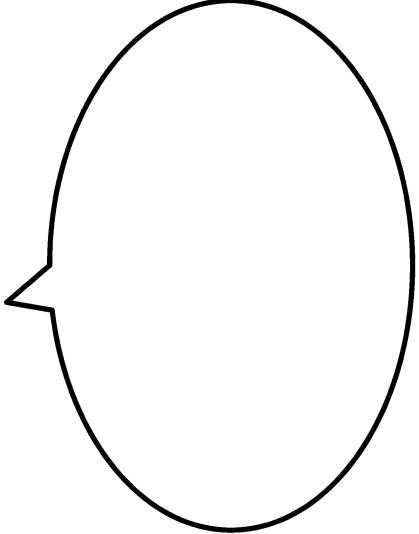
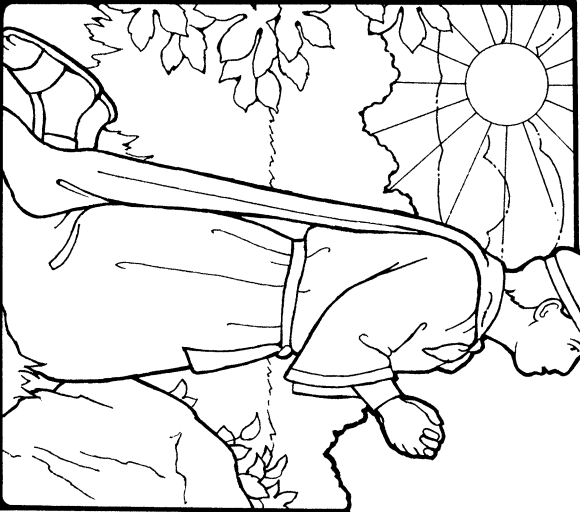


Enos Praying, by Robert T. Barrett

I can talk to Heavenly Father through prayer (Enos 1:1-17).

In the first two ovals, write or draw pictures of some of the things Enos prayed about.

In the third oval, write or draw something you can pray about.





APRIL 22-28: “FILLED WITH LOVE TOWARDS GOD AND ALL MEN”

Mosiah 1–3

When you hear the word *king*, you might think of crowns, servants, and thrones. In Mosiah 1–3, you will read about a different kind of king. Rather than living off the labors of his people, King Benjamin “labored with [his] own hands” (Mosiah 2:14). Instead of having others serve him, he served his people “with all the might, mind and strength which the Lord [had] granted unto [him]” (Mosiah 2:11). This king did not want his people to worship him; rather, he taught them to worship their Heavenly King, Jesus Christ. King Benjamin understood that it is “the Lord Omnipotent who reigneth” (Mosiah 3:5), who came “down from heaven” and went “forth amongst men, . . . that salvation might come unto the children of men even through faith on his name” (Mosiah 3:5, 9).


Ideas for Learning at Home and at Church

MOSIAH 1:1-7

“Search [the scriptures] diligently.”

In these verses, notice how the sacred records blessed King Benjamin’s people. How is your life better because you have the scriptures?

MOSIAH 2:10-26

 **When I serve others, I am also serving God.**

What do you think King Benjamin would say if you asked him why he served with all his “might, mind and strength”? (Mosiah 2:11). Ponder this as you read Mosiah 2:10–26. What did King Benjamin teach that inspires you to serve others in a more

meaningful way? For example, what does it mean to you to know that when you serve other people, you are also serving God? (see Mosiah 2:17). Seek inspiration about how you can serve someone this week.

Even when we know we should serve others, we sometimes face challenges. Another way to study Mosiah 2:10–26 is to make a list of truths King Benjamin taught that can help you overcome the challenges that might keep you from serving. What experiences have shown you that what King Benjamin taught is true?

President Joy D. Jones shared a powerful experience that changed the way she looked at serving others. Read about it in “For Him” (*Ensign* or *Liahona*, Nov.

2018, 50–52), and think about the opportunities you have to serve others. You might even list a few and ponder how President Jones’s message, along with Mosiah 2:17, might influence the way you approach these opportunities. A hymn such as “A Poor Wayfaring Man of Grief” (*Hymns*, no. 29) or a video like “The Old Shoemaker” (Gospel Library) might help you think of additional insights.

See also Matthew 25:40; “Faith Murray’s Story: Overcoming Adversity through Service,” “King Benjamin Teaches about Serving God” (videos), Gospel Library; JustServe.org; Gospel Topics, “Service,” Gospel Library.



When I serve others, I am also serving God.

MOSIAH 2:38-41

Happiness comes from keeping the commandments of God.

How would you describe the happiness that comes from obedience to God? Are there any phrases in Mosiah 2:38–41 that would help you explain why you keep His commandments?

MOSIAH 3:1-20

I can become a saint through the Atonement of Jesus Christ.

King Benjamin, like all prophets, testified of Jesus Christ so that his people “might receive remission

of their sins, and rejoice with exceedingly great joy” (Mosiah 3:13). Here are some questions to ponder as you read King Benjamin’s testimony of the Savior in Mosiah 3:1–20:

- What do I learn from these verses about the Savior and His mission?
- What do I learn from Mosiah 3:18–19 about what it means to become a saint?
- How has Jesus Christ helped me overcome sin, change my nature, and become more like a saint?

MOSIAH 3:5-21

“The Lord Omnipotent . . . shall come down from heaven.”

What does electrical power give you the ability to do? How would your life be different without it? These questions could help you ponder the even greater power that the Savior can bring into your life.

The angel who appeared to King Benjamin referred to Jesus Christ as “the Lord Omnipotent,” a title that means He has all power. What do you learn from Mosiah 3:5–21 about how the Savior uses this power? How have you seen the Savior’s power in your life and in the lives of people around you? What does His power enable you to do and to become? How would your life be different without it?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

MOSIAH 2:11-18

When I serve others, I am serving God.

- This week’s activity page has a simple crown your children could make. Maybe they would like to take turns standing on a chair or stool and pretending to be King Benjamin while you share some things King Benjamin taught his people, found in Mosiah 2–3. You could also share with them “Chapter 12: King Benjamin” (*Book of Mormon Stories*, 32–35) to give them an overview of King Benjamin’s teachings.
- Mosiah 2:17 might be a good verse for your children to learn. You could help them repeat it a few words at a time. Or you could write the verse down, with several key words missing, and ask your children to find the missing words. Then you could talk with your children about why God wants us to serve each other.
- You could help your children search Mosiah 2:11–18 to find out what King Benjamin did to serve others. Then your children could write on strips of paper some ways they can serve family members. Put the papers in a container, like a bag or jar, so your children can pick one each day and do that act of service for someone.

Children benefit from repetition. Don't be afraid to repeat activities multiple times, especially with younger children. Repetition will help the children remember what they learn.



King Benjamin taught that we can serve God by serving others.

MOSIAH 2:19-25

All of my blessings come from Heavenly Father.

- King Benjamin’s service to his people was inspired by his deep gratitude to God. How will you inspire similar feelings in your children? You could read together Mosiah 2:21 and start a list of blessings Heavenly Father has given us. Then maybe you could add to the list other blessings your children think of.
- Here’s a game you could play to help your children recognize Heavenly Father’s blessings. The children could pass around a picture of the Savior as they sing or listen to a song about gratitude (see “Gratitude” in the topics index of the *Children’s Songbook*). Stop singing or stop the music periodically, and invite whoever is holding the picture to talk about a blessing they are grateful for. According to Mosiah 2:22–24, how can we show that we are thankful for our blessings?

MOSIAH 3:5-10, 19

Jesus Christ will help me become more like Him.

- An angel told King Benjamin important truths about the life and ministry of Jesus Christ. Maybe you and your children could look for pictures of some of the events mentioned in Mosiah 3:5–10 (see, for instance, *Gospel Art Book*, nos. 30, 41, 42, 57, 59). As you read Mosiah 3:5–10, your children could raise their hands when they hear

something in the passages that appears in one of the pictures.

- Have your children ever helped prepare food using a recipe? Maybe you could talk about that experience and use Mosiah 3:19 to come up with a “recipe” for how we can become like Jesus Christ. How does Jesus help us become like Him?

For more ideas, see this month's issue of the *Friend* magazine.

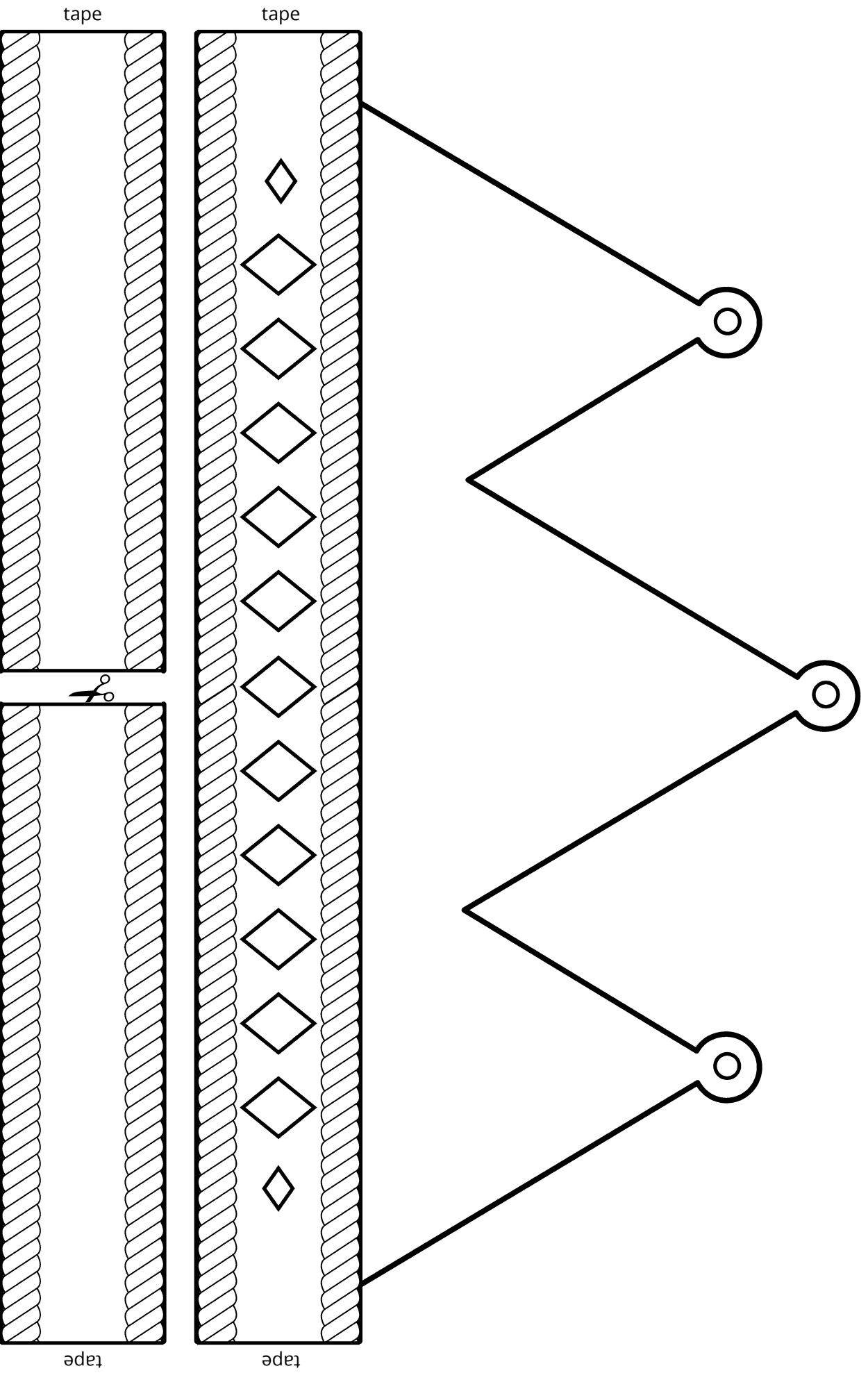


King Benjamin's Address, by Jeremy Winborg

When I serve others, I am also serving God (Mosiah 2:11-18).

In the triangles on the crown, draw ways you can serve others, as King Benjamin did.

Cut out the pieces and make a crown that you can wear as you serve others.





In the Service of Your God, by Walter Rane

APRIL 29–MAY 5: “A MIGHTY CHANGE”

Mosiah 4–6

Have you ever heard someone speak and felt inspired to change your life? Perhaps you decided, because of what you heard, to live a little differently—or even a lot differently. King Benjamin’s sermon was that kind of sermon, and the truths he taught had that kind of effect on the people who heard them. King Benjamin shared with his people what an angel had taught him—that wonderful blessings were possible through “the atoning blood of Christ” (Mosiah 4:2). Because of His message, they changed their view of themselves (see Mosiah 4:2), the Spirit changed their desires (see Mosiah 5:2), and they covenanted with God that they would always do His will (see Mosiah 5:5). This is how King Benjamin’s words affected his people. How will they affect you?

Ideas for Learning at Home and at Church

MOSIAH 4

Through Jesus Christ, I can receive and retain a remission of my sins.

Sometimes, even when you have felt forgiven of your sins, you might struggle to keep that feeling and stay on the path of righteousness. King Benjamin taught his people how to both receive and retain a remission of sins. As you study chapter 4 of Mosiah, consider asking questions like these:


Verses 1–8. What are the conditions under which God grants a remission of your sins? What do you learn about Him in these verses that inspires you to repent? How can you know you have repented?

Verses 11–16. According to these verses, what happens in our lives if we do the things described in verse 11? How have you, or someone you love, experienced these changes? Compare these changes to the changes described in Mosiah 3:19.

Verses 16–30. How might sharing what you have with others help you retain a remission of your sins? How can you apply verse 27 to your efforts to be Christlike?

In what sense are we all beggars? According to these verses, how should we treat all of God’s children? (see Mosiah 4:26). Who needs your help?

See also Becky Craven, “Keep the Change,” *Ensign* or *Liahona*, Nov. 2020, 58–60.

MOSIAH 4:5-10 **I believe and trust in God.**

King Benjamin’s invitation to believe in and trust God is as important today as it was in ancient times. As you read Mosiah 4:5–10, look for truths about God that give you reason to trust Him. Note the invitations King Benjamin gives in verse 10. Why would trusting God make it easier to do what King Benjamin invites?

Consider searching some of these additional scriptures to make a list of God’s attributes: Jeremiah 32:17; 1 John 4:8; 2 Nephi 9:17; Alma 32:22; Mormon 9:9; Ether 3:12; Doctrine and Covenants 19:1–3; 88:41 (see also the video “Christlike Attributes,” Gospel Library). You could use your list to come up with various ways to complete a sentence like this: “Because I know God is _____, I can trust Him to _____.”

Our trust in God increases as we have experiences with Him. In Mosiah 4:1–3, what helped King Benjamin’s people “come to a knowledge of the goodness of God”? (verse 6). Think about the experiences you have had with God. What have these experiences taught you about Him? What steps are you taking (or could you take) to deepen your belief or trust in God?

See also Jeffrey R. Holland, “The Grandeur of God,” *Ensign* or *Liahona*, Nov. 2003, 70–73; Gospel Topics, “God the Father,” Gospel Library; “I Know My Father Lives,” *Hymns*, no. 302.

Sharing sacred experiences. Some experiences are too sacred or personal to share. When inviting others to share experiences, don’t pressure them to share if they do not want to.

MOSIAH 4:29-30**I must watch my thoughts, words, and deeds.**

God doesn’t give us a list of every possible sin. According to Mosiah 4:29–30, what does He do instead? Ponder how your thoughts, words, and deeds affect yourself and others. How do they affect your relationship with God? How do you “watch [yourself]”?

MOSIAH 5:1-5**The Spirit of the Lord can cause a mighty change in my heart.**

It’s common for people to say, “I can’t change. That’s just the way I am.” In contrast, the experience of King Benjamin’s people shows us how the Spirit of the Lord can truly change our hearts. As you read Mosiah 5:1–5, think about how the “mighty change” leading to true conversion has happened—or can happen—in your life. Think about the subtle, gradual changes as well as the “mighty” experiences. How do these experiences help you when you face temptation?

See also Ezekiel 36:26–27; Alma 5:14; “A Change of Heart,” “The People of King Benjamin Make a Covenant” (videos), Gospel Library.



Healing Hands, by Adam Abram

MOSIAH 5:5-15**I take upon myself the name of Christ as I make covenants with Him.**

What do you learn from Mosiah 5:7-9 about what it means to take upon yourself the name of Christ?

What do the sacrament prayers (see Moroni 4-5) teach about this? How can you show that you “belong” to the Savior?

See also D. Todd Christofferson, “Why the Covenant Path,” *Liahona*, May 2021, 116-19.

Ideas for Teaching Children

MOSIAH 4:1-3, 10**Repentance brings joy.**

- To teach about the joy of repentance, maybe you could let your children get their hands sticky or dirty and notice how they feel after washing. Then you could compare that to the way the people in Mosiah 4:1-3 felt before and after their sins were forgiven. Share your testimony of the Savior’s power to cleanse us spiritually.
- Do your children know how to fully and sincerely repent? Help them find what King Benjamin’s people did in Mosiah 4:1-3, 10. They could also review “Repent, Repentance” in Guide to the Scriptures. How does Jesus Christ make repentance possible?

(or a song like “I’ll Walk with You,” *Children’s Songbook*, 140-41) and find phrases that describe how we can serve others. They could then act out these things or draw pictures of them and guess each other’s phrases. How can we show love and kindness at home, at school, or at church?



Jesus Christ taught us to be kind to others.

MOSIAH 4:12-26**The gospel of Jesus Christ inspires me to treat others with love and kindness.**

- Serving others makes us feel good. Perhaps your children could talk about a time when they loved or served someone and how that experience made them feel. What are some reasons people might not want to serve others? What could we say to someone to invite them to help people in need? Look for ideas in Mosiah 4:16-26.
- King Benjamin taught that when we come unto Christ and receive a remission of our sins, we are “filled with the love of God” (Mosiah 4:12). This leads us to be loving and kind toward others. You and your children could search Mosiah 4:13-16, 26

MOSIAH 5:5-15**As I make covenants with God, I take upon myself the name of Christ.**

- Your children might enjoy creating badges displaying the name “Jesus Christ” and wearing them over their hearts (see this week’s activity page). While they do so, you could read to them Mosiah 5:12 and talk about how making covenants, or promises, with God is like having the name of Christ “written always in [our] hearts.”

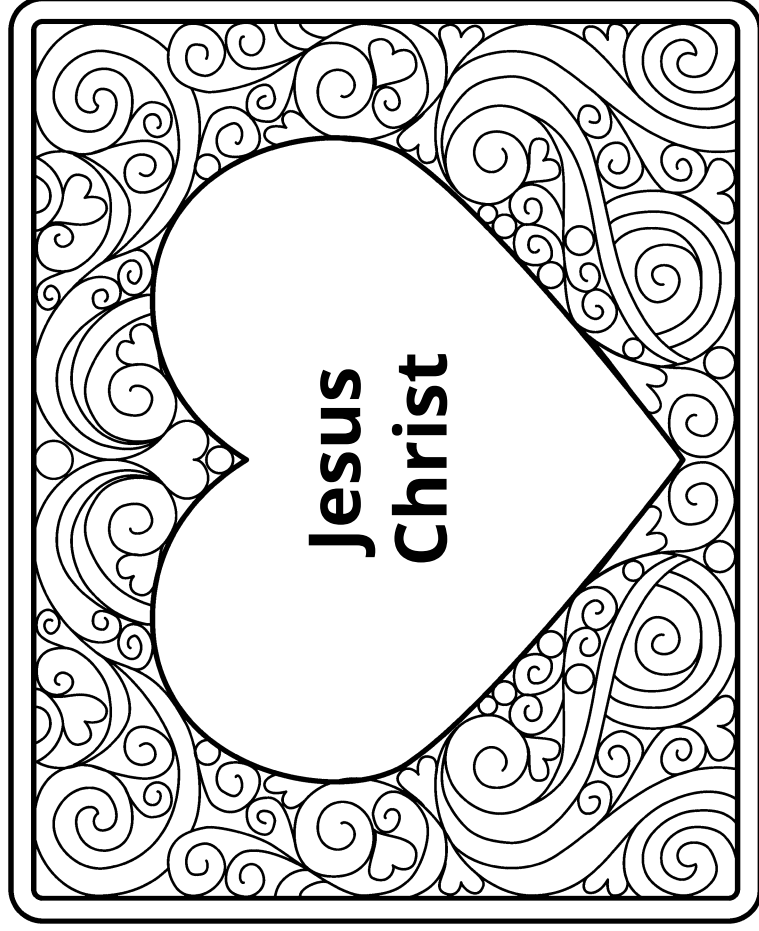
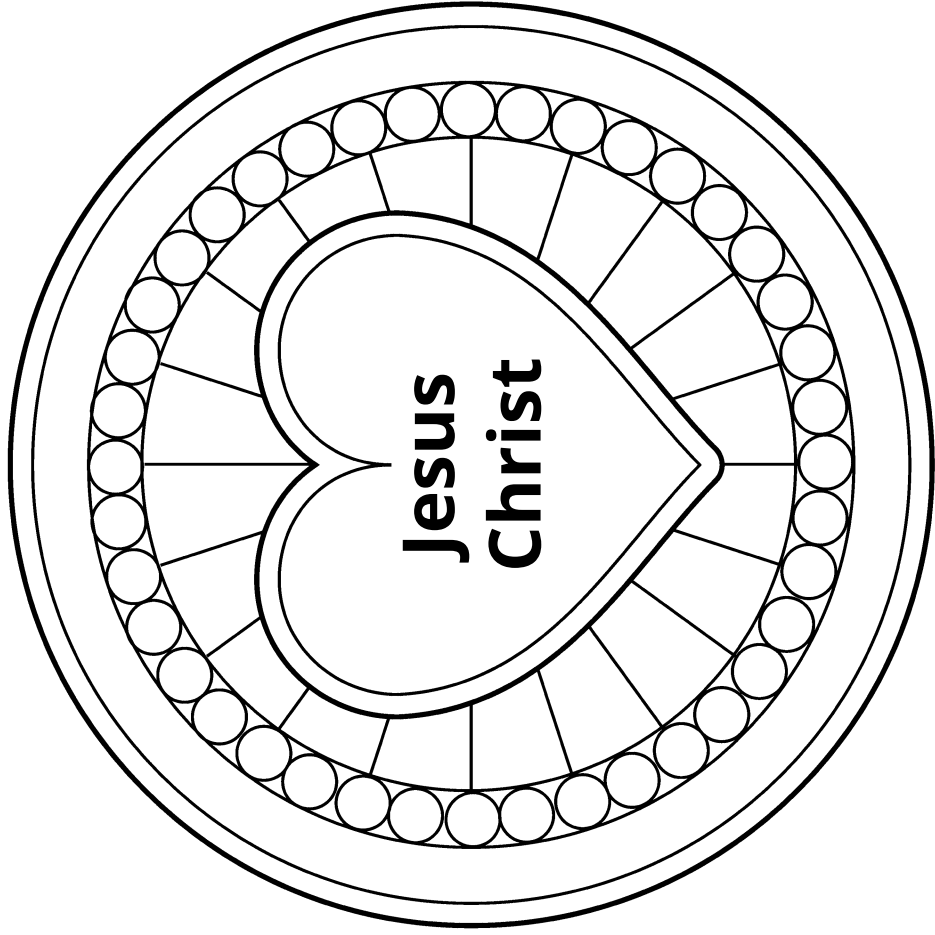
For more ideas, see this month’s issue of the *Friend* magazine.



In His Constant Care, by Greg K. Olsen

When I make covenants with God, I take upon myself the name of Christ (Mosiah 5:5-15).

Color and cut out one of the badges. Attach a piece of string and wear it as a reminder that you are a disciple of Jesus Christ.





Minerva Teichert (1888–1976), *Ammon before King Limhi*, 1949–1951, oil on masonite, 35 15/16 × 48 inches, Brigham Young University Museum of Art, 1969.

MAY 6–12: “IN THE STRENGTH OF THE LORD”

Mosiah 7–10

While King Mosiah’s people were enjoying “continual peace” in Zarahemla (Mosiah 7:1), their thoughts turned to another group of Nephites, who many years before had left to dwell in the land of Lehi-Nephi. Generations had passed, and Mosiah’s people had heard nothing from them. So, Mosiah asked Ammon to lead a search party to find the Nephites who had left. The search party found that these Nephites, “because of iniquity” (Mosiah 7:24), were in captivity to the Lamanites. But with the arrival of Ammon and his brethren, suddenly there was hope for deliverance.

Sometimes we’re like these captive Nephites, suffering because of our sins, wondering how we’ll ever find peace again. Sometimes we’re like Ammon, feeling prompted to reach out to others and eventually finding that our efforts have inspired them to “lift up [their] heads, and rejoice, and put [their] trust in God” (Mosiah 7:19). No matter our circumstances, we all need to repent and “turn to the Lord with full purpose of heart,” with faith that “he will . . . deliver [us]” (Mosiah 7:33).

Ideas for Learning at Home and at Church

MOSIAH 7:14–33

Jesus Christ has the power to deliver me.

Meeting Ammon gave King Limhi hope, and he wanted to pass that hope on to his people. Maybe his words can give you hope too. For context, consider reviewing the situation of Limhi’s people in Mosiah 7:20–25. Then ponder these questions as you read Mosiah 7:14–33:

- What did Limhi say to strengthen his people’s faith and hope in Christ?

- What phrases help you feel hope? (see verses 19, 33).
- What experiences have helped you trust that God can and will deliver you?

See also “Redeemer of Israel,” *Hymns*, no. 6.

MOSIAH 7:26–27

I was created “after the image of God.”

In Mosiah 7:26–27, Limhi explained some of the truths taught by Abinadi. What truths can you

identify in these verses? How do these truths affect the way you see God and yourself?

See also Russell M. Nelson, “Your Body: A Magnificent Gift to Cherish,” *Liahona*, Aug. 2019, 50–55.

MOSIAH 8:13–19

The Lord provides prophets, seers, and revelators to benefit mankind.

When Limhi heard Ammon’s testimony that the Lord had raised up a seer, Limhi “rejoiced exceedingly, and gave thanks to God” (Mosiah 8:19). Why do you think he felt that way? What do you learn about seers from Ammon’s words in Mosiah 8:13–19?

Today, we sustain the First Presidency and the Quorum of the Twelve Apostles as prophets, seers, and revelators. How have they been “a great benefit” to you? (Mosiah 8:18). What have they taught you about Jesus Christ?

How can you, like Ammon, speak boldly about the need for prophets, seers, and revelators? (see Mosiah 8:13–18). For example, what could you share with your family or on social media about:

- Truths that have been restored in our day by Joseph Smith and other prophets of the Lord (such as the nature of God, our divine identity, or the eternal nature of the family). A review of “The Restoration of the Fulness of the Gospel of Jesus Christ” or “The Family: A Proclamation to the World” (Gospel Library) might help you think of some of these truths.
- The blessings of commandments or ordinances (such as the Word of Wisdom, the law of chastity, or sealing of families).

Last month, we heard from prophets, seers, and revelators in general conference. What messages inspired you? What will you do differently based on what you learned? What did the Lord’s seers say about “things which are to come”? (Mosiah 8:17).

See also Gospel Topics, “Prophets,” Gospel Library.

MOSIAH 9–10

I can face my challenges “in the strength of the Lord.”

Zeniff admitted that his mistakes had put his people in a difficult situation. But later, during battles against the Lamanites, he helped his people face their challenges with faith in the Lord. As you read Mosiah 9–10, look for what Zeniff’s people did to show their faith. How did God strengthen them? How has He strengthened you? What does it mean to you to go forth “in the strength of the Lord”? (Mosiah 9:17; 10:10–11).

MOSIAH 10:11–17

My choices can influence generations.

As you read Mosiah 10:11–17, identify how the actions and attitudes of previous generations of Lamanites affected the generations that followed. What does this suggest about how your choices may affect others—for good or bad—including people who are not yet born?

Use object lessons. Object lessons make learning fun and memorable. Perhaps a line of dominoes could show how people’s choices can affect their descendants (see Mosiah 10:11–17).

Ideas for Teaching Children

MOSIAH 7:19

God helped people in the scriptures, and He can help me.

- When his people were in trouble, King Limhi shared scriptures to build their faith. Ask your children about scripture stories or characters that help them have faith. Then you could read Mosiah 7:19 to them and review the stories mentioned in this verse (see “The Passover” and “The Israelites in the Wilderness” in *Old Testament Stories*, 70–76). Maybe your children would like to act them out. How did the Lord help the people in these stories? How can He help us?
- For more examples of how the Lord helps us, select some verses of “Book of Mormon Stories” or “Nephi’s Courage” (*Children’s Songbook*, 118–19, 120–21) to sing with your children. Help them identify how the Lord helped people in the Book of Mormon—and how He can help us.

MOSIAH 8:16–18

God has given us prophets, seers, and revelators.

- One way to teach about seers is to compare them to things that help us see better, like glasses, binoculars, or a microscope. Then as you read Mosiah 8:17 to your children, they could put their hands up to their eyes like they’re looking through binoculars each time they hear the word “seer” (see also Moses 6:35–36). Talk with them about things that the Lord helps prophets “see”

that we can’t. What have our prophets or seers, such as Joseph Smith, revealed to us?

- After reading Mosiah 8:16–18 with your children, you could help them think of ways to complete a sentence like *A seer is like a . . . who helps us . . .*. For example, a seer is like a traffic sign who points us to Jesus.
- You could also make paper footprints and invite your children to draw pictures on them of things that prophets, seers, and revelators have counseled us to do. Place the footprints in a path around the room, and let your children walk on these footprints. How can a seer be “a great benefit” to us? (see Mosiah 8:17–18).

MOSIAH 9:14–18; 10:10–11

When I am weak, the Lord can strengthen me.

- When children face challenges, they sometimes feel weak and helpless. How will you help your children rely on the Lord’s strength? You could ask them what we do to become physically strong. What does it mean to have “the strength of men”? (see Mosiah 10:11). What does it mean to have “the strength of the Lord”? (see Mosiah 9:17–18; 10:10). How do we receive the strength of the Lord? Your children could draw a picture of things that help them receive the strength of the Lord.

For more ideas, see this month’s issue of the *Friend* magazine.



Vision to Joseph Smith, by Clark Kelley Price

God provides prophets, seers, and revelators to benefit mankind (Mosiah 8:12-19).

Joseph Smith was a seer. Connect the dots and color the picture.





Abinadi before King Noah, by Andrew Bosley

MAY 13–19: “A LIGHT . . . THAT CAN NEVER BE DARKENED”


Mosiah 11–17

Large fires can start from a single spark. Abinadi was only one man testifying against a powerful king and his court. His words were rejected for the most part, and he was sentenced to death. Yet his testimony of Jesus Christ, who is the “light . . . that can never be darkened” (Mosiah 16:9), sparked something inside the young priest Alma. And that spark of conversion slowly grew as Alma brought many others to repentance and faith in Jesus Christ. The flames that killed Abinadi eventually died out, but the fire of faith that his words created would have a lasting influence on the Nephites—and on people who read his words today. Most of us will never face quite what Abinadi did because of our testimonies, but we all have moments when following Jesus Christ is a test of our courage and faith. Perhaps studying Abinadi’s testimony will fan the flames of testimony and courage in your heart as well.

See also “Abinadi Testifies of Jesus Christ” (video), Gospel Library.

Ideas for Learning at Home and at Church

MOSIAH 11–13; 17

 I can stand for Jesus Christ, even when I stand alone.

While you’re studying Mosiah 11–13; 17, look at the pictures of Abinadi in this outline. What do you learn about standing as a witness for Christ? In particular, you could focus your study on passages and questions like these:

- How would you describe Noah and his people? Why would it require courage for Abinadi to

share God’s message with them? (see Mosiah 11:1–19, 27–29; 12:9–15).

- How would you describe Abinadi? What did Abinadi understand that helped him be bold in his testimony? (see Mosiah 13:2–9, 28, 33–35; 17:8–10, 20).

When have you felt like you were standing alone in defense of the Savior and His gospel? How did He help you feel He was with you? As you ponder this, you could read the account of Elisha and his young servant in 2 Kings 6:14–17. What inspires you about this account?

You could also search pages 31–33 of *For the Strength of Youth: A Guide for Making Choices* to find phrases that give you courage to defend the truth. Or you could do the same in the lyrics of a hymn like “Do What Is Right” or “Let Us All Press On” (*Hymns*, nos. 237, 243).

How will you apply what you learned from Abinadi? The video “Dare to Stand Alone” (Gospel Library) portrays situations in which you can stand for Christ and His gospel. What other examples can you think of?

See also Romans 1:16; 2 Timothy 1:7–8; “Chapter 8: The Call for Courage,” *Teachings of Presidents of the Church: Thomas S. Monson* (2022), 135–47; Gospel Topics, “Faith in Jesus Christ,” Gospel Library.

Teach by the Spirit. “Powerful gospel teaching requires not just preparing a lesson but preparing yourself spiritually [to] hear and follow the guidance of the Spirit as you teach” (*Teaching in the Savior’s Way*, 17).

MOSIAH 12:19–37

I need to apply my heart to understanding God’s word.

King Noah’s priests were familiar with the word of God. They could quote passages of scripture and claimed to teach the commandments. And yet, their lives seemed unaffected by the Savior’s gospel. Why was that?

Think about this as you read Mosiah 12:19–37. What do you think it means to apply your heart to understanding God’s word? What words or phrases inspire you to make changes in the way you approach learning the gospel?

MOSIAH 13:11–26

God’s commandments should be written in my heart.

Ponder Abinadi’s observation that the commandments were “not written in [the] hearts” of the priests (Mosiah 13:11). What might this phrase mean? As you read Mosiah 13:11–26, consider whether these commandments are written in your heart.

See also Jeremiah 31:31–34; 2 Corinthians 3:3.

MOSIAH 14–15

Jesus Christ suffered for me.

In Mosiah 14–15, notice words and phrases that describe the Savior and what He suffered for you. Which verses help deepen your love and gratitude toward Him?

MOSIAH 15:1–12

How is Jesus Christ both the Father and the Son?

Abinadi taught that God the Son—Jesus Christ—would be the Redeemer (see Mosiah 15:1), dwelling in the flesh, becoming both man and God (verses 2–3). He completely subjected Himself to the will of God the Father (verses 5–9). Because of this, Jesus Christ is both the Son of God and the perfect earthly representation of God the Father (see John 14:6–10).

Jesus Christ is also the Father in the sense that when we accept His redemption, we become “his seed” and “heirs of the kingdom of God” (Mosiah 15:11–12). In other words, we become spiritually reborn through Him (see Mosiah 5:7).

Why do you feel it’s important to know these truths about Heavenly Father and Jesus Christ? How does Abinadi’s testimony strengthen your faith in Them?

Ideas for Teaching Children

MOSIAH 11–13; 17

I can stand for Jesus Christ, even when I stand alone.

- At some time in our lives, we all face pressure to make choices that go against our faith in Jesus Christ. What can your children learn from Abinadi about standing as a witness of Jesus Christ, even when it is unpopular? The artwork in this outline or “Chapter 14: Abinadi and King Noah” (in *Book of Mormon Stories*, 38–42) could help them visualize the account in Mosiah 11–13; 17. Ask them what they like about Abinadi.
- Your children might enjoy acting out parts of Abinadi’s story. Then they could act out real-life scenarios to practice what they might do if others want them to do something wrong. Or they could share experiences when they were brave in following Jesus Christ. How did Abinadi follow Jesus Christ? (see Mosiah 13:2–9; 17:7–10). Why didn’t King Noah do what he knew was right? (see Mosiah 17:11–12).

MOSIAH 12:33–36; 13:11–24

I should obey the Ten Commandments.

- King Noah’s priests knew the commandments but did not have them “written in [their] hearts” (Mosiah 13:11). How will you help your children know the commandments and love them? Maybe they could write the commandments from Mosiah 12:33–36 and 13:11–24 on heart-shaped pieces of paper. As they do, talk with them about what these commandments mean and how to follow them. How do we write these commandments in our hearts?

- You could also sing together a song about commandments, such as “Keep the Commandments” (*Children’s Songbook*, 146–47). What blessings come from keeping the commandments?



The scriptures teach us God’s commandments.

MOSIAH 14; 16:4–9

Heavenly Father sent Jesus Christ to lead me back to Him.

- Though it’s a short chapter, Mosiah 14 has several words and phrases that describe Jesus Christ. Maybe you and your children could list them as you read the chapter together. Then you could talk about how you feel about the Savior as you study these words and phrases.
- To teach about Jesus Christ, Abinadi quoted the prophet Isaiah, who compared us to lost sheep. Perhaps your children could share experiences when they lost something or were lost themselves. How did they feel? What did they do? Then you could read together Mosiah 14:6 and 16:4–9. How are we like sheep who wander from God? How does Jesus Christ help us come back?

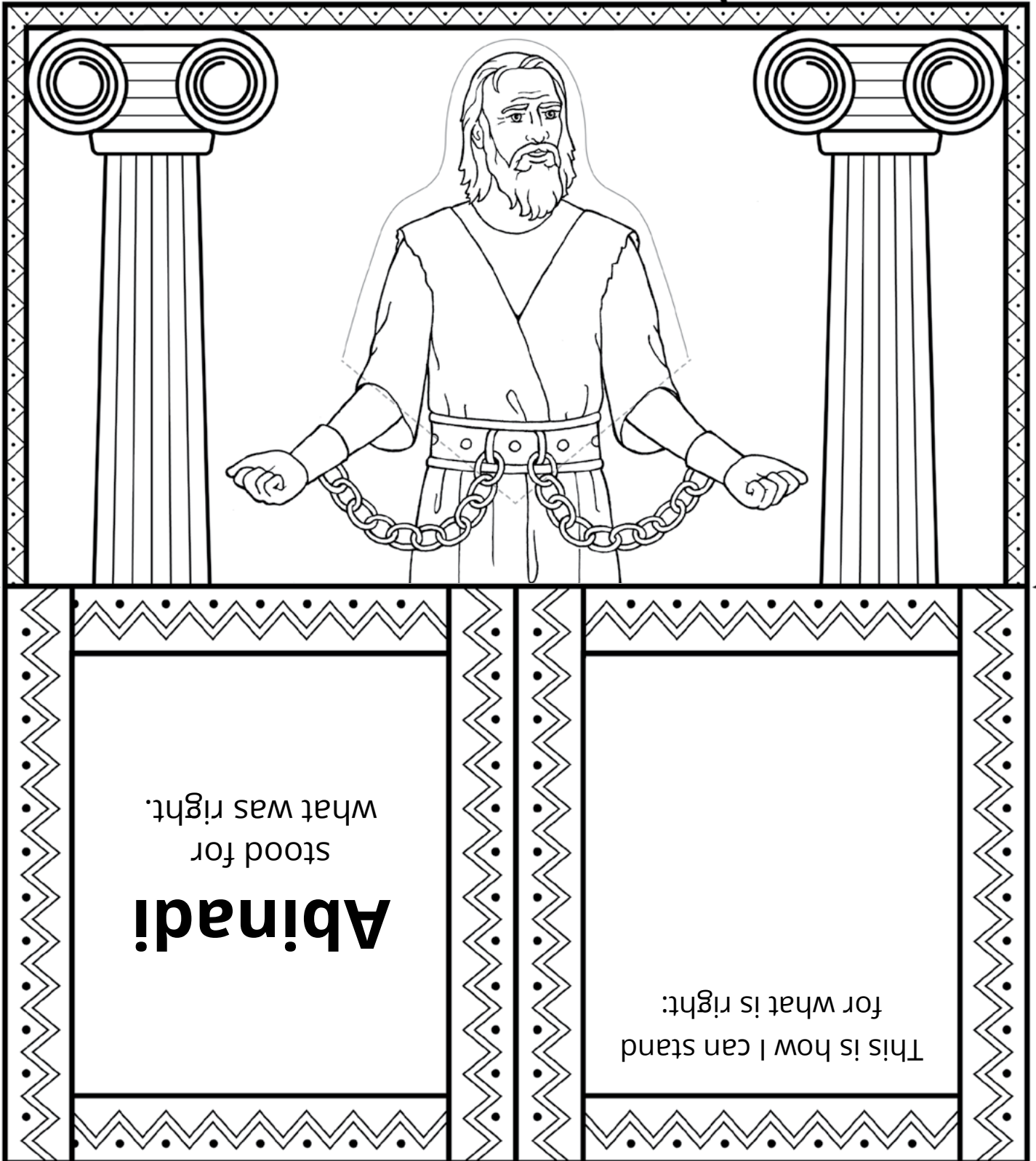
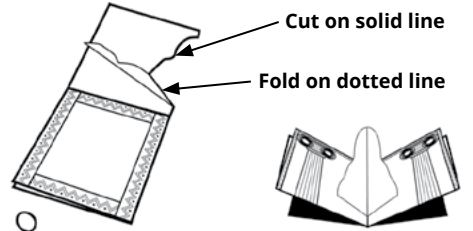
For more ideas, see this month’s issue of the *Friend* magazine.



His Face Shone with Exceeding Luster, by Jeremy Winborg

I can stand for Jesus Christ, even when I stand alone (Mosiah 11-13; 17).

Use the illustration to make a card in which Abinadi stands up when you open it. Draw or write a way you can stand for what is right on the back of the card.



fold in center

fold in center

fold in center

fold in center

Abinadi!
stood for
what was right.

This is how I can stand
for what is right:



Minerva Teichert (1888–1976), *Escape of King Limhi and His People*, 1909–1915, oil on Masonite, 95 7/8 × 48 inches, Brigham Young University Museum of Art, 1969.

MAY 20–26: WE HAVE ENTERED INTO A COVENANT WITH HIM


Mosiah 18–24

The account of Alma and his people in Mosiah 18; 23–24 shows what it means to “come into the fold of God” (Mosiah 18:8). When Alma’s people were baptized, they made a covenant with God to “serve him and keep his commandments” (Mosiah 18:10). While this was a personal commitment with God, it also had to do with how they treated one another. Yes, the journey back to Heavenly Father is individual, and no one can keep our covenants for us, but that doesn’t mean we are alone. We need each other. As members of Christ’s Church, we covenant to serve God by helping and serving one another along the way, “bear[ing] one another’s burdens” (Mosiah 18:8–10). Alma’s people definitely had burdens to bear, just as we all do. And one way the Lord helps us “bear up [our] burdens with ease” (Mosiah 24:15) is by giving us a community of Saints who have promised to mourn with us and comfort us, just as we have promised to do for them.

See also “The Lord Delivers the Covenant Peoples of Alma and Limhi” (video), Gospel Library.

Ideas for Learning at Home and at Church

MOSIAH 18:1–17

 **When I am baptized, I make a covenant with God.**

Consider how deeply the believers described in Mosiah 18 felt about Jesus Christ. They had to meet secretly, at great risk, to learn about Him (see verse 3). And when given the chance to show their commitment by the covenant of baptism, “they clapped their hands for joy, and exclaimed: This is the desire of our hearts” (Mosiah 18:11).

Reading these verses could be a good opportunity to ponder how important your covenants are to you. As you study Mosiah 18:8–14 in particular, consider questions like these:

- What do you learn from these verses about the promises you made at baptism? What does God promise you? (see verses 10, 13).
- How does the covenant to serve God relate to our efforts to minister to one another? (see verses 8–9).
- What does it mean to you to “stand as [a witness] of God”? (verse 9).
- How does keeping your baptismal covenant help you be “filled with the Spirit”? (Mosiah 18:14). How does the Spirit help you keep your covenant?

Answering these questions might lead you to ponder why covenants and ordinances are important to God. You could find insights in Elder Gerrit W. Gong’s message “Covenant Belonging” (*Ensign* or *Liahona*, Nov. 2019, 80–83) or President Jean B. Bingham’s message “Covenants with God Strengthen, Protect, and Prepare Us for Eternal Glory” (*Liahona*, May 2022, 66–69). Why are you grateful for your covenants? What are you doing to keep your promises?

See also Gospel Topics, “Baptism,” Gospel Library; “Alma the Elder Teaches and Baptizes at the Waters of Mormon” (video), Gospel Library.

Teach truth from the scriptures and latter-day prophets. As you teach—and learn—remember that one of the best ways to increase faith in Christ is to focus on the scriptures and the words of latter-day prophets (see Mosiah 18:19).

MOSIAH 18:17–30

God commands His people to gather, organize, and be united.

Some people wonder, why do we need a church? Search Mosiah 18:17–31, looking for the value Alma’s people found in gathering in “the church of Christ” (Mosiah 18:17). What similarities do you see in the Church of Jesus Christ in Alma’s day and our day?

How would you respond to a friend or family member who doesn’t believe that an organized church

is necessary? Why are you grateful to belong to the Church of Jesus Christ?

Think about what you can do to help your ward or branch members be “knit together in unity and in love” (Mosiah 18:21).

See also Dallin H. Oaks, “The Need for a Church,” *Liahona*, Nov. 2021, 24–26; “Love One Another,” *Hymns*, no. 308.

MOSIAH 21–24

God helps me carry my burdens.

Limhi’s people and Alma’s people both fell into bondage, although in different circumstances. What can you learn by comparing the accounts of Limhi’s people in Mosiah 19–22 and Alma’s people in Mosiah 18; 23–24? As you do, look for messages that apply to your life. For example, what does it mean to “prosper by degrees”? (Mosiah 21:16). How can you apply this principle?

MOSIAH 23:21–24; 24:8–17

I can trust the Lord.

Even though they had repented of their sins, Alma and his people still found themselves in bondage. Their experience shows that trusting the Lord and living our covenants doesn’t always take away our challenges, but it does help us overcome them. As you read Mosiah 23:21–24 and 24:8–17, note words and phrases that can help you learn to trust in the Lord, regardless of your circumstances.

See also David A. Bednar, “Bear Up Their Burdens with Ease,” *Ensign* or *Liahona*, May 2014, 87–90.

Ideas for Teaching Children

MOSIAH 18:7–17

When I am baptized, I make a covenant with God.

- One important way to help your children prepare for baptism is to teach them about the covenant they will make when they are baptized. This could be as simple as showing the picture at the end of this week’s outline and reading about the covenant with them in Mosiah 18:9–10. Consider inviting a child who has already been baptized to teach this to the younger children. Your children might enjoy hearing about your baptism. How has keeping your covenants with God blessed your life?
- Children who have been baptized could use frequent reminders about the covenants they made and renew each week with the sacrament. Perhaps your children could compare the baptismal covenant described in Mosiah 18:8–10 with the sacrament prayers (see Doctrine and Covenants 20:77, 79). How can we make the sacrament a special, reverent time, just like our baptisms were?



We make a covenant with God when we are baptized.

MOSIAH 18:17–28

When I am baptized, I become a member of the Church of Jesus Christ.

- Do your children know what it means to be a member of The Church of Jesus Christ of

Latter-day Saints? Consider helping them find pictures that represent things Church members did in Mosiah 18:17–28. For example, the pictures Ordination to the Priesthood and Payment of Tithing (*Gospel Art Book*, nos. 106, 113) might represent verses 18 and 27–28. Tell them why you are grateful to be a member of the Church of Jesus Christ.

- Helping children feel “knit together in unity and in love” (Mosiah 18:21) helps them stay connected to the Church throughout their lives. Consider inviting your children to read Mosiah 18:17–28. What did members of Christ’s Church in Alma’s day do to love and serve one another? How can we do this in our ward, branch, or community? A song about love, such as “I’ll Walk with You” (*Children’s Songbook*, 140), could reinforce this message.

MOSIAH 24:8–17

God can make my burdens light.

- A simple object lesson can make learning more memorable. Consider filling a bag with heavy objects (to represent burdens) and inviting a child to hold the bag. As you read Mosiah 24:8–17 with your children, ask them to remove an item from the bag every time they hear about something Alma and his people did to seek God’s help with their burdens. You could then talk with them about how Heavenly Father can make our burdens lighter when we seek His help.

For more ideas, see this month’s issue of the *Friend* magazine.

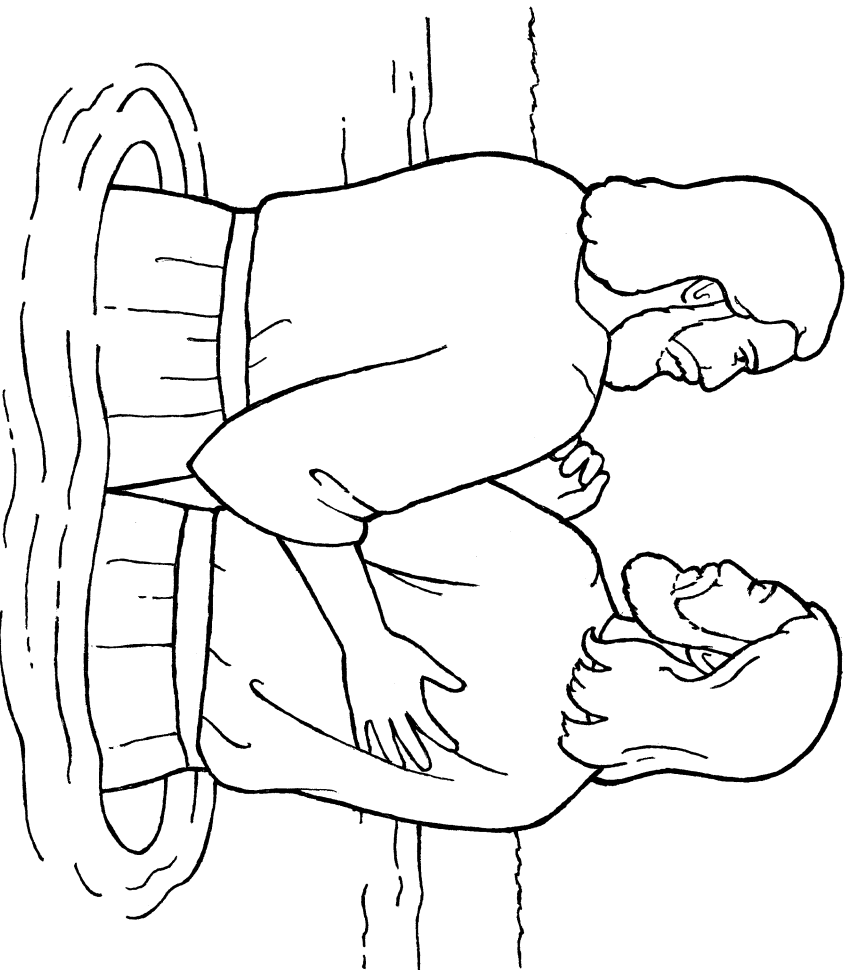


The Waters of Mormon, by Jorge Cocco

When I am baptized, I make a covenant with God (Mosiah 18:7-17).

I promise

- to take upon myself the name of Jesus Christ.
- to serve God and others.
- to obey the commandments.
- to always remember Jesus.
- to stand as a witness of Jesus.



Heavenly Father promises

- to forgive me of my sins when I repent.
- to always have the Holy Ghost to be with me.
- that I can return to live with Him.



Conversion of Alma the Younger, by Gary L. Kapp

MAY 27–JUNE 2: “THEY WERE CALLED THE PEOPLE OF GOD”

Mosiah 25–28

After nearly three generations of living in separate lands, the Nephites were one people again. Limhi’s people, Alma’s people, and Mosiah’s people—even the people of Zarahemla, who were not descended from Nephi—were now all “numbered with the Nephites” (Mosiah 25:13). Many of them also wanted to become members of the Lord’s Church, as Alma’s people had. So all those who “were desirous to take upon them the name of Christ” were baptized, “and they were called the people of God” (Mosiah 25:23–24). After years of conflict and captivity, it seemed that the Nephites would finally enjoy a period of peace.

But before long, unbelievers began persecuting the Saints. What made this especially heartbreaking was that many of these unbelievers were the believers’ own children—the “rising generation” (Mosiah 26:1), including the sons of Mosiah and one son of Alma. The account tells of a miraculous visit of an angel. But the true miracle of this story is not just about angels appearing to wayward sons. Conversion is a miracle that, in one way or another, needs to happen in all of us.

Ideas for Learning at Home and at Church

MOSIAH 26:1–6

I can help others come unto Jesus Christ.

Conversion is personal—it cannot be passed like an inheritance to one’s children. As you read Mosiah 26:1–6, ponder possible reasons “the rising generation” fell away, and notice the consequences of their unbelief. You might also think about people you wish you could bring to Christ. Throughout your study of Mosiah 25–28, the Spirit may whisper things you can do to help them develop faith in Jesus Christ.

MOSIAH 26:6–39

God’s faithful servants seek to do His will.

Sometimes we might think that a Church leader like Alma always knows exactly what to do. In Mosiah 26 we read of a problem in the Church that Alma had never dealt with. What did Alma do in this situation? (see Mosiah 26:13–14, 33–34, 38–39). What does Alma’s experience suggest about how you might approach difficult problems in your family or your Church service?

What did the Lord teach Alma in Mosiah 26:15–32? Notice that some of the Lord’s answers were not in direct response to Alma’s question. What does this suggest about prayer and receiving personal revelation?

Principles are eternal. As you read, consider how the stories and teachings in the scriptures apply to your life. For example, you could ask yourself, “What experiences have I had that are like Alma’s?” or “What truths taught by Alma can help me?”

MOSIAH 26:15–31

God freely forgives me as I repent and forgive others.

Repentance and forgiveness are recurring themes in Mosiah 26–27. Look for words and phrases that teach about repentance and forgiveness in Mosiah 26:22–24, 29–31; 27:23–37.

Some people may wonder if God really does forgive them. How do you imagine Alma the Elder would counsel a member of the Church in Zarahemla who had that concern? What did Alma learn from the Lord in Mosiah 26:15–31 that could help this Church member? (see also Moroni 6:8; Doctrine and Covenants 19:16–18; 58:42–43).

MOSIAH 27:8–37; 28:1–4

Through Jesus Christ, I can change for the better.

It was obvious that Alma the Younger needed a spiritual rebirth. He and the sons of Mosiah were “the very vilest of sinners” (Mosiah 28:4). But soon after his conversion, Alma testified that conversion is essential—for everyone: “Marvel not,” he said, “that

all mankind . . . must be born again” (Mosiah 27:25; emphasis added).

As you read about Alma’s experience in Mosiah 27:8–37, consider putting yourself in his story. Can you think of things about yourself that need to change? Who, like Alma’s father, might be praying for you “with much faith”? What experiences have helped “convince [you] of the power and authority of God”? (Mosiah 27:14). What “great things” has the Lord done for you or your family that you should “remember”? (Mosiah 27:16). What do you learn from Alma the Younger’s words and actions about what it means to be born again? What examples have you seen?

Take a moment to record some of the ways the Savior is helping you change—or be born again—even if your experiences aren’t as dramatic or as sudden as Alma’s. Is there a hymn you could sing or listen to that expresses your feelings, like “I Stand All Amazed”? (*Hymns*, no. 193). Who might benefit from hearing about your experiences?

Elder David A. Bednar compared being born again to the process of a cucumber becoming a pickle (see “Ye Must Be Born Again,” *Ensign* or *Liahona*, May 2007, 19–22). What does this comparison teach you about conversion?

See also Gospel Topics, “Become like Jesus Christ,” Gospel Library; “Alma Testifies He Has Been Born of God” (video), Gospel Library.



His Father Rejoiced, by Walter Rane

MOSIAH 27:8-24**God hears my prayers and will answer them according to His will and timing.**

Maybe you've been in Alma the Elder's situation with a family member who is making destructive choices. What do you find in Mosiah 27:8-24 that

gives you hope? How might these verses influence your prayers on behalf of others?

For more ideas, see this month's issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

MOSIAH 26:30-31**The Lord wants me to forgive.**

- To help your children discover what the Lord taught Alma about forgiveness, you could invite them to read Mosiah 26:29-31 and count how many times the word "forgive" appears. What do these verses teach about forgiving others? (See also "Help Me, Dear Father," *Children's Songbook*, 99.)
- To emphasize the Savior's example of forgiveness, you could show a picture of Him on the cross and read together Luke 23:33-34. What did Jesus ask Heavenly Father to do for the people who put Him on the cross? After this discussion, your children could role-play forgiving each other.
- Sometimes it is difficult to forgive ourselves when we make mistakes. How can God's words to Alma help? Your children could pretend they are talking to someone who doesn't think God will ever forgive them. Invite your children to find something in Mosiah 26:22-23, 29-30 that might help that person.

with the Savior's power, anyone can change. You or your children could use the paintings in this outline, this week's activity page, and a few key scriptures from Mosiah 27:8-37 to tell the story (see also "Chapter 18: Alma the Younger Repents," in *Book of Mormon Stories*, 49-52). Give special emphasis to verse 24, to teach that Alma repented and Jesus Christ helped him change. Let your children act out the story if they'd like.

MOSIAH 27:8-37**Jesus Christ helps me become more like Him.**

- The conversion of Alma the Younger and the sons of Mosiah could show your children that,

MOSIAH 27:8-24**I can pray and fast for God to bless the people I love.**

- Read together Mosiah 27:8-24, and ask your children to identify what Alma and his people did to help Alma the Younger. Have you ever fasted and prayed for someone? Share your experience with your children, and let them share theirs.
- Do you or your children know someone who needs God's help? Following Alma's example, maybe you could pray together for that person and, if your children are able, fast for them too.

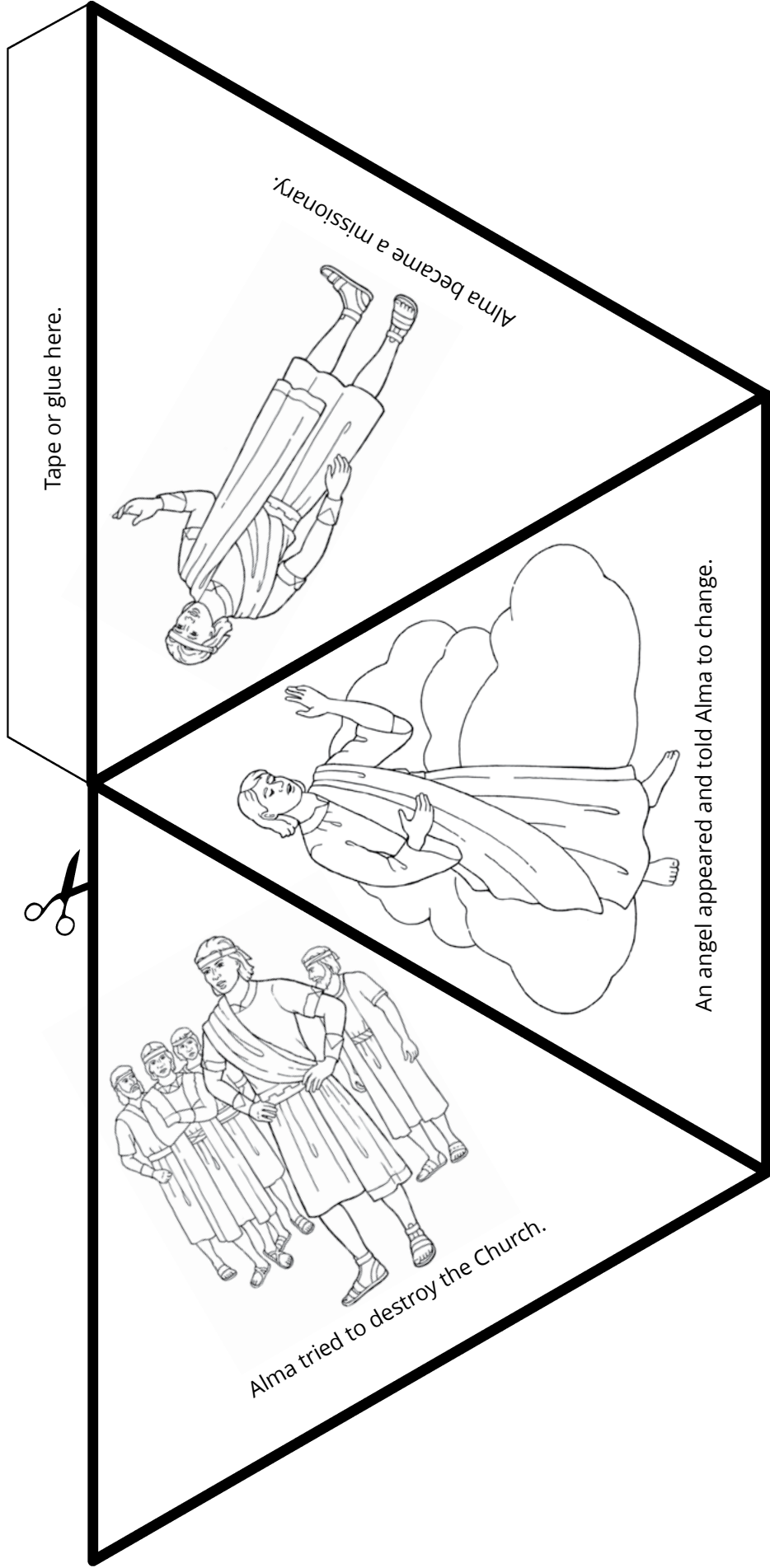
For more ideas, see this month's issue of the *Friend* magazine.



Illustration of an angel appearing to Alma the Younger, by Kevin Keele

Jesus Christ helps me become more like Him (Mosiah 27:8-37).

Color the pictures and cut out the figure around the edges. Make a pyramid by folding the figure on the solid lines and taping or gluing the flap inside the pyramid. Use the pyramid to tell the story of how Alma changed.





Alma the Younger Preaching, by Gary L. Kapp

JUNE 3-9: “THEY WERE STEADFAST AND IMMOVABLE”

Mosiah 29–Alma 4

Some might see King Mosiah’s proposal to replace kings with elected judges as merely wise political reform. But to the Nephites, especially those who lived under wicked King Noah, this change had spiritual significance too. They had seen how an unrighteous king had influenced his people, and they were “exceedingly anxious” to be free from such influence. This change would allow them to be responsible for their own righteousness and “answer for [their] own sins” (Mosiah 29:38).

Of course, the end of the reign of kings did not mean the end of problems in Nephite society. Cunning people like Nehor and Amlici promoted false ideas, nonbelievers persecuted the Saints, and many members of the Church became prideful and fell away. Yet “the humble followers of God” remained “steadfast and immovable” despite what happened around them (Alma 4:15; 1:25).

Ideas for Learning at Home and at Church

MOSIAH 29:26-27; ALMA 2:1-7

I can be a positive influence in my community.

Just five years into the reign of the judges, a crisis arose that would test Mosiah’s declaration that the voice of the people would usually choose what was right (see Mosiah 29:26). Study Alma 2:1–7 to find out what the issue was and what the Nephites did about it. What might have happened if “the people of the church” had not made their voices heard?

What else do you learn from this account about how the Lord wants you to be involved in your community? (see also Mosiah 29:26–27).

What are the important issues facing your community? Consider how you, like the Nephites, can make sure that your voice is included in “the voice of the people.” In what other ways can you, as a follower of Jesus Christ, influence your community for good?

See also Dallin H. Oaks, “Love Your Enemies,” *Liahona*, Nov. 2020, 26–29.

ALMA 1**The word of God can help me recognize false doctrine.**


Although Nehor eventually confessed that what he taught was false, his teachings continued to influence the Nephites for many years. Why do you think people liked Nehor’s teachings? In Alma 1:2–6, look for the lies in Nehor’s teachings—and the truths he used to hide those lies.

Gideon withstood Nehor “with the words of God” (Alma 1:7, 9). Here are some scriptures that refute Nehor’s falsehoods: Matthew 7:21–23; 2 Nephi 26:29–31; Mosiah 18:24–26; and Helaman 12:25–26. Try summarizing each scripture passage. What have you learned from living prophets that refutes false teachings in our day?

ALMA 1:19–31; 4:6–15**True disciples of Jesus Christ are “humble followers of God.”**

Chapters 1 and 4 of Alma describe periods when the Church prospered, but Church members responded to that prosperity differently. For example, compare Alma 1:19–30 with Alma 4:6–15 to see how Church members changed in just a few years. Based on what you’ve read, how do true followers of Jesus Christ feel about people who do not share their beliefs? What attitude do true followers of Jesus Christ feel about people who have different beliefs? What do you feel inspired to change about your own attitude?

Liken the scriptures to yourself. Consider how the stories and teachings of the scriptures apply to your life. For example, you might find similarities between problems you notice today and the problems the Nephites faced in Alma 1–4.

ALMA 4:6–20 **My example and testimony can change hearts.**

Maybe you can relate to the sadness Alma felt when he saw what was happening among his people. Look for the problems he saw in Alma 4:6–15. Have you noticed any similar problems? Perhaps you are worried about a loved one who struggles with these problems. Have you wondered what you could possibly do to help?

Some might say that Alma, as chief judge, was the best person to solve these problems. But Alma felt there was a better way. As you read verses 16–20, what impresses you about his approach to helping his people?

Alma had great faith in the word of God and “pure testimony” (verse 19). What examples have you seen of the power of pure testimony? As you ponder various ways you can share your testimony of Jesus Christ and His gospel, you might reread Alma 4:6–14. What do the actions of Church members in these verses reveal about their testimonies of Jesus Christ and His teachings? What do you notice about the effect of their actions—on themselves and on others? You might also think about ways you have been blessed by other people’s pure testimony—whether it was shared through words or actions.

Think of ways you could share your testimony of Jesus Christ—in words or actions. Who would benefit from your witness?

See also Gary E. Stevenson, “Nourishing and Bearing Your Testimony,” *Liahona*, Nov. 2022, 111–14; “Testimony,” *Hymns*, no. 137; “Alma the Younger Steps Down as Chief Judge” (video), Gospel Library; Gospel Topics, “Revelation,” Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 1:2-9

The Lord can help me recognize false teachings.

- One way to study Alma 1:2-4 with your children is to help them create a true-or-false quiz using statements taught by Nehor, a false teacher. Then you could talk with them about why Satan often combines truths with falsehoods. Help your children think of some examples. In verses 7-9, how did Gideon withstand Nehor's lies? (See also "Chapter 20: Alma and Nehor," *Book of Mormon Stories*, 54-55.)

ALMA 1:19-25

As a member of the Church of Jesus Christ, I love and serve others.

- Some members of the Lord's Church in Alma's day were generous and giving, and other members were unkind and prideful. To help your children learn from these experiences, you could read together Alma 1:27, 30 and make a list of the kinds of people members of the Lord's Church helped. Who do we know who might "[stand] in need" (Alma 1:30) of our love and help? You could also sing together a song about love and service, such as "Kindness Begins with Me" (*Children's Songbook*, 145), and help your children think of actions that could go with the song.
- What should we do when people are unkind to us? Consider reading with your children how followers of Christ were treated in Alma 1:19-20. Talk about how they reacted in verses 22 and 25. Maybe you could practice ways to respond when others are unkind.

ALMA 4:8-20

My testimony can strengthen others.

- Often the "pure testimony" (Alma 4:19) of a child can have a strong influence on others. To help your children discover this, you could read with them Alma 4:8-12, 15, helping them identify the problems that were happening in the Church. What could Alma do to solve these problems? Help them find out what Alma decided to do in Alma 4:16-20. Maybe you could share with each other how someone else's testimony of Christ has strengthened you.
- If your children need examples of what a testimony is, consider showing a video clip of a speaker in general conference bearing testimony. You could also use this week's activity page or sing together a song like "Testimony" (*Hymns*, no. 137). What do we learn about testimonies from these resources? Let your children practice sharing their testimonies.

For more ideas, see this month's issue of the *Friend* magazine.

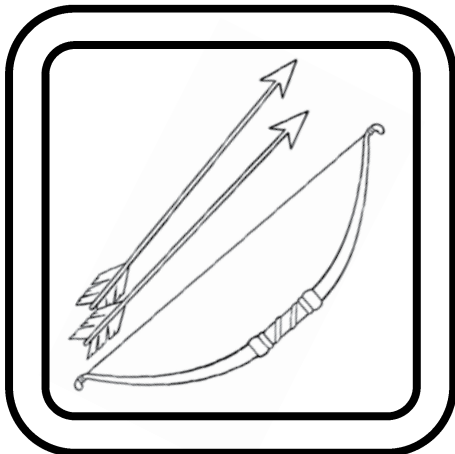
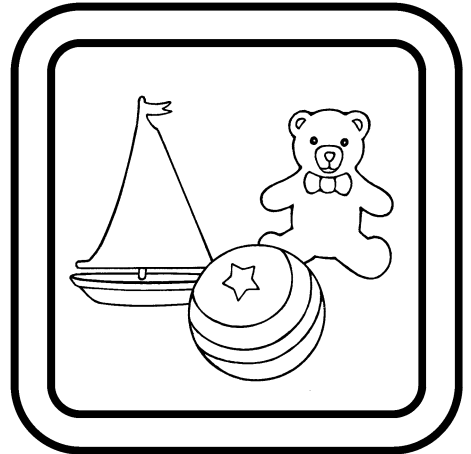
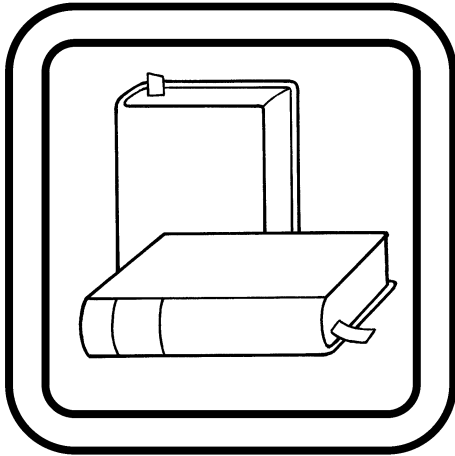


Alma and Amlici, by Scott M. Snow

My testimony can strengthen others (Alma 4:19).

Use one color to color the border around pictures that are part of a testimony.

Use another color for things that are not part of a testimony.





Alma the Younger teaching the Zoramites

JUNE 10-16: "HAVE YE EXPERIENCED THIS MIGHTY CHANGE IN YOUR HEARTS?"

Alma 5-7

Alma did not know about today’s lifesaving heart transplant surgeries, which replace a damaged or diseased heart with a healthy one. But he knew about a more miraculous “change of heart” (Alma 5:26)—one in which the Savior gives us a newness of spiritual life, like being “born again” (see Alma 5:14, 49). Alma could see that this change of heart was exactly what many of the Nephites needed. Some were rich and others poor, some prideful and others humble, some persecutors and others afflicted by persecution (see Alma 4:6–15). But all of them needed to come unto Jesus Christ to be healed—just as we all do. Whether we are seeking to overcome pride or to endure afflictions, Alma’s message is the same: “Come and fear not” (Alma 7:15). Let the Savior change a hardened, sinful, or wounded heart into one that is humble, pure, and new.

Ideas for Learning at Home and at Church

ALMA 5:14-33

I must experience—and continue to feel—a mighty change of heart.

President M. Russell Ballard said: “I need to regularly take time to ask myself, ‘How am I doing?’ . . . As a guide for me during this private, personal review, I like to read and ponder the introspective words found in the fifth chapter of Alma” (“Return and Receive,” *Ensign* or *Liahona*, May 2017, 64).

Consider reading Alma 5:14–33 as if you were interviewing yourself and examining your heart. You may want to record your responses to the questions. What do you learn about yourself? What do you feel inspired to do as a result of your interview?

See also Dale G. Renlund, “Preserving the Heart’s Mighty Change,” *Ensign* or *Liahona*, Nov. 2009, 97–99.



As we turn to God, we can experience a “change of heart.”

ALMA 5:44–51**I can gain my own witness of the Savior and His teachings through the Holy Ghost.**

In Alma 5, when Alma explained how he gained his testimony of the Savior, he did not mention his experience seeing an angel (see Mosiah 27:10–17). How did Alma come to know the truth for himself? Perhaps you could use what you find in Alma 5:44–51 to write a “recipe” for obtaining a testimony of Jesus Christ and His teachings. What “ingredients” (truths of the gospel) and “instructions” (things we can do to seek for truth) did Alma include? What “ingredients” and “instructions” could you add to your recipe from your own experiences or other experiences in the scriptures?

ALMA 7**“I perceive that ye are in the paths of righteousness.”**

Sometimes we’re like the people in Zarahemla, who needed to be called to repentance (see Alma 5:32). Other times we’re more like the people of Gideon, who were trying to walk “in the paths of righteousness” (Alma 7:19). What do you find in Alma’s message in Gideon (in Alma 7) that’s similar to what he said in Zarahemla (in Alma 5)? What differences do you notice? Look for things Alma taught that can help you stay “in the path which leads to the kingdom of God” (Alma 7:19).

ALMA 7:7–16**The Savior took upon Himself my sins, pains, and afflictions.**

Have you ever felt that no one understands your struggles or challenges? If so, the truths Alma taught can help. As you read, reflect on what these verses teach about the purposes of the Savior’s

sacrifice. You might make a chart with the headings *What the Savior suffered* and *Why He suffered* and list what you find in Alma 7:7–16 (see also Isaiah 53:3–5). Can you think of specific times He suffered some of these things? Here are some examples from the scriptures: Matthew 4:1–13; 26:55–56; 27:39–44; Mark 14:43–46; Luke 9:58. Can you add anything to your list from these verses?

It is one thing to believe that the Savior suffered for you. But how does His suffering make a difference in your everyday life? Here are some scriptures that show how Jesus Christ can help or “succor” you: Enos 1:5–6; Mosiah 16:7–8; 21:15; 24:14–15; 3 Nephi 17:6–7; Ether 12:27–29; Doctrine and Covenants 121:7–10. What did you learn from these verses? What are some other ways He comes to your aid? When have you experienced His help?

A hymn like “I Need Thee Every Hour” or “I Know That My Redeemer Lives” (*Hymns*, nos. 98, 136) could deepen your appreciation for the Savior’s succor. What phrases in these hymns express your feelings toward Him?

See also Gospel Topics, “Atonement of Jesus Christ,” Gospel Library; “His Grace” (video collection), Gospel Library.

Testify of Jesus Christ. Consider ways you can share your testimony of the Savior and His divinity, grace, and love. You can encourage the people you teach to testify of Him by asking questions that prompt them to share how they feel about Him.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 5:44-48

I can gain my own testimony through the Holy Ghost.

- To help your children learn to grow their own testimony, you could show them the picture below and ask them how we help baby animals grow. You could then relate this to taking care of our testimonies. What care do our testimonies need? How can we tell if they are growing?



When we accept the gospel, it's like starting a new life.

- How did Alma gain his strong testimony of Jesus Christ? You could read Alma 5:44-46 with your children to find answers to this question. Perhaps your children could write down a plan to do one thing this week to strengthen their testimony.

ALMA 7:10-13

The Savior took upon Himself my sins, pains, and afflictions.

- How can you help your children understand Alma 7:10-13 so they can know that Jesus Christ cares about them and can help them? Perhaps you could ask them to share an experience when they were sick or in pain or had another problem that made them sad. How did others help them feel better? Bear your testimony that the Savior

has suffered those things too, and talk about a time when He comforted and helped you.

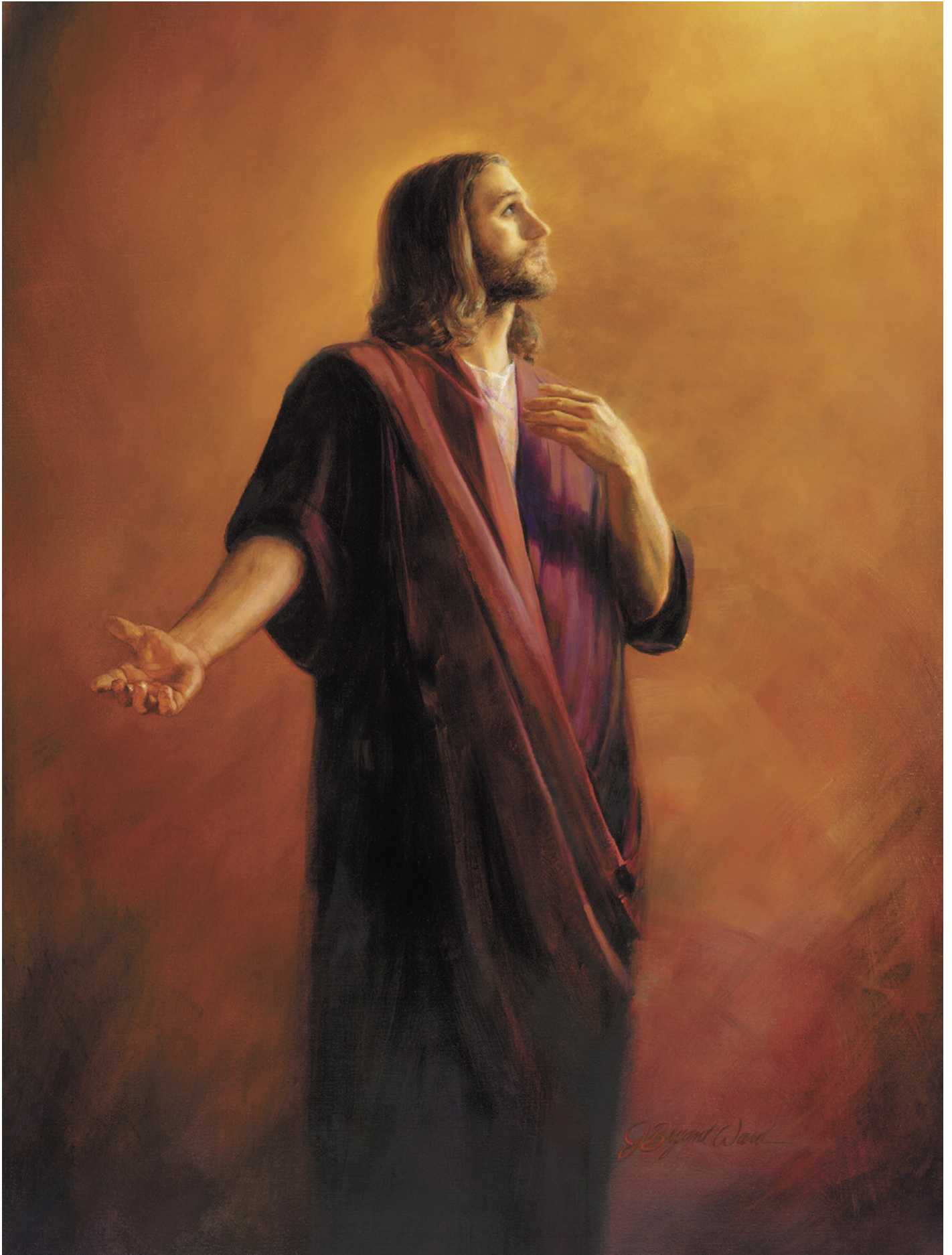
- As you and your children read Alma 7:11-13, look for the things Jesus Christ suffered for us. Invite your children to use words and phrases they found to complete this sentence: "Jesus suffered _____ so He can help me." How does it help us to know that Jesus understands our struggles? How do we receive His help? Share your testimony of Jesus Christ.

ALMA 5:14; 7:19-20

Following Jesus Christ keeps me on the straight path back to Heavenly Father.

- Let your children look in a mirror as you read Alma 5:14 (see also this week's activity page). What does it mean to have the Savior's image in our countenance?
- How can you use Alma's description of the path back to Heavenly Father to help your children learn to make good choices? You could read Alma 7:19-20 to them and let them act out walking in "crooked paths" and walking in a straight path. Help them think of choices that help us stay on the path and other choices that take us off the path. You could also look at pictures of Jesus together and talk about things He did to show us the path back to Heavenly Father. A song like "I'm Trying to Be like Jesus" (*Children's Songbook*, 78-79) could provide some ideas.

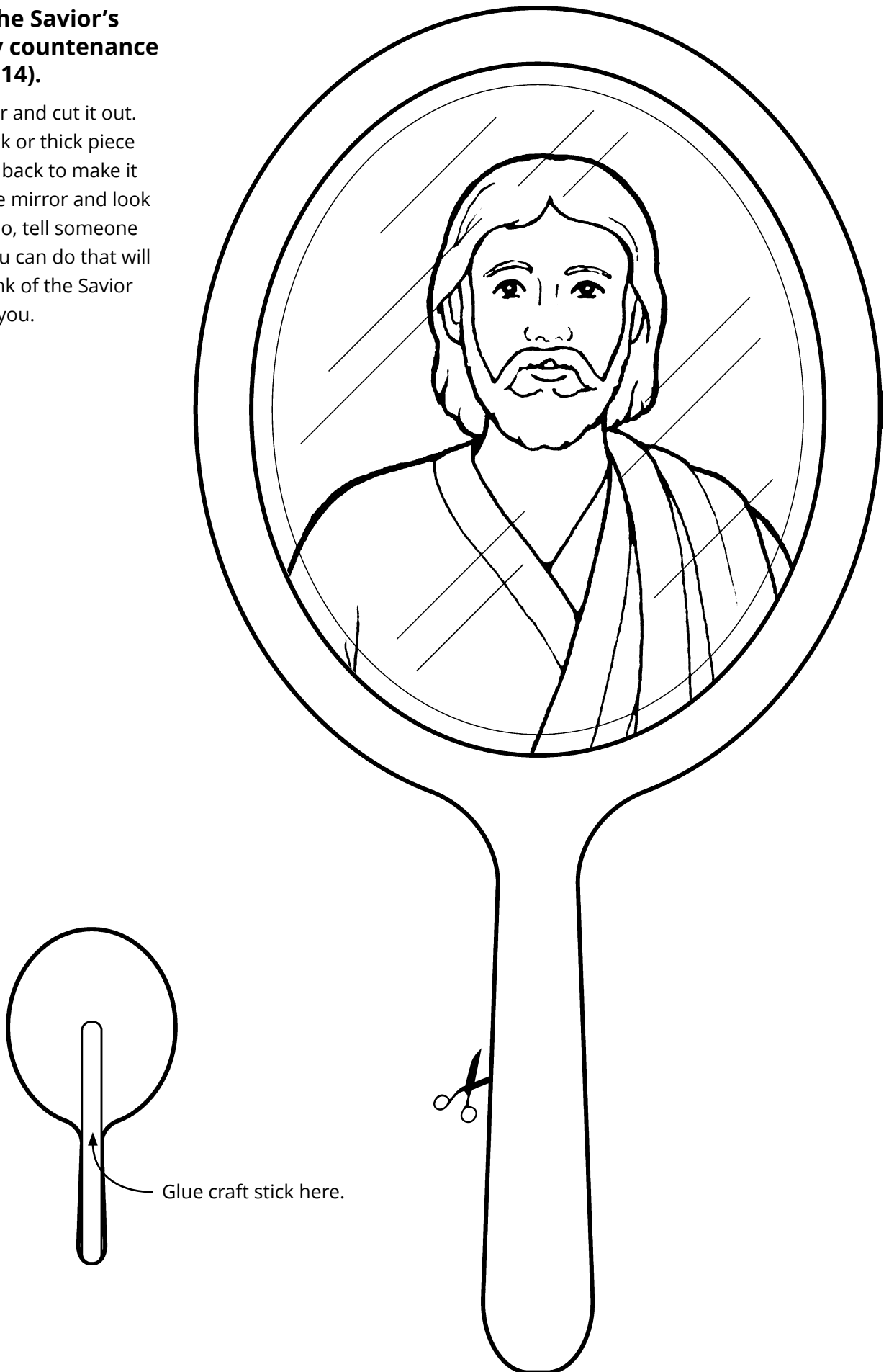
For more ideas, see this month's issue of the *Friend* magazine.



Our Advocate, by Jay Bryant Ward

**I can have the Savior's
image in my countenance
(see Alma 5:14).**

Color the mirror and cut it out.
Glue a craft stick or thick piece
of paper to the back to make it
sturdy. Hold the mirror and look
into it. As you do, tell someone
some things you can do that will
help others think of the Savior
when they see you.





Teaching True Doctrine, by Michael T. Malm


JUNE 17-23: JESUS CHRIST WILL COME TO REDEEM HIS PEOPLE

Alma 8–12

God’s work will not fail. But our efforts to help with His work sometimes seem to fail—at least, we may not immediately see the outcomes we hope for. We might feel a little like Alma when he preached the gospel in Ammonihah—rejected, spit on, and cast out. Yet when an angel instructed him to go back and try again, Alma courageously “returned speedily” (Alma 8:18), and God prepared the way before him. Not only did He provide Alma with food to eat and a place to stay, but He also prepared Amulek, who became a fellow laborer, a fierce defender of the gospel, and a faithful friend. When we face setbacks and disappointments as we serve in the Lord’s kingdom, we can remember how God supported and led Alma, and we can trust that God will support and lead us too, even in difficult circumstances.

Ideas for Learning at Home and at Church

ALMA 8

 **My efforts to share the gospel of Jesus Christ require patience.**

Have you ever tried to share the gospel of Jesus Christ with someone, but your invitation was rejected? Alma experienced that too. What do you learn from him in Alma 8:13–16 about sharing the gospel despite challenges and opposition? Continue reading in verses 17–32, and look for phrases that inspire you to keep sharing the gospel, even when you don’t seem to be succeeding.

Prophets and apostles are special witnesses of Christ, so they have a lot of inspired counsel to share about testifying of Him. Look at what Elder

Dieter F. Uchtdorf said in “But What If It’s Hard?” (a section in “Missionary Work: Sharing What Is in Your Heart,” *Ensign* or *Liahona*, May 2019, 18) or what Elder Gary E. Stevenson shared in “Love, Share, Invite” (*Liahona*, May 2022, 84–87). What do you find there that could help someone who’s starting to feel discouraged about sharing the gospel?

How would you summarize everything you’ve studied here into one or two encouraging statements about sharing the gospel? Consider making a poster or meme that can inspire you (and others) to keep trying.

See also “Help Me Teach with Inspiration,” *Hymns*, no. 281; “Alma Is Commanded by an Angel to

Return to Ammonihah” (video), Gospel Library; Gospel Topics, “Inviting All to Receive the Gospel of Jesus Christ,” Gospel Library.

ALMA 9:14–23

God’s blessings come with great responsibility.

When reading about the way the Nephites in Ammonihah treated the Lord’s servants, it is easy to forget that they once lived the gospel and were a “highly favored people of the Lord” (Alma 9:20). As you read about the great blessings God gave the people of Nephi (see especially Alma 9:14–23), ponder the great blessings He has given you. What responsibilities come with these blessings? What are you doing to stay true to these responsibilities?

See also Doctrine and Covenants 50:24; 82:3; 93:39.

ALMA 11–12

God’s plan is a plan of redemption.

In Alma 11–12, Alma and Amulek referred to God’s plan as the plan of redemption. As you read these chapters, ponder why the word *redemption* is used to describe God’s plan. Consider writing a short summary of what Alma and Amulek taught about the following aspects of the plan:

- The Fall
- The Redeemer
- Repentance
- Death
- Resurrection
- Judgment

Notice the effect Amulek’s words had on the people (see Alma 11:46). How does knowing about God’s plan affect you?

See also Dallin H. Oaks, “The Great Plan,” *Ensign* or *Liahona*, May 2020, 93–96; “Amulek Testifies of Jesus Christ” (video), Gospel Library.

ALMA 12:8–18

If I do not harden my heart, I can receive more of the word of God.

Some people may wonder why Heavenly Father doesn’t make everything known to us. In Alma 12:9–14, Alma explained one possible reason. These questions could help you ponder what he taught:

- What does it mean to harden your heart? What are the results of having a hard heart? (see also Alma 8:9–11; 9:5, 30–31; and 10:6, 25).
- What can you do to turn your heart toward God? (see Jeremiah 24:7; Alma 16:16; Helaman 3:35).
- What can you do to ensure that God’s word is “found in [you]”? (Alma 12:13). When you have God’s word in you, what effect does it have on your “words,” “works,” and “thoughts”? (Alma 12:14).

What does Amulek’s experience teach you about the blessings of having a soft heart? (see Alma 10:1–11).

See also “Alma Warns Zeezrom” (video), Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 8-10

I can share the gospel of Jesus Christ.

- This week’s activity page could help you summarize the events in Alma 8–10 for your children. You might want to help them find principles that made Alma and Amulek good missionaries. For example, they didn’t give up (see Alma 8:8–13), they testified of Christ (see Alma 9:26–27), and they worked together (see Alma 10:12).

Encourage participation. As you prepare to teach, rather than planning things to say, ask yourself, “What will the *children* do to learn?” Children will learn better and remember longer when they actively participate.

- A song about missionary work, such as “I Want to Be a Missionary Now” (*Children’s Songbook*, 168) could give your children ideas about ways to share the gospel with their friends. Invite them to list ideas they find and people they could share the gospel with. You might even let them role-play what they might say or do.

ALMA 11-12

God’s plan is a plan of redemption.

- Perhaps your children could draw a picture representing principles of the plan of redemption, like the Fall of Adam and Eve, the Atonement of Jesus Christ, repentance, death, resurrection, and judgment. Then you could help them match their pictures to verses in Alma 11–12 that teach about these principles.

ALMA 8:18-22

I can be a good friend.

- You could invite one child to pretend to be Amulek and another to be Alma as you tell the story in Alma 8:18–22. How was Amulek a good friend to Alma? Then your children could share

how someone has been a friend to them and how that experience made them feel.

- Maybe you could make a friendship puzzle: find or draw a picture representing friendship and cut it into puzzle pieces. On the back of each piece, write something we can do to be a good friend, including things Alma and Amulek did. Your children could take turns selecting a piece and adding it to the puzzle as you read what is written on the back. Who needs our friendship?



We can be good friends to others.

ALMA 11:43-44

Because of Jesus Christ, I will be resurrected.

- Consider an object lesson like this one to teach about the Resurrection: your hand could represent your spirit, and a glove could represent your body. Take your hand out of the glove to show that our spirits and bodies will be separated at death. Then place your hand back in the glove to show that our spirits and bodies will be joined together again at the Resurrection. Let your children take turns putting the glove on and taking it off as you read Alma 11:43 to them. Display a picture of the resurrected Savior (see *Gospel Art Book*, no. 59), and testify that Jesus Christ made it possible for everyone to be resurrected.

For more ideas, see this month’s issue of the *Friend* magazine.

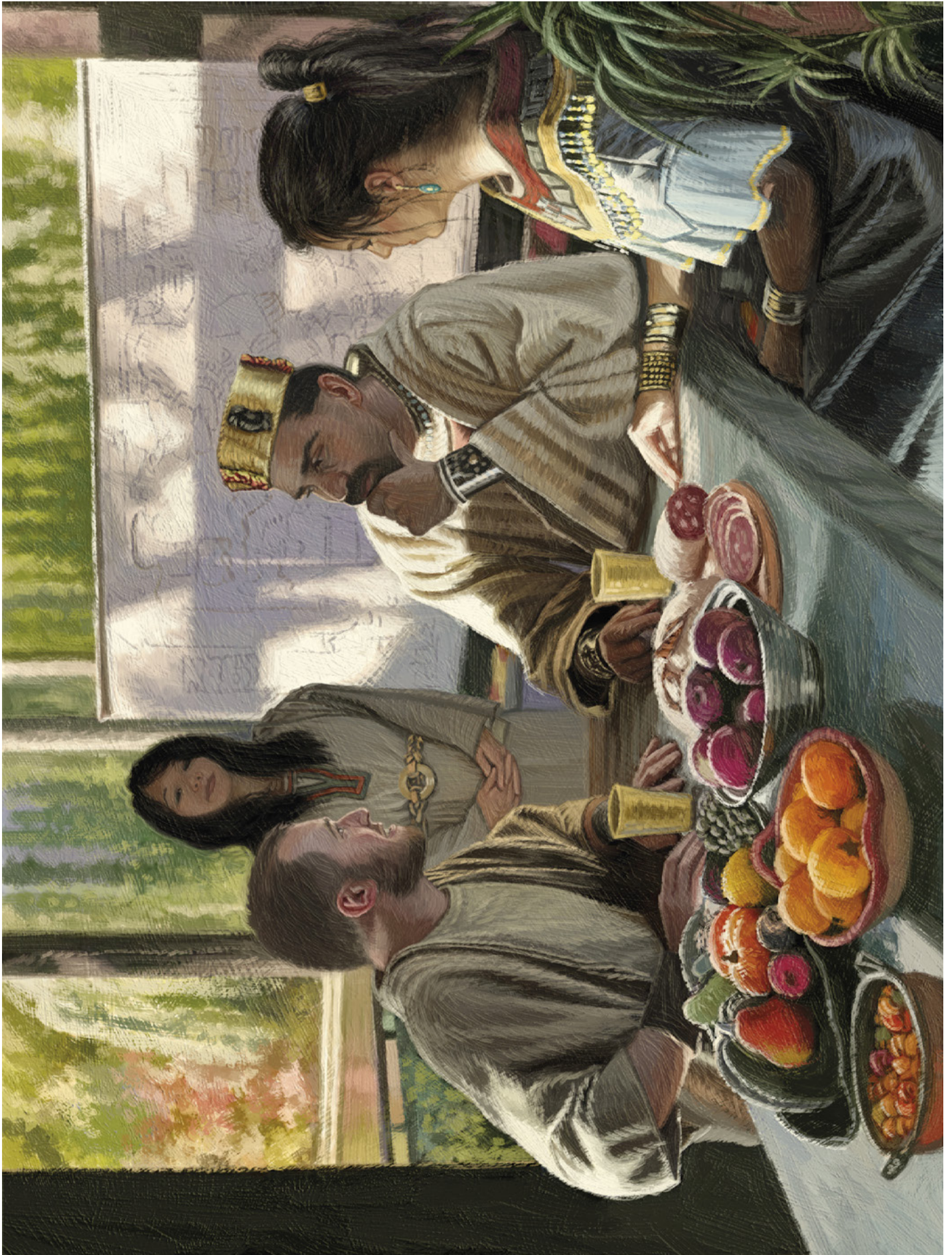
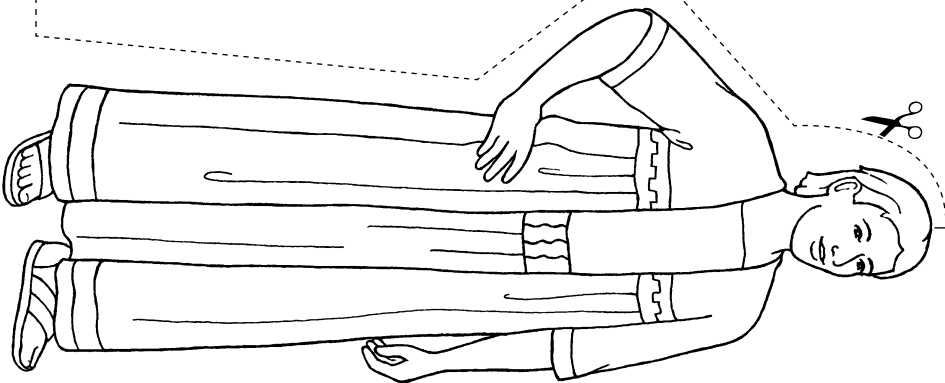
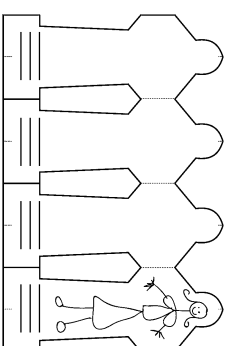


Illustration of Alma eating with Amulek, by Dan Burr

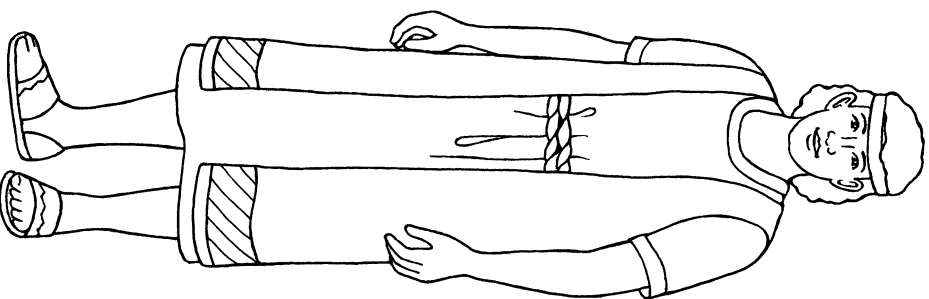
I can share the gospel of Jesus Christ (Alma 8-12).

Color the pictures. In the blank space, draw yourself, write your name, and write a way you can share the gospel. Then cut out the rectangle. Fold the rectangle in half along Fold 1. Then fold the paper again along Fold 2 and then along Fold 3. Cut along the dotted line, and unfold the paper-doll chain.



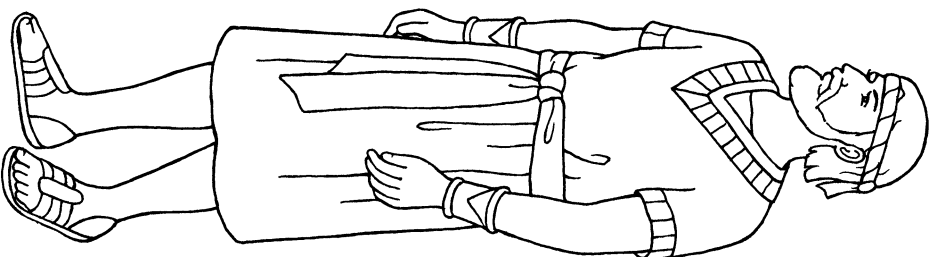
Alma

went back to a wicked city to teach the gospel (see Alma 8:14-18).



Amulek

shared his testimony (see Alma 10:1-12).



Zezrom

was converted and later became a missionary (see Alma 31:5-6).

Fold 3

Fold 2

Fold 1



Illustration of Alma and Amulek being delivered from prison, by Andrew Bosley

JUNE 24–30: “ENTER INTO THE REST OF THE LORD”


Alma 13–16

In many ways, life in Ammonihah had been good for both Amulek and Zeezrom. Amulek was “a man of no small reputation,” with “many kindreds and friends” and “much riches” (Alma 10:4). Zeezrom was an expert lawyer who enjoyed “much business” (Alma 10:31). Then Alma arrived with an invitation to repent and “enter into the rest of the Lord” (Alma 13:16). For Amulek, Zeezrom, and others, accepting this invitation required sacrifice and even led to almost unbearable adversity.

But of course the story doesn’t end there. In Alma 13–16, we learn what ultimately happens to people who believe “in the power of Christ unto salvation” (Alma 15:6). Sometimes there’s deliverance, sometimes healing—and sometimes things don’t get any easier in life. But always, “the Lord receiveth [His people] up unto himself, in glory” (Alma 14:11). Always, the Lord grants “power, according to [our] faith . . . in Christ” (Alma 14:28). And always, that faith gives us “hope that [we] shall receive eternal life” (Alma 13:29). As you read these chapters, you can take comfort in these promises, and you may come to understand better what Alma meant when he spoke of entering into “the rest of the Lord” (Alma 13:16).

Ideas for Learning at Home and at Church

ALMA 13:1–19

 **Priesthood ordinances point me to Jesus Christ for redemption.**

Alma’s words in Alma 13 reveal powerful truths about God’s priesthood power and its purpose—to prepare us to enter into “the rest of the Lord,” or eternal life (Alma 13:16). Perhaps you could write down at least one truth for each verse in Alma 13:1–19. Here are some ideas to get you started:

Verse 1. The priesthood is also called “the order of [God’s] Son” (see also Doctrine and Covenants 107:1–4).

Verse 2. God ordains priests to help people look to His Son for redemption.

What else do you find? How do you feel about the priesthood as you ponder these truths?

Have you ever thought about priesthood ordinances as a gift from God to help you “look forward to his

Son for redemption”? (verse 2; see also verse 16). Maybe you could make a list of ordinances you’ve received, such as baptism, confirmation, the sacrament, setting apart for a calling, a blessing of comfort or healing, a patriarchal blessing, and temple ordinances. Ponder your experiences with ordinances like these. Consider the symbolism involved and the Spirit you felt. How does each of these ordinances point you to Jesus Christ for redemption?

Some people mistakenly believe that ordinances—and the priesthood authority to perform them—aren’t necessary. How would you respond to this idea? Here are two conference messages that could inform your thinking; pick one, and write down any answers that come to you: Russell M. Nelson, “Spiritual Treasures,” *Ensign* or *Liahona*, Nov. 2019, 76–79; Dale G. Renlund, “The Priesthood and the Savior’s Atoning Power,” *Ensign* or *Liahona*, Nov. 2017, 64–67.

See also Doctrine and Covenants 84:19–22; Gospel Topics, “Covenant,” Gospel Library.



Priesthood ordinances help us look to Jesus Christ for redemption.

ALMA 13

The Lord invites me to enter into His rest.

The invitation to “enter into the rest of the Lord” (Alma 13:16) is repeated often in Alma 13. Maybe you could look for every verse where the word “rest” appears and ponder what each verse teaches you about what “the rest of the Lord” might mean. How is it different from physical rest? How do we find it?

See also Russell M. Nelson, “Overcome the World and Find Rest,” *Liahona*, Nov. 2022, 95–98; “Come unto Jesus,” *Hymns*, no. 117.

ALMA 14

In times of suffering, we must trust the Lord.

You might wonder, as many do, why terrible things happen to people who are trying to live righteously. You may not find all the answers to this difficult question in Alma 14, but there is much to learn from the way Alma and Amulek responded to tragedy. What do their words and actions teach you about why the Lord sometimes allows righteous people to suffer? What advice might Alma and Amulek give to us when we are experiencing difficult trials?

See also Romans 8:35–39; 1 Peter 4:12–14; Doctrine and Covenants 122:5–9; Dale G. Renlund, “Infuriating Unfairness,” *Liahona*, May 2021, 41–45.

Be ready always. Teaching moments pass quickly, so take advantage of them when they come up. A tragedy in the world, for example, may be a chance to share principles from Alma 14 about why the Lord sometimes allows the innocent to suffer.

ALMA 15:16, 18

Discipleship requires sacrifice.

It might be interesting to make a list of the things Amulek gave up to embrace the gospel (see Alma 10:4–5; 15:16) and compare it to a list of what he gained (see Alma 15:18; 16:13–15; 34:8). What are you willing to sacrifice to become a more faithful disciple of Jesus Christ?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 13:1–2, 16

Priesthood power helps me come closer to Christ.

- One way to help your children see how priesthood power points us to Christ is to show them pictures of ways priesthood power is used (see *Gospel Art Book*, nos. 103–110). Your children could help you think of ways Jesus used His power (see, for example, Matthew 26:26–28; Mark 5:22–24, 35–43; *Gospel Art Book*, nos. 38–41). Then you could read Alma 13:2 together and talk about how priesthood power helps us “look forward to [God’s] Son” and become more like Him.
- Why did God give us priesthood ordinances? Help your children find an answer in Alma 13:16. If they need help knowing what an ordinance is, there are lists in the *General Handbook*, 18.1 and 18.2. Maybe you and your children could talk about your experiences receiving these ordinances. How do they help us “look forward to [Jesus Christ] for a remission of [our] sins”? A song like “When I Am Baptized” (*Children’s Songbook*, 103) can help your children think of other reasons to be thankful for priesthood ordinances.

ALMA 13:10–12

Jesus Christ can make me clean.

- After reading these verses together, consider ways to help your children visualize what they teach. Maybe you could wash something together. How do we feel when we are dirty? How do we feel

when we become clean again? How are these feelings similar to what we feel when we sin and then repent and become clean through the Savior’s Atonement?

ALMA 14:18–29

Heavenly Father strengthens me as I have faith in Jesus Christ.

- This week’s activity page could help you—or your children—tell the story in Alma 14:18–29 (see also “Chapter 22: Alma’s Mission to Ammonihah,” *Book of Mormon Stories*, 58–63). Emphasize that Alma and Amulek were given strength because of their “faith which [was] in Christ” (Alma 14:26). You could also talk about a time when God gave you strength “according to [your] faith.” How can we be faithful like Alma and Amulek?

ALMA 15:3–12

Jesus Christ can change hearts.

- Zeezrom’s change of heart through Jesus Christ is inspiring. Consider reviewing with your children what they learned last week about Zeezrom. Then you could read together Alma 15:3–12 to discover how he changed. What do we learn from Zeezrom’s experience about the Lord’s power? (see “Zeezrom Is Healed and Baptized” [video], Gospel Library).

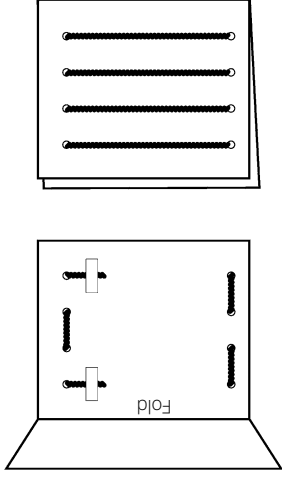
For more ideas, see this month’s issue of the *Friend* magazine.



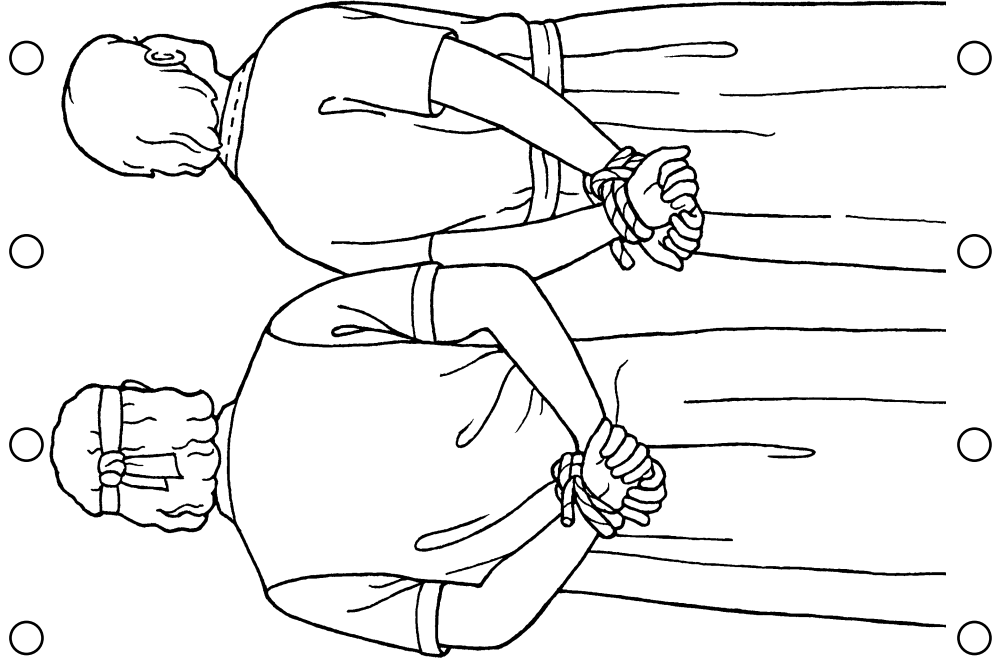
Alma and Amulek in Prison, by Gary L. Kapp

Heavenly Father strengthens me when I have faith in Jesus Christ (Alma 14:18-29).

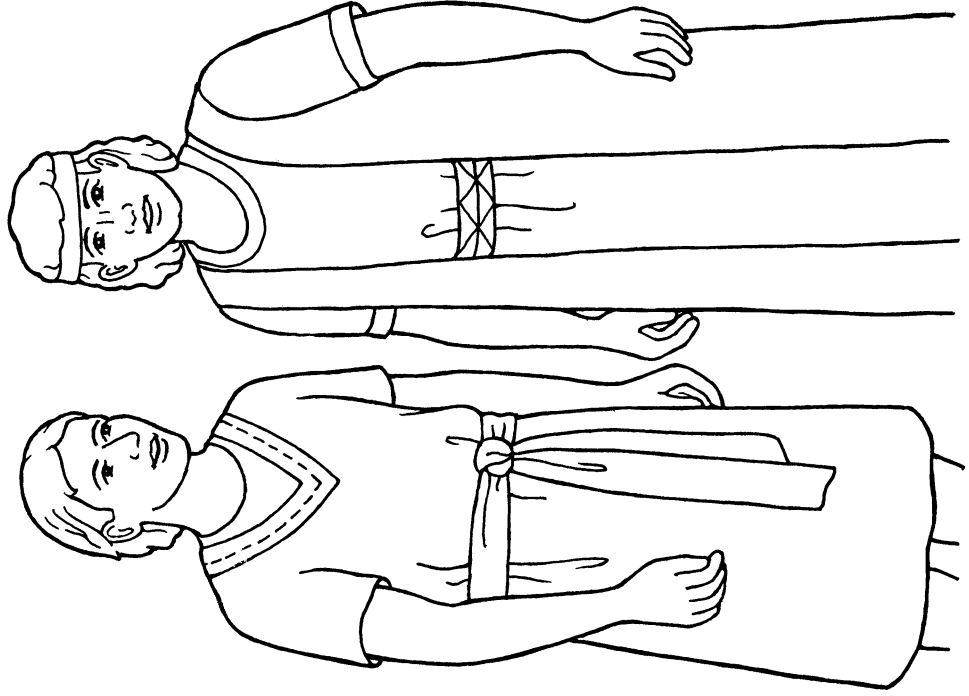
Cut out the rectangle around the outer edge. Punch out the circles, and thread yarn through them to make prison bars. Tape the yarn in place on the back, as shown. Fold the paper and use it to tell the story of Alma and Amulek to someone.



Alma and Amulek were cast into prison.



Because of their faith, God gave them power to escape.





Ammon and King Laman, by Scott M. Snow

JULY 1-7: “I WILL MAKE AN INSTRUMENT OF THEE”

Alma 17-22

Think of all the reasons people might give for not sharing the gospel: “I don’t know enough” or “I’m not sure they would be interested” or maybe “I’m afraid I’ll be rejected.” Maybe you’ve found yourself thinking similar things at times. The Nephites had an additional reason for not sharing the gospel with the Lamanites: they were described as “a wild and a hardened and a ferocious people; a people who delighted in murdering the Nephites” (Alma 17:14; see also Alma 26:23–25). But the sons of Mosiah had an even stronger reason why they felt they *must* share the gospel with the Lamanites: “They were desirous that salvation should be declared to every creature, for they could not bear that any human soul should perish” (Mosiah 28:3). This love that inspired Ammon and his brothers can also inspire you to share the gospel with your family, friends, and acquaintances—even those who may not seem likely to accept it.

Ideas for Learning at Home and at Church

ALMA 17:1-4


Simple, consistent acts of devotion to Christ help me receive His power.

What do you learn from Alma 17:1–4 about how to keep your testimony of and commitment to Jesus Christ strong? What did the sons of Mosiah do, and how did the Lord bless them?

As you read about the experiences of the sons of Mosiah in Alma 17–22, note how their spiritual preparation affected their service among the Lamanites (for example, see Alma 18:10–18, 34–36;

20:2–5; 22:12–16). What do you feel inspired to do to follow their example?

ALMA 17:6-12; 19:16-36

 **I can be an instrument in God’s hands.**

The accounts of conversion we read about in the scriptures are often dramatic, but at their core we usually find individuals who had the courage to speak up and share their faith in Jesus Christ. Think about this as you read about Abish and the sons of Mosiah this week.

What do you think it means to be an instrument in God’s hands? It might help to think of instruments or tools that you might use in your daily life. In Alma 17:6–12, look for what the sons of Mosiah did so they could be instruments in God’s hands. How can you become a more effective instrument in helping others come unto Christ?

What impresses you about Abish in Alma 19:16–36? What do you learn from her about helping others build faith in Christ? For example, what do you feel would help people you love “believe in the power of God”? (Alma 19:17).

You might also compare Abish’s experience with the principles Elder Dieter F. Uchtdorf taught in “Missionary Work: Sharing What Is in Your Heart” (*Ensign* or *Liahona*, May 2019, 15–18). How did Abish exemplify Elder Uchtdorf’s “Five Simple Suggestions”? Try writing down some things you might say about Jesus Christ. For example, “For me, Jesus Christ . . .” or “The Savior helps me . . .”

See also Gospel Topics, “Ministering as the Savior Does,” Gospel Library; “Brightly Beams Our Father’s Mercy,” *Hymns*, no. 335; “Come and See,” “Come and Help,” “Come and Belong” (videos), Gospel Library.

Use object lessons. Any time people can see or touch something related to what they’re learning, they’re likely to remember it longer. If you’re teaching about Alma 17:11, for example, consider showing musical instruments or writing instruments to help inspire a discussion about being an instrument in God’s hands.

ALMA 17–19

When we show love for others, we can help them receive the gospel of Jesus Christ.

Look for verses in Alma 17–19 that show how Ammon’s love for the Lamanites inspired his efforts

to share the gospel of Jesus Christ. What other truths about sharing the gospel do you learn from his example?

See also “Ammon Serves and Teaches King Lamoni” (video), Gospel Library.



Minerva Teichert (1888–1976), *Ammon Saves the King’s Flocks*, 1949–1951, oil on masonite, 35 15/16 × 48 inches. Brigham Young University Museum of Art, 1969.

ALMA 19:36

The Lord will help me repent.

After recounting the conversion of Lamoni and his people, Mormon summarized the account with an observation about Jesus Christ. What does Alma 19:36 teach you about the Lord’s character? What else does the account in Alma 19:16–36 teach you about Him? When have you felt the Lord’s arm extended toward you?

ALMA 20:23; 22:15–18

Knowing God is worth any sacrifice.

Compare what Lamoni’s father was willing to give up to save his life (see Alma 20:23) with what he was later willing to give up to receive the joy of the gospel and to know God (see Alma 22:15, 18). Ponder what you are willing to sacrifice in order to know God more fully.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 17:2-3

My testimony of Jesus Christ grows when I read the scriptures, pray, and fast.

- How can the examples of Mosiah’s sons help your children build their testimonies of Jesus Christ? You could help your children find what the sons of Mosiah did to build their spiritual strength in Alma 17:2-3. Then they could draw pictures or find objects that represent these things. Help them plan what they will do to strengthen their testimonies of the Savior.

ALMA 17-19

I can share the gospel of Jesus Christ with others.

- To learn about being an instrument in God’s hands, as the sons of Mosiah were, you and your children could look at an instrument or tool and talk about what it’s used for. Then you could read Alma 17:11 and talk about what it means to be Heavenly Father’s instruments to help people learn about Jesus Christ.
- This week’s activity page has pictures representing truths Ammon taught King Lamoni. You could help your children find these truths in Alma 18:24-40. Your children could pretend to be missionaries and share what they know about these truths.
- After you read about Abish with your children (see Alma 19:16-20, 28-29), they could pretend to be like Abish by running in place, knocking on doors, and telling about what happened in Alma

19:1-17. How can we be like Abish and share what we know about Jesus Christ and His gospel? Your children could draw pictures of themselves sharing the gospel with someone or sing together a song about sharing the gospel, such as “Called to Serve” (*Children’s Songbook*, 174-75).

ALMA 17:21-25; 20:8-27; 22:1-3

I can help others come unto Christ by showing my love for them.

- At first, both King Lamoni and his father had hard hearts toward the gospel. Later, their hearts were softened, and they believed in Jesus Christ. How did this happen? Help your children discover answers to this question as you review with them Ammon’s experiences. They could act out “Chapter 23: Ammon: A Great Servant” and “Chapter 24: Ammon Meets King Lamoni’s Father” (*Book of Mormon Stories*, 64-68, 69-70). Or perhaps your children would like to draw pictures of different parts of the story and use the pictures to tell the stories. What did Ammon do to help Lamoni and his father open their hearts to the gospel of Jesus Christ? (see Alma 17:21-25; 20:8-27; 22:1-3).
- Perhaps you and your children could think of someone who needs to know about Jesus Christ. Help them think of ways they can be good examples and show love to that person, like Ammon did for Lamoni and his father.

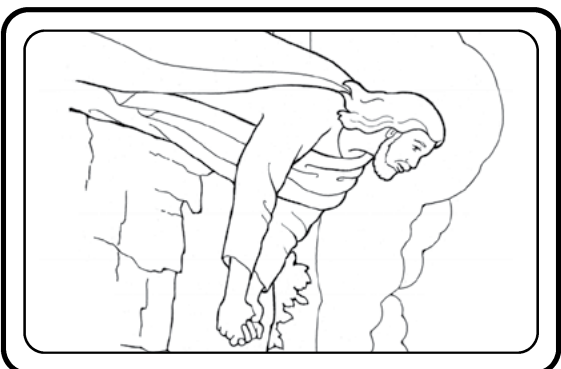
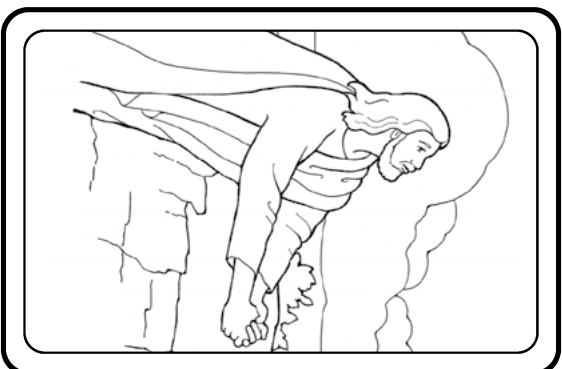
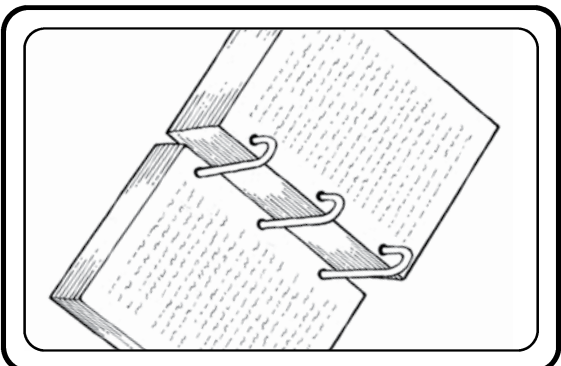
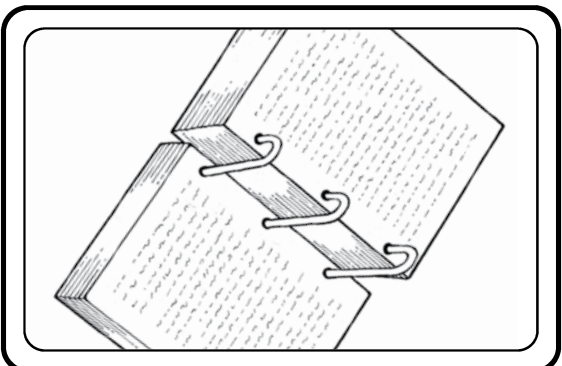
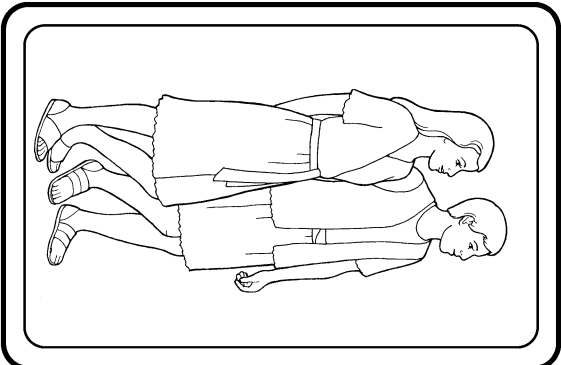
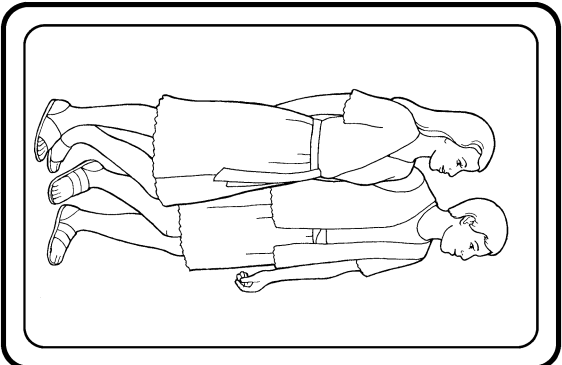
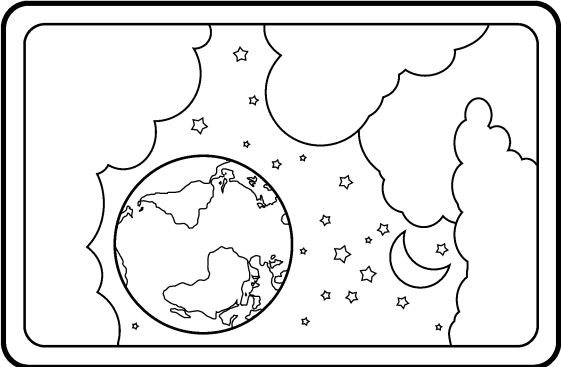
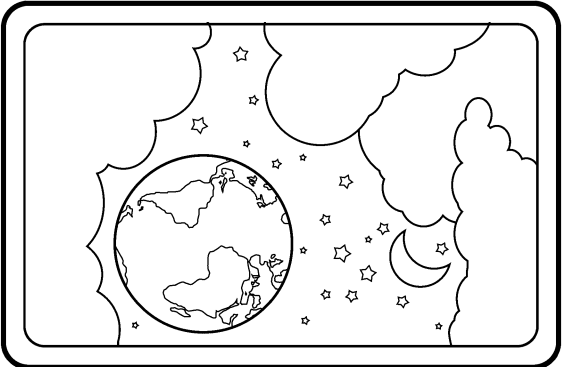
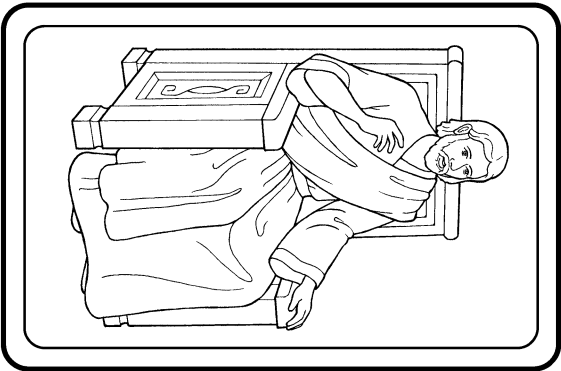
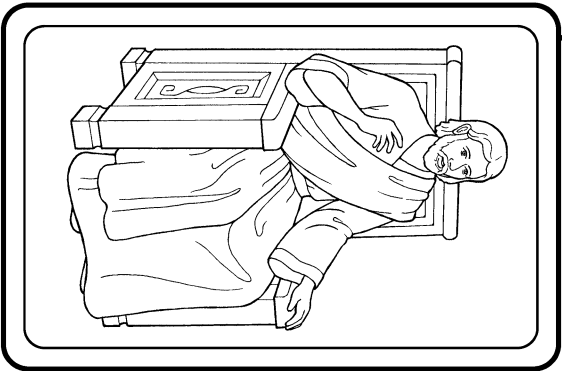
For more ideas, see this month’s issue of the *Friend* magazine.



An illustration of Abish, by Dilleen Marsh

I can share the gospel of Jesus Christ with others (Alma 17-19).

Cut out the 10 cards to make a matching game. Mix up the cards and lay them facedown. Turn over two cards. If they match, share what you could teach a friend about the truth in the picture (ask for help if needed). If they don't match, turn the cards back over and try again.





Anti-Nephi-Lehies Bury Their Weapons of War, by Jody Livingston

JULY 8-14: THEY “NEVER DID FALL AWAY”

Alma 23–29

Do you sometimes wonder whether people can really change? Maybe you worry about whether you can overcome poor choices you’ve made or bad habits you’ve developed, or you may have similar worries about loved ones. If so, the story of the Anti-Nephi-Lehies can help you. These people were the sworn enemies of the Nephites. When the sons of Mosiah decided to preach the gospel to them, the Nephites “laughed [them] to scorn.” Killing the Lamanites seemed like a more plausible solution than converting them. (See Alma 26:23–25.)


But the Lamanites did change—through the converting power of Jesus Christ. They were once known as “a hardened and a ferocious people” (Alma 17:14), but they became “distinguished for their zeal towards God” (Alma 27:27). In fact, they “never did fall away” (Alma 23:6).

Maybe you have some thoughts or actions to change or “weapons of . . . rebellion” to lay down (Alma 23:7). Or maybe you just need to be a little more zealous toward God. No matter what changes you need, Alma 23–29 can give you hope that through the atoning power of Jesus Christ, long-lasting change is possible.

See also “The Lord Delivers the Covenant People of Ammon” (video), Gospel Library.

Ideas for Learning at Home and at Church

ALMA 23–25; 27

 **My conversion to Jesus Christ and His gospel will change my life.**

The Lamanites seemed to be unlikely candidates for conversion, yet many of them experienced miraculous changes because of Jesus Christ. These converted Lamanites called themselves Anti-Nephi-Lehies.

Reading Alma 23–25; 27 might prompt you to ponder your own conversion. Look for how the

Anti-Nephi-Lehies changed—how they were converted “unto the Lord” (Alma 23:6). The following verses can get you started:

- Alma 23:6–7
- Alma 23:17–18
- Alma 24:15–21
- Alma 25:13–16
- Alma 27:26–30

In what ways have Jesus Christ and His gospel changed you? When have you felt close to Him? How can you tell if you are becoming converted to Jesus Christ? What is the Spirit prompting you to do next?

See also David A. Bednar, “Converted unto the Lord,” *Ensign* or *Liahona*, Nov. 2012, 106–9; Dale G. Renlund, “Unwavering Commitment to Jesus Christ,” *Ensign* or *Liahona*, Nov. 2019, 22–25; Gospel Topics, “Become like Jesus Christ,” Gospel Library.

ALMA 24:7-19; 26:17-22

Because God is merciful, He forgives me as I repent.

The change that the Anti-Nephi-Lehies experienced was more than just a change in behavior—it was a change of heart born of faith in Jesus Christ and sincere repentance. Perhaps you could find a truth about repentance in each verse in Alma 24:7–19. What do these verses teach about God’s mercy toward those who repent? What additional truths do you learn from Alma 26:17–22?

Ponder how God has shown His mercy in your life. How can you express your gratitude to Him?

ALMA 26; 29

Sharing the gospel brings me joy.

The word *joy* appears 24 times in Alma 23–29, making these chapters a good place to learn how to receive joy in living—and sharing—the Savior’s gospel. Consider studying Alma 26:12–22, 35–37; and 29:1–17, looking for reasons why Ammon, the sons of Mosiah, and Alma rejoiced. What do you learn from these passages that can lead to more joy in your life?

Elder Marcus B. Nash taught: “Sharing the gospel kindles joy and hope in the souls of both giver and receiver. . . . Sharing the gospel is joy upon joy, hope upon hope” (“Hold Up Your Light,” *Liahona*, Nov. 2021, 71). What experiences have you had

sharing the gospel with others? What challenges do you face when seeking to share the gospel? How can Heavenly Father help you overcome these challenges?

For prophetic instruction on how to share the gospel—and find joy in doing it—consider studying President Dallin H. Oaks’s message “Sharing the Restored Gospel,” (*Ensign* or *Liahona*, Nov. 2016, 57–60). What suggestions do you find in his message?

See also “The Bush Family Story,” “Sharing Your Beliefs,” “Sharing the Gospel” (videos), Gospel Library.

Look for patterns and themes. When studying the scriptures, we can find precious truths by looking for repeated words, phrases, or ideas. Those repeated ideas can be cross-referenced or linked in your scriptures to make them easier to see.

ALMA 26:5-7

I can find shelter in Jesus Christ and His gospel.

At harvest time, grain is often gathered into bundles called sheaves and placed in storehouses, sometimes called garners. In Alma 26:5–7 ponder what the sheaves, garners, and storm might represent in your life. How do you find shelter in Jesus Christ?

See also Russell M. Nelson, “The Temple and Your Spiritual Foundation,” *Liahona*, Nov. 2021, 93–96; David A. Bednar, “Honorably Hold a Name and a Standing,” *Ensign* or *Liahona*, May 2009, 97–100; “Jesus, Lover of My Soul,” *Hymns*, no. 102.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 24:6–24

The Lord blesses me as I strive to keep my promises to Him.

- Perhaps your children would enjoy burying their “weapons” like the Anti-Nephi-Lehies. You could read a few verses from Alma 24:6–24 to teach the children about the promises the Anti-Nephi-Lehies made to follow the Savior. They could then think of something they will change to follow Him, write it on this week’s activity page, and pretend to dig a hole and bury their weapon.
- Your children could read Alma 24:15–19, looking for what the Anti-Nephi-Lehies did “as a testimony to God.” Then you could talk with them about how our covenants can be “a testimony to God” (verse 18). Let your children talk about how they will show God that they want to follow Him. Singing a song like “I Want to Live the Gospel” (*Children’s Songbook*, 148) could help inspire them.

ALMA 24:7–10; 26:23–34; 27:27–30

I can repent.

- To help your children see how Jesus Christ can help us change when we repent, you could teach them about the Anti-Nephi-Lehies. To do this, you might label two bowls “before” and “after.” Then your children could read Alma 17:14–15 and 27:27–30, write down on slips of paper what the Lamanites were like before and after repenting, and put their papers in the correct bowl. According to Alma 24:7–10, what helped them change? How can we show our thanks to God for His mercy?

ALMA 26; 29

Jesus Christ brings me joy, and I can share this joy.

- Perhaps you and your children would enjoy drawing pictures of things in the gospel of Jesus Christ that bring you joy. Share your picture with your children, and encourage them to share their picture with someone to help that person feel joy too.
- Help your children find the words *joy* and *rejoice* in Alma 26 and 29. What brought Ammon and Alma joy or caused them to rejoice? This question could lead to a discussion about the joy that comes from living or sharing the gospel of Jesus Christ.

ALMA 27:20–30

I can help my friends live the gospel of Jesus Christ.

- Your children could read Alma 27:22–23, looking for what the Nephites did to help the Anti-Nephi-Lehies keep their promise to never fight again. How can we help our friends keep their promises? Your children could role-play situations. For example, what can we say to a friend who wants to lie or be mean?

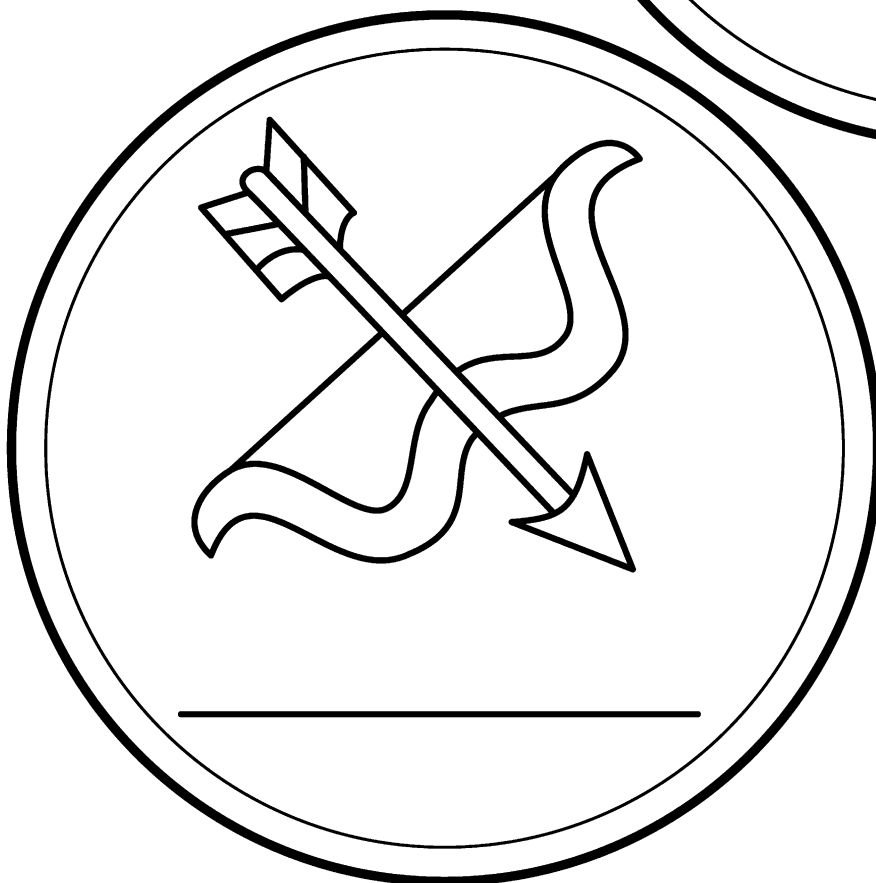
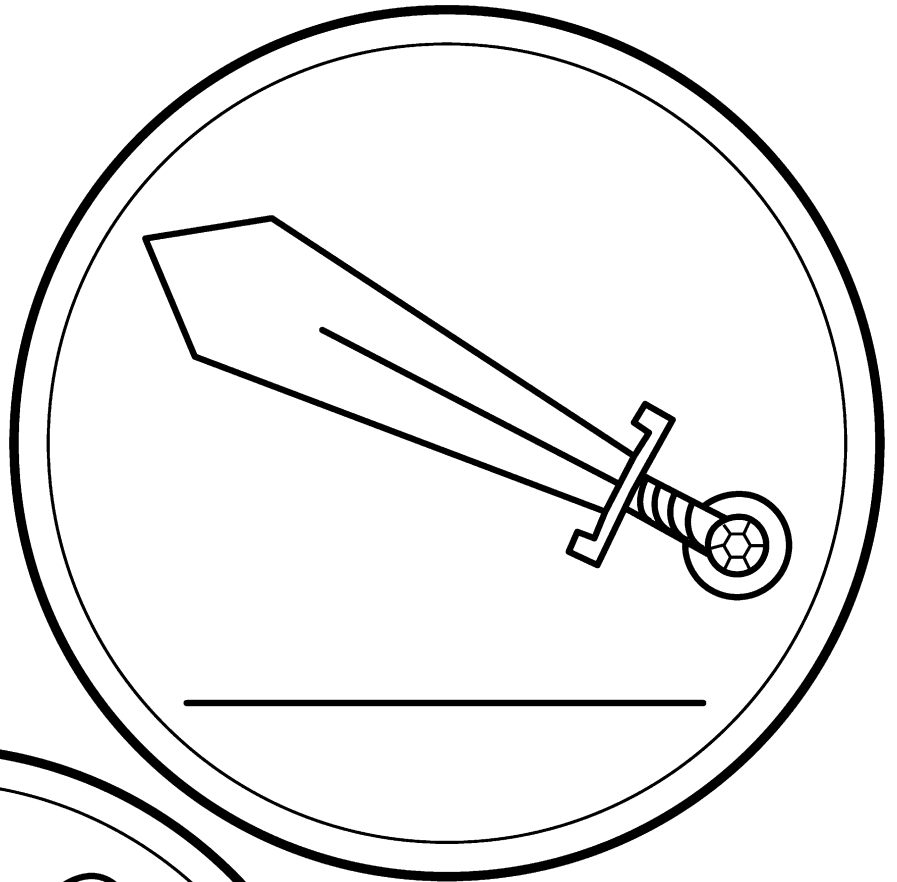
For more ideas, see this month’s issue of the *Friend* magazine.



Illustration of the Anti-Nephi-Lehies burying their weapons, by Dan Burr

The Lord blesses me when I keep my promises to Him (Alma 24:6-24).

The people of Ammon promised not to fight anymore, and they buried their weapons. Write on each line something you could change so you can follow Jesus Christ more fully.





All Things Denote There Is a God (Alma and Korihor), by Walter Rane

JULY 15–21: “THE VIRTUE OF THE WORD OF GOD”

Alma 30–31

The accounts in Alma 30–31 clearly demonstrate the power of words—for evil and for good. The “flattering” and “great swelling words” of a false teacher named Korihor threatened to bring “many souls down to destruction” (Alma 30:31, 47). Similarly, the teachings of a Nephite dissenter named Zoram led a whole group of people to fall “into great errors” and “pervert the ways of the Lord” (Alma 31:9, 11).

In contrast, Alma had unwavering faith that the word of God would have a “more powerful effect upon the minds of the people than the sword, or anything else” (Alma 31:5). Alma’s words expressed eternal truth and drew upon the powers of Jesus Christ to silence Korihor (see Alma 30:39–50), and they invited His blessing on those who went with him to bring the Zoramites back to the truth (see Alma 31:31–38). These are valuable examples for followers of Christ today when false messages are common. We can find truth by trusting, as Alma did, “the virtue of the word of God” (Alma 31:5).

Ideas for Learning at Home and at Church

ALMA 30:6–31

The adversary tries to deceive me with false teachings.

In Alma 30, Korihor is called “Anti-Christ” (verse 6). An anti-Christ is anyone or anything that is openly or secretly in opposition to Jesus Christ and His gospel. Which verses in Alma 30:6–31 show that Korihor fits this description? Studying Korihor’s false teachings can help you recognize and reject similar teachings. The following activities may help in your study:

- What object lessons can you think of to better understand the difference between the Savior’s teachings and Satan’s false imitations? Some examples are a lure used for fishing, fake money, and false advertising. How can you tell if something is fake? How can you recognize truth?
- Consider making a list of the false doctrines Korihor taught in Alma 30:6–31. Which of his teachings might be enticing today? (see Alma 30:12–18, 23–28). What harm can result from accepting such ideas? What false messages is the adversary using to try to deceive you today?

- What did Alma do to counter Korihor’s teachings with truth? (see Alma 30:31–54). How can you use these same principles in your life?

Like Alma, modern prophets and apostles help us know the difference between truth and Satan’s lies. What counsel do you find in these messages: Gary E. Stevenson, “Deceive Me Not” (*Ensign* or *Liahona*, Nov. 2019, 93-96); Dallin H. Oaks, “Be Not Deceived” (*Ensign* or *Liahona*, Nov. 2004, 43-46).

See also Gospel Topics, “Seek Truth and Avoid Deception,” Gospel Library; “Oh Say, What Is Truth?,” *Hymns*, no. 272.



Korihor Confronts Alma, by Robert T. Barrett

ALMA 30:39–46

All things testify of God.

Many people today believe that there is no God. What do you find in Alma 30:39–46 that helps you know that God is real? What prevents us from knowing Him? What other testimonies has God given you that He lives?

ALMA 30:56–60

The adversary does not support his followers.

What do you learn from Alma 30:56–60 about how the devil treats his followers? What can you do to protect your home against his influence?

See also Alma 36:3.

ALMA 31

God’s word has the power to lead people to righteousness.

The problem of the Zoramites separating from the Nephites may have seemed to some like it needed a political or military solution (see Alma 31:1–4). But Alma had learned to trust “the virtue of the word of God” (Alma 31:5). What do you learn from Alma 31:5 about the power of God’s word? (see also Hebrews 4:12; 1 Nephi 15:23–24; 2 Nephi 31:20; Jacob 2:8; Helaman 3:29–30).

As you study Alma 31, what other gospel truths can you find that apply to your life experiences? For example:

- How have you seen the word of God lead people to do good things? (see verse 5).
- Compare Alma’s attitudes, feelings, and actions regarding others (see verses 34–35) with those of the Zoramites (see verses 17–28). How can you be more like Alma?
- What do you find in Alma 31:30–38 that can help people who sorrow for the sins of others?

ALMA 31:5–6

Because of Jesus Christ, anyone can change.

Notice the group of people Alma took with him to teach the gospel to the Zoramites (see Alma 31:6). What do you learn about the lives of these people in Mosiah 27:8–37; 28:4; Alma 10:1–6; 11:21–25; 15:3–12. What message might there be for you in their experiences?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 30

The Book of Mormon warns me against false teachings.

- Consider displaying some items (such as money or food) and toy imitations of these items. This could lead to a discussion about how to know the difference between things that are real and things that are false. Then you could help your children identify from Alma 30:12–18 the lies or false teachings that Korihor taught about God. In Alma 30:32–35, how did Alma respond to those lies? What do we learn from his example?

ALMA 30:44

All things testify of God.

- Alma talked about how things in the sky and on the earth testify that God lives. If possible, take a walk outside with your children or stand at a window as you read Alma 30:44. Ask them to point out things they see that help them know that God is real and that He loves them. They could also draw pictures of things they discover (see this week’s activity page).
- While you and your children sing “My Heavenly Father Loves Me” (*Children’s Songbook*, 228–29), pass around a ball or other object. Periodically stop the music and ask the child holding the object to share one thing Heavenly Father created that he or she is grateful for.

Children learn through visuals. Visuals will help your children understand better and remember longer what they have been taught. Most of the activities for children in this outline suggest visuals to use. Consider showing the same visuals again in the future to help your children remember what they learned.

ALMA 31:5

The word of God is powerful.

- How can you help your children understand that the word of God is more powerful than “anything else”? (Alma 31:5). Consider asking them to think of something or someone powerful, or show pictures of a few powerful things. What makes them powerful? Read Alma 31:5 together, and ask your children what they think this verse means. Share an experience when the word of God had a powerful influence on you.

ALMA 31:8–35

Heavenly Father hears my prayers.

- Briefly summarize the story of Alma and the Zoramites, using verses from Alma 31:8–35 (see also “Chapter 28: The Zoramites and the Rameumptom,” *Book of Mormon Stories*, 78–80). Help your children identify things the Zoramites said in their prayer (see Alma 31:15–18) as they help you build a Rameumptom tower with blocks or rocks. Explain that this is not how we should pray. As you and your children talk about how we should pray, let them remove the blocks or rocks one at a time. Maybe they could keep one of the rocks by their bed as a reminder to pray every morning and night. They might enjoy decorating their rock.

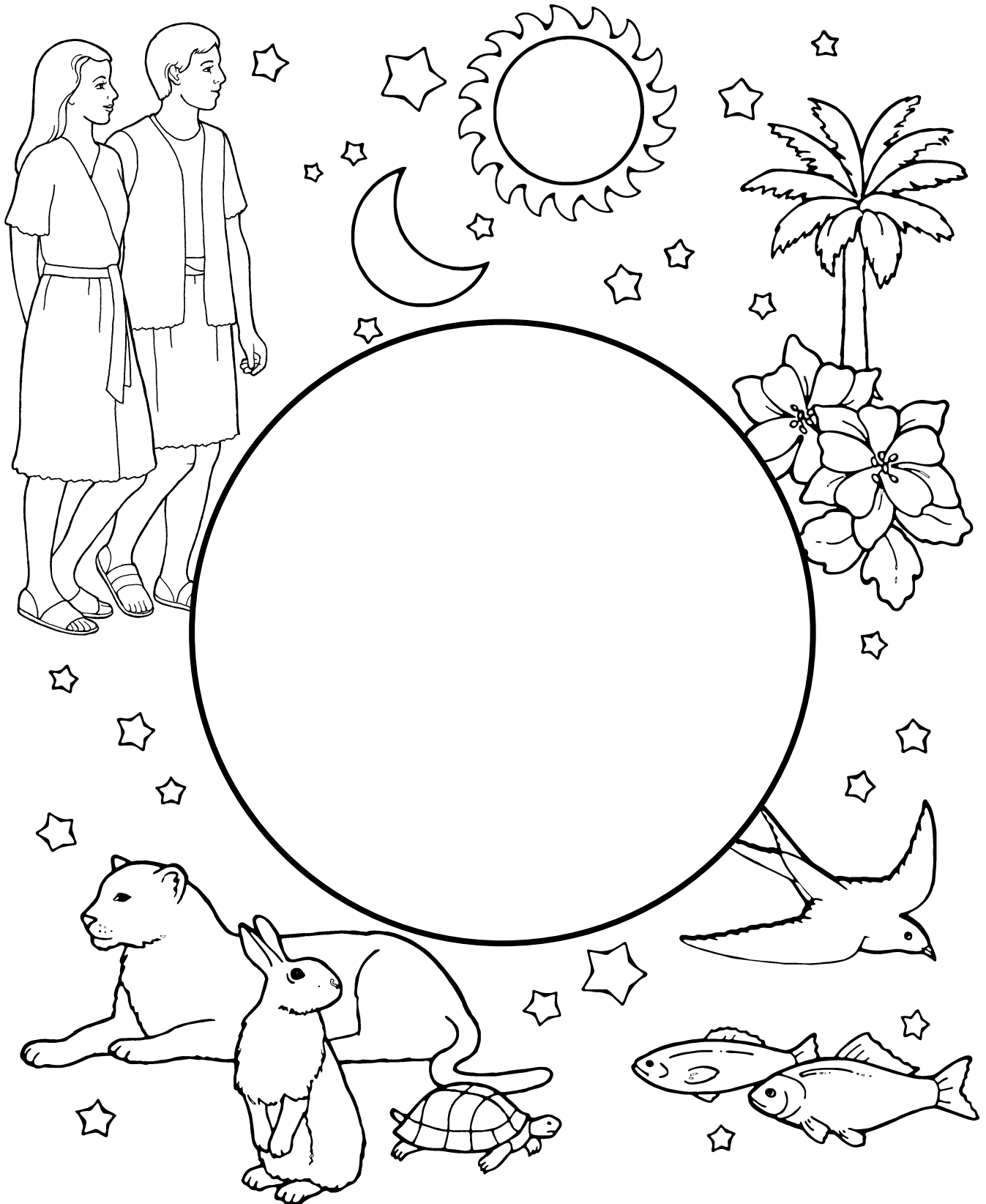
For more ideas, see this month’s issue of the *Friend* magazine.



The hearts of the Zoramites "were lifted up unto great boasting, in their pride" (Alma 31:25).

All things testify of God (Alma 30:44).

Color the pictures of things that help us know God is real.
Draw something in the circle that helps you believe in God.





JULY 22-28: “PLANT THIS WORD IN YOUR HEARTS”

Alma 32–35

For the Zoramites, prayer consisted of standing where all could see and repeating empty, self-satisfied words. The Zoramites also lacked faith in Jesus Christ—even denied His existence—and persecuted the poor (see Alma 31:9–25). By contrast, Alma and Amulek taught that prayer has more to do with what happens in our hearts than on a public platform. And if we do not show compassion toward people in need, our prayer is “vain, and availeth . . . nothing” (Alma 34:28). Most important, we pray because we have faith in Jesus Christ, who offers redemption through His “infinite and eternal sacrifice” (Alma 34:10). Such faith, Alma explained, starts with humility and a “desire to believe” (Alma 32:27). Over time, with constant nourishment, the word of God takes root in our hearts until it becomes “a tree springing up unto everlasting life” (Alma 32:41).

Ideas for Learning at Home and at Church

ALMA 32:17–43

I exercise faith in Jesus Christ by planting and nourishing His word in my heart.

As you read Alma 32:17–43, note words and phrases that help you understand how to exercise faith in Jesus Christ. What do you learn about what faith is and what it is not?

Another way to study Alma 32 is to draw pictures representing different phases of a seed’s growth. Then label each picture with words from Alma 32:28–43 that help you understand how to plant and nourish the word of God in your heart.

See also Russell M. Nelson, “Christ Is Risen; Faith in Him Will Move Mountains,” *Liahona*, May 2021, 101–4.

ALMA 32:26–43

I can know for myself.

To the Zoramites who weren’t yet sure about Alma’s testimony of Christ, Alma suggested “an experiment” (see Alma 32:27). Experiments require desire, curiosity, action, and at least a little faith—and they can lead to wonderful discoveries! Think about experiments you’ve seen or participated in. According to Alma 32:26–36, what kind of experiment can lead to faith in Jesus Christ?

How have you have “experimented” upon the word of God and come to know that “the word is good”? (Alma 32:28).


ALMA 33:2–11; 34:17–29

I can worship God in prayer, anytime and anywhere.

Alma and Amulek’s counsel about worship and prayer was meant to correct specific misunderstandings the Zoramites had. Consider listing them (see Alma 31:13–23). Next to that list, you could make a list of truths about prayer in Alma 33:2–11 and 34:17–29. How will the things that you learn from these verses affect the way you pray and worship?

You can also find insights from a hymn about prayer, such as “Sweet Hour of Prayer” (*Hymns*, no. 142).

ALMA 34:9–16

 **I need Jesus Christ and His Atonement.**

Notice how many times Amulek used the words *infinite* and *eternal* to describe the Savior’s atoning sacrifice in Alma 34:9–14. Why is it important to know that the Savior’s Atonement is infinite and eternal? Look for words and phrases in these verses that also describe the Savior’s Atonement: Hebrews 10:10; 2 Nephi 9:21; Mosiah 3:13.

Even when we know Jesus’s power to save is infinite and eternal, we might sometimes doubt that it applies to us—or to someone who has sinned against us. Elder David A. Bednar once spoke of people who “seem to have faith in the Savior, but they do not believe His promised blessings are available to them” (“If Ye Had Known Me,” *Ensign* or *Liahona*, Nov. 2016, 104). What might keep us from fully receiving the Savior’s power? Ponder how you can

know that the Atonement of Jesus Christ is infinite and eternal.

To ponder how much you need the Savior’s Atonement, it might help to think of something you need every day. Ask yourself, “What would my life be like without this?” Then, as you study Alma 34:9–16, ponder what your life would be like without Jesus Christ. You could find other insights in 2 Nephi 9:7–9. How would you summarize Alma 34:9–10 in one sentence?

See also Michael John U. Teh, “Our Personal Savior,” *Liahona*, May 2021, 99–101; Gospel Topics, “Atonement of Jesus Christ,” Gospel Library; “Reclaimed” (video), Gospel Library.

ALMA 34:30–41

“Now is the time and the day of your salvation.”

Imagine that you want to participate in a marathon or a musical performance. What would happen if you waited until the day of the event to prepare? How does this example relate to Amulek’s warnings in Alma 34:32–35? What is the danger of delaying our efforts to repent and change?

Verse 31 also has a message for people who might worry that they’ve already delayed too long and it’s too late to repent. What would you say that message is?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 32:1–16

The Lord can teach me as I choose to be humble.

- Alma and Amulek had success teaching the Zoramites who were humble. What does it mean to be humble? Help your children find a definition of *humble* in the Guide to the Scriptures. What other clues about the meaning of this word can we find in Alma 32:13–16? Invite your children to complete a sentence like “I am being humble when I _____.”

ALMA 32:28–43

My testimony of Jesus Christ grows as I nourish it.

- Seeds, trees, and fruit are familiar objects that can help children understand abstract principles like faith and testimony. Let your children hold a seed while you read Alma 32:28. Then you could ask them to help you think of ways that growing a testimony of Jesus Christ is like planting and nourishing a seed (see “Chapter 29: Alma Teaches about Faith and the Word of God,” *Book of Mormon Stories*, 81). Maybe you could plant your seed and talk about what is needed to help a seed—or a testimony—grow.
- A picture of a tree accompanies this outline; you might use it to illustrate Alma’s words in Alma 32:28–43. Or you could go for a walk to find plants at different stages of growth and read verses from Alma 32 that compare a growing plant to our testimony. Or maybe your children

could draw a tree on the board and add a leaf or a fruit every time they think of something they can do to help their testimony of Jesus Christ grow.

- You could let your children try to push a seed (representing the word of God) into a stone (representing a prideful heart) and into soft soil (representing a humble heart). Read together Alma 32:27–28. Talk about what it means to “give place” (verse 27) for the word of God in our hearts.

Draw pictures. Some people learn better when they draw a picture of what they’re learning. Your children might enjoy drawing a seed growing into a tree as they study Alma 32.

ALMA 33:2–11; 34:17–27

I can pray to Heavenly Father anytime, about anything.

- Help your children find phrases that describe places we can pray (in Alma 33:4–11) and things we can pray about (in Alma 34:17–27). Perhaps they could draw pictures of themselves praying in these places. Share with each other experiences when Heavenly Father heard your prayers. You could also sing a song about prayer, such as “A Child’s Prayer” (*Children’s Songbook*, 12–13).

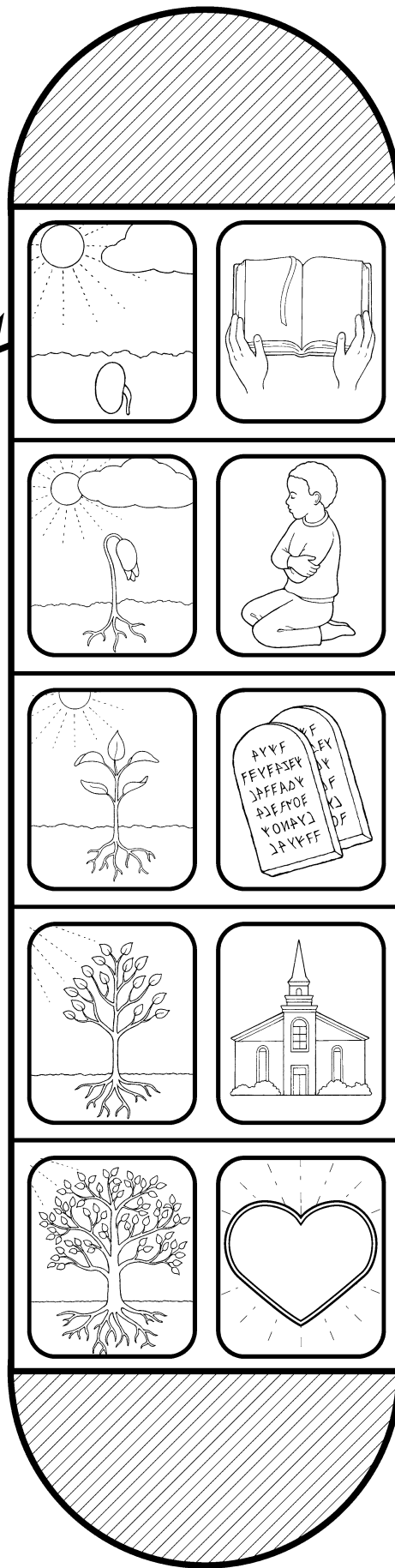
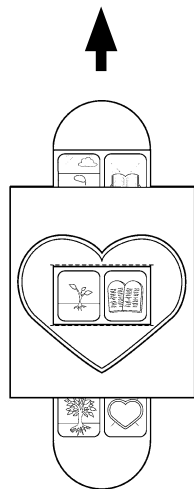
For more ideas, see this month’s issue of the *Friend* magazine.



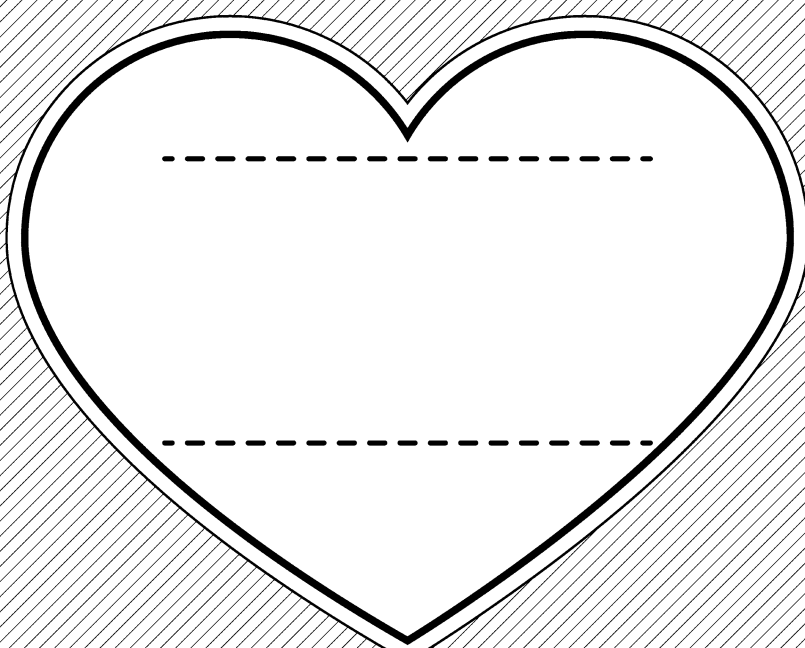
"Because of your diligence and your faith and your patience with the word in nourishing it, . . . behold, by and by ye shall pluck the fruit thereof, which is most precious" (Alma 32:42).

I can help my faith in Jesus Christ grow (Alma 32:28-43).

Cut out the picture strip and square. Cut two slits along the dotted lines in the heart. Insert the picture strip and move it upward to see what you can do to plant and nourish the word of God in your heart.



I can help my faith in Jesus Christ grow.





Woman, by Jen Tolman, do not copy.

JULY 29–AUGUST 4: “LOOK TO GOD AND LIVE”

Alma 36–38

When Alma saw wickedness around him, he felt deep “sorrow,” “tribulation,” and “anguish of soul” (Alma 8:14). “Wickedness among this people,” he said of the Zoramites, “doth pain my soul” (Alma 31:30). He felt something similar after returning from his mission to the Zoramites—he observed that the hearts of many of the Nephites “began to wax hard, and that they began to be offended because of the strictness of the word,” and this made his heart “exceedingly sorrowful” (Alma 35:15). What did Alma do about what he saw and felt? He didn’t simply become discouraged or cynical about the state of the world. Instead, “he caused that his sons should be gathered together” and taught them “things pertaining unto righteousness” (Alma 35:16). He taught them that “there is no other way or means whereby man can be saved, only in and through Christ. . . . Behold, he is the word of truth and righteousness” (Alma 38:9).

Ideas for Teaching at Home and at Church

ALMA 36; 38:5–6

I can be born of God.

Few of us will have experiences as dramatic as Alma’s conversion. But everyone must be “born of God,” though it usually happens gradually (Alma 36:23; 38:6). As you read Alma 36, think about what it means to be born of God. For instance, in the process of being born of God, how do you feel about sin? about Jesus Christ? How does being born of God affect what you do in response to your own mistakes? What other changes occur in your beliefs and actions? Ponder how you are experiencing these changes.

See also Mosiah 5:7; 27:25–26; Alma 5:14; 22:15; Helaman 3:35; “Alma the Younger Is Converted unto the Lord” (video), Gospel Library.

ALMA 36:12–24; 38:8–9

Jesus Christ replaces sorrow with joy.

Sometimes people are afraid to repent because they see repentance as a painful punishment for sin. What do you think Alma would say about that? To find out, you could contrast what Alma’s life was like before he repented (see Alma 36:6–17) with his description of himself after he repented (see verses 18–27). According to Alma 36:17–18, how did Alma receive this forgiveness?

See also Matthew S. Holland, “The Exquisite Gift of the Son,” *Ensign* or *Liahona*, Nov. 2020, 45–47.

ALMA 37

The scriptures have been preserved “for a wise purpose.”

Consider the miracle and blessing it is to have the scriptures today! As you read Alma 37, look for the blessings that come from having the scriptures (see, for example, verses 7–10, 18–19, 44–45).

In Alma 37:38–47, Alma compared “the word of Christ” to the Liahona. As you ponder this comparison, reflect on the ways that you have experienced the miracle and power of Christ’s teachings “day by day” (Alma 37:40).

See also D. Todd Christofferson, “The Blessing of Scripture,” *Ensign* or *Liahona*, May 2010, 32–35; “As I Search the Holy Scriptures,” *Hymns*, no. 277; “Alma Testifies to His Son Helaman” (video), Gospel Library.



The scriptures teach us how to follow God.

ALMA 37:1–14

“By small and simple things are great things brought to pass.”

Sometimes we may feel like our problems are so big and complicated that the solutions must be big and complicated too. But that isn’t always the Lord’s way. As you read Alma 37:1–14, consider what impresses you about how He does His work. Then you

can ponder and record ways you’ve seen this principle in your life.

If you were going to teach this principle to someone, what examples from nature or everyday life would you use to illustrate it? You can find some in President Dallin H. Oaks’s message “Small and Simple Things,” (*Ensign* or *Liahona*, May 2018, 89–92).

What are some small and simple things that bring you closer to Heavenly Father and Jesus Christ?

Often, our “small and simple” choices make large differences in our lives. Consider picking a topic from *For the Strength of Youth: A Guide to Making Choices* and asking yourself questions like these: How do my choices about this affect me and the people around me? What small and simple changes can I make that will lead to greater peace and happiness?

See also Michael A. Dunn, “One Percent Better,” *Liahona*, Nov. 2021, 106–8; Gospel Topics, “Agency,” Gospel Library.

Use small and simple things. Like many other things in life, gospel teaching and learning can be done through small and simple means. For example, how could a little bit of salt or yeast be used to teach the power of small and simple things? (see Matthew 5:13; 13:33).

ALMA 37:35–37

“Counsel with the Lord.”

In Alma 37:35–37, look for Alma’s invitations to his son Helaman. Which of these invitations do you feel prompted to act on? For example, you might ponder what it means to “counsel with the Lord” (verse 37). How have you tried to do this? How has He directed you for good?

ALMA 38

Sharing my testimony of Jesus Christ can strengthen people I love.

Alma’s words to his son Shiblon provide a good example of how to strengthen and encourage people we love in living the gospel. Studying Alma 38 might

give you some ideas for helping family members and friends find strength in Jesus Christ. Write down what you find.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 36:6–24

Repentance brings me joy in Jesus Christ.

- To help your children understand that repentance brings joy, you could give them a piece of paper with a happy face on one side and a sad face on the other. Ask them to listen while you read or summarize Alma 36:13, 17–20 and hold up one of the faces to show how Alma was feeling. Older children could write down words or phrases describing how he felt. What made Alma sad, and what brought him joy? Then you could tell them about the joy you feel when you repent.

ALMA 37:6–7

“By small and simple things are great things brought to pass.”

- Your children might enjoy finding small items that make big things happen. Items like a battery, car key, or even a toy that comforts them might be examples. You could then read Alma 37:6–7 together and think of some small or simple things that God wants us to do. What big things can happen when we obey these small or simple commandments?

- Your children could also try something like this: start filling a cup with water, one drop at a time. How does this relate to Alma 37:6–7? Then you could talk about how the Lord’s “small and simple things,” such as reading the scriptures daily, are like drops of water in a cup.
- Help your children think of ways that they bring about great things at home, school, or church. The song “‘Give,’ Said the Little Stream” (*Children’s Songbook*, 236) also illustrates this principle.

ALMA 37:38–47

The scriptures can help me every day.

- How might you help your children develop love for God’s word, as Alma did for Helaman? Consider showing them a picture of the *Liahona* (such as *Gospel Art Book*, no. 68) or inviting them to draw one while they share what they know about it (see Alma 37:38–47; 1 Nephi 16:10, 28–29). How are the scriptures like the *Liahona*?

For more ideas, see this month’s issue of the *Friend* magazine.



Angel Appears to Alma and the Sons of Mosiah, by Clark Kelley Price

The scriptures can lead us day by day (Alma 37:38-47).

Color the scriptures to see how they can lead us day by day to the Savior. Ask someone to share with you how the scriptures have led him or her to the Savior, and share how they have led you to Him.



Start →

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He Is Risen, by Del Parson

AUGUST 5–11: “THE GREAT PLAN OF HAPPINESS”

Alma 39–42

When someone we love has made a serious mistake, it can be hard to know how to respond. Part of what makes Alma 39–42 so valuable is that it reveals how Alma—a disciple of Christ who once had his own grievous sins to repent of—handled such a situation. Alma’s son Corianton had committed sexual sin, and Alma, as he had learned to do in his ministry, trusted the power of true doctrine to give his son an eternal perspective and encourage repentance (see Alma 4:19; 31:5). In these chapters, we observe Alma’s boldness in condemning sin and his tenderness and love for Corianton. And ultimately, we sense Alma’s confidence that the Savior “shall come to take away the sins of the world [and] declare glad tidings of salvation unto his people” (Alma 39:15). The fact that Corianton repented and eventually returned to the work of the ministry (see Alma 49:30) can give us hope for forgiveness and redemption when we are troubled about our own sins or the sins of someone we love (see Alma 42:29).

See also “Alma Counsels His Sons” (video), Gospel Library.

Ideas for Learning at Home and at Church

ALMA 39

I can avoid sexual sin.

Alma’s counsel to his son Corianton in Alma 39 provides a great opportunity to learn about the devastating effects of sexual sin, including pornography. Perhaps more important, it can also help you understand the Savior’s offer of forgiveness and healing to people who repent. These questions and activities may help:

- What mistakes led Corianton to break the law of chastity? (see Alma 39:2–4, 8–9). What were the consequences of his actions? (see verses 5–13). What evidence do we have that Corianton repented? (see Alma 42:31; 49:30; 48:18). What do you learn about the Savior from this experience?
- Read pages 19–20 of *For the Strength of Youth: A Guide for Making Choices*. Then write your own explanation of what pornography is, why it is dangerous, and what you will do when you encounter

it. (See also Matthew 5:27–28 and Doctrine and Covenants 63:16.)

- How would you explain to a friend why you choose to avoid pornography and live the law of chastity? What insights could you share from “Your Body Is Sacred” in *For the Strength of Youth: A Guide for Making Choices* (pages 22–29)?
- Consider watching the video “To Look Upon” (Gospel Library). Pause the video each time that David could have made a different choice. How are David’s choices similar to choices you might face?

Pause to ponder. When watching a video, whether you are teaching or studying on your own, pause the video occasionally to ask, “What am I learning?” This can invite insights from the Holy Ghost.

See also Bradley R. Wilcox, “Worthiness Is Not Flawlessness,” *Liahona*, Nov. 2021, 61–67; “Pornography” in the “Life Help” collection of the Gospel Library.

ALMA 40-41

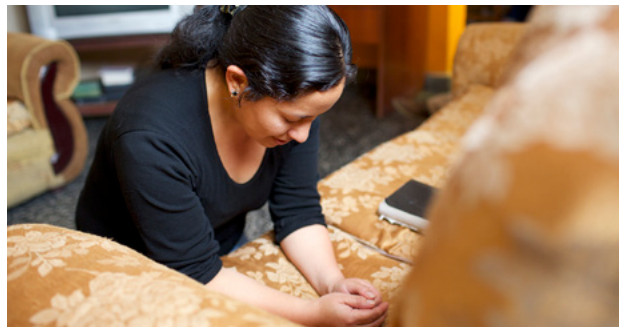
What will happen after I die?

Corianton had some questions about what happens after death. His concerns led Alma to teach the principles found in Alma 40–41. As you study, make a list of the truths you find about things like the spirit world, resurrection, and judgment. Consider reading these chapters from the perspective of someone who, like Corianton, needs to repent—after all, that’s true for all of us.

ALMA 40

I can seek answers to my questions with faith in Jesus Christ.

Sometimes we might think that prophets know the answer to every gospel question. But notice the unanswered questions Alma had in chapter 40. What did he do to find answers? What did he do when he didn’t have answers? How can Alma’s example help you?



Prayer is one way that we can find answers to gospel questions.

ALMA 42

The Atonement of Jesus Christ makes redemption possible.

Corianton believed that punishment for sins was not fair (see Alma 42:1). In Alma 42, how did Alma address his concern? You might organize passages in this chapter in two groups: “God is just” and “God is merciful.” How does the Savior’s Atonement make both justice and mercy possible? Look for additional insights in the video “The Mediator” (Gospel Library).

See also “How Great the Wisdom and the Love,” *Hymns*, 195.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 39:1, 10–11

My good example can lead others to Christ.

- Alma’s counsel to Corianton can help your children understand the importance of being a good example. Consider reading together Alma 39:1. How was Corianton’s brother Shiblon a good example? Your children could find additional answers to this question in Alma 38:2–4.
- You could also play a game in which you and your children take turns following or imitating each other. Use this game to illustrate how our actions could help others make good choices. Sing together “I Am like a Star” (*Children’s Songbook*, 163), and help your children think of ways they can be a good example.
- With a flashlight or a picture of the sun, you could compare light to the power of a good example. You and your children could also look at pictures of Jesus doing good things and talk about the example He set for us. The videos “Shine Your Light So Others May See” and “Lessons I Learned as a Boy” can help your children discuss how their example can lead people to Christ.

ALMA 39:9–13

Because of Jesus Christ, I can repent when I make mistakes.

- Without going into detail about the nature of his sins, explain that Corianton made a wrong choice. What could we say to help him? Consider reading Alma 39:9 to your children, and help

them understand what *repent* and *forsake* mean. Testify that repentance is possible through Jesus Christ and His Atonement.

- Here’s an object lesson to illustrate the joy of repentance: Give a child something heavy to hold while you tell a story about someone who did something wrong and felt bad. Tell your children that the object is like the bad feelings we may have when we make a mistake. Take the heavy object from the child as you testify that Heavenly Father and Jesus Christ can take away the heavy, bad feelings and help us be better as we repent.

ALMA 40:6–7, 11–14, 21–23

After we die, our spirits go to the spirit world until the Resurrection and Judgment.

- It’s natural to wonder what happens to us after we die. What can you do to help your children find inspired answers? You could write *death*, *spirit world (paradise and spirit prison)*, *resurrection*, and *judgment* on separate pieces of paper. Help your children understand what these words mean. As you read together Alma 40:6–7, 11–14, 21–23, your children could place the words in the order in which they occur in these verses.
- Older children may benefit from finding answers to questions by searching Alma 40:6–7, 11–14, 21–23. Consider asking your children questions that can be answered in these verses, such as “What will my body be like when I am resurrected?” Invite them to search for answers in the appropriate verses.



Mary and the Resurrected Lord, by Harry Anderson

- Do your children know someone who has died? Maybe you could talk briefly about that person. Bear your testimony that someday they—and everyone else—will be resurrected because of Jesus Christ. If needed, use this week's activity page to explain what it means to be resurrected.

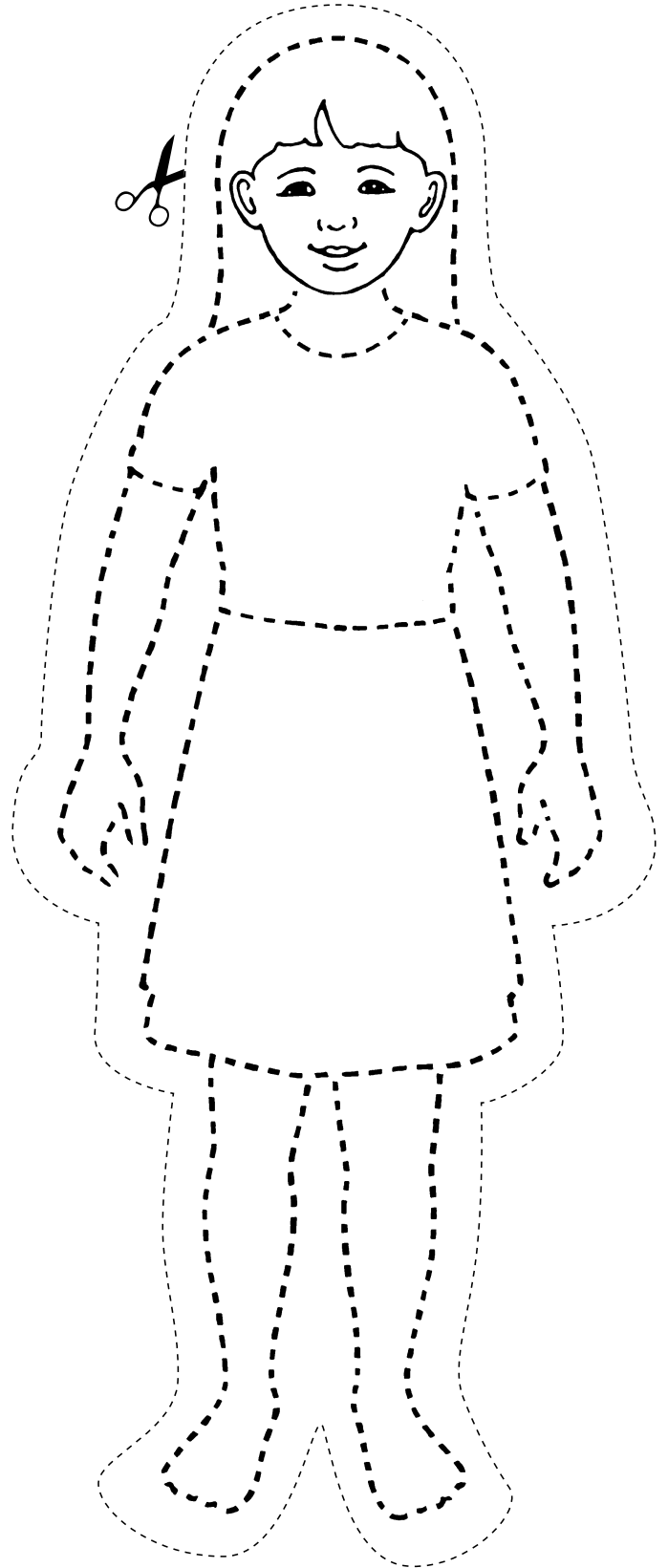
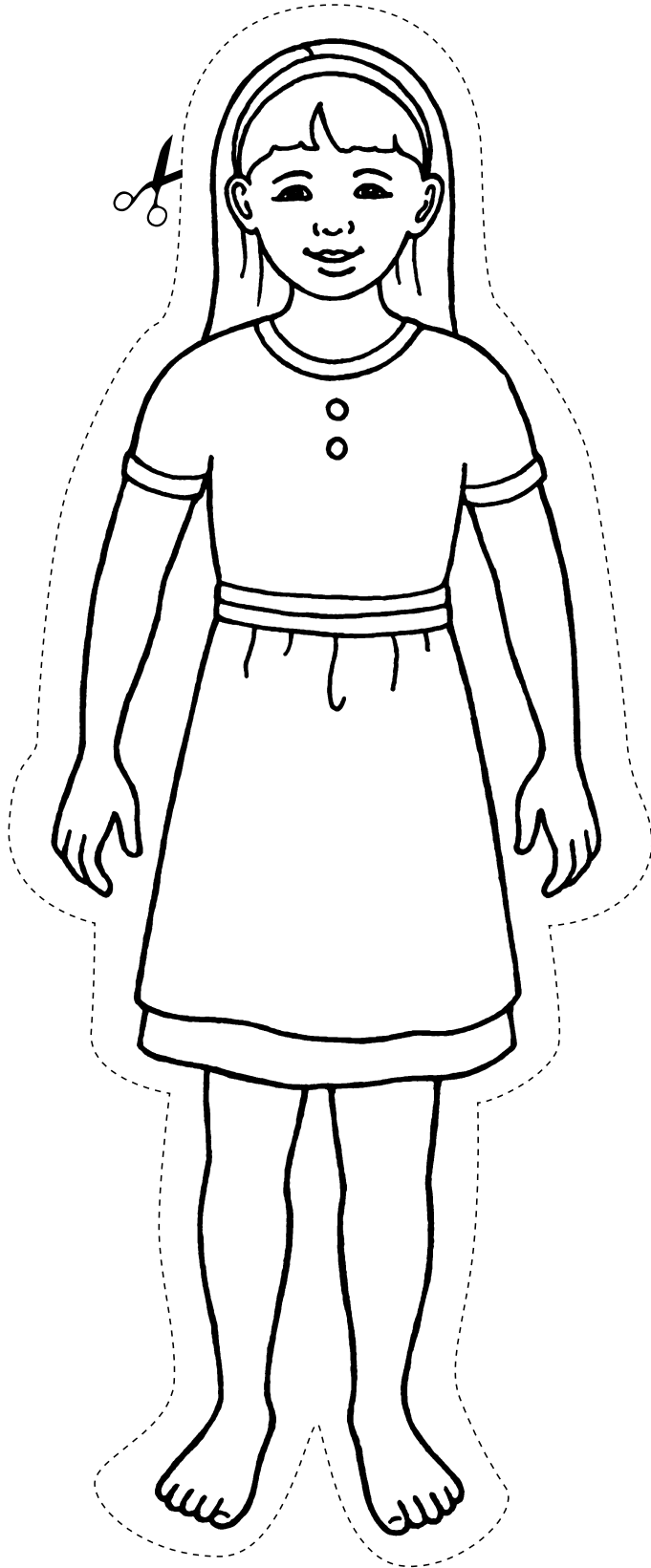
For more ideas, see this month's issue of the *Friend* magazine.



This My Son, by Elspeth Caitlin Young

Because of Jesus Christ, I will be resurrected (Alma 40:23).

Cut out the physical body and the spirit body. Use a paper clip to show how our spirits join our physical bodies at birth, are separated at death, and reunite when we are resurrected.





For the Blessings of Liberty, by Scott M. Snow

AUGUST 12-18: “STAND FAST IN THE FAITH OF CHRIST”

Alma 43-52

When we read these words at the beginning of Alma chapter 43—“And now I return to an account of the wars between the Nephites and the Lamanites”—it’s natural to wonder why Mormon included these war stories when he had limited space on the plates (see Words of Mormon 1:5). It’s true that we have our share of wars in the latter days, but there is value in his words beyond the descriptions of the strategy and tragedy of war. His words also prepare us for the war in which “we are all enlisted” (*Hymns*, no. 250), the war we are fighting each day against the forces of evil. This war is very real, and the outcome affects our eternal lives. Like the Nephites, we are inspired by a holy cause—“our God, our religion, and freedom, and our peace, our wives, and our children”—what Moroni called “the cause of the Christians” (Alma 46:12, 16).

Ideas for Learning at Home and at Church

ALMA 43-52

Jesus Christ can help me with my spiritual battles.

As you read Alma 43-52, notice what the Nephites did that made them successful (or unsuccessful). Then ponder how you can use what you learn to help you win your spiritual battles. Record your thoughts below:

- Alma 43:19: The Nephites were prepared with armor. (I can strive to prepare myself with spiritual armor.)
- Alma 43:23-24: They sought the prophet’s guidance.
- Alma 44:1-4: _____

- Alma 45:1: _____
- Alma 46:11-20: _____
- Alma 48:7-9: _____
- Alma 49:3, 12-14: _____

Also, see what you can learn from the efforts of the Nephites’ enemies. Ponder how Satan might attack you in similar ways:

- Alma 43:8: Zerahemnah sought to make his people angry so he would have power over them. (Satan may tempt me to act in anger.)
- Alma 43:29: _____
- Alma 46:10: _____

- Alma 47:10–19: _____

See also Russell M. Nelson, “Embrace the Future with Faith,” *Ensign* or *Liahona*, Nov. 2020, 73–76; “A Mighty Fortress Is Our God,” *Hymns*, no. 68.



Minerva Teichert (1888–1976), *Defense of a Nephite City*, 1949–1951, oil on masonite, 36 × 48 inches. Brigham Young University Museum of Art, 1969.

ALMA 46:11–28; 48:7–17

“Stand fast in the faith of Christ.”

Do you want to lessen the power of the adversary in your life? One way is to follow the counsel in Alma 48:17 to become “like unto Moroni.” Consider making a list of words that describe Moroni as you read Alma 46:11–28; 48:7–17. What do you learn from Moroni about “stand[ing] fast in the faith of Christ”? (Alma 46:27).

You might also study how Moroni inspired others in “the cause of the Christians” (see Alma 46:11–22). How would you describe that cause? What can you do to participate in it? How can you inspire others to participate too?

One thing Moroni did to inspire others was create the title of liberty, which emphasized principles to inspire the Nephites (see verse 12). What principles are our Church leaders emphasizing in our day? You might look for them in *For the Strength of Youth: A Guide for Making Choices*, “The Family: A Proclamation to the World,” the Young Women and Aaronic Priesthood Quorum themes, or recent general conference messages. You could summarize what they are teaching into some simple statements to create your own title of liberty—something to remind you to be true to the Savior and His gospel.

See also “Moroni Raises the Title of Liberty in Defense of Religious Freedom” (video), Gospel Library; Gospel Topics, “Faith in Jesus Christ,” Gospel Library.

ALMA 47

Satan tempts and deceives little by little.

Satan knows that you aren’t likely to commit big sins or believe obvious lies. Therefore, he uses subtle lies and small temptations—as many as he thinks you will accept—to lead you away from the safety of righteous living.

Look for this pattern in Alma 47, and ponder how Satan may be trying to deceive you. Consider these insights from Elder Robert D. Hales:

“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” (“Christian Courage: The Price of Discipleship,” *Ensign* or *Liahona*, Nov. 2008, 74).

What do you learn from the video “Temptation Fades as We Seek Christ in Every Thought” (Gospel Library) that can help you resist temptation?

See also Nehemiah 6:3; 2 Nephi 26:22; 28:21–22.

ALMA 50–51

Unity brings safety.

Despite the Nephites’ armor and fortifications, the Lamanites soon captured many of their cities (see Alma 51:26–27). How did that happen? Look for answers as you read these chapters (see particularly Alma 51:1–12). Ponder what warnings this account may have for you and your family.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 43:17-21; 48:7-8; 49:1-5; 50:1-6

I can find spiritual protection in the gospel of Jesus Christ.

- Consider using “Chapter 31: Captain Moroni Defeats Zerahemnah” (*Book of Mormon Stories*, 85–88) to tell your children about the war between the Nephites and the Lamanites. As you read about the Nephites’ armor in Alma 43:19, you could compare armor that protects our bodies with things that God has given us to protect our spirits. Maybe you and your children could draw a picture of a child and add a piece of armor to the picture for everything your children can name that protects us spiritually.
- These verses describe the fortifications the Nephites built: Alma 48:7–9; 49:1–9; 50:1–6. After reading these verses together, your children might enjoy building a fort out of objects like chairs and blankets. The video “Elder Stevenson on Fortifying Families” (Gospel Library) can help you discuss how to spiritually fortify your home.

ALMA 46:11-16; 48:11-13, 16-17

I can be “firm in the faith of Christ” like Captain Moroni.

- Your children could look at the pictures in this outline to tell the story of the title of liberty (see Alma 46:11–16; “Chapter 32: Captain Moroni and the Title of Liberty,” *Book of Mormon Stories*, 89–90). What did Moroni want the people to remember (see verse 12)? What does Heavenly Father want us to remember? Perhaps your children

could design their own “titles of liberty” with phrases or pictures that will help them remember these things.

- To teach your children about being “firm in the faith of Christ” like Moroni (see Alma 48:13), you could help them find and touch something firm. What does it mean for faith to be “firm”? Read together Alma 48:11–12 to find out what made Moroni firm in his faith in Christ. You could also sing together a song like “I Will Be Valiant” (*Children’s Songbook*, 162). What can we do to be “firm in the faith of Christ”?

ALMA 47:4-19

Satan tempts and deceives us little by little.

Read together selected verses from Alma 47:4–19. What would have happened if Amalickiah had told Lehonti what he planned to do from the beginning? What do these verses teach us about how Satan tries to deceive us?

Help your children build confidence. Some children may not feel capable of learning the gospel on their own. One way to build their confidence is to praise them when they participate in learning. How could you apply this suggestion with the activities in this outline?

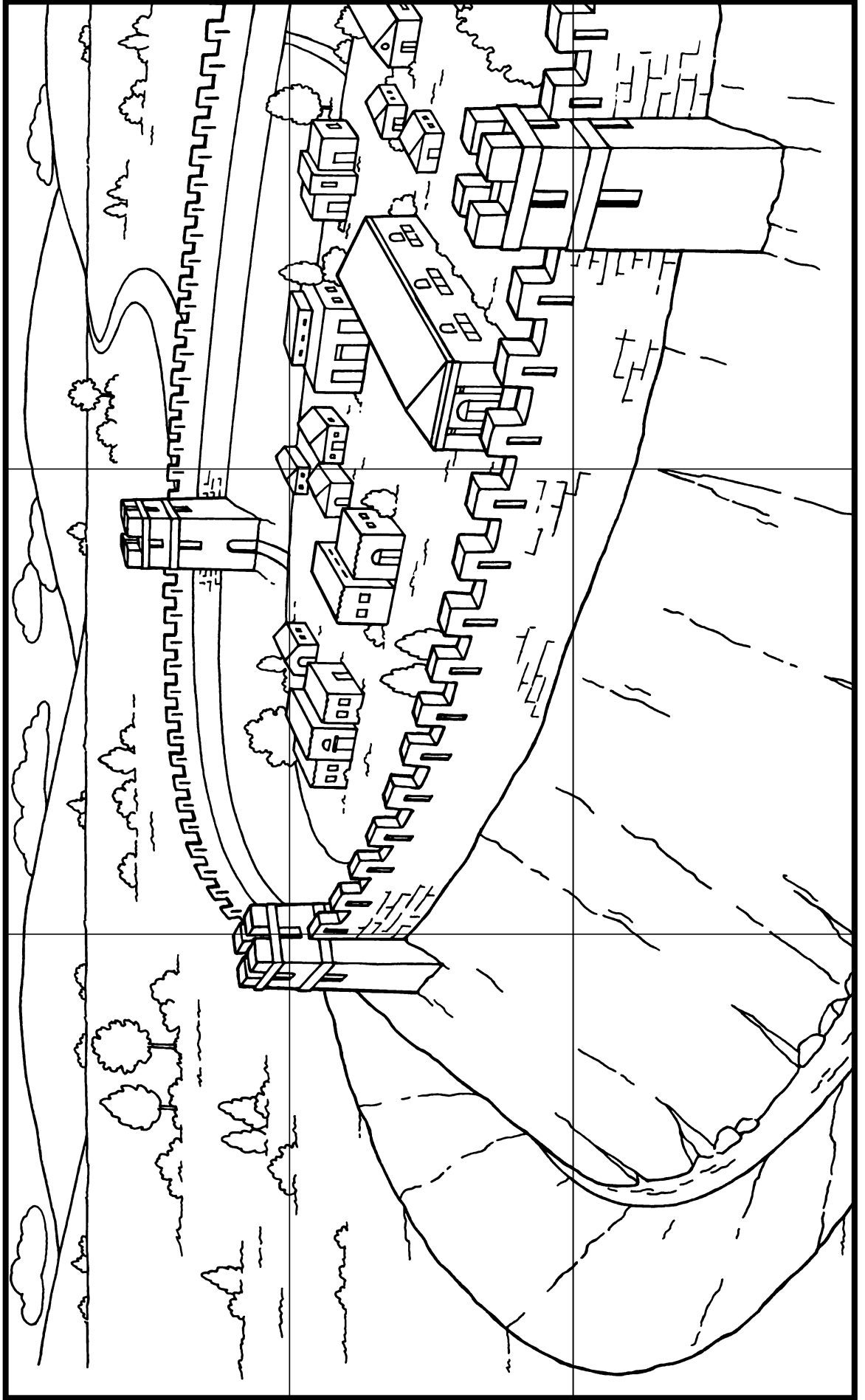
For more ideas, see this month’s issue of the *Friend* magazine.



Title of Liberty, by Larry Conrad Winborg

I can find spiritual protection in the gospel of Jesus Christ (Alma 48:7-8; 49:1-5; 50:1-6).

Color the picture of the Nephite fort, and cut the picture into pieces along the solid lines. Put the picture together with someone, and talk about ways you can find spiritual safety in Jesus Christ.





Two Thousand Young Warriors, by Arnold Friberg

AUGUST 19-25: “PRESERVED BY HIS MARVELOUS POWER”

Alma 53-63

When compared with the Lamanite armies, Helaman’s “little army” (Alma 56:33) of young men shouldn’t have stood a chance. Besides being few in number, Helaman’s soldiers “were all . . . very young,” and “they never had fought” (Alma 56:46-47). In some ways, their situation might seem familiar to those of us who sometimes feel outnumbered and overwhelmed in our latter-day battle against Satan and the forces of evil in the world.

But the army of Helaman had some advantages over the Lamanites that had nothing to do with numbers or military skill. They chose Helaman, a prophet, to lead them (see Alma 53:19); “they had been taught by their mothers, that if they did not doubt, God would deliver them” (Alma 56:47); and they had “exceeding faith in that which they had been taught.” As a result, they were protected by “the miraculous power of God” (Alma 57:26). So when facing life’s battles, we can take courage. Helaman’s army teaches us that “there [is] a just God, and whosoever [does] not doubt, [will] be preserved by his marvelous power” (Alma 57:26).

See also “The Sons of Helaman Are Faithful and Receive Divine Protection” (video), Gospel Library.

Ideas for Learning at Home and at Church

ALMA 53:10-22; 56:43-49, 55-56; 57:20-27; 58:39-40

Having faith in God helps me overcome fear.

If it weren’t for their faith, Helaman’s young soldiers would have had good reason to feel afraid. But because of their faith, they had even more reason to be courageous. As you read about them in Alma 53-58, look for things that help you face your fears with faith in Christ. Consider focusing on the following verses: Alma 53:10-22; 56:43-49, 55-56; 57:20-27; and 58:39-40. This table could help you record what you find.

Characteristics of Helaman’s young soldiers:	
Possible reasons their faith in Christ was so strong:	
What they did to exercise faith in Christ:	
How God blessed them:	

To win our spiritual battles, we also need the power of Jesus Christ. How can you access His power?

Look for answers in President Russell M. Nelson’s message “Drawing the Power of Jesus Christ into Our Lives” (*Ensign* or *Liahona*, May 2017, 39–42). You might compare his counsel with things that Helaman’s soldiers did.

After studying these things, think about your own spiritual battles. Write down what you feel inspired to do to exercise your faith in Jesus Christ.

See also Neil L. Andersen, “Wounded,” *Ensign* or *Liahona*, Nov. 2018, 83–86; “True to the Faith,” *Hymns*, no. 254; “Drawing upon the Power of God into Our Lives” (video), Gospel Library; Gospel Topics, “Faith in Jesus Christ,” Gospel Library.



They Did Not Doubt, by Joseph Brickey

ALMA 58:1-12, 31-37; 61

Followers of Jesus Christ are not easily offended.

Helaman and Pahoran had reasons to be offended. Helaman was not receiving support for his armies, and Pahoran was falsely accused by Moroni of withholding that support (see Alma 58:4–9, 31–32; 60). What impresses you about their reactions in Alma 58:1–12, 31–37 and Alma 61? Why do you feel they responded this way?

Elder David A. Bednar pointed to Pahoran as an example of meekness and taught that “the most majestic and meaningful examples of meekness are found in the life of the Savior Himself” (“Meek and Lowly of Heart,” *Ensign* or *Liahona*, May 2018, 32). Ponder how the Savior showed meekness. See, for

instance, Matthew 27:11–26; Luke 22:41–42; John 13:4–17. How can you follow His example?

ALMA 60:7-14

I have a responsibility to lift people around me.

Moroni wrote that God would hold Pahoran responsible if he knowingly neglected the needs of the Nephite armies. What do you learn from Alma 60:7–14 about caring for people in need? What can you do to be more aware of and meet the needs of others?

ALMA 62:39-51

If I am humble, life’s challenges can turn my heart to God.

Put a raw egg and a potato in boiling water to help you think about how you can choose to be either “softened” or “hardened” by your trials. While your egg and potato are cooking, study Alma 62:39–51, and notice how the people reacted to Helaman’s ministry after their long war with the Lamanites. You could then compare this to how they had reacted to his preaching 13 years earlier (see Alma 45:20–24). How were the Nephites affected differently by the same afflictions? When the egg and potato are fully cooked, crack the egg and cut the potato. How did the boiling water affect them differently? What are you learning about how we can choose to react to afflictions? How can you turn to God during your afflictions?

Draw on experiences in the home. If you teach a Church class, ask class members to share what they learned at home. For instance, find out what they learned about afflictions and humility from boiling eggs and potatoes.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ALMA 53:20–21; 56:47–48

I can be faithful to God like Helaman's young soldiers.

- You can use many resources to share the story of Helaman's soldiers, including the pictures in this outline and "Chapter 34: Helaman and the 2,000 Young Warriors" (*Book of Mormon Stories*, 93–94). This week's activity page can help your children think of ways they can be like the army of Helaman. Consider sharing some of the qualities of the young soldiers from Alma 53:20–21 to get them started. You could also sing together "We'll Bring the World His Truth" (*Children's Songbook*, 172–73).

ALMA 56:45–48; 57:21

I can be faithful to what my parents teach in righteousness.

- Helaman's young soldiers looked to their mothers' faith when they were faced with a great challenge. Perhaps you could read Alma 56:45–48 with your children and invite them to listen for what the mothers of these young men taught them about faith. You might ask them what they've learned from their parents—or other faithful adults—about the Savior. Why is it important to obey "with exactness"? (Alma 57:21).
- How can you—like the mothers of the stripling soldiers—make sure your children know of your faith in God? One way is to share how your faith affects your life. For example, how has He "delivered" you when you "did not doubt"?



Seed of Faith, by Jay Ward

ALMA 53:10–18

I can keep my covenants with Heavenly Father.

- Your children might be able to talk about a time when someone made a promise with them and kept it. How did they feel when the promise was kept? You could read Alma 53:10–18 and invite your children to look for how Helaman, the people of Ammon, and the sons of the people of Ammon made and kept their promises, or covenants. You might share how Heavenly Father blesses you as you keep your covenants.

ALMA 61:3–14

I can choose to not be angry.

Consider inviting your children to think about a time when they were accused of doing something they didn't do. Tell them about how this happened to Pahoran (see Alma 60–61; see also "Chapter 35: Captain Moroni and Pahoran," *Book of Mormon Stories*, 95–97). To learn about how Pahoran reacted, take turns reading verses from Alma 61:3–14. What did Pahoran do when Moroni accused him? (see Alma 61:2–3, 8–9). What do we learn about forgiveness from the Savior's example? (see Luke 23:34).

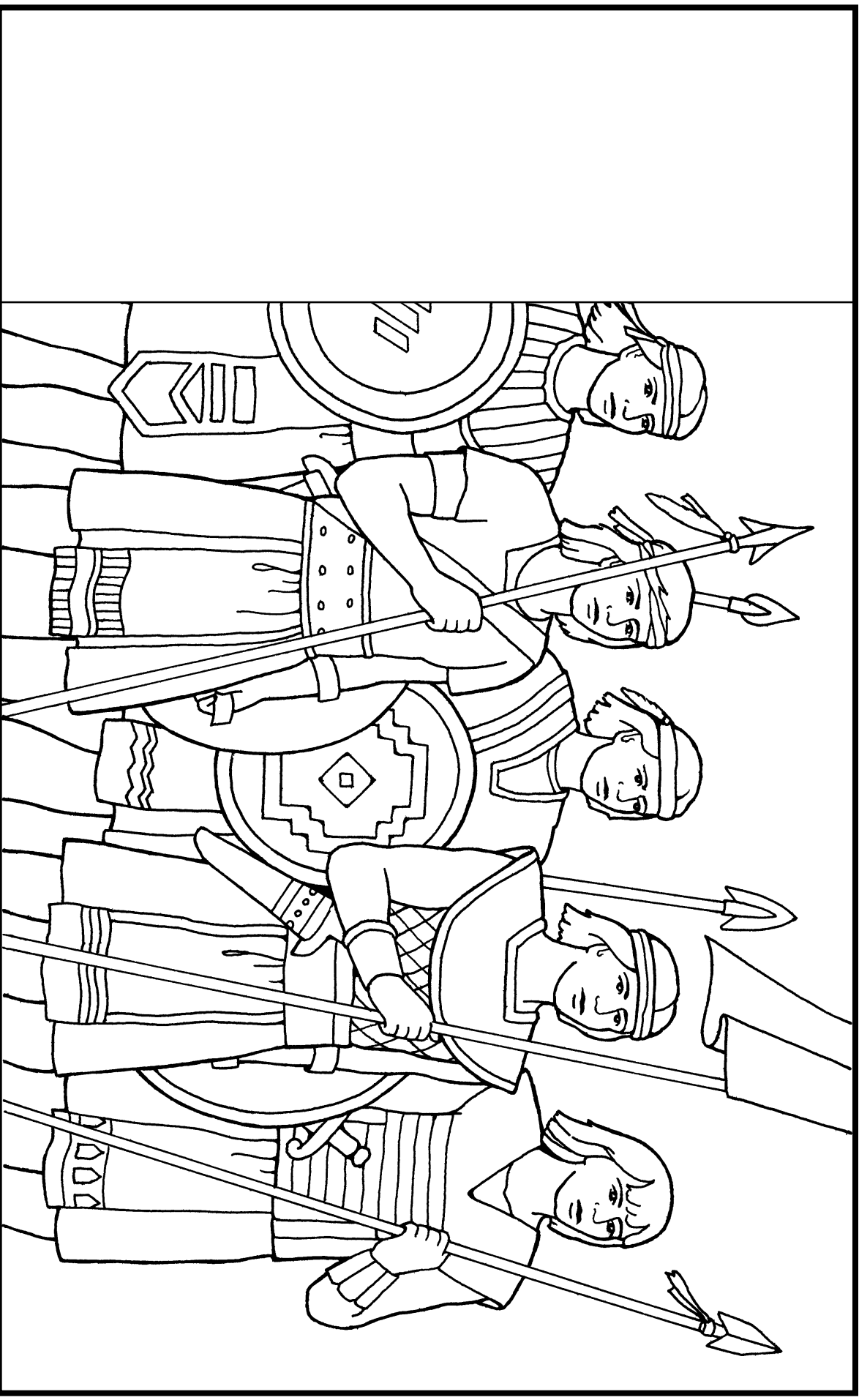
For more ideas, see this month's issue of the *Friend* magazine.



It's True, Sir, All Present and Accounted For, by Clark Kelley Price

I can be faithful to God like Helaman's young soldiers (Alma 53:20-21).

Draw yourself as one of the young soldiers. Share with someone how you can show your faith in Heavenly Father and Jesus Christ.





AUGUST 26–SEPTEMBER 1: “THE ROCK OF OUR REDEEMER”

Helaman 1–6

The book of Helaman records both triumphs and tragedies among the Nephites and Lamanites. It begins with “a serious difficulty among the people of the Nephites” (Helaman 1:1), and the difficulties keep coming throughout the record. Here we read about political intrigue, bands of robbers, rejection of the prophets, and pride and disbelief throughout the land. But we also find examples like Nephi and Lehi and “the more humble part of the people,” who not only survived but thrived spiritually (Helaman 3:34). How did they do it? How did they stay strong while their civilization began to decline and fall apart? The same way any of us stay strong in the “mighty storm” the devil sends to “beat upon [us]”—by building our lives “upon the rock of our Redeemer, who is Christ, the Son of God, . . . a foundation whereon if men build they cannot fall” (Helaman 5:12).

See also “Nephi and Lehi Testify of Christ and Are Protected” (video), Gospel Library.

Ideas for Learning at Home and at Church

HELAMAN 1–6

Pride separates me from the Spirit and strength of God.

As you read Helaman 1–6, you may notice a pattern in the behavior of the Nephites. When they are righteous, God blesses them, and they prosper. After a time, they become prideful and wicked, making choices that lead to destruction and suffering. Then they are humbled and inspired to repent, and God blesses them once again. The pattern repeats itself so often that some call it the “pride cycle.”



The “pride cycle”

Look for examples of this cycle as you read Helaman 1–6. Here are some questions to help you understand this pattern:

- What evidence of pride do you see among the Nephites? (see, for example, Helaman 3:33–34; 4:11–13). Do you see similar evidence of pride in yourself?
- What are the consequences of pride and wickedness? (see Helaman 4:23–26). What are the consequences of humility and repentance? (see Helaman 3:27–30, 35; 4:14–16).
- What things did Helaman want his sons to remember? (see Helaman 5:4–12). In what ways can remembering these truths help you avoid becoming prideful?

See also “Chapter 18: Beware of Pride,” *Teachings of Presidents of the Church: Ezra Taft Benson* (2014), 229–40; “I Need Thee Every Hour,” *Hymns*, no. 98.

HELANAMAN 3:24–35

Faith in Christ fills my soul with joy.

In Helaman 3, Mormon described a time of rejoicing when the Church was so blessed that even the leaders were surprised. Based on what you read in verses 24–32, what do you think led to that joyful state? Not all members continued in the joy, though. Note the differences between the people described in verses 33–35. What do you learn from their example?

Look for personal application. The prophet Mormon used the phrase “thus we see” to emphasize important truths as he abridged the Book of Mormon. For example, what did he want us to see in Helaman 3:27–30? As you study the scriptures, you might pause occasionally to complete the phrase “and thus we see” regarding what you have read.

HELANAMAN 5:6–7

I can honor the Savior’s name.

Reading Helaman 5:6–7 may inspire you to consider the names you have been given, including family

names. What do these names mean to you? How can you honor them? Even more important, consider what it means to bear the Savior’s name (see Moroni 4:3). How do you honor that sacred name?

HELANAMAN 5:12–52



If I make Jesus Christ my foundation, I cannot fall.

What does it mean to you to “build your foundation” on “the rock of our Redeemer”? (Helaman 5:12). How have you found safety from life’s storms in Jesus Christ? As you read Helaman 5:12–52, identify how Nephi and Lehi were blessed for building their faith on the rock of their Redeemer.

Some people find it helpful to visualize what they’re studying. To depict Helaman 5:12, you could build a small structure on different kinds of foundations. You could then create a “mighty storm” by spraying water on it and using a fan to create wind. What insights does this give you about building your foundation on Jesus Christ? What else do you learn from the video “A Secure Anchor”? (Gospel Library).

Verse 50 mentions “the greatness of the evidences” that the Lamanites received. Reading Helaman 5:12–52 might bring to your mind the evidences that God has given you. For example, maybe “a whisper” from the Spirit has strengthened your faith in the Savior (Helaman 5:30; see also Doctrine and Covenants 88:66). Or perhaps you’ve been in darkness and cried out to God for greater faith (see Helaman 5:40–47). What other experiences have helped you build your foundation on Jesus Christ?

See also Russell M. Nelson, “The Temple and Your Spiritual Foundation,” *Liahona*, Nov. 2021, 93–96; Sean Douglas, “Facing Our Spiritual Hurricanes by Believing in Christ,” *Liahona*, Nov. 2021, 109–11; Gospel Topics, “Faith in Jesus Christ,” Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

HELAMAN 3:24, 33-34; 4:11-15

Heavenly Father wants me to be humble.

- Consider inviting your children to draw their own version of the “pride cycle,” based on the diagram above. Then, as you read together Helaman 3:24, 33-34 and 4:11-15, they could point to the parts of the cycle these verses describe. How can we choose to be humble—and remain that way?

HELAMAN 5:12

I will build my foundation on Jesus Christ.

- Consider using a picture of a temple to start a conversation about why buildings need strong foundations. Or you could look at the foundation of your home or Church building. To emphasize the strength of a rock-solid foundation, your children could try to move a rock by blowing on it. As you read together Helaman 5:12, ask your children why Jesus Christ is “a sure foundation” for our lives. How can we build our lives on Him? (see Helaman 3:27-29, 35 and Articles of Faith 1:4).
- Invite your children to build a tower using blocks or other materials on different kinds of foundations (such as cotton balls or a flat stone). How is the solid foundation like Jesus Christ? They could add a block to the structure for each idea they share about what they can do to follow Him.

HELAMAN 5:21-52

The Holy Ghost whispers with a still, small voice.

- The voice described in Helaman 5:29-30, 45-47 teaches us one way that the Holy Ghost speaks to us. To help your children understand this truth, consider reading “Chapter 37: Nephi and Lehi in Prison” (*Book of Mormon Stories*, 99-102). When you talk about the voice the people heard, speak in a soft voice. Repeat the story a few times, and invite the children to whisper with you. Help them think of other ways that the Holy Ghost can speak to us. To reinforce this principle, you could sing together “The Still Small Voice” (*Children’s Songbook*, 106-7).

HELAMAN 5:20-52

Repentance replaces spiritual darkness with light.

- To emphasize what Helaman 5:20-41 teaches about darkness and light, try reading or summarizing these verses in the dark, using just a flashlight for light. Your children could listen for what the people needed to do so the darkness would be removed. Then turn the lights on, and read verses 42-48 together. What do these verses teach us about repentance?

For more ideas, see this month’s issue of the *Friend* magazine.



The Book of Mormon for Young Readers, Nephi and Lehi Encircled by a Pillar of Fire, by Briana Shawcroft; may not be copied

I will build my foundation on Jesus Christ (Helaman 5:12).

Make a pop-up house. Color the pictures, and cut out the rectangle and the house. Fold the rectangle in half on the dotted line. Fold the dotted lines on the bottom of the house, and glue the marked tab to the back of the house, as illustrated below. Glue the house to the rectangle by matching the numbered sections. Write in the square ways you can build your foundation on Jesus Christ.

I can build my foundation on Jesus Christ by:

Jesus Christ is my foundation.

1. 2.

1. 2.

Glue to back of house

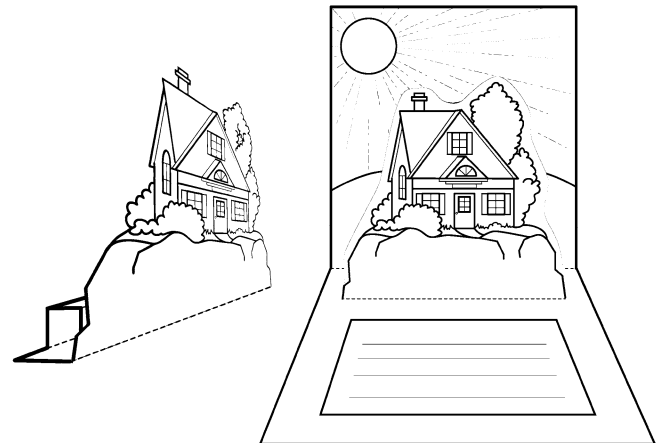




Illustration of Nephi in a garden tower, by Jerry Thompson


SEPTEMBER 2-8: “REMEMBER THE LORD”

Helaman 7-12

Nephi’s father, Helaman, had urged his sons to “remember, remember.” He wanted them to remember their ancestors, remember the words of the prophets, and most of all, remember “our Redeemer, who is Christ” (see Helaman 5:5–14). It’s clear that Nephi did remember because this is the same message he declared years later “with unwearyingness” to the people (Helaman 10:4). “How could you have forgotten your God?” he asked (Helaman 7:20). All of Nephi’s efforts—preaching, praying, performing miracles, and petitioning God for a famine—were attempts to help the people turn to God and remember Him. In many ways, forgetting God is an even bigger problem than not knowing Him. And it’s easy to forget Him when our minds are distracted by “the vain things of this world” and clouded by sin (Helaman 7:21; see also Helaman 12:2). But, as Nephi’s ministry shows, it’s not too late to remember and “turn . . . unto the Lord your God” (Helaman 7:17).

Ideas for Learning at Home and at Church

HELANMAN 7-11

 Prophets reveal the will of God to the people.

Helaman 7–11 is a particularly good place to learn about what prophets do. As you read these chapters, pay attention to Nephi’s actions, thoughts, and interactions with the Lord. How does Nephi’s ministry help you understand the role of prophets? Here are a few examples. What else do you find?

- Helaman 7:17–22: Prophets cry repentance and warn of the consequences of sin.
- Helaman 7:29; 9:21–36: _____
- Helaman 8:13–23: _____

- Helaman 10:7: _____
- Helaman 10:4–7, 11–12: _____

Based on what you’ve read, how would you describe what a prophet is and what he does? Consider writing a brief definition. Then see what you would add to your definition after reading the entry for “Prophet” in the Guide to the Scriptures (Gospel Library) or “Follow the Living Prophet” (*Teachings of Presidents of the Church: Ezra Taft Benson* [2014], 147–55).

Did you notice how bold Nephi was in Helaman 7:11–29? Why do you feel prophets sometimes need to speak with boldness like Nephi did? Consider looking for answers in the section titled “Don’t Be

Surprised” in Elder Neil L. Andersen’s message “The Prophet of God” (*Ensign* or *Liahona*, May 2018, 26).

With all of these truths in mind, ponder how the Lord has blessed you through the ministry of His prophets. What has He taught you recently through our living prophet? What are you doing to listen to and follow the Lord’s direction?

See also Gospel Topics, “Prophets,” Gospel Library.

HELAMAN 9; 10:1, 12–15

My faith in Jesus Christ must be built on more than signs and miracles.

If signs or miracles were enough to change a person’s heart, all the Nephites would have been converted by the remarkable signs Nephi gave in Helaman 9. But that didn’t happen. Notice the various ways people reacted to the miracle in Helaman 9–10. For example, you might compare the responses of the five men and the chief judges in Helaman 9:1–20 (see also Helaman 9:39–41; 10:12–15). What do you learn from these experiences about how to build your faith in Jesus Christ?

See also 3 Nephi 1:22; 2:1–2.

HELAMAN 10:1–12

The Lord gives power to people who seek His will and strive to keep His commandments.

As you study Helaman 10:1–12, notice what Nephi did to gain the Lord’s trust. How did he demonstrate that he sought the Lord’s will rather than his own? What does Nephi’s experience inspire you to do?

HELAMAN 10:2–4

Pondering the word of God invites revelation.

When you feel downtrodden, anxious, or confused, you might learn an important lesson from Nephi’s

example in Helaman 10:2–4. What did he do when he felt “cast down”? (verse 3).

President Henry B. Eyring explained, “When we ponder, we invite revelation by the Spirit” (“Serve with the Spirit,” *Ensign* or *Liahona*, Nov. 2010, 60). How might you create a habit of pondering?

HELAMAN 12

The Lord wants me to remember Him.

How do you remember important information—like a family member’s birthday or information for a test? How is this similar to the effort that is required to “remember the Lord”? (Helaman 12:5). How is it different?

Helaman 12 describes several things that cause people to forget the Lord. Perhaps you could list them and ponder whether they could be distracting you from Him. What helps you remember Jesus Christ? What are you inspired to do based on what you learned?

See also Doctrine and Covenants 20:77, 79; “Reverently and Meekly Now,” *Hymns*, no. 185.

Use object lessons. The Savior often related gospel principles to everyday things that people were familiar with. When learning or teaching about Helaman 12:1–6, you could compare “the unsteadiness . . . of men” to the way we feel trying to balance on one leg. How can we remain spiritually steady?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

HELAMAN 7:20-21

The Lord wants me to remember Him.

- To start a conversation about remembering the Lord, you could tell your children about a time when you forgot something. Let them share similar experiences of their own. Then you could read together Helaman 7:20–21 and ask your children what they think it means to forget God. Maybe your children could draw pictures of things that could cause us to forget the Lord and use their drawings to cover a picture of Jesus. Then they could think of things they can do to remember Him. As they share their thoughts, they could take away the drawings one by one until the picture of the Savior is revealed.

HELAMAN 8:13-23

Prophets testify of Jesus Christ.

- Help your children search Helaman 8:13–23 to find names of prophets who taught about Jesus Christ. Maybe they can pass around a picture of Jesus each time they find one. What has our living prophet taught about the Savior?
- You could also sing together a song about prophets, such as “Follow the Prophet” (*Children’s Songbook*, 110–11). Maybe you and your children could pick a key phrase from the song and write one word from the phrase on each of several paper footprints. Then you could lay the footprints on the floor leading to a picture of the Savior, and your children could follow the footprints

toward the picture. How has following the prophet led us to Jesus Christ?

HELAMAN 10:1-4

Pondering the words of God invites revelation.

- To help your children understand what it means to ponder, you could read together “Ponder” in *Guide to the Scriptures* (Gospel Library). What are some other words that are similar to *ponder*? Perhaps you could read Helaman 10:1–3 together and replace the word *ponder* with those other words. Talk with your children about ways to make pondering part of their scripture study.

HELAMAN 10:11-12

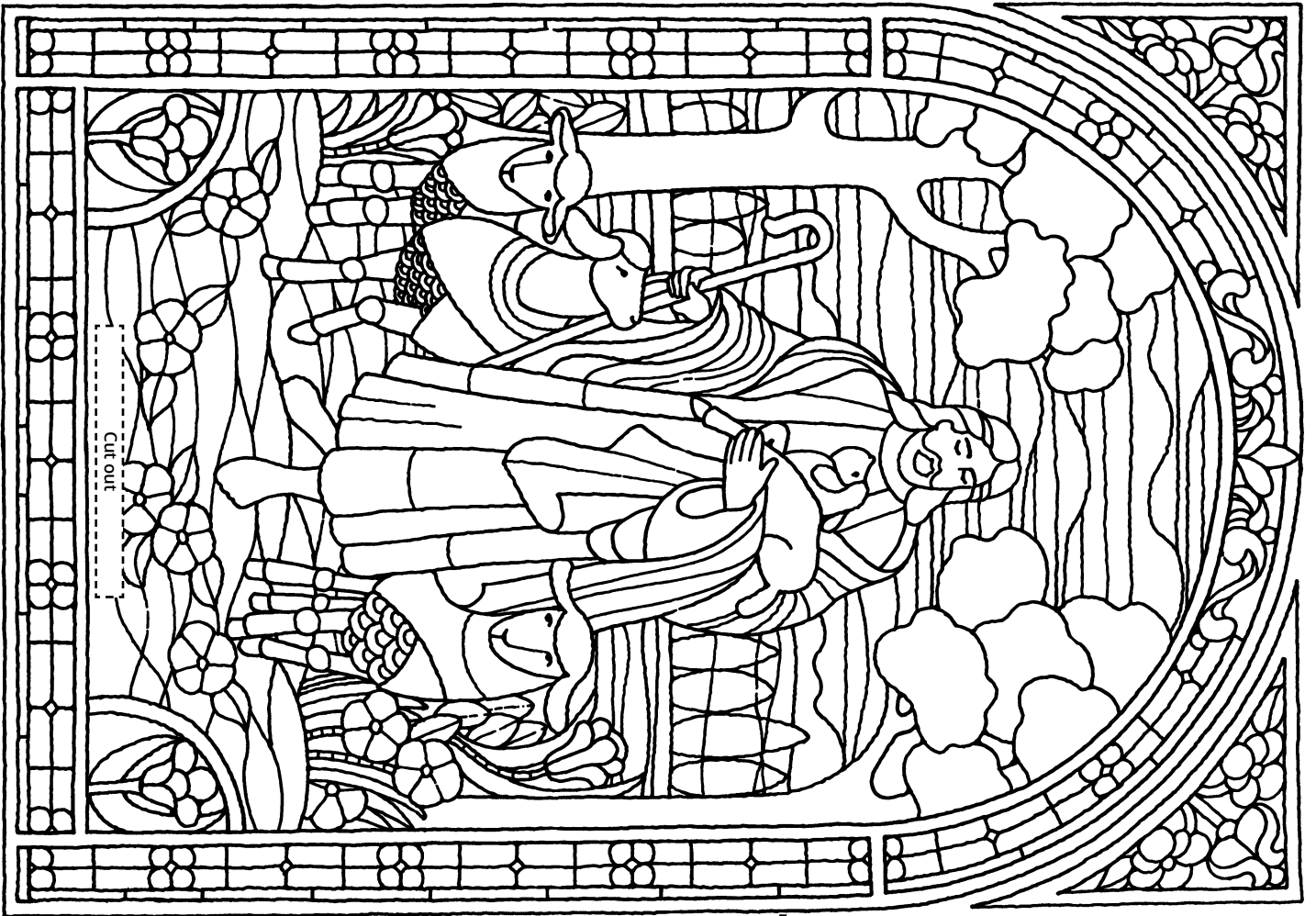
I will obey Heavenly Father.

- Nephi obeyed Heavenly Father even when it meant doing something difficult. For an example of this, you and your children could read Helaman 10:2, 11–12. Maybe your children could act out what Nephi did—walk toward one side of the room (as if they are going home), stop, turn around, and walk toward the other side of the room (as if they are returning to teach the people). What are some things Heavenly Father wants us to do?

For more ideas, see this month’s issue of the *Friend* magazine.

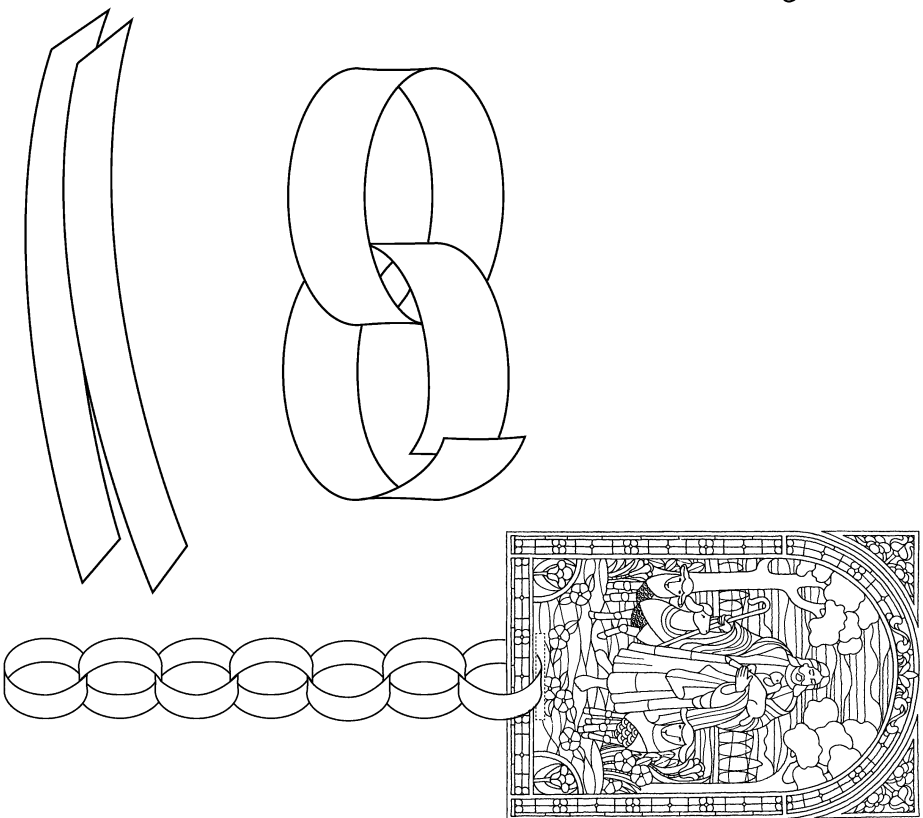


The Book of Mormon for Young Readers, Seantum—The Murderer Is Discovered, by Briana Shawcroft; may not be copied



**The Lord wants me to remember Him
(Helaman 7:20).**

Color the picture, cut it out, and cut out the slit at the bottom. Then cut slips of paper to make a paper chain. Each time you do something to remember Jesus during the week, write what you did on a slip and add a link to your chain.





Samuel the Lamanite on the Wall by Arnold Friberg

SEPTEMBER 9–15: “GLAD TIDINGS OF GREAT JOY”

Helaman 13–16

The first time Samuel the Lamanite tried to share “glad tidings” in Zarahemla (Helaman 13:7), he was rejected and cast out by the hard-hearted Nephites. You might say it was as if they had built an impenetrable wall around their hearts that prevented them from receiving Samuel’s message. Samuel understood the importance of the message he bore and demonstrated faith by following God’s commandment “that he should return again, and prophesy” (Helaman 13:3). Like Samuel, we all encounter walls as we “prepare the way of the Lord” (Helaman 14:9) and strive to follow His prophets. And like Samuel, we too bear witness of Jesus Christ, “who surely shall come,” and invite all to “believe on his name” (Helaman 13:6; 14:13). Not everyone will listen, and some may actively oppose us. But those who believe in this message with faith in Christ find that it truly is a message of “glad tidings of great joy” (Helaman 16:14).

See also “Samuel the Lamanite Prophecies of Christ and Is Protected” (video), Gospel Library.

Ideas for Learning at Home and at Church

HELAMAN 13

The Lord gives warnings through His prophets.

In the scriptures, prophets are sometimes compared to watchmen on a wall or tower who warn of danger (see Isaiah 62:6; Ezekiel 33:1–7). As you study Samuel’s words in Helaman 13, consider how he is like a watchman for you. What did he say that seems relevant to our day? (see especially verses 8, 21–22, 26–29, 31, and 38). For example, what did Samuel teach about repentance? about humility and wealth? about seeking happiness “in doing iniquity”?

You might also search recent conference messages for similar warnings the Lord has given through modern prophets. What do you feel inspired to do about these warnings?

Look for patterns. A pattern is a plan or model that can be used as a guide for accomplishing a task. In the scriptures, we find patterns that show how the Lord accomplishes His work, such as sending His servants to warn the people.



As we listen to prophets, they will point to Jesus Christ.

HELAMAN 13–15

God invites me to repent.

Samuel’s warnings of the judgments of God consistently included a merciful invitation to repent. Look for these invitations throughout Helaman 13–15 (see especially Helaman 13:6–11; 14:15–19; 15:7–8). What do you learn from these verses about repentance? Some people see repentance as a harsh punishment—something to avoid. In your opinion, how did Samuel want the Nephites to see repentance?

To deepen your study, you could read President Russell M. Nelson’s message “We Can Do Better and Be Better” (*Ensign* or *Liahona*, May 2019, 67). How does he define repentance? What blessings of sincere repentance do you find in his message? You might also look for specific things the prophet invited us to change. What is the Holy Ghost telling you that you need to change? Consider writing down the personal revelation you receive.

How is repentance different than just changing your behavior? Why is it important to accept God’s invitation to repent? As you ponder this, consider singing or listening to a hymn that expresses this invitation, such as “How Gentle God’s Commands” (*Hymns*, no. 125).

See also “Jesus Christ Will Help You,” *For the Strength of Youth: A Guide for Making Choices*, 6–9; “Repentance: A Joyful Choice,” “Principles of Peace:

Repentance” (videos), Gospel Library; Gospel Topics, “Repentance,” Gospel Library.

HELAMAN 14; 16:13–23

God sent signs and wonders to testify of the Savior’s birth and death.

In Helaman 14, Samuel explained that the Lord provided signs of the Savior’s birth and death so that the people “might know of . . . his coming” and “believe on his name” (Helaman 14:12). As you study Helaman 14, note the signs of the Savior’s birth in verses 1–8 and the signs of His death in verses 20–28. Why do you think these signs would be effective ways to signify the birth and death of Jesus Christ?

Other more personal and less dramatic signs can help you “believe on [the Savior’s] name.” What has He done to strengthen your belief in Him?

What caution is given about signs in Helaman 16:13–23? How can you avoid the attitude of the people described in these verses?

See also Alma 30:43–52; Ronald A. Rasband, “By Divine Design,” *Ensign* or *Liahona*, Nov. 2017, 55–57.

HELAMAN 15:3

Chastening from the Lord is a sign of His love.

Samuel’s words contain many stern chastisements, but Helaman 15:3 gives us perspective on chastening from the Lord. How can chastisement from the Lord be a sign of His love? What evidence do you see of the Lord’s love and mercy in Samuel’s prophecies and warnings?

Consider studying Elder D. Todd Christofferson’s message “As Many as I Love, I Rebuke and Chasten” (*Ensign* or *Liahona*, May 2011, 97–100), looking for three purposes of divine chastening. When have you seen God work in these ways in your life?

HELAMAN 16**Prophets point me to Jesus Christ.**

In Helaman 16, what do you learn from people who accepted Samuel’s teachings? What do you learn from people who rejected him? Think about how

following the living prophets has helped you draw closer to Jesus Christ.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

HELAMAN 13:2–5**God can speak to me in my heart.**

- How can you teach your children that God can speak to our heart, as He did for Samuel? Perhaps you could ask them to show you different ways to communicate without words (such as gestures or facial expressions). This could lead to a discussion about different ways that Heavenly Father communicates with us. As part of this discussion, you and your children could look at a picture of Samuel the Lamanite (this outline has two) and read Helaman 13:2–5 as your children listen for how God told Samuel what to say.
- Many of us—especially children—need help learning to recognize how and when God is speaking to us. You might tell your children about a time when the Holy Ghost helped you know in your heart what God wanted you to do or say. Explain how you knew that God was communicating with you. Perhaps your children could also share any similar experiences they have had.

HELAMAN 14:2–7, 20–25**Prophets teach about Jesus Christ.**

- Singing together “Samuel Tells of the Baby Jesus” (*Children’s Songbook*, 36) may be a good way to teach your children what Samuel taught

about Jesus Christ. Sharing “Chapter 40: Samuel the Lamanite Tells about Jesus Christ” (*Book of Mormon Stories*, 111–13) is another. What did Samuel teach about the Savior? Perhaps you could also share what modern prophets teach about Him. How do their words build our faith in Him?

HELAMAN 16:1–6**I am blessed as I follow the prophet.**

- You can build your children’s trust in the Lord’s prophet by showing them examples of people who were faithful. Some of these are found in Helaman 16:1, 5. As you read, your children could stand up when they hear something the people did when they believed Samuel’s words. Then, as you read verses 2 and 6, your children could sit down when they hear something the people did when they did not believe. How can we show that we believe the words of the living prophet? Tell the children how you are blessed as you follow the Lord’s counsel through His prophets.

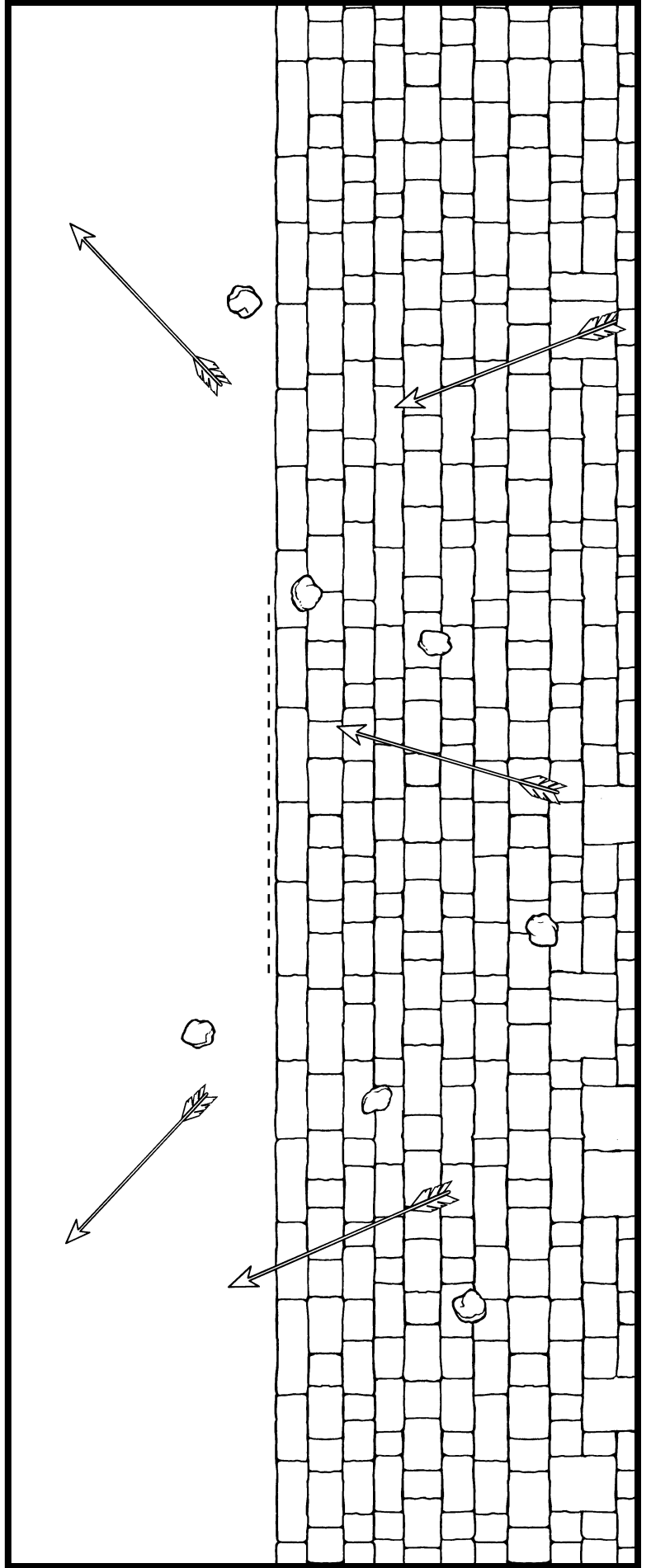
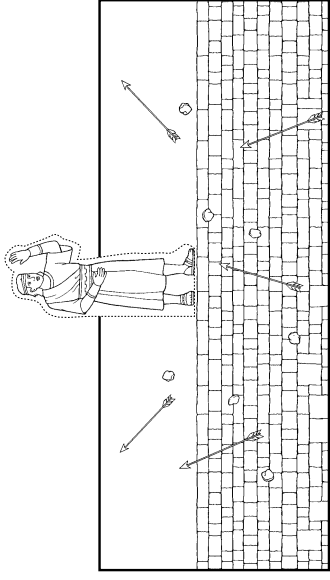
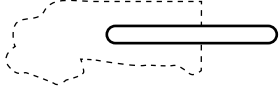
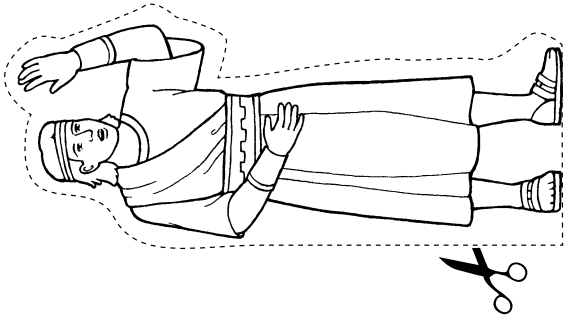
For more ideas, see this month’s issue of the *Friend* magazine.



Samuel the Lamanite, by Lester Yocum

I am blessed as I follow the prophet (Helaman 16:1-6).

Color the pictures. Cut out the figure of Samuel the Lamanite, and attach a craft stick to the back. Cut a slit on the dotted line at the top of the wall, and insert the figure through the slit as you tell someone the story of Samuel the Lamanite on the wall.





One Day, One Night, and One Day, by Jorge Cocco

SEPTEMBER 16-22: “LIFT UP YOUR HEAD AND BE OF GOOD CHEER”

3 Nephi 1-7

In some ways, it was an exciting time to be a believer in Jesus Christ. Prophecies were being fulfilled—great signs and miracles among the people indicated that the Savior would soon be born. On the other hand, it was also an anxious time for believers because, in spite of all the miracles, unbelievers insisted that “the time was past” for the Savior to be born (3 Nephi 1:5). These people caused “a great uproar throughout the land” (3 Nephi 1:7) and even set a date to kill all the believers if the sign prophesied by Samuel the Lamanite—a night without darkness—did not appear.

In these difficult circumstances, the prophet Nephi “cried mightily to his God in behalf of his people” (3 Nephi 1:11). The Lord’s response is inspiring to anyone who faces persecution or doubt and needs to know that light will overcome darkness: “Lift up your head and be of good cheer; . . . I will fulfil all that which I have caused to be spoken by the mouth of my holy prophets” (3 Nephi 1:13).

Ideas for Learning at Home and at Church

3 NEPHI 1-7

Becoming converted to the gospel of Jesus Christ requires patience and effort.

3 Nephi 1-7 describes people who were converted to the Lord and others who were not. What made the difference between these groups? A chart like the following might help you organize your thoughts:

	Things that weaken conversion	Things that strengthen conversion
3 Nephi 1:5-11	Not believing the prophet’s words and making fun of righteous people	Having faith in the prophet’s words and praying for help
3 Nephi 1:29-30		

	Things that weaken conversion	Things that strengthen conversion
3 Nephi 2:1-3		
3 Nephi 3:12-16		
3 Nephi 4:8-10, 30-33		
3 Nephi 6:13-18		
3 Nephi 7:15-22		

Ask personal questions as you study. While completing this chart, you could ask questions like “What is the lesson for me here?” This will bring inspiration from the Holy Ghost.

3 NEPHI 1:1-23

Because of Jesus Christ, I can “be of good cheer.”

Your Heavenly Father knows that your life will include moments that are difficult, even frightening. But He also wants you to experience joy. Read 3 Nephi 1:1-23 to learn about the reasons the faithful Nephites had to be afraid. What reason did the Lord give them to “be of good cheer”?

The Savior has used the phrase “be of good cheer” on several occasions—for example, in Matthew 14:24-27; John 16:33; Doctrine and Covenants 61:36; 78:17-19. What impresses you about these invitations? You might read surrounding verses to understand the circumstances in which the Savior said these words. In each case, what reasons did He give to help people face their fears? How has he done this for you?

Consider studying President Russell M. Nelson’s address “Joy and Spiritual Survival” (*Ensign* or *Liahona*, Nov. 2016, 81-84). What does President

Nelson teach you about finding joy in any situation? Notice how many times President Nelson uses the word *focus*. Maybe you could compare focusing a camera or other lens to focusing on Jesus Christ. How will you focus on Him more?

See also “Grief,” “Hope,” “Mental Health,” or other topics in the “Life Help” section of the Gospel Library.

3 NEPHI 1:4-21; 5:1-3

The Lord will fulfill all His words in His time.

Read 3 Nephi 1:4-7 and think about how you might have felt if you were one of the believers. What did they do to keep their faith strong? (see 3 Nephi 1:4-21 and 5:1-3). How were Samuel’s words fulfilled? (see 3 Nephi 1:19-21). How has the Lord fulfilled His words in your life?

3 NEPHI 1:4-15; 5:12-26; 6:10-15; 7:15-26

I am a disciple of Jesus Christ.

Mormon declared, “Behold, I am a disciple of Jesus Christ” (3 Nephi 5:13). What does this phrase mean to you? Consider searching 3 Nephi 1:4-15; 5:12-26; 6:10-15; and 7:15-26, looking for qualities, beliefs, and actions of disciples of Christ.

See also “I’m Trying to Be like Jesus,” *Children’s Songbook*, 78.

3 NEPHI 2:11-12; 3:1-26

When I exercise faith in Jesus Christ, I don’t need to fear.

The Nephites’ experience with bands of robbers may contain lessons that can help you with the spiritual dangers you face. Look for these lessons in 3 Nephi 2:11-12 and 3:1-26. For example, you could search Giddianhi’s words in 3 Nephi 3:2-10 and compare them to ways Satan might try to deceive you. What do you learn from the example of Lachoneus?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

3 NEPHI 1:4–15, 19–21

A new star appeared when Jesus Christ was born.

- This week’s activity page can help your children learn about the miracles the Nephites witnessed when Jesus was born. You can also use “Chapter 41: The Signs of Christ’s Birth” (*Book of Mormon Stories*, 114–16) to teach them this story—or to help them tell it to you.

3 NEPHI 1:4–21

The prophets’ words are always fulfilled.

- As you and your children read 3 Nephi 1:4–10, invite them to talk about how it might have felt to be one of the believers living at that time. Then, as they read the rest of the account in verses 11–15, they could suggest ways to complete this sentence: “The lesson of this story for me is . . .”
- Maybe your children can help you think of other times when God fulfilled His promises given through His prophet. They might like to find pictures of these stories in the *Gospel Art Book* (see, for example, nos. 7–8 and 81). Let them share what they know about these stories, including how God’s promises were fulfilled. Read together 3 Nephi 1:20, and share your own witness of these truths.

3 NEPHI 2:11–12; 3:13–14, 24–26

We are stronger when we gather together.

- Help your children discover why the Nephites gathered together and the blessings that came

to them in 3 Nephi 2:11–12 and 3:13–14, 24–26. Why is it important for us to gather today in our families and at church?

- Do you know of an object lesson that teaches about the strength of unity? Maybe your children could try breaking one stick and then a bundle of sticks or tearing one piece of paper and then a stack of papers. How are we like the sticks or the papers?

3 NEPHI 5:12–26; 6:14; 7:15–26

I am a disciple of Jesus Christ.

- After reading together 3 Nephi 5:13, invite your children to repeat the phrase “I am a disciple of Jesus Christ.” To learn what it means to be a disciple of Jesus Christ, read together some of these examples: the converted Lamanites (see 3 Nephi 6:14), Mormon (see 3 Nephi 5:12–26), and Nephi (see 3 Nephi 7:15–26). You could also find ideas in a song like “I’m Trying to Be like Jesus” (*Children’s Songbook*, 78–79).
- On a piece of paper, help your children trace their hand and cut the tracing out. Write “I am a disciple of Jesus Christ” on one side, and invite them to draw something they can do to be a disciple on the other side.

For more ideas, see this month’s issue of the *Friend* magazine.

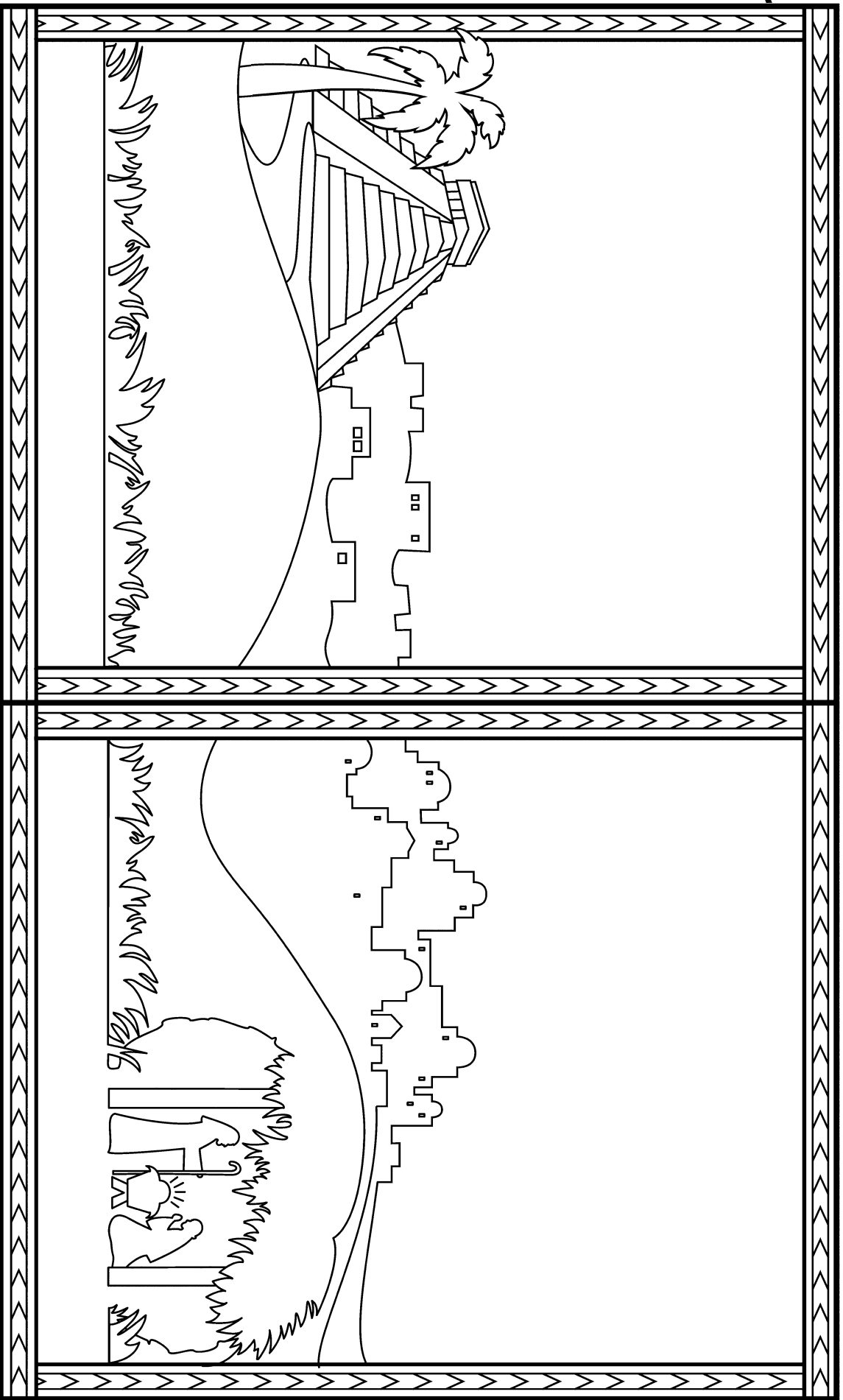
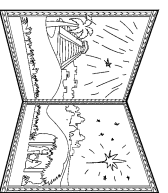


A Day, a Night, and a Day, by Walter Rane

A new star appeared when Jesus Christ was born (3 Nephi 1:4-15, 19-21).

In the first rectangle, draw the signs of the Savior's birth the Nephites saw in the sky (see 3 Nephi 1:19-21).

In the second rectangle, draw the sign of the Savior's birth the Wise Men saw (see Matthew 2:1-10).





I Am the Light of the World, by James Fullmer

SEPTEMBER 23–29: “ARISE AND COME FORTH UNTO ME”

3 Nephi 8–11

“Behold, I am Jesus Christ, whom the prophets testified shall come into the world” (3 Nephi 11:10). With these words, the resurrected Savior introduced Himself, fulfilling over 600 years of Book of Mormon prophecies. “That appearance and that declaration,” Elder Jeffrey R. Holland wrote, “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. . . . 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* [1997], 250–51).

See also “Jesus Christ Appears in the Ancient Americas” (video), Gospel Library.

Ideas for Learning at Home and at Church

3 NEPHI 8–11

Jesus Christ is the Light of the World.

You might notice that themes related to darkness and light are repeated throughout 3 Nephi 8–11. What do you learn from these chapters about spiritual darkness and light? (see, for example, 3 Nephi 8:19–23; 9:18; 10:9–13). What brings darkness into your life? What brings light? Why do you think the Savior introduced Himself as “the light and the life of the world”? (3 Nephi 9:18; 11:11).

The events described in 3 Nephi 9–11 are among the most sacred in the Book of Mormon. Read them slowly, and ponder carefully. Here are some questions to help you. Consider recording the impressions that come to you.

- How would I have felt if I were among these people?
- What impresses me about the Savior in these chapters?
- How do I know that Jesus Christ is my Savior?
- How has He been a light in my life?

See also Sharon Eubank, “Christ: The Light That Shines in Darkness,” *Ensign* or *Liahona*, May 2019, 73–76.

Record impressions. When you write down the spiritual impressions you receive, you are more likely to receive more.

3 NEPHI 9-10

Jesus Christ is eager to forgive.

Elder Neil L. Andersen remarked, “I testify that the Savior is able and eager to forgive our sins” (“Repent . . . That I May Heal You,” *Ensign* or *Liahona*, Nov. 2009, 40). Search 3 Nephi 9–10 for evidence of Christ’s eagerness to forgive. What do you find in 3 Nephi 9:13–22; 10:1–6 that helps you feel His love and mercy? When have you felt Him “gather” and “nourish” you? (see 3 Nephi 10:4).


3 NEPHI 9:19-22

The Lord requires “a broken heart and a contrite spirit.”

Before the Savior’s coming, animal sacrifices were a symbol of Jesus Christ’s sacrifice (see Moses 5:5–8). What new commandment did the Savior give in 3 Nephi 9:20–22? How does it point us toward Him and His sacrifice?

What does it mean to you to offer a sacrifice of a broken heart and a contrite spirit? Why do you feel the Savior wants this sacrifice from you?

3 NEPHI 11:1-8

 **I can learn to hear and understand God’s voice.**

How do you know when God is speaking to you? Perhaps the experience of the people in 3 Nephi 11:1–8 can help you understand some principles of hearing and understanding God’s voice. You might note the characteristics of God’s voice that the people heard and what they did to better understand it.

It might also help to explore other scriptures that describe God’s voice or the influence of His Spirit. Here are a few. Perhaps, after reading these, you could write some guidelines for recognizing revelation: 1 Kings 19:11–12; Galatians 5:22–23; Alma 32:27–28, 35; Helaman 10:2–4; Ether 4:11–12; Doctrine and Covenants 9:7–9; 11:11–14.

You could also benefit from hearing from today’s prophets, apostles, and other Church leaders, who have experience hearing and following God’s voice. Several of them share their experiences in the “Hear Him!” video collection in the Gospel Library. Consider watching one or more.

How will you apply what you learned to hear and recognize the voice of God more clearly?

See also Russell M. Nelson, “Hear Him,” *Ensign* or *Liahona*, May 2020, 88–92; “This Is My Beloved Son,” *Children’s Songbook*, 76; Gospel Topics, “Personal Revelation,” Gospel Library.



One by One, by Walter Rane

3 NEPHI 11:8-17

Jesus Christ invites me to gain a personal witness of Him.

About 2,500 people were gathered at the temple in Bountiful when Jesus Christ appeared (see 3 Nephi 17:25). Despite this large number, the Savior invited them each “one by one” to feel the nail prints in His hands and feet (3 Nephi 11:14–15). As you read, imagine what it might have been like to be there. In what ways is the Savior inviting you to “arise and come forth unto” Him? (3 Nephi 11:14).

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

3 NEPHI 8–9

When I am in darkness, Jesus Christ can be my light.

- To help your children relate to the experiences described in 3 Nephi 8–9, you could retell or listen to a recording of portions of these chapters in a darkened room. Discuss what it might have been like to be in darkness for three days. Then you could talk about why Jesus Christ called Himself the Light of the World (see 3 Nephi 9:18). What did Jesus invite the people, and us, to do so He can be our light? (see 3 Nephi 9:20–22).

3 NEPHI 10:4–6

Jesus protects His people as a hen protects her chicks.

- The imagery of a hen gathering her chicks can be a powerful teaching tool to help children understand the Savior’s character and mission. You could read 3 Nephi 10:4–6 while your family looks at a picture of a hen and chicks. Why would a hen need to gather her chicks? Why does the Savior want to gather us close to Him? How do we come to Him for safety?

3 NEPHI 11:1–15

Jesus Christ invites me to come to Him.

- How will you help your children feel the Spirit as you read 3 Nephi 11:1–15 together? Perhaps you could ask them to tell you when they find

something in these verses that helps them feel God’s love. You could do the same with the pictures in this outline or the video “Jesus Christ Appears at the Temple” (Gospel Library). Tell your children about how you feel when you read and ponder these events. Let them share their feelings too.

3 NEPHI 11:1–8

God speaks to me in a soft, small voice.

- Perhaps you could read some of these verses in a soft, “small voice” (3 Nephi 11:3). Or you could play a recording of a song like “This Is My Beloved Son” (*Children’s Songbook*, 76) softly so that it is difficult to hear. What did the people have to do to understand the voice from heaven? (see verses 5–7). What do we learn from their experience?

3 NEPHI 11:21–26

Jesus Christ wants me to be baptized.

- As you read 3 Nephi 11:21–26, you could invite your children to stand up every time they hear the word *baptize*. What did Jesus teach about baptism? If your children have seen a baptism before, ask them to describe what they saw. Why does Jesus want us to be baptized?

For more ideas, see this month’s issue of the *Friend* magazine.

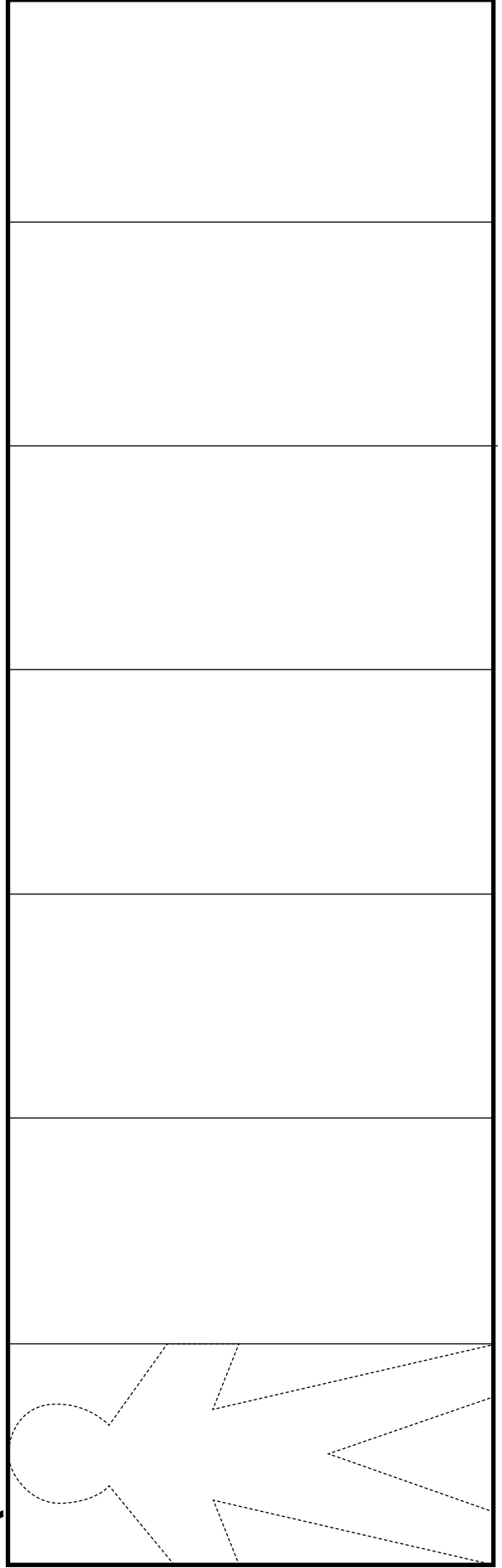
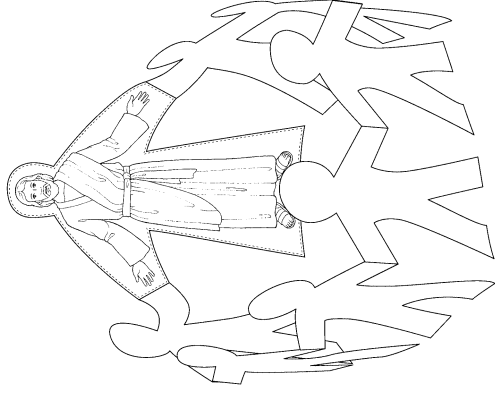
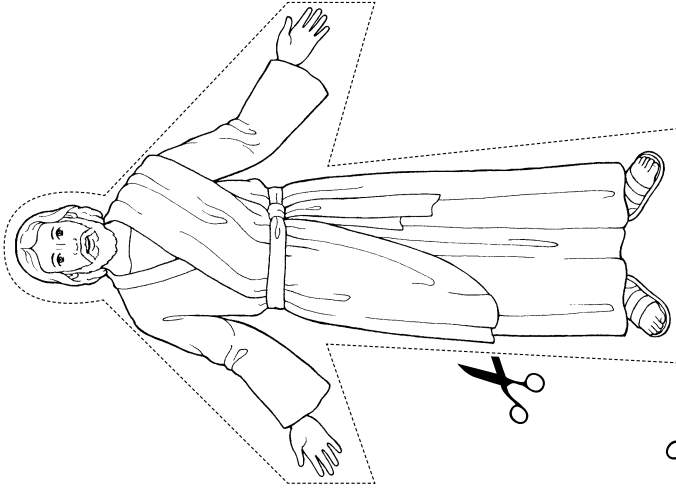


One Shepherd, by Howard Lyon

Jesus Christ invites me to come to Him (3 Nephi 8-11).

Make a paper-doll chain by cutting out the rectangle and folding it back and forth on the solid lines.

Cut through all layers on the dotted lines. Cut out the figure of Jesus, and connect each end of the paper-doll chain to Jesus's hands.





SEPTEMBER 30–OCTOBER 6: “I AM THE LAW, AND THE LIGHT”

3 Nephi 12–16

Like Jesus’s disciples who gathered to hear the Sermon on the Mount in Galilee, the people who gathered at the temple in Bountiful had lived the law of Moses. They had followed it because it pointed their souls to Christ (see Jacob 4:5), and now Christ stood before them, declaring a higher law. But even those of us who have never lived the law of Moses can recognize that the standard Jesus set for His disciples is a high one. “I would that ye should be perfect,” He declared (3 Nephi 12:48). If this makes you feel inadequate, remember that Jesus also said, “Blessed are the poor in spirit who come unto me, for theirs is the kingdom of heaven” (3 Nephi 12:3). This higher law is an invitation—another way of saying “Come unto me and be ye saved” (3 Nephi 12:20). Like the law of Moses, this law points us to Christ—the only One who can save and perfect us. “Behold,” He said, “I am the law, and the light. Look unto me, and endure to the end, and ye shall live” (3 Nephi 15:9).

Ideas for Learning at Home and at Church

3 NEPHI 12–14

I can be a true disciple of Jesus Christ.

Here’s one way to study and apply what the Savior taught in 3 Nephi 12–14: Pick a group of verses, and see if you can summarize them in one sentence that begins with “True disciples of Jesus Christ . . .” For example, a summary of 3 Nephi 13:1–8 might be “True disciples of Jesus Christ don’t seek public praise for doing good.” Try it with these passages:

- 12:3–16

- 12:38–44

- 13:19–24

- 14:1–5

- 14:21–27
-

- Other passages that inspire you
-

After reading these verses, what do you feel inspired to do to follow Jesus Christ?

The commandment in 3 Nephi 12:48 can seem overwhelming—even impossible. What do you learn from Elder Jeffrey R. Holland’s message “Be Ye Therefore Perfect—Eventually” (*Ensign* or *Liahona*, Nov. 2017, 40–42) that helps you understand the Savior’s words in this verse? According to Moroni 10:32–33, what makes it possible to be perfect like the Savior?

See also Dallin H. Oaks, “The Challenge to Become,” *Ensign*, Nov. 2000, 32–34; Gospel Topics, “Become like Jesus Christ,” Gospel Library; “Lord, I Would Follow Thee,” *Hymns*, no. 220; “Jesus Christ Teaches How to Live the Higher Law” (video), Gospel Library.

Use object lessons. The Savior taught profound truths by referring to familiar objects. You could do something similar as you study or teach about 3 Nephi 12. Looking at or holding some salt, a candle, or a coat could enhance a discussion about the eternal truths the Savior taught.

3 NEPHI 12:1–2; 15:23–24; 16:1–6

Blessed are those who believe without seeing.

Very few of God’s children have seen the Savior and heard His voice, as the people at Bountiful did. Most of us are more like the people described

in 3 Nephi 12:2; 15:23; and 16:4–6. What promises are made to such people in these verses? How have these promises been fulfilled in your life?

See also John 20:26–29; 2 Nephi 26:12–13; Alma 32:16–18.

3 NEPHI 12:21–30; 13:1–8, 16–18; 14:21–23

I can strive to purify the desires of my heart.

One theme you might notice in these chapters is the Savior’s invitation to live a higher law—to be righteous not only in our actions but also in our hearts. Look for this theme when the Savior speaks of contention (3 Nephi 12:21–26), immorality (3 Nephi 12:27–30), prayer (3 Nephi 13:5–8), and fasting (3 Nephi 13:16–18). What other examples can you find? What can you do to purify the desires of your heart?

3 NEPHI 14:7–11

Heavenly Father will give me good things as I ask, seek, and knock.

As you read the Savior’s invitation in 3 Nephi 14:7–11 to ask, seek, and knock, ponder what “good things” He might want you to ask for. The following additional scriptures may help you understand how to ask, seek, and knock. They may also help explain why some prayers are not answered the way you expect: Isaiah 55:8–9; Helaman 10:4–5; Moroni 7:26–27, 33, 37; and Doctrine and Covenants 9:7–9; 88:64. How might these passages affect the way you ask, seek, and knock?

See also Milton Camargo, “Ask, Seek, and Knock,” *Ensign* or *Liahona*, Nov. 2020, 106–8.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

3 NEPHI 12:14–16

I can be a good example by following Jesus.

- Sometimes children might not realize how much their examples can bless others. Use 3 Nephi 12:14–16 to encourage them to let their light shine. For example, when you read “you” or “your” in these verses, ask your children to point to themselves. Tell the children about the light you see in them when they follow Jesus Christ and how it inspires you to follow Him too. You could also sing together a song that encourages the children to shine like a light, such as “I Am like a Star” (*Children’s Songbook*, 163).
- To encourage your children not to hide their light (see 3 Nephi 12:15), let them take turns hiding or covering a lamp or other light. They could uncover the light each time they name something they can do to be a good example to others.

3 NEPHI 13:19–21

“Lay up for yourselves treasures in heaven.”

- Reading these verses could prompt a discussion about the things we treasure. Maybe you could lead your children on a treasure hunt to find things that remind them of treasures with eternal value.

3 NEPHI 14:7–11

Heavenly Father answers my prayers.

- As you read 3 Nephi 14:7, your children could do actions that represent each of the Savior’s invitations in this verse. For example, they could raise their hands (ask), make binoculars with

their hands (seek), or pretend to knock on a door (knock). Help your children think of things they can say and ask for in their prayers.

- Your children might enjoy a game in which they ask for something and receive something entirely different. In 3 Nephi 14:7–11, what did the Savior want us to know about our Father in Heaven?

3 NEPHI 14:21–27; 15:1

The Savior wants me to hear and do what He teaches.

- Think of ways you could help your children visualize the parable in these verses. Perhaps they could draw pictures, do actions, or build things on solid and sandy foundations. They could also substitute their names for “wise man” as they read 3 Nephi 14:24–27 or sing “The Wise Man and the Foolish Man” (*Children’s Songbook*, 281). Or they could stand up every time they hear the word “doeth” in 3 Nephi 14:21–27 and 15:1.
- Here’s an object lesson you could try: ask your children to imagine that one of their legs represents hearing the Savior’s words and the other represents doing what the Savior taught. Invite your children to try to balance only on their “hearing” leg. What would happen if a strong wind blew through the room? Then you and your children could look for specific things the Savior taught us to do: see 3 Nephi 12:3–12, 21–26; 13:5–8.

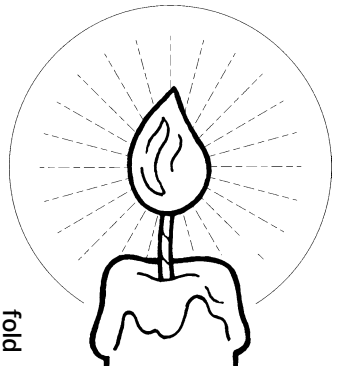
For more ideas, see this month’s issue of the *Friend* magazine.



The Savior's Visit to the People in America, by Glen S. Hopkinson

I can be a good example by following Jesus (3 Nephi 12:14-16).

Color and cut out the candle and the card. Fold the candle back and forth on the dotted lines, and attach it to the card. Fold the card on the dotted lines as shown, and open the card to reveal the candle inside.



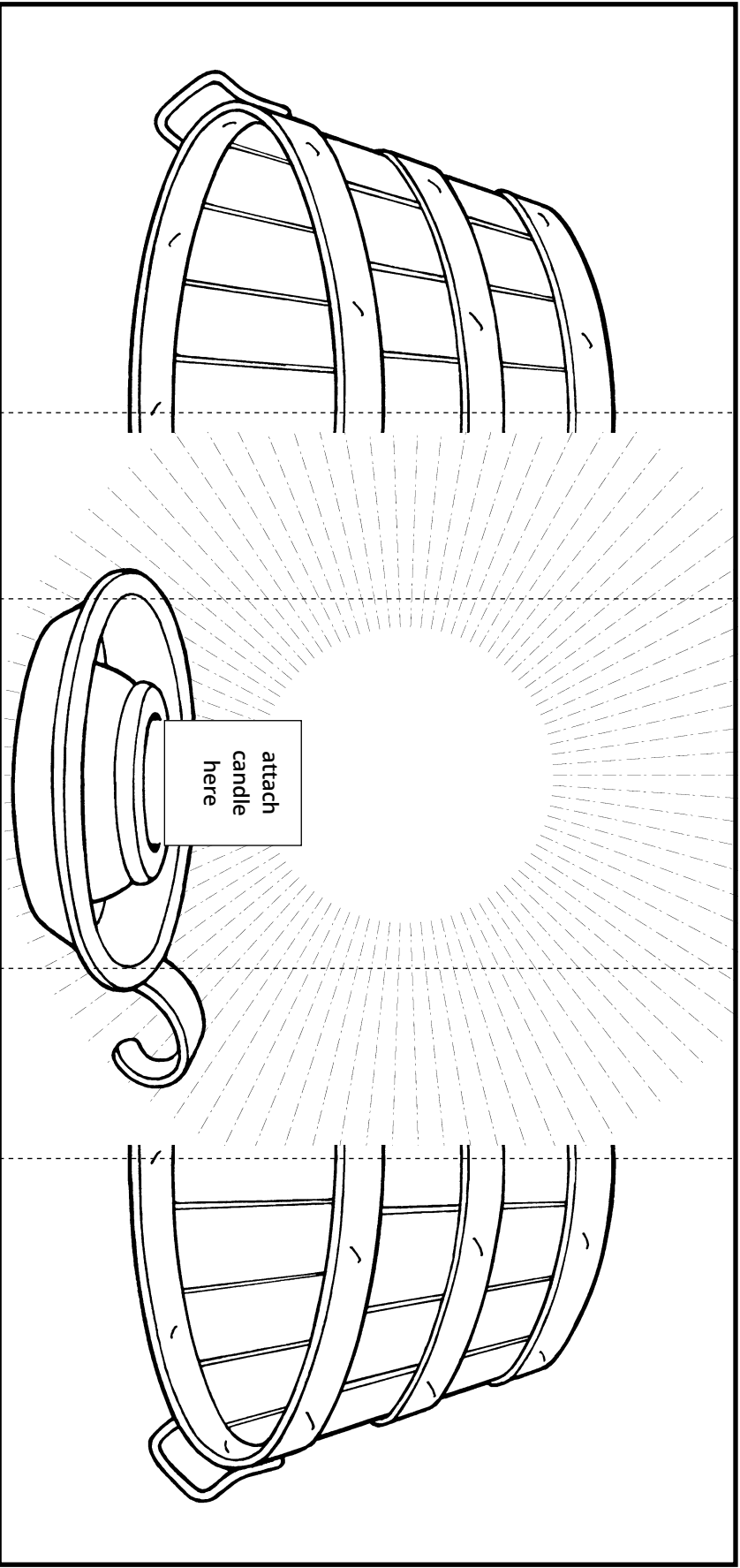
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The Light of His Countenance Did Shine upon Them, by Gary L. Kapp

OCTOBER 7-13: “BEHOLD, MY JOY IS FULL”

3 Nephi 17-19

Jesus Christ had just spent the day ministering in the land of Bountiful, teaching His gospel, letting the people see and feel the marks in His resurrected body, and testifying that He was the promised Savior. Now it was time to leave. “My time is at hand,” He said (3 Nephi 17:1). He was about to return to His Father, and He knew that the people needed time to ponder what He had taught. So, promising to return the next day, He dismissed the multitude to their homes. But no one left. They didn’t say what they were feeling, but Jesus could sense it: they hoped He would “tarry a little longer with them” (3 Nephi 17:5). He had other important things to do, but showing compassion for God’s children is always a high priority to Him. So Jesus stayed a little longer. What followed was perhaps the most tender example of ministering recorded in scripture. Those who were present could only say it was indescribable (see 3 Nephi 17:16-17). Jesus Himself summed up the unplanned spiritual outpouring with these simple and powerful words: “Now behold, my joy is full” (3 Nephi 17:20).

Ideas for Learning at Home and at Church

3 NEPHI 17; 18:24-25, 30-32

The Savior is my perfect example of ministering.

About 2,500 people were present when the Savior appeared, yet He found a way to minister to them one by one. What do you notice about the way He ministered in 3 Nephi 17; 18:24-25, 28-32? What needs did He minister to? What attributes made His ministering effective? You might also think about how He ministers to you. How can you follow His example? (See also 3 Nephi 18:24-25 and 28-32.)

See also “Jesus Christ Has Compassion and Heals the People” (video), Gospel Library.

3 NEPHI 17:13-22; 18:15-25; 19:6-9, 15-36

The Savior taught me how to pray.

Imagine what it would be like to hear the Savior pray for you. How would such an experience affect how you pray? Ponder this as you study 3 Nephi 17:13-22; 18:15-25; and 19:6-9, 15-36. What do you learn from Jesus Christ’s example and teachings about prayer? Consider looking for insights about how, when, where, for whom, and why to pray. What other insights do you gain from these verses?

See also Doctrine and Covenants 10:5.

3 NEPHI 18:1-12**I can be filled with the Spirit as I take the sacrament.**

When we do something often, it can become routine or casual. We sometimes end up doing it without even thinking. How can you keep this from happening with the weekly ordinance of the sacrament? As you read 3 Nephi 18:1-12, ponder how you can be spiritually “filled” each time you take the sacrament (see also 3 Nephi 20:1-9). According to verses 5-7, 11, what are some things you should “always” do? You might also ponder why Jesus gave us the ordinance of the sacrament—and whether the sacrament is accomplishing His purposes in your life. Why is the sacrament sacred to you?

In his message “Always Remember Him” (*Ensign or Liahona*, Feb. 2018, 4-6), President Henry B. Eyring gave “three suggestions about what you could remember each week when you partake of the sacred emblems of the sacrament.” What stands out to you about his suggestions? What can you do to improve your worship during the sacrament and throughout the week?

What else can you do to worship more meaningfully? You could ask yourself questions like these: “How is the Savior’s sacrifice influencing my daily life?” “What am I doing well as His disciple, and what can I improve?”

See also Matthew 26:26-28; Jeffrey R. Holland, “Behold the Lamb of God,” *Ensign or Liahona*, May 2019, 44-46; “As Now We Take the Sacrament,” *Hymns*, no. 169; “Jesus Christ Introduces the Sacrament” (video), Gospel Library; Gospel Topics, “Sacrament,” Gospel Library.

Allow time to ponder. Sometimes, studying the scriptures becomes a blend of reading, praying, and pondering. When you allow quiet time to reflect and speak with God about what you are learning, you can increase the power of His word in your life.

3 NEPHI 18:22-25**I can “hold up” the light of Jesus Christ.**

Suppose you had a friend who knew nothing about Jesus Christ except that you are one of His followers. What would your friend conclude about Him, based on your actions? What does it mean to you to “hold up your light that it may shine unto the world”? (3 Nephi 18:24). What other invitations did the Savior give in 3 Nephi 18:22-25 that help you hold up that light?

See also Bonnie H. Cordon, “That They May See,” *Ensign or Liahona*, May 2020, 78-80.

3 NEPHI 18:36-37; 19:6-22**Disciples of Jesus Christ seek the gift of the Holy Ghost.**

Think about your recent prayers. What do your prayers teach you about your deepest desires? After spending a day in the presence of the Savior, the multitude “did pray for that which they most desired”—the gift of the Holy Ghost (3 Nephi 19:9). Why is the gift of the Holy Ghost so desirable? As you read these passages, ponder your own desire for the companionship of the Holy Ghost. How can you earnestly seek for that companionship?

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

3 NEPHI 17:7, 20–25

The Savior loves each of Heavenly Father’s children.

- You could use a picture like those in this outline or the video “Jesus Christ Prays and Angels Minister to the Children” (Gospel Library) to help your children visualize the account in 3 Nephi 17. Consider reading phrases or verses from 3 Nephi 17 that emphasize the Savior’s love for the people (such as verses 7 and 20–25). Your children could then draw a picture of themselves with Jesus. As they do, help them think of ways that Jesus has shown His love for them.



Behold Your Little Ones, by Gary L. Kapp

3 NEPHI 18:1–12

I can think about Jesus when I take the sacrament.

- Perhaps you could invite your children to tell you what happens during the sacrament. Then you

could read 3 Nephi 18:1–12 and ask your children to raise a hand when they hear something that is similar to what we do today. What does Jesus Christ want us to remember or think about during the sacrament? (see 3 Nephi 18:7, 11).

3 NEPHI 18:15–24; 19:6–9, 15–36

Jesus taught me how to pray.

- Singing together a song about prayer, such as “A Child’s Prayer” (*Children’s Songbook*, 12–13), is a good way to help your children think about why we pray. You and your children could then read 3 Nephi 18:18–21 and talk about what Jesus taught about prayer. Inviting your children to tell you how they feel when they pray could help them share their testimony of prayer.
- It may be fun for children to go on a hunt for some of the treasured blessings of prayer. You could write the following scripture references on pieces of paper and hide them: 3 Nephi 18:15; 3 Nephi 18:20; 3 Nephi 18:21; 3 Nephi 19:9; and 3 Nephi 19:23. Your children could then find the papers and read the verses, looking for things Jesus Christ or His disciples taught about prayer.

For more ideas, see this month’s issue of the *Friend* magazine.



Angels Ministered unto Them, by Walter Rane

I can think about Jesus when I take the sacrament (3 Nephi 18:1-12).

Cut out the two long rectangles and tape the ends together. Fold the rectangles back and forth along the dotted lines to form a book. Look at the pictures during the sacrament to help you remember the Savior.

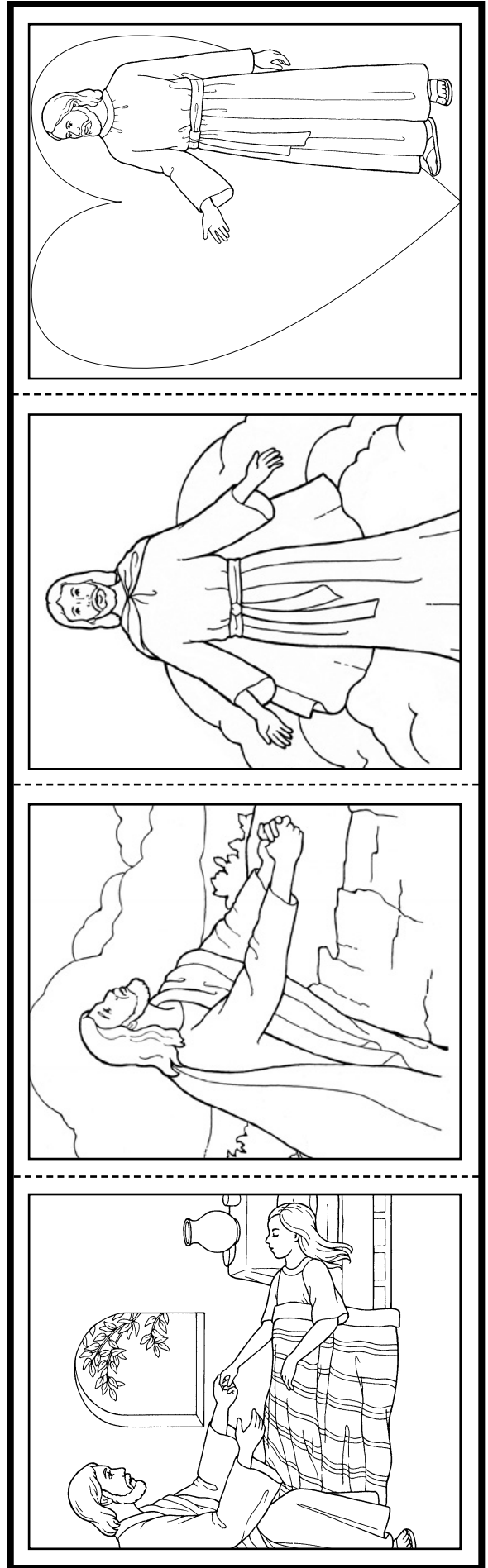
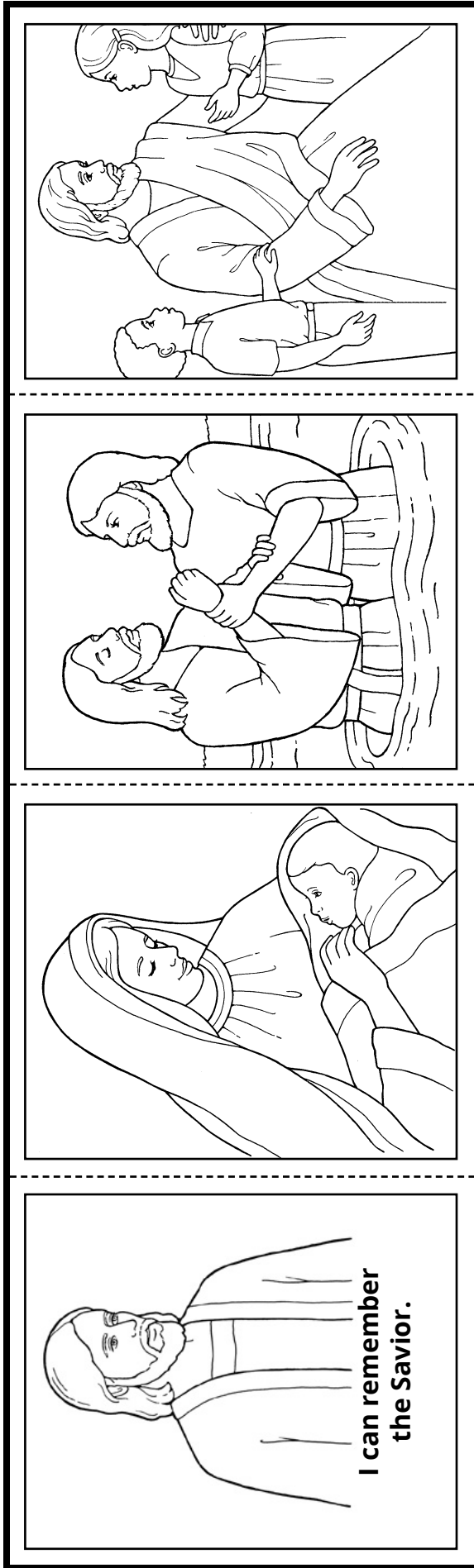




Illustration of Christ appearing to the Nephites, by Andrew Bosley

OCTOBER 14-20: “YE ARE THE CHILDREN OF THE COVENANT”

3 Nephi 20–26

When you hear people use terms like *house of Israel*, do you feel like they’re talking about you? The Nephites and Lamanites were literal descendants of Israel, “a branch of the tree of Israel,” and yet they felt “lost from its body” (Alma 26:36; see also 1 Nephi 15:12). But the Savior wanted them to know that they were not lost to Him. “Ye are of the house of Israel,” He said, “and ye are of the covenant” (3 Nephi 20:25). He might say something similar to you today, for anyone who is baptized and makes covenants with Him is also of the house of Israel, “of the covenant.” In other words, when Jesus speaks of the house of Israel, He is talking about you. The instruction to bless “all the kindreds of the earth” is for you (3 Nephi 20:27). The invitation to “awake again, and put on thy strength” is for you (3 Nephi 20:36). And His precious promise, “My kindness shall not depart from thee, neither shall the covenant of my peace be removed,” is for you (3 Nephi 22:10).

Ideas for Learning at Home and at Church

3 NEPHI 20-22

In the latter days, God will perform a marvelous work.

In 3 Nephi 20–22, the Savior prophesied about the future of His covenant people (see especially 3 Nephi 20:30–32, 39–41; 21:9–11, 22–29). As you read these verses, remember what President Russell M. Nelson has said: “We are among the covenant people of the Lord. Ours is the privilege to participate personally in the fulfillment of these promises. What an exciting time to live!” (“The Gathering of Scattered Israel,” *Ensign* or *Liahona*, Nov. 2006, 79). Which prophecies are especially exciting to you? What can you do to help fulfill them?

Look for inspiring words and phrases. You may find that certain words and phrases in the scriptures impress you, as if they were written specifically for you. Consider marking them in your scriptures or writing them in a study journal.

3 NEPHI 22; 24

God is merciful to people who return to Him.

In 3 Nephi 22 and 24, the Savior quotes words from Isaiah and Malachi that are full of vivid images

and comparisons—coals in the fire, purified silver, marriage, the windows of heaven (see especially 3 Nephi 22:7–8, 10–17; 24:10–12, 17–18). What do these comparisons teach you about God’s relationship with His people—and His relationship with you? How have the promises in these chapters been fulfilled in your life or your family’s life?

See also “The Refiner’s Fire” (video), Gospel Library.

3 NEPHI 23:6–13

Recording spiritual experiences can bless my family.

What impresses you about the Savior’s interaction with Nephi in 3 Nephi 23:6–13? If the Savior were to examine the records you have kept, what questions might He ask you? What important events or spiritual experiences should you record? Why is it important to do so? (see 3 Nephi 26:2).

3 NEPHI 23; 26:1–12

The Savior wants me to search the scriptures.

As you read 3 Nephi 20:10–12; 23; 26:1–12, ponder how the Savior feels about the scriptures. What is the difference between searching the scriptures and simply reading them? (see 3 Nephi 23:1).

3 NEPHI 24:7–12

Paying tithing opens the windows of heaven.

God’s people have always been commanded to pay tithing (see Genesis 14:17–20; Malachi 3:8–11). As you study 3 Nephi 24:7–12, think about why God asks His people to pay tithing. These questions can guide your study:

- *What is the law of tithing?* (See Doctrine and Covenants 119. “Interest” in this revelation means income. All members who have income should pay tithing.) How is tithing different from other kinds of donations?
- *What is tithing used for?* You can find a partial list in Gospel Topics, “Tithing” (Gospel Library). In what ways have you been blessed because members of the Church pay tithing?
- *What blessings come to people who live the law of tithing?* (See 3 Nephi 24:7–12). You can find some described in Elder David A. Bednar’s message “The Windows of Heaven” (*Ensign* or *Liahona*, Nov. 2013, 17–20). Look, in particular, for blessings that are not necessarily monetary. How have you seen these blessings in your life?

You may also want to watch the video “Jesus Teaches about the Widow’s Mite” (Gospel Library), or read Mark 12:41–44. What does this story teach you?

3 NEPHI 25:5–6

The Lord sent Elijah to turn my heart to my ancestors.

In our day, our hearts are “turned to [our] fathers” through temple and family history work. How has this happened for you? As you read 3 Nephi 25:5–6 and Doctrine and Covenants 110:13–16, ponder why this is such an important part of God’s plan.

See also “Families Can Be Together Forever,” *Children’s Songbook*, 188.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

3 NEPHI 23:1, 5

I can search the scriptures diligently.

- The Savior’s instructions in 3 Nephi 23 show how important the scriptures are to Him. To help your children discover this, you could read 3 Nephi 23:1, 5 aloud and ask them to listen for a word that is repeated three times. How is searching different from just reading?
- Perhaps you and your children could write down a favorite scripture verse and hide it. Then you could take turns finding each other’s hidden scriptures, read them together, and talk about why these verses are meaningful.

3 NEPHI 24:8–12

Paying tithing opens the windows of heaven.

- Help your children search 3 Nephi 24:8–12 to find ways to complete this sentence: “If I pay tithing, the Lord will . . .” You could also share an experience in which you were blessed because you paid tithing. If it would be helpful, consider writing a few amounts of money and helping your children calculate how much tithing (10 percent) to give for each amount.
- This week’s activity page can help your children talk about some of the ways the Lord uses tithing to bless the members of His Church. Maybe they could draw pictures (or find pictures in Church magazines) of ways tithing blesses them.

3 NEPHI 25:5–6

Heavenly Father wants me to learn about my ancestors.

- How will you inspire your children to search for and learn about their ancestors? How can you encourage your children to perform ordinances for their ancestors when they are older? Consider helping them search 3 Nephi 25:5–6 to find something that was to happen in the latter days. Younger children could put their hand on their heart every time they hear the word “heart” as you read these verses. You could also read about how this prophecy was fulfilled in Doctrine and Covenants 110:13–16 (see also *Gospel Art Book*, no. 95). Tell your children about how your heart has turned to your ancestors. For example, you could share any experiences you’ve had learning about your ancestors and doing temple ordinances for them.
- Help your children fill out a family tree with names of their parents and grandparents. What stories could you share about one of your ancestors? Show pictures if possible. You could also sing together “Families Can Be Together Forever” (*Children’s Songbook*, 188) and talk with your children about why families are important in Heavenly Father’s plan.

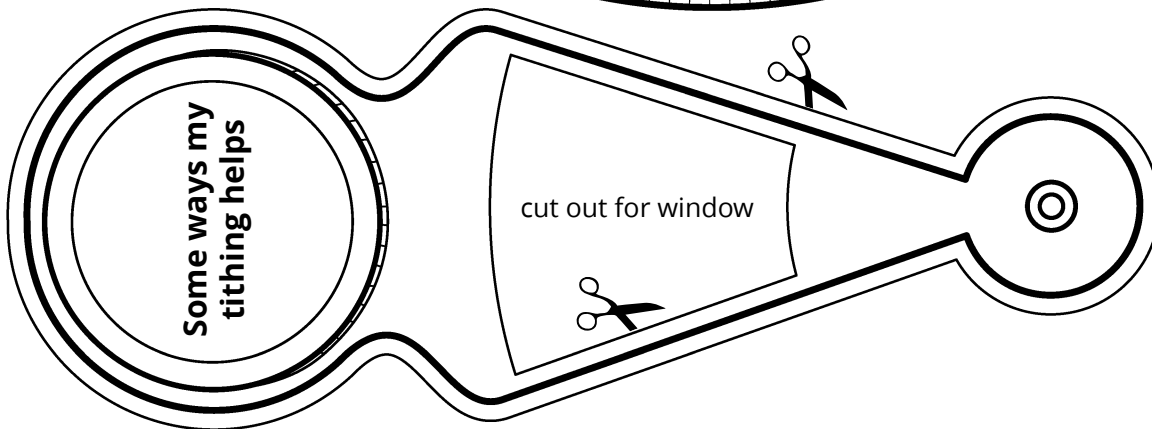
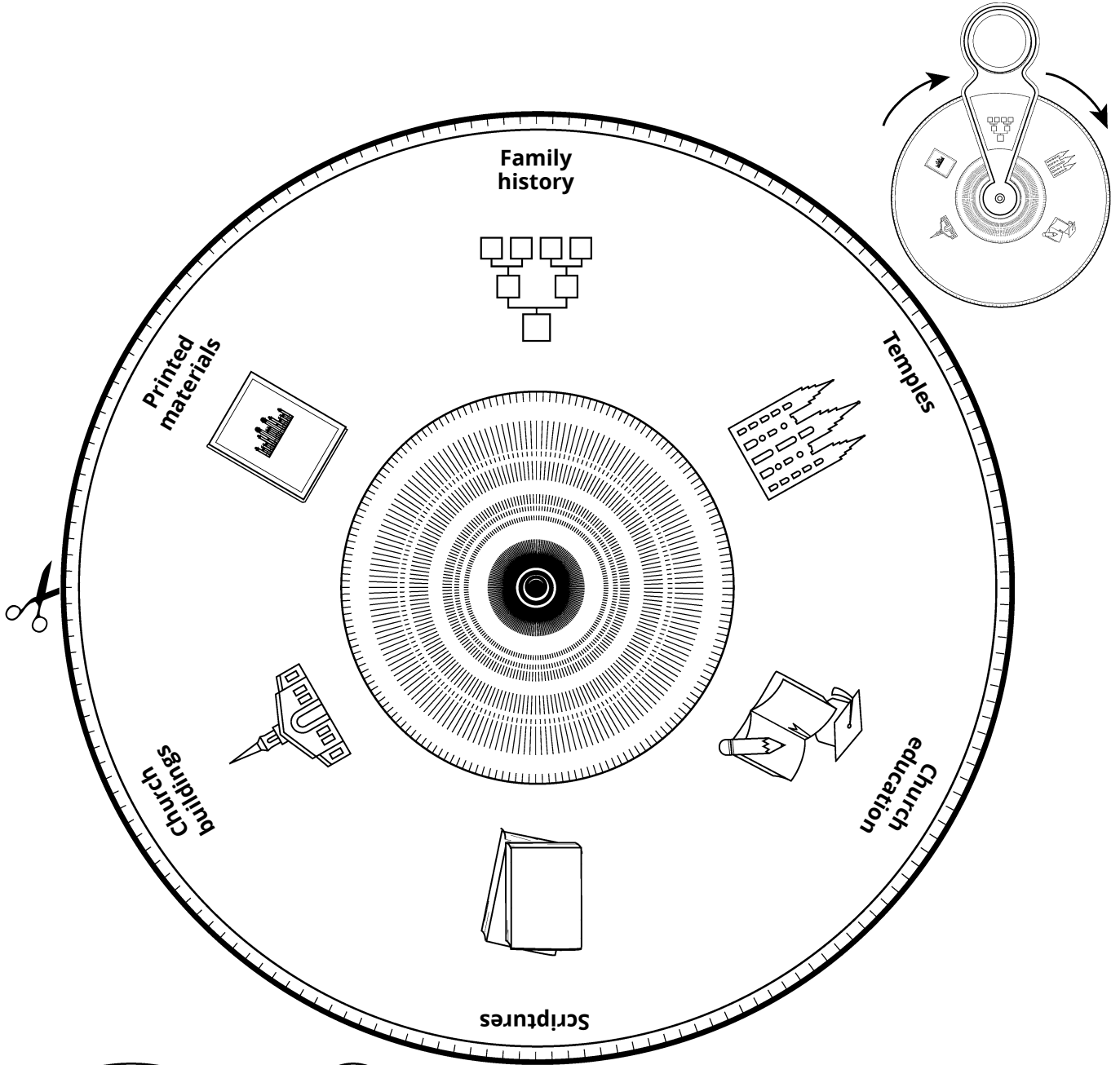
For more ideas, see this month’s issue of the *Friend* magazine.



Bring Forth the Record, by Gary L. Kapp

Paying tithing helps build God's kingdom (3 Nephi 24:8-12).

Color the pictures, then cut out the circle and the spinner. Attach the spinner to the center of the circle, and rotate it to see some ways your tithing helps the Lord's work.





OCTOBER 21–27: “THERE COULD NOT BE A HAPPIER PEOPLE”

3 Nephi 27–4 Nephi

The teachings of Jesus Christ are much more than a beautiful philosophy to ponder. They are meant to inspire us to become like Him. The book of 4 Nephi shows just how completely the Savior’s gospel can change people. Following Jesus’s brief ministry, centuries of contention between the Nephites and Lamanites came to an end. Two nations known for dissension and pride became “one, the children of Christ” (4 Nephi 1:17), and they began to have “all things common among them” (4 Nephi 1:3). The “love of God . . . did dwell in the hearts of the people,” and “there could not be a happier people among all the people who had been created by the hand of God” (4 Nephi 1:15–16). This is how the Savior’s teachings changed the Nephites and the Lamanites. How are they changing you?

Ideas for Learning at Home and at Church

3 NEPHI 27:1–12

The Church of Jesus Christ is called in His name.

As the Savior’s disciples began establishing His Church throughout the land, a question came up that, to some people, might seem like a minor point—what should be the name of the Church? (see 3 Nephi 27:1–3). What do you learn about the importance of this name from the Savior’s answer in 3 Nephi 27:4–12?

The Savior revealed the name of His Church today in Doctrine and Covenants 115:4. Ponder each word in that name. How do these words help us

know who we are, what we believe, and how we should act?

See also Russell M. Nelson, “The Correct Name of the Church,” *Ensign* or *Liahona*, Nov. 2018, 87–89; “Jesus Christ Declares the Name of His Church and His Doctrine” (video), Gospel Library.

3 NEPHI 27:10–22

The Church of Jesus Christ is built on His gospel.

After explaining that His Church must be “built upon [His] gospel” (3 Nephi 27:10), the Savior described what His gospel is. How would you summarize what He said in 3 Nephi 27:13–22? Based on

this definition, what does it mean for the Church—and for you—to be built on His gospel?

Record what you're learning. Note what the Savior taught His disciples in 3 Nephi 27:23–26. Why is it important to keep a record of spiritual experiences? What do you feel inspired to record as you've studied the Savior's ministry in 3 Nephi?

3 NEPHI 28:1–11

“What is it that ye desire?”

What would you say if the Savior asked you, as He asked His disciples, “What is it that ye desire of me?” (3 Nephi 28:1). Think about this as you read 3 Nephi 28:1–11. What do you learn about the desires of the disciples' hearts from their answers to His question? How are your desires changing as you live the gospel of Jesus Christ?

Hymns often express heartfelt desires—“More Holiness Give Me” is a good example (*Hymns*, no. 131). Consider finding a hymn that reflects your desires.

3 NEPHI 29–30

The Book of Mormon is a sign that God's latter-day work is being fulfilled.

Think about signs that let you know something will happen. For example, how do you know that rain is coming or the seasons are changing? According to 3 Nephi 29:1–3, how do you know God's work of gathering His people “is already beginning to be fulfilled”? (see also 3 Nephi 21:1–7). You might also note, in 3 Nephi 29:4–9, the things that people

would deny in our day. How does the Book of Mormon strengthen your faith in these things?

4 NEPHI 1:1–18



Following the teachings of Jesus Christ leads to unity and happiness.

What would it have been like to live in the years following the Savior's visit? As you study 4 Nephi 1:1–18, consider listing the blessings the people received. You might also mark or note the choices they made that helped lead to this blessed life. What did Jesus teach them that could have inspired their righteous choices? Here are some examples, but you may find others: 3 Nephi 11:28–30; 12:8–9, 21–24, 40–44; 13:19–21, 28–33; 14:12; 18:22–25.

Ponder what you can do to help your family, ward, or community live in greater unity and happiness. What can you do to help overcome divisions and truly become “one” with other children of God? What teachings of Jesus Christ help you accomplish this goal?

Sadly, the Zion society described in 4 Nephi eventually fell into wickedness. As you read 4 Nephi 1:19–49, look for the attitudes and behaviors that ended their happiness and unity. What can you do to help eliminate these attitudes or behaviors?

See also Moses 7:18; D. Todd Christofferson, “Sustainable Societies,” *Ensign* or *Liahona*, Nov. 2020, 32–35; Reyna I. Aburto, “With One Accord,” *Ensign* or *Liahona*, May 2018, 78–80; Gospel Topics, “Belonging in the Church of Jesus Christ,” Gospel Library.

For more ideas, see this month's issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

3 NEPHI 27:3-8

I belong to the Church of Jesus Christ.

- To introduce the importance of the name of Jesus's Church, talk with your children about their own names. Why are our names important? Then you could read 3 Nephi 27:3 together, looking for the question that Jesus's disciples had. Help your children find the answer in 3 Nephi 27:5-8. Why is the name of the Church important?
- You could also help your children think of different groups they belong to, such as a family or a Primary class. Ask them what they like about belonging to each group. Then you could sing "The Church of Jesus Christ" (*Children's Songbook*, 77) together and talk about why you are thankful to belong to the Savior's Church.

3 NEPHI 27:13-16

The Church of Jesus Christ is built upon His gospel.

- The Savior summarized His gospel in 3 Nephi 27. You might explain to your children that the word *gospel* means "good news." What good news do we find in 3 Nephi 27:13-16? Use this week's activity page to teach that the Savior's Church is built upon His gospel.

3 NEPHI 27:30-31

Heavenly Father rejoices when His children return to Him.

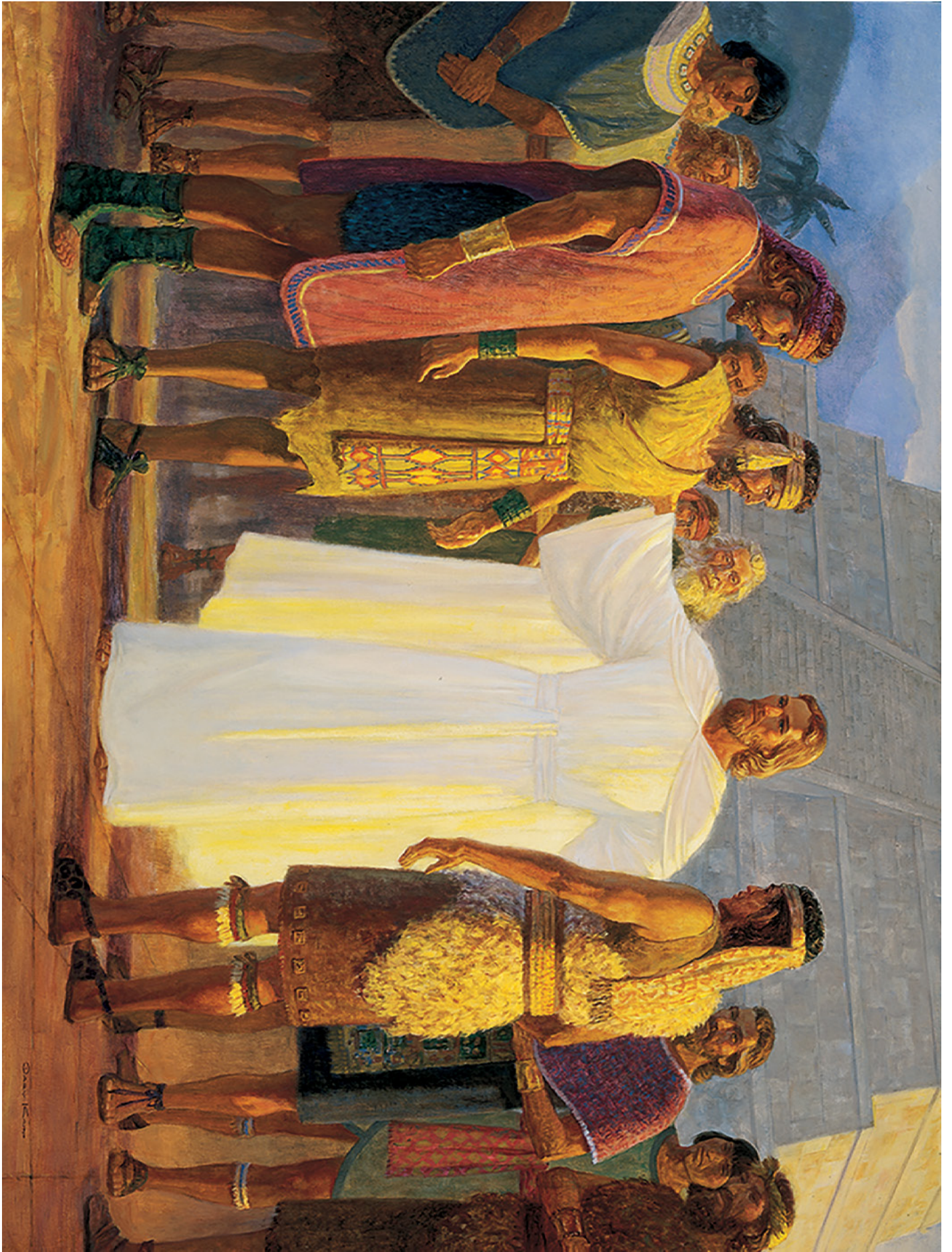
- Consider playing a game in which someone hides and others try to find them. This could lead to a conversation about the joy we feel when someone who was lost is found. After reading 3 Nephi 27:30-31, you could talk about how to help each other stay close to Heavenly Father so that "none . . . are lost."

4 NEPHI

Following Jesus Christ brings me joy.

- To help your children learn about the happiness of the people described in 4 Nephi, you could show them pictures of happy people. Then, as you read together verses 2-3 and 15-17 (or "Chapter 48: Peace in America," *Book of Mormon Stories*, 136-37), they could point to the pictures when you get to something in the story that brings happiness.
- To help your children practice what is taught in 4 Nephi 1:15-16, you could present them with situations where people are angry with each other. Invite them to role-play what the situation might be like if we have the "love of God" in our hearts.

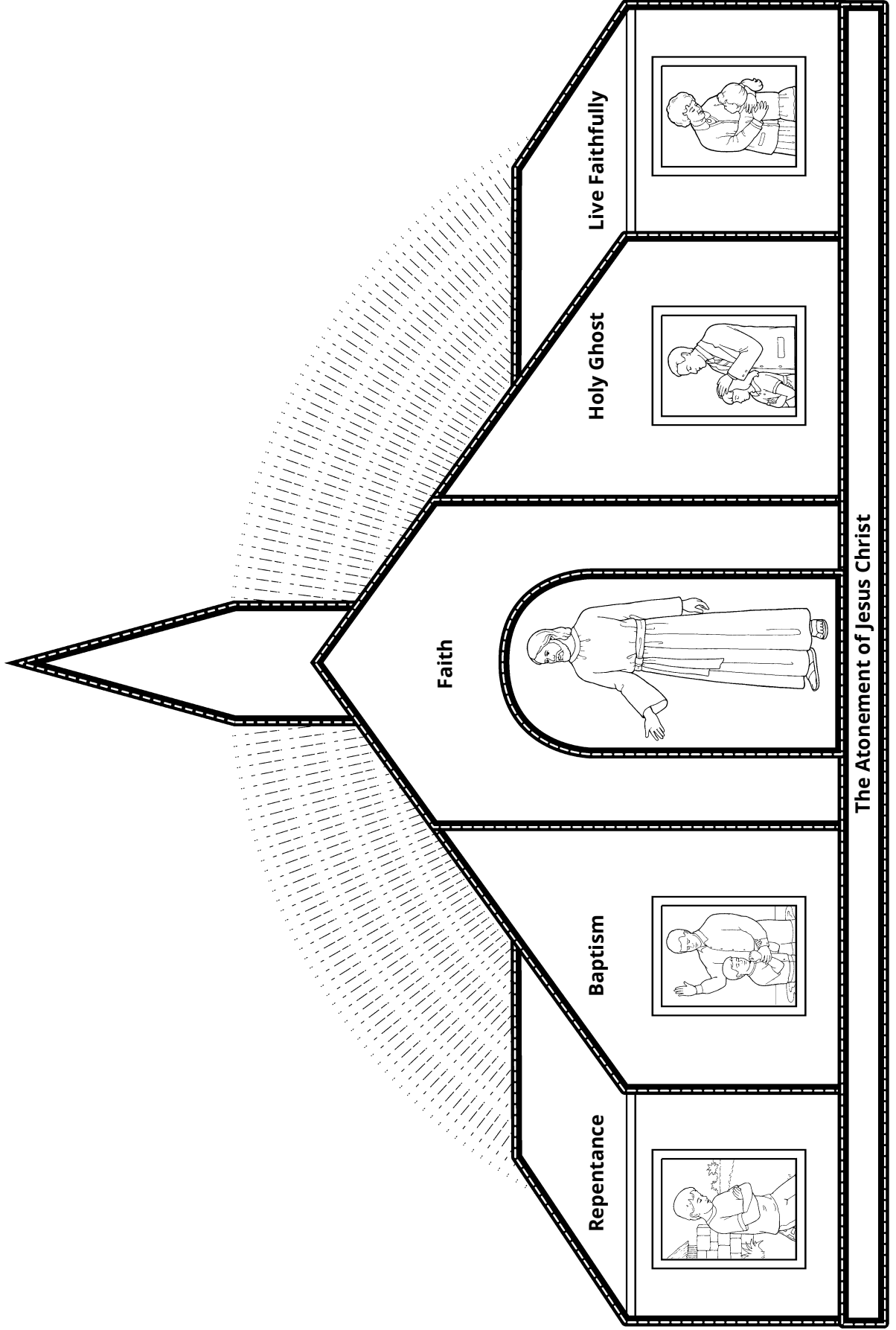
For more ideas, see this month's issue of the *Friend* magazine.



Christ with Three Nephite Disciples, by Gary L. Kapp

I belong to the Church of Jesus Christ (3 Nephi 27:1-22).

Cut out the puzzle pieces of the church on the dotted lines. Put the pieces back together to see how the Church of Jesus Christ helps us have faith in Jesus Christ, repent, be baptized and confirmed, and live faithfully to the end.





Mormon Abrahging the Plates, by Tom Lovell

OCTOBER 28–NOVEMBER 3: “I WOULD THAT I COULD PERSUADE ALL . . . TO REPENT”


Mormon 1–6

Mormon spared us the “full account” of the “awful scene” of wickedness and bloodshed that he saw among the Nephites (Mormon 2:18; 5:8). But what he did record in Mormon 1–6 is enough to remind us how far people who were once righteous can fall. Amid such pervasive wickedness, no one could blame Mormon for becoming weary and even discouraged. Yet through all that he saw and experienced, he never lost his sense of God’s great mercy and his conviction that repentance is the way to receive it. And although Mormon’s own people rejected his pleading invitations to repent, he knew that he had a larger audience to persuade. “Behold,” he declared, “I write unto all the ends of the earth.” In other words, he wrote to you (see Mormon 3:17–20). And his message to you, today, is the same message that could have saved the Nephites in their day: “Believe the gospel of Jesus Christ. . . . Repent and prepare to stand before the judgment-seat of Christ” (Mormon 3:21–22).

See also “Mormon Preserves the Record to Bring the House of Israel to Christ” (video), Gospel Library.

Ideas for Learning at Home and at Church

MORMON 1–6

 I can follow Jesus Christ regardless of what other people do.

By the time he was only about 10 years old, Mormon was remarkably different from the people around him. As you read Mormon 1–6, look for ways that Mormon’s faith in Jesus Christ made him unique and gave him opportunities to serve and bless others. The following verses might get you started:

Mormon 1:2–3, 13–17. What differences do you notice between Mormon and his people? What qualities did he have that helped him stay spiritually strong in such a difficult time?

Mormon 2:18–19. What words did Mormon use to describe the world he lived in? How did he maintain hope despite his surroundings?

Mormon 3:12. How did Mormon feel about the people around him? What can you do to develop the kind of love he had?

What other verses in Mormon 1–6 highlight Mormon’s faith in Jesus Christ? What opportunities was he given because he chose to stay faithful?

Consider studying President Thomas S. Monson’s message “Be an Example and a Light” (*Ensign* or *Liahona*, Nov. 2015, 86–88), looking for reasons why it is important for followers of Jesus Christ to stand out or be different. How would you complete

sentences like these? “_____ was an example to me when he [or she] _____. This helped me want to _____.”

Mormon could have felt that his example wasn’t making a difference with his people. If you had a chance to talk to Mormon, what would you tell him about how his example has made a difference for you?

See also David A. Bednar, “Quick to Observe,” *Ensign*, Dec. 2006, 30–36, or *Liahona*, Dec. 2006, 14–20; “Something Different about Us: Example” (video), Gospel Library; Gospel Topics, “Living the Gospel of Jesus Christ,” Gospel Library.

Help others share what they learn. When people share what they’ve learned, they strengthen their own faith and the faith of others (see Doctrine and Covenants 88:122). Try asking your family or class what experiences they had as they studied God’s word.



Battle, by Jorge Cocco

MORMON 2:10-15

Godly sorrow leads me to Christ and to lasting change.

When Mormon saw his people’s sorrow, he hoped they would repent. But “their sorrowing was not unto repentance” (Mormon 2:13)—it was not godly sorrow but worldly sorrow. To understand the difference, consider recording what you learn from Mormon 2:10–15 in a chart like this one:

Godly Sorrow	Worldly Sorrow
Comes to Jesus (verse 14)	Curses God (verse 14)

How do you know if your sorrow is godly or worldly? If you are experiencing worldly sorrow, how can you change it into godly sorrow?

See also 2 Corinthians 7:8–11; Michelle D. Craig, “Divine Discontent,” *Ensign* or *Liahona*, Nov. 2018, 52–55.

MORMON 3:3, 9

“They did not realize that it was the Lord that had spared them.”

Mormon observed that the Nephites did not acknowledge the ways that the Lord had blessed them. As you read Mormon 3:3, 9, you might ponder how you are acknowledging God’s influence in your life. What blessings come when you acknowledge His influence? What are the consequences of not acknowledging Him? (see Mormon 2:26; Doctrine and Covenants 59:21).

See also Henry B. Eyring, “O Remember, Remember,” *Ensign* or *Liahona*, Nov. 2007, 66–69.

MORMON 5:8-24; 6:16-22

Jesus Christ stands with open arms to receive me.

If you ever feel discouraged about your own sins, Mormon’s description of the Savior standing “with open arms to receive you” could provide reassurance. As you read Mormon 5:8–24 and 6:16–22, what do you learn about Heavenly Father’s and Jesus’s feelings toward you, even when you sin? How have you felt Jesus Christ reaching out to you with open arms? What do you feel inspired to do as a result?

See also “Come unto Jesus,” *Hymns*, no. 117.

Ideas for Teaching Children

MORMON 1:1–3; 2:1, 23–24; 3:1–3, 12, 17–22

Like Mormon, I can follow Jesus Christ.

- Because Mormon was quite young when he developed his faith in Christ, he can be an inspiration to your children. Perhaps you could read Mormon 1:1–3 and your children could listen for how old Mormon was when Ammaron gave him a special mission. You could also help them find in these verses the qualities that Ammaron saw in Mormon. How do these qualities help us follow Jesus Christ?



Mormon, Age 10, by Scott M. Snow

- Because Mormon followed Jesus Christ, he was given opportunities to serve and bless others. You could invite your children to read one or more of the following passages and help them share what they learn about Mormon: Mormon 1:1–3; 2:1, 23–24; and 3:1–3, 12, 20–22 (see also “Chapter 49: Mormon and His Teachings,” *Book of Mormon Stories*, 138–42). How did he follow Jesus Christ? How did his faith in Jesus Christ help or bless others? How can our faith help people we know?

MORMON 2:8–15

Godly sorrow leads me to Christ and to lasting change.

- Perhaps you could make a chart like the one in “Ideas for Learning at Home and at Church” to help your children understand the difference between godly and worldly sorrow as they read Mormon 2:8, 10–15. Then they could also search Mormon 2:12 to find reasons why repentance should make our “heart[s] . . . rejoice.” How can we make sure that the sorrow we feel for our sins leads us to seek God’s help to change?

MORMON 3:3, 9

Heavenly Father gives me many blessings.

- Inviting your children to list (or draw pictures of) some things they are grateful for might be a good way to help them feel gratitude for God. After they have made a list, you could read Mormon 3:3, 9 and explain that Heavenly Father had blessed the Nephites too, but they had not recognized it. What can we do to show we are thankful to Heavenly Father for our blessings?

MORMON 3:12

Heavenly Father wants me to love everyone.

- Even though the Nephites were wicked, Mormon never stopped loving them. Help your children find the words “loved” and “love” in Mormon 3:12. You could also sing a song together about loving others, such as “Jesus Said Love Everyone” (*Children’s Songbook*, 61), while showing pictures of children from around the world. Testify of God’s love for all His children.

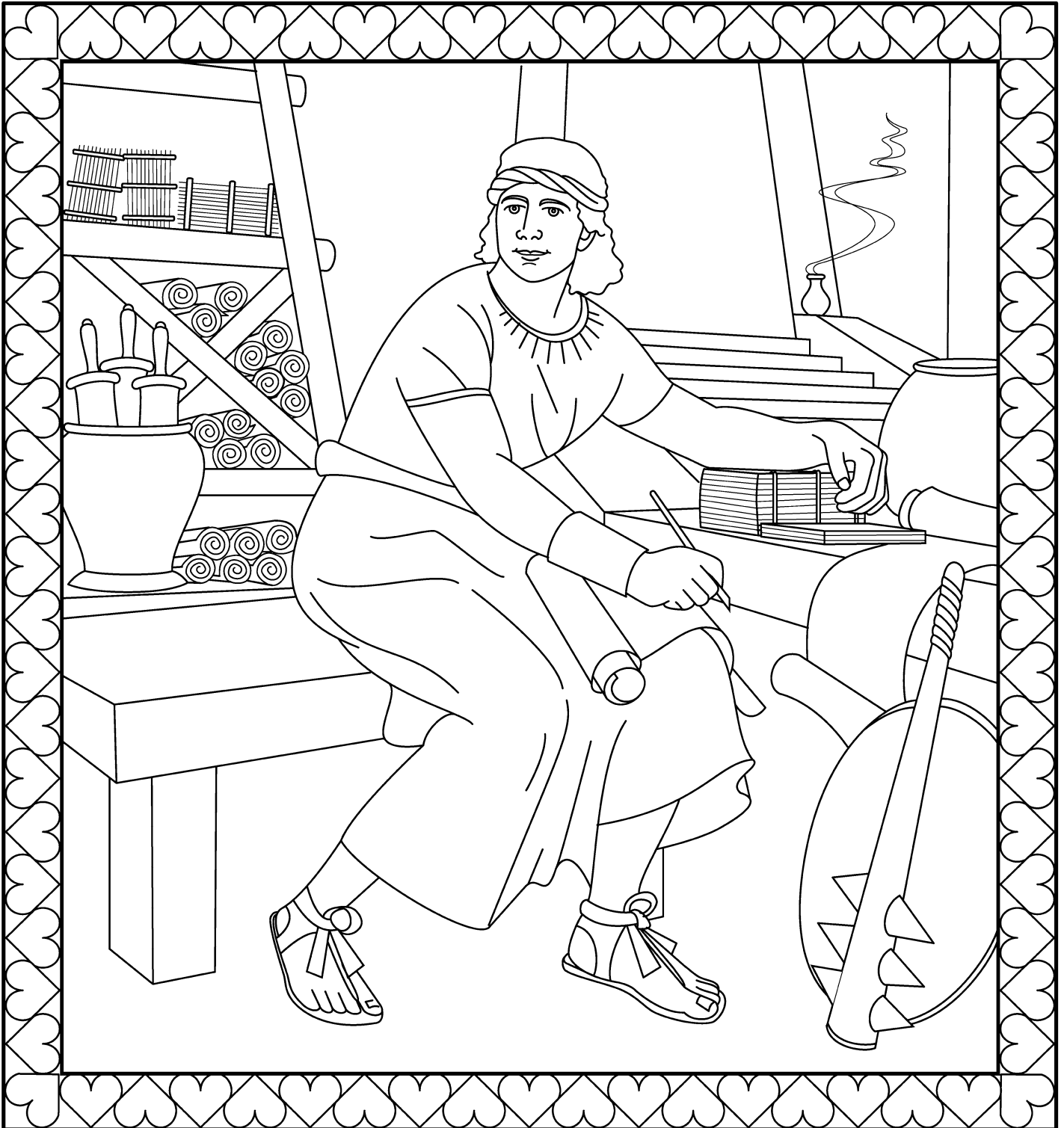
For more ideas, see this month’s issue of the *Friend* magazine.



The Book of Mormon was written "that ye may believe the gospel of Jesus Christ" (Mormon 3:21).

Heavenly Father wants me to love everyone (Mormon 3:12).

Mormon loved his people even though they were wicked. Color the picture of Mormon, and write on the line one way you can show love for others, including those who are different from you.





Moroni Writing on Gold Plates, by Dale Kilborn

NOVEMBER 4–10: “I SPEAK UNTO YOU AS IF YE WERE PRESENT”

Mormon 7–9

Moroni knew what it felt like to be alone in a wicked world—especially after his father died in battle and the Nephites were destroyed. “I even remain alone,” he wrote. “I have not friends nor whither to go” (Mormon 8:3, 5). Things may have seemed hopeless, but Moroni found hope in Jesus Christ and his testimony that “the eternal purposes of the Lord shall roll on” (Mormon 8:22). And Moroni knew that a key part of those eternal purposes would be the Book of Mormon—the record he was now diligently completing, the record that would one day bring many people “to the knowledge of Christ” (Mormon 8:16; 9:36). Moroni’s faith in these promises made it possible for him to declare to the future readers of this book, “I speak unto you as if ye were present,” and “I know that ye shall have my words” (Mormon 8:35; 9:30). Now we do have his words, and the Lord’s work is rolling forth, in part because Mormon and Moroni stayed true to their mission, even when they were alone.

Ideas for Learning at Home and at Church

MORMON 7

“Believe in Jesus Christ” and “lay hold upon [His] gospel.”

After abridging the record of his people, Mormon gave his concluding message in Mormon 7. Why do you think he chose this message? What does it mean to you to “lay hold upon the gospel of Christ”? (Mormon 7:8).

See also “I Believe in Christ,” *Hymns*, no. 134.

MORMON 7:8–10; 8:12–16; 9:31–37

The Book of Mormon is of great worth.

President Russell M. Nelson asked: “If you were offered diamonds or rubies *or* the Book of Mormon, which would you choose? Honestly, which *is* of greater worth to you?” (“The Book of Mormon: What Would Your Life Be Like without It?,” *Ensign* or *Liahona*, Nov. 2017, 61).

What do you find in Mormon 7:8–10; 8:12–22; and 9:31–37 that helps you understand why the Book of Mormon is valuable in our day? Why is it valuable to you? You may find more insights in 1 Nephi 13:38–41; 2 Nephi 3:11–12; and Doctrine and Covenants 33:16; 42:12–13.



The writings of Book of Mormon prophets apply to us.

MORMON 8:1–11

I can keep the commandments even when others do not.

At times you may feel alone in your efforts to keep the commandments. What can you learn from the example of Moroni that could help? (see Mormon 8:1–11). If you could ask Moroni how he remained faithful, what do you think he would say?

See also “All May Know the Truth: Moroni’s Promise” (video), Gospel Library.

MORMON 8:26–41; 9:1–30

The Book of Mormon was written for our day.

Jesus Christ showed Moroni what would be happening when the Book of Mormon came forth (see Mormon 8:34–35), which led him to give bold warnings for our day. As you read Mormon 8:26–41 and 9:1–30, ponder how his words might apply to you. For example, in these verses Moroni asks 24 questions. What evidence do you see in these questions that Moroni saw our day? How can the Book of Mormon help with the challenges that Moroni foresaw?

Listen to the Spirit. Pay attention to your thoughts and feelings, even if they seem unrelated to your reading. These impressions may be what your Heavenly Father wants you to learn. For example, what impressions do you

have after pondering the questions Moroni asks in Mormon 9:1–30?

MORMON 9:1–25

Jesus Christ is a God of miracles.

Moroni concluded his father’s writings with a powerful message for people in our day who do not believe in miracles (see Mormon 8:26; 9:1, 10–11). Why do you feel a belief in miracles is needed today? Search Mormon 9:9–11, 15–27 and Moroni 7:27–29 and ponder questions such as:

- What do I learn about the Savior from these verses?
- What do I learn about miracles, past and present?
- What are the benefits of believing that Jesus Christ is a God of miracles? What are the consequences of not believing this?
- What miracles—large and small—has the Savior worked in my life? What do these miracles teach me about Him?

President Russell M. Nelson taught: “Our Savior and Redeemer, Jesus Christ, will perform some of His mightiest works between now and when He comes again. We will see miraculous indications that God the Father and His Son, Jesus Christ, preside over this Church in majesty and glory” (“Revelation for the Church, Revelation for Our Lives,” *Ensign* or *Liahona*, May 2018, 96). What do you feel some of these miracles might be? What can you do to help the Savior fulfill them?

What do you learn about faith and miracles from the experiences of Saints in Samoa, Tonga, Fiji, and Tahiti when President and Sister Nelson visited them? (see Russell M. Nelson, “Christ Is Risen; Faith in Him Will Move Mountains,” *Liahona*, May 2021, 101–4).

See also Ronald A. Rasband, “Behold! I Am a God of Miracles,” *Liahona*, May 2021, 109–12; Gospel Topics, “Miracles,” Gospel Library.

Ideas for Teaching Children

MORMON 7:8-10

The Book of Mormon and the Bible testify of Jesus Christ.

- To emphasize the relationship between the Bible and the Book of Mormon, as Moroni did, you could play a game like this one with your children: Ask them to say “Old Testament, New Testament” when you hold up a copy of the Bible and “Another Testament” when you hold up a copy of the Book of Mormon. You could also choose several events that both the Bible and the Book of Mormon testify of—such as Jesus’s birth, death, and Resurrection—and invite your children to find pictures of these events (for example, in the *Gospel Art Book*).
- To help your children learn the eighth article of faith, you could write each word on separate pieces of paper. Invite your children to work together to put the words in the correct order and repeat it several times.

MORMON 8:1-7

I can keep the commandments even when I feel alone.

- Moroni’s example could inspire your children to obey God’s commandments even when they feel alone. After you read Mormon 8:1–7 with them, they could share how they would have felt if they had been Moroni. In verses 1, 3, and 4, what was

Moroni commanded to do, and how did he obey? How can we be more like Moroni?

- Maybe you and your children could talk about situations where they must choose between right and wrong when no one is watching. How does having faith in Jesus Christ help us in these situations? A song like “Stand for the Right” (*Children’s Songbook*, 159) could add to this discussion.

MORMON 8:24-26; 9:7-26

Jesus Christ is “a God of miracles.”

- You might want to explain to your children that a miracle is something God does to show His power and bless our lives. Then you could read phrases from Mormon 9:11–13, 17 that describe some of God’s miracles, and your children could think of other miracles (pictures from the *Gospel Art Book*, such as nos. 26, 40, 41, and 83, can help). Talk about miracles that God has done in your life.
- Show your children a recipe, and talk about what would happen if you left out an essential ingredient. Read together Mormon 8:24 and 9:20–21 to find the “ingredients” that can lead to miracles from God.

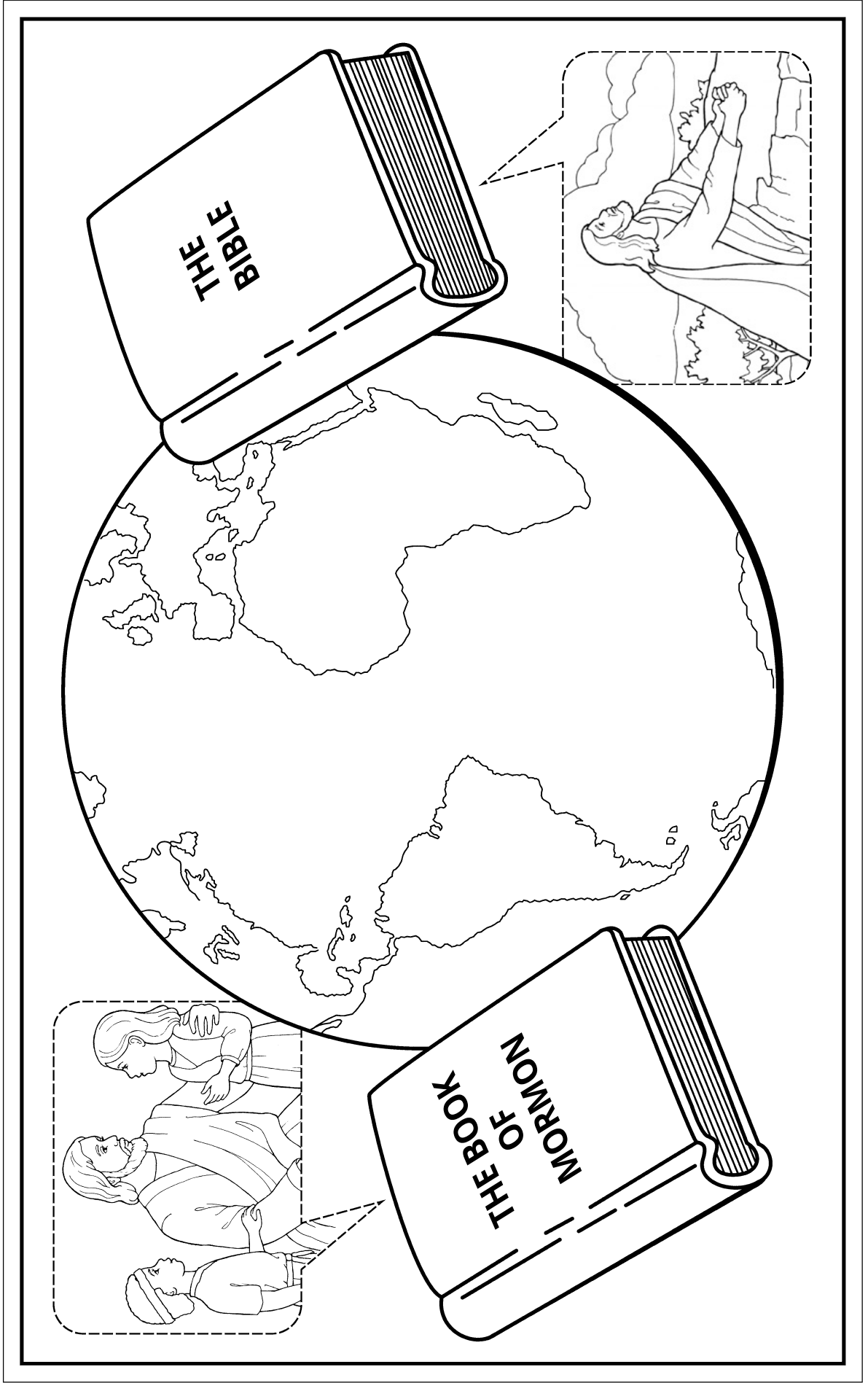
For more ideas, see this month’s issue of the *Friend* magazine.



Moroni Overlooking the Destruction of the Nephites, by Joseph Brickey

The Book of Mormon and the Bible both testify of Jesus Christ (Mormon 7:8-10).

The Book of Mormon and the Bible were written by prophets in different parts of the world, but both books teach about Jesus Christ.





The Israelites Leaving Babel by Albin Veselka

NOVEMBER 11-17: “REND THAT VEIL OF UNBELIEF”

Ether 1–5

While it is true that God’s ways are higher than ours and we should always submit to His will, He also encourages us to think and act for ourselves. That’s one lesson Jared and his brother learned. For example, the idea of traveling to a new land that was “choice above all the earth” seemed to start with Jared, and the Lord granted the request, saying to the brother of Jared, “Thus I will do unto thee because this long time ye have cried unto me” (see Ether 1:38–43). And when the brother of Jared needed light inside the barges that would carry them to their promised land, the Lord asked a question that we usually ask *Him*: “What will ye that I should do?” (Ether 2:23). He wants to hear our thoughts and ideas, and He will listen and give His confirmation or counsel us otherwise. Sometimes the only thing separating us from the blessings we seek is our own “veil of unbelief,” and if we can “rend that veil” (Ether 4:15), we may be surprised by what the Lord is willing to do for us.

See also “The Lord Appears to the Brother of Jared” (video), Gospel Library.

Ideas for Learning at Home and at Church

ETHER 1:33–43

As I cry unto the Lord, He will have compassion on me.

Ether 1:33–43 tells of three prayers of the brother of Jared. What do you learn from the Lord’s response to each prayer? Think about a time when you have experienced the Lord’s compassion as you cried unto Him in prayer. You may want to record this experience and share it with someone who may need to hear your testimony.

See also “Secret Prayer,” *Hymns*, no. 144.

ETHER 2; 3:1–6; 4:7–15

 **I can receive revelation for my life.**

President Russell M. Nelson said: “I plead with you to increase your spiritual capacity to receive revelation. . . . Choose to do the spiritual work required to enjoy the gift of the Holy Ghost and hear the voice of the Spirit more frequently and more clearly” (“Revelation for the Church, Revelation for Our Lives,” *Ensign* or *Liahona*, May 2018, 96).

As you study Ether 2; 3:1–6; 4:7–15, what do you learn about “the spiritual work” President Nelson

spoke of? You could mark in one color the questions or concerns the brother of Jared had and what he did about them, and in another color you could mark how the Lord helped him and made His will known.

Here are some questions to ponder as you study:

- What impresses you about the way the Lord answered the brother of Jared’s questions in Ether 2:18–25?
- How might you use Ether 3:1–5 to help someone who is learning how to pray?
- What might prevent you from receiving revelation from the Lord? (see Ether 4:8–10). How can you receive revelation from Him more often? (see Ether 4:7, 11–15).
- What do you think it means to “rend [the] veil of unbelief” in your life” (Ether 4:15).

What else do you learn from the brother of Jared about personal revelation?

Elder Dale G. Renlund taught about “A Framework for Personal Revelation” (*Liahona*, Nov. 2022, 16–19). Consider drawing a picture frame and writing the four elements of the framework on each side. How can this framework help you “increase your capacity to receive revelation”?

See also Gospel Topics, “Personal Revelation,” Gospel Library.

ETHER 2:14–15; 3:1–20

Through His chastening, the Lord invites me to repent and come unto Him.

Even a prophet as great as the brother of Jared needed to be chastened by the Lord. What do you

learn from Ether 2:14–15 about the Lord’s chastening? Think about how the Lord’s chastening and the brother of Jared’s response may have helped prepare him for his experiences in Ether 3:1–20.

ETHER 2:16–25

The Lord will prepare me to cross my “great deep.”

Sometimes, crossing the “great deep” is the only way to fulfill God’s will for us. Do you see similarities to your life in Ether 2:16–25? How has the Lord prepared you for your challenges? What is He asking you to do now to prepare for what He needs you to do in the future?

See also L. Todd Budge, “Consistent and Resilient Trust,” *Ensign* or *Liahona*, Nov. 2019, 47–49.

Apply what you learn. Gospel study should inspire us to change our lives. After reading Ether 4:11–12, you might list some of the influences in your life and consider whether they persuade you to do good. What changes do you feel inspired to make?

ETHER 5

Witnesses testify of the truthfulness of the Book of Mormon.

As you read Moroni’s prophecy in Ether 5, ponder the Lord’s purpose in preparing many witnesses of the Book of Mormon. What witnesses have inspired you to believe that the Book of Mormon is the word of God? How has the Book of Mormon shown you “the power of God and also his word”? (Ether 5:4).

Ideas for Teaching Children

ETHER 1:33-37; 2:16-25; 3:1-6

Heavenly Father hears and answers my prayers.

- If you know a language that your children don't, give them some simple directions in that language (or play a recording of another language). You can use this to explain why the brother of Jared prayed for help in Ether 1:33-37. Emphasize how the Lord felt about this prayer and how He responded (see also "Chapter 50: The Jaredites Leave Babel," *Book of Mormon Stories*, 143-44).
- Your children could pretend to build a barge as you read Ether 2:16-17. Then you and your children could read about the problems the Jaredites had with their barges (see Ether 2:19) and the different ways the Lord answered the brother of Jared's prayers (see Ether 2:19-25; 3:1-6). The picture and activity page at the end of this outline could help you and your children tell the story. What do we learn from the brother of Jared about prayer? Consider sharing an experience in which you prayed for help and Heavenly Father helped you.

ETHER 3:6-16

I was created in the image of God.

- As they grow, your children will encounter many false messages about God, themselves, and their physical bodies. You might ask them to help you find truths about these topics in Ether 3:6-16. To emphasize the truth taught in Ether 3:13, 15, you could look at a picture of the Savior together and invite your children to point to various parts of

His body. They could then point to the same part of their own bodies. You could also sing together a song related to our bodies, such as "The Lord Gave Me a Temple" (*Children's Songbook*, 153). You and your children could talk about why you are grateful for your bodies.



We are created in God's image.

ETHER 5

Three witnesses testified of the Book of Mormon.

- Moroni prophesied that the Three Witnesses would help establish the truth of the Book of Mormon. To teach what a witness is, you could ask your children to describe something they have seen or experienced that others have not. Then as you read Ether 5 together, you could talk about why God uses witnesses in His work. You could also share with each other how you know the Book of Mormon is true and how you can share your witness with others.

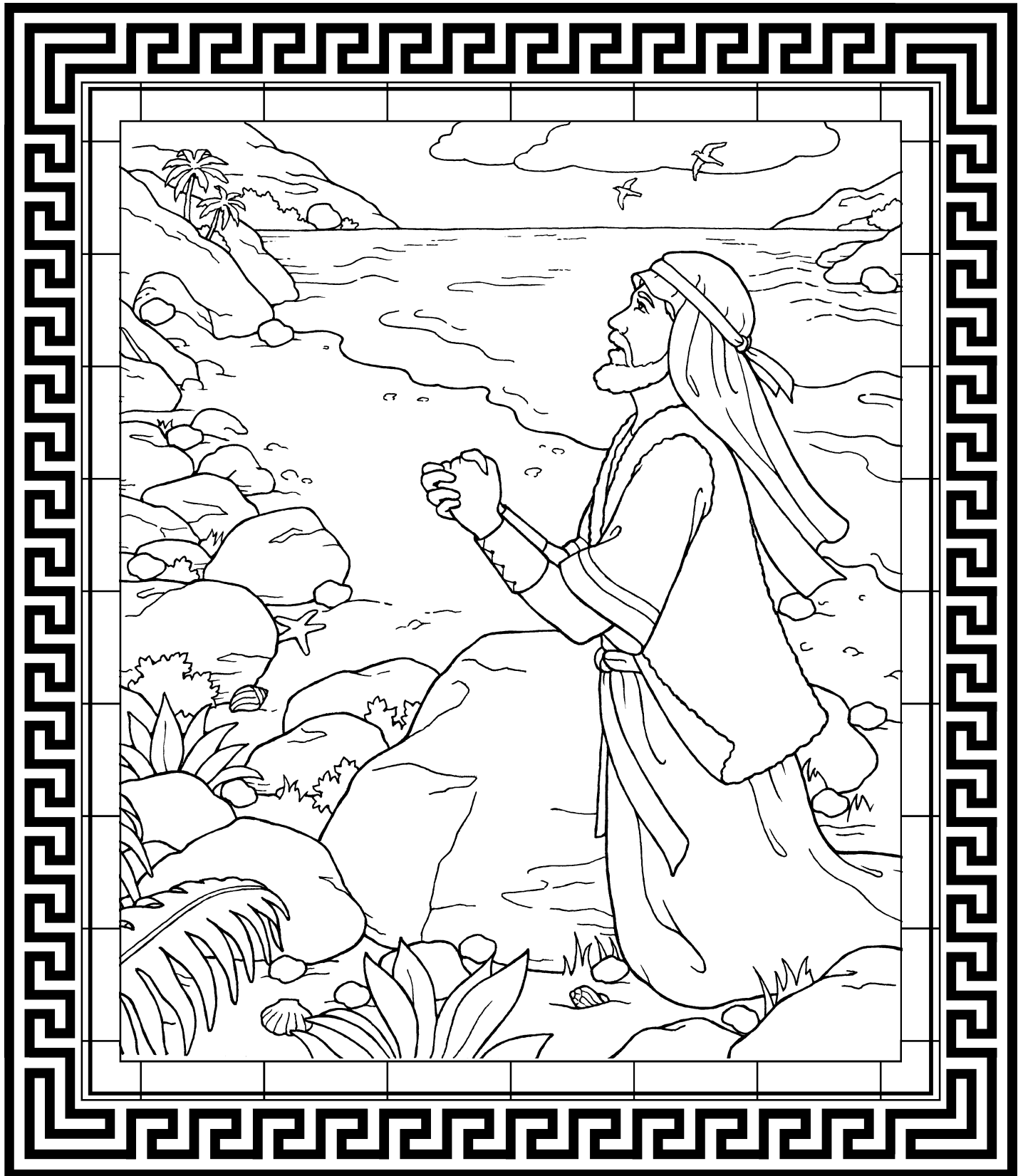
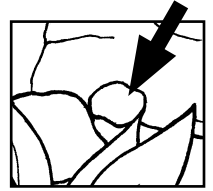
For more ideas, see this month's issue of the *Friend* magazine.



Sawest Thou More Than This?, by Marcus Alan Vincent

Heavenly Father hears and answers my prayers (Ether 1:33-43; 2:16-25; 3:1-6).

The brother of Jared brought 16 stones for the Lord to touch so the people would have light in their barges. Help the brother of Jared find 16 hidden stones.





I Will Bring You Up Again out of the Depths, by Jonathan Arthur Clarke

NOVEMBER 18–24: “THAT EVIL MAY BE DONE AWAY”

Ether 6–11

Hundreds of years after the Jaredites were destroyed, the Nephites discovered the ruins of their ancient civilization. Among these ruins was a mysterious record—plates of “pure gold” that were “filled with engravings,” and the Nephites “were desirous beyond measure” to read it (Mosiah 8:9; 28:12). Today you have an abridgment of this record, and it’s called the book of Ether. When the Nephites read it, “they were filled with sorrow” to learn of the tragic fall of the Jaredites. “Nevertheless it gave them much knowledge, in the which they did rejoice” (Mosiah 28:18). You, too, may find sorrowful moments in this book. But you can also rejoice in this gift of knowledge. As Moroni wrote, “it is wisdom in God that these things should be shown unto you . . . that evil may be done away, and that the time may come that Satan may have no power upon the hearts of the children of men” (Ether 8:23, 26).

Ideas for Learning at Home and at Church

ETHER 6:1–12

The Lord will guide me through my mortal journey.

You may find spiritual insights if you compare the Jaredites’ voyage across the ocean to your journey through life. For example, what has the Lord provided that lights your way like the stones in the Jaredites’ barges? What might the barges represent, or the winds that “blow towards the promised land”? (Ether 6:8). What do you learn from the actions of the Jaredites before, during, and after the voyage? How is the Lord leading you toward your promised land?

“Sing praises unto the Lord.” The Jaredites expressed their gratitude and love for God through song and praise (see Ether 6:9). You might look for or create opportunities to use music and heartfelt testimony to praise God at home and at church. For example, it might be appropriate to sing a hymn of praise like “Praise the Lord with Heart and Voice” (*Hymns*, no. 73) when studying Ether 6:1–12.



Baby on Board, by Kendal Ray Johnson

ETHER 6:5–18, 30; 9:28–35; 10:1–2

“Walk humbly before the Lord.”

Although pride and wickedness seem to dominate Jaredite history, there are also examples of humility in these chapters—especially in Ether 6:5–18, 30; 9:28–35; and 10:1–2. Pondering the following questions could help you learn from these examples: Why did these Jaredites humble themselves in these situations? How did they show their humility? How did God bless them as a result? Consider what you can do to willingly “walk humbly before the Lord” (Ether 6:17) rather than being compelled to be humble (see Mosiah 4:11–12; Alma 32:14–18).

See also Dale G. Renlund, “Do Justly, Love Mercy, and Walk Humbly with God,” *Ensign or Liahona*, Nov. 2020, 109–12.

ETHER 7–11

I can become a Christlike leader.

Chapters 7–11 of Ether cover at least 28 generations. Although little detail can be given in such little space, a pattern quickly emerges about the consequences of righteous and wicked leadership. What do you learn about leadership from the examples—negative and positive—of the kings listed below?

- Orihah—Ether 6:30; 7:1
- Shule—Ether 7:23–27
- Jared—Ether 8:1–7, 11–15
- Emer and Coriantum—Ether 9:21–23
- Heth—Ether 9:26–30

- Shez—Ether 10:1–2
- Riplakish—Ether 10:5–8
- Morianton—Ether 10:9–11
- Lib—Ether 10:19–28
- Ethem—Ether 11:11–13
- Jesus Christ—Matthew 18:1–4; 20:20–28; 23:11

Elder Dieter F. Uchtdorf gave helpful counsel about leadership in his message “The Greatest among You” (*Ensign or Liahona*, May 2017, 78–81). Consider studying this message—especially the stories that he tells—looking for principles or patterns of Christlike leadership. When have you seen these principles or patterns demonstrated in people who lead?

As you ponder what you’ve learned, think about opportunities you have to lead or influence others in your home, community, Church calling, and so on. How can you develop qualities of Christlike leadership, even if you don’t have a specific leadership assignment?

See also Gospel Topics, “Serving in Church Callings,” Gospel Library; “Principles of Leadership in the Church,” *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 4.2, Gospel Library.

ETHER 8:7–26

The Lord does not work in darkness.

When people conspire to keep their wicked acts secret, they are involved in a secret combination. In addition to the secret combination described in Ether 8:7–18, other examples can be found in Helaman 1:9–12; 2:2–11; 6:16–30; Moses 5:29–33. Consider contrasting these verses with 2 Nephi 26:22–24, in which Nephi described how the Lord does His work. Why do you think Moroni was commanded to write what he did about secret combinations?

What have you learned from the book of Ether that can help you obtain the blessings described in Ether 8:26?

Ideas for Teaching Children

ETHER 6:1–12

I can trust Heavenly Father to comfort me when I am scared.

- Everyone has hard days—even little children. Perhaps you could help your children find words and phrases in Ether 6:1–12 that show how the Jaredites trusted God during some really tough and scary days. Consider sharing with each other some experiences when God helped you during difficult times in your life.

ETHER 6:9, 12, 30; 7:27; 10:2

Remembering what the Lord has done brings gratitude and peace.

- After arriving safely in the promised land, the Jaredites were so thankful that they “shed tears of joy” (Ether 6:12). You might inspire your children to feel thankful for God’s blessings by helping them find phrases from Ether 6:9, 12 that show how the Jaredites expressed their thanks to God. They may enjoy singing, like the Jaredites did, a song that expresses gratitude, like “My Heavenly Father Loves Me” (*Children’s Songbook*, 195). Ask your children to tell you about some things they are thankful for.
- Perhaps your children could read Ether 6:30; 7:27; and 10:2 and find what these righteous kings remembered. How did it affect the way they led their people? You and your children could discuss ways to remind yourselves of what God has done for you. For example, maybe they could write about it or draw pictures. You might

suggest that they make a regular habit of writing down blessings they notice from God (see “O Remember, Remember” [video], Gospel Library).

ETHER 7:24–27

I am blessed when I follow God’s prophet.

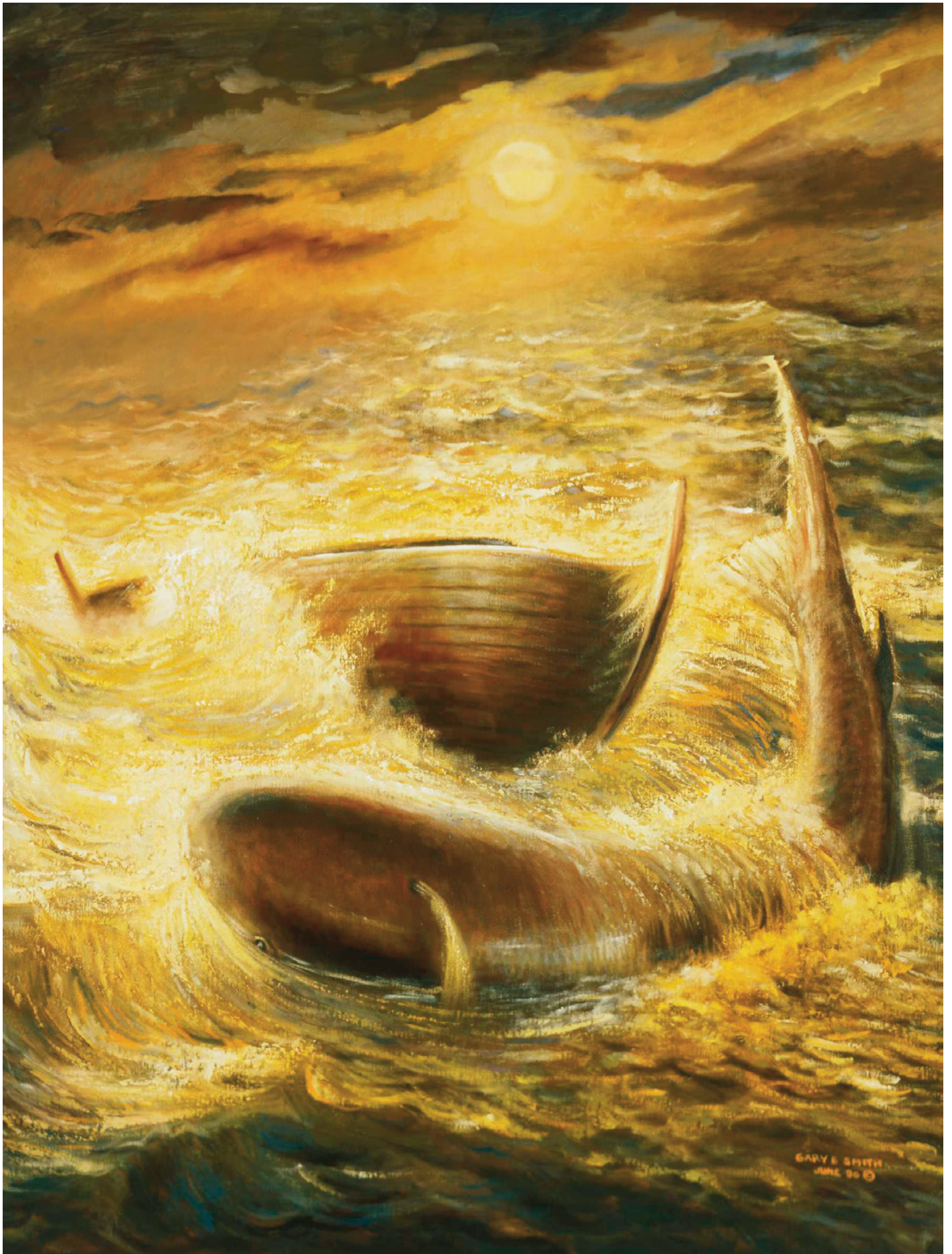
- Perhaps you and your children would enjoy acting out some things the prophet has taught us to do. You could even turn it into a game in which you guess what the actions represent. This could prepare your children to discuss why it is important to follow God’s prophet. You could then read Ether 7:24–27 to find out what happened when the people obeyed God’s prophet. How are we blessed by following the prophet today?

ETHER 9:28–35; 11:5–8

The Lord is merciful when I repent.

- Looking for patterns is a useful scripture study skill. The book of Ether contains a repeated pattern that emphasizes the Lord’s mercy. To help your children find this pattern, invite them to read Ether 9:28–35 and Ether 11:5–8, looking for similarities between the two accounts. What do we learn from these stories? Perhaps they could look for pictures in the *Gospel Art Book* of other people in the scriptures who repented and were forgiven.

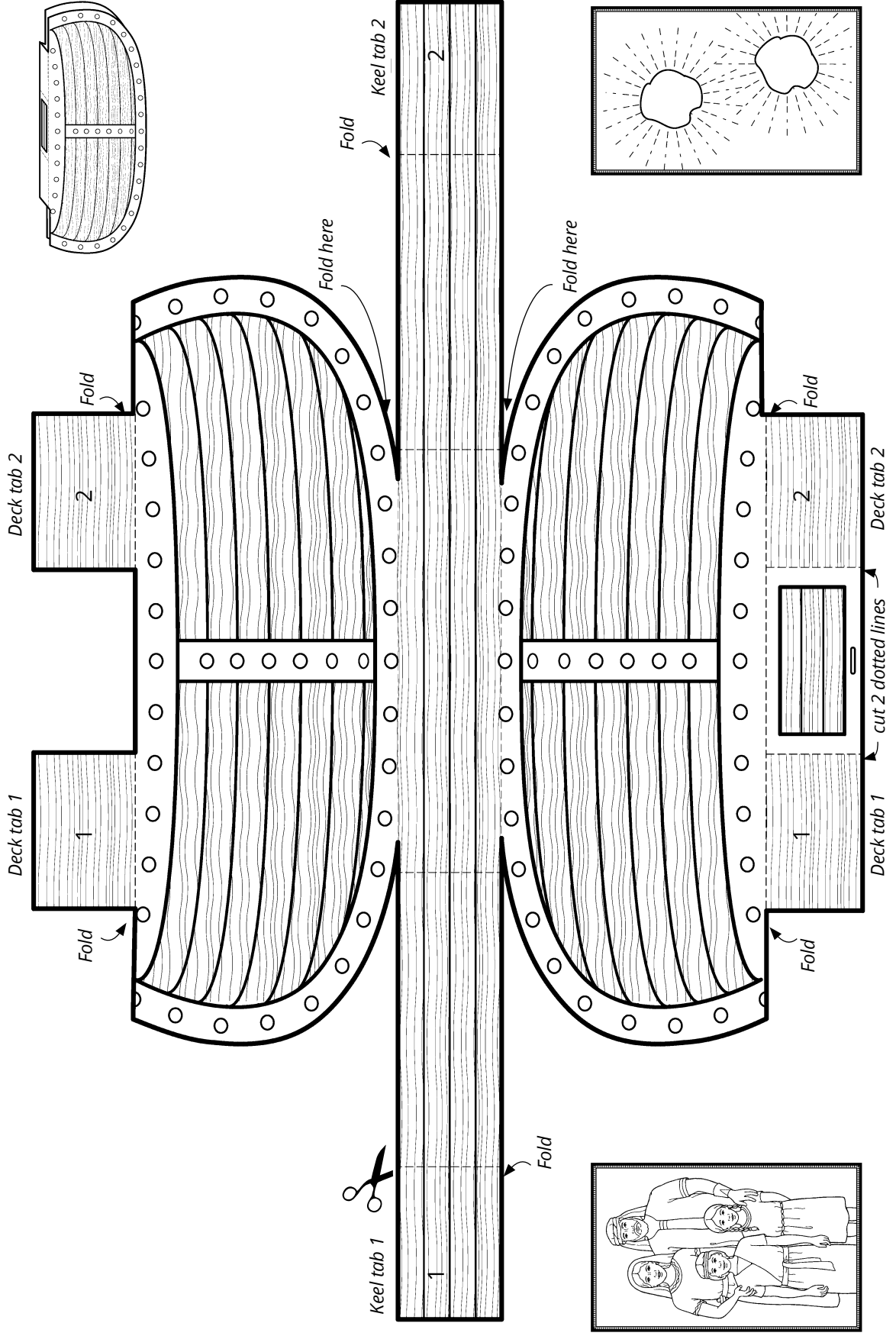
For more ideas, see this month’s issue of the *Friend* magazine.



Jaredite Barges, by Gary Ernest Smith

Heavenly Father can comfort me when I am scared (Ether 6:1-12).

Color and cut out the barge and the pictures. Fold the barge on the dotted lines. Glue or tape the corresponding "1" and "2" deck tabs together, then glue or tape the "1" and "2" keel tabs to the corresponding deck tabs on top. Use the barge and the pictures to tell the story of the Jaredites traveling inside the barges to the promised land.





Ether Hiding in the Cavity of a Rock by Gary Ernest Smith

NOVEMBER 25–DECEMBER 1: “BY FAITH ALL THINGS ARE FULFILLED”

Ether 12–15

Ether’s prophecies to the Jaredites were “great and marvelous” (Ether 12:5). He “told them of all things, from the beginning of man” (Ether 13:2). He foresaw “the days of Christ” and the latter-day New Jerusalem (Ether 13:4). And he spoke of “hope for a better world, yea, even a place at the right hand of God” (Ether 12:4). But the Jaredites rejected his words, for the same reason people often reject the prophecies of God’s servants today—“because they [see] them not” (Ether 12:5). It takes faith to believe in promises or warnings about things we can’t see, just as it took faith for Ether to prophesy of “great and marvelous things” to an unbelieving people. It took faith for Moroni to trust that the Lord could take his “weakness in writing” and turn it into strength (see Ether 12:23–27). It’s this kind of faith that makes us “sure and steadfast, always abounding in good works, being led to glorify God” (Ether 12:4). And it’s this kind of faith by which “all things are fulfilled” (Ether 12:3).

Ideas for Learning at Home and at Church

ETHER 12

Faith in Jesus Christ can lead to miracles.

It’s common today, as it was in Ether’s day, for people to want to see evidence before believing in God and His power. What do you learn from Ether 12:5–6 about this idea?

As you read Ether 12, you might make note of every time you find the word “faith.” Consider what each instance teaches about faith. Questions like these may help: What is faith? What does it mean to exercise faith? What are the fruits of faith in Jesus Christ? You could also record your thoughts about

witnesses you have gained “after the trial of your faith” (Ether 12:6).

See also Russell M. Nelson, “Christ Is Risen; Faith in Him Will Move Mountains,” *Liahona*, May 2021, 101–4.

Let others share, and sometimes teach.


People learn best when they have opportunities to share what they are learning or even teach in a formal setting. Whether at home or at church, consider allowing others, including youth, to teach a part of the lesson.

ETHER 12:1-9, 28, 32**Jesus Christ gives us “a more excellent hope.”**

In addition to profound insights about faith, Ether 12 also has a lot to say about hope. Let these questions guide your study:

- What were the reasons that Ether had to “hope for a better world”? (see Ether 12:2-5).
- What is the purpose of an anchor? What does hope do for your soul that’s similar to what an anchor does for a boat? (see Ether 12:4).
- What should we hope for? (see Ether 12:4; Moroni 7:41).
- How has the gospel of Jesus Christ given you “a more excellent hope”? (Ether 12:32).

See also Moroni 7:40-41; Jeffrey R. Holland, “A Perfect Brightness of Hope,” *Ensign* or *Liahona*, May 2020, 81-84.

ETHER 12:23-29** Jesus Christ can turn my weakness into strength.**

When we read Moroni’s powerful writings, it’s easy to forget that he worried about his “weakness in writing” and feared that people would mock his words (see Ether 12:23-25). If you have ever felt anxious about your own weakness, read about Moroni’s struggles—and the Savior’s response—in Ether 12:23-29. You might also ponder times when Jesus Christ has helped you recognize your weakness and made you strong—even if He didn’t completely remove it. Also think about weaknesses you are currently struggling with. What do you need to do to receive the Savior’s promise to “make weak things become strong”? (Ether 12:27).

Consider searching the following passages to see how others in the scriptures gained strength through the grace of Jesus Christ:

- Enoch (Moses 6:31-34; 7:13)
- Moses (Exodus 4:10-12; 14:31)
- Gideon (Judges 6:12-16; 8:22-23)
- Peter (Luke 5:8-10; 22:55-62; Acts 4:13-21)
- Moroni (Ether 12:23-29)
- Joseph Smith (Joseph Smith—History 1:28; Doctrine and Covenants 35:17; 135:3)

See also Gospel Topics, “Grace,” Gospel Library; “The Lord Is My Light,” *Hymns*, no. 89.

ETHER 13:13-22; 14-15**Rejecting the Lord’s prophets puts me in spiritual danger.**

Being king of the Jaredites was, historically, a dangerous position. This was especially true for Coriantumr, as many “mighty men . . . sought to destroy him” (Ether 13:15-16). In Ether 13:15-22, notice what Coriantumr did to protect himself and what the prophet Ether counseled him to do instead. As you read the rest of the book of Ether, ponder the consequences of rejecting the prophets. What happens to people when “the Spirit of the Lord [ceases] striving with them”? (Ether 15:19). What might the Lord want you to learn from these accounts? Consider what you will do to follow His prophets.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

ETHER 12:6–22

Faith is believing in things I cannot see.

- Consider helping your children repeat with you “Faith is things which are hoped for and not seen” from Ether 12:6. They might enjoy looking at pictures that show the examples of faith in Ether 12:13–15, 19–21 (see *Gospel Art Book*, nos. 78, 85, and this week’s activity page). Let your children explain what they know about each story. Here are some questions to help you discuss these examples of faith:
 - What did these people hope for?
 - How was their faith tested?
 - What happened because of their faith?

You could also share your own experiences exercising faith.

ETHER 12:4, 32

Hope is like an anchor to my soul.

- To understand what Ether 12:4 teaches about hope, you and your children could look at a picture of a boat and an anchor. Why do boats need anchors? What would happen to a boat that does not have an anchor? As you read Ether 12:4 together, talk about how hope helps us the way an anchor helps a boat. Invite your children to draw pictures of a boat and anchor so they can teach others about hope.
- If your children need a definition of *hope*, help them find one in Guide to the Scriptures, “Hope”

(Gospel Library). According to this definition and Ether 12:4, 32, what should we hope for? (see also Moroni 7:40–42). Help your children think of other words for *hope*, along with words that mean the opposite of *hope*. You could also share with each other some gospel truths that give you hope.

ETHER 12:23–29

Jesus Christ can help me become spiritually strong.

- Children sometimes face situations in which they feel weak, just as Moroni did. Help your children find out why Moroni felt this way in Ether 12:23–25, and ask them if they have ever had similar feelings. Then invite them to read verses 26–27 to find out how the Lord helped Moroni.
- Perhaps your children could draw a picture of something weak and something strong. Then they could add to their drawing some words and phrases from Ether 12:23–29 that teach them about how the Savior can turn our weakness into strength. Encourage your children to think about a weakness they have and then seek the Savior’s help to become strong. You could also share an experience when the Savior helped you become strong enough to do something hard.

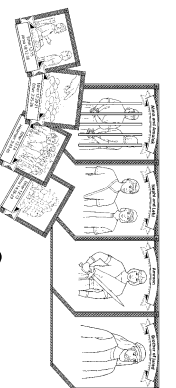
For more ideas, see this month’s issue of the *Friend* magazine.



Marvelous Were the Prophecies of Ether, by Walter Rane

Faith is believing in things we cannot see (Ether 12:6-22).

Cut out the rectangle and the individual squares. Fold the rectangle on the dotted line so that the pictures can stand up. Match the cards to the people who saw miracles because of their faith.



<p>Alma and Amulek</p>	<p>Nephi and Lehi</p>	<p>Ammon</p>	<p>Brother of Jared</p>
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fold

fold

Ether 12:15
Alma 18:12-36

Ether 12:20-21
Ether 3:25-26

Ether 12:14
Helaman 5:43-45

Ether 12:13
Alma 14:26-29



Minerva Teichert (1888–1976). *Alma Baptizes in the Waters of Mormon*, 1949–1951, oil on masonite, 35 7/8 x 48 inches. Brigham Young University Museum of Art, 1969.

DECEMBER 2–8: “TO KEEP THEM IN THE RIGHT WAY”

Moroni 1–6

After finishing his father’s record of the Nephites and abridging the record of the Jaredites, Moroni thought that his record-keeping work was done (see Moroni 1:1). What more was there to say about two nations that were utterly destroyed? But Moroni had seen our times (see Mormon 8:35), and he was inspired to “write a few more things, that perhaps they may be of worth . . . in some future day” (Moroni 1:4). He knew that widespread apostasy was coming, bringing with it confusion about priesthood ordinances and about religion in general. This may be why he gave clarifying details about the sacrament, baptism, conferring the gift of the Holy Ghost, and the blessings of gathering with fellow believers to “keep [each other] in the right way, . . . relying alone upon the merits of Christ, who was the author and the finisher of [our] faith” (Moroni 6:4). Precious insights like these give us reason to be thankful that the Lord preserved Moroni’s life so he could “write a few more things” (Moroni 1:4).

Ideas for Learning at Home and at Church

MORONI 1

I can follow Jesus Christ despite opposition.

As you read Moroni 1, what inspires you about Moroni’s faithfulness to the Lord and to his calling? What are some ways a person might “deny the Christ”? (Moroni 1:2–3). Ponder how you can be faithful to Jesus Christ, even when you face trials and opposition.

MORONI 2–6

Priesthood ordinances must be administered as the Lord commands.

Moroni was running for his life when he wrote these chapters. Why would he bother to write

about administrative details like how to perform ordinances? Ponder this as you read Moroni 2–6. Why do you think these details are important to the Lord? Here are some questions that could guide your study:

Confirmation (Moroni 2; 6:4). What do the Savior’s instructions in Moroni 2:2 teach you about the ordinance of confirmation? How would you explain what it means to be “wrought upon and cleansed by the power of the Holy Ghost”? (Moroni 6:4).

Priesthood ordination (Moroni 3). What do you find in this chapter that could help someone prepare to be ordained to the priesthood? What do you find that would help someone prepare to perform an ordination?

The sacrament (Moroni 4–5; 6:6). What can you do to make the sacrament the spiritual highlight of your week?

Baptism (Moroni 6:1–3). What are you doing to continue to meet the qualifications for baptism?



Jesus taught how ordinances should be performed.

Based on what you have learned, how will you change the ways you think about, participate in, or prepare others for these ordinances?

See also Doctrine and Covenants 84:20.

Role-play. One great way to remember what you are learning is to explain it to others. For example, try role-playing scenarios like this one: A friend isn't sure she's ready to be baptized. How would you use Moroni 6 to help her?

MORONI 4–5

Taking the sacrament helps me draw closer to Jesus Christ.

You have probably heard the sacrament prayers many times, but how often do you think carefully about what the words mean? Maybe you could try writing down the two sacrament prayers from memory. Then compare what you wrote with Moroni 4:3 and 5:2. Did you notice anything about these prayers that you hadn't noticed before?

Consider including a sacrament hymn in your study, such as “In Memory of the Crucified” (*Hymns*, no. 190).

MORONI 6:4–9

Disciples of Jesus Christ care for each other's souls.

The choice to follow Christ is an individual one, but fellow believers can help keep us “in the right way” (Moroni 6:4–5). What did Church members in Moroni's time do to strengthen each other? As you read Moroni 6:4–9, ponder the blessings that come from being “numbered among the people of the church of Christ” (Moroni 6:4).

You might also think about the people who attend your ward or branch. Is there anyone who might have special need of your love—perhaps someone who is new or recently returning? How could you help make their experiences at church more like what Moroni described? (for ideas, see *My Covenant Path* or the “Strengthening New Members” videos in the Gospel Library). You might find some inspiration in section I of President Dallin H. Oaks's message “The Need for a Church” (*Liahona*, Nov. 2021, 24–25).

As you ponder what it means to be “nourished by the good word of God” (Moroni 6:4), it might help to think about the nourishment that a seedling or a baby needs—and what happens if it is neglected. Search Moroni 6:4–9 for ideas about how you can help “nourish” others spiritually. How have fellow disciples helped to nourish you?

It's not obvious to everyone why it's important to be “numbered among the people of the church of Christ” and to “meet together oft” in Church meetings. How would you explain why you are thankful to be a member of the Church of Jesus Christ? (see the other sections of President Oaks's message “The Need for a Church”).

See also Gospel Topics, “The Church of Jesus Christ of Latter-day Saints,” Gospel Library.

For more ideas, see this month's issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

MORONI 2-6

The Holy Ghost is a sacred gift.

- The Holy Ghost or the Spirit is mentioned several times in Moroni 2-6. Maybe you could ask your children to find every verse that mentions Him, read these verses, and list what your children learn about the Holy Ghost. You could also share with each other experiences when you felt the Spirit's influence.

MORONI 4-5

I take the sacrament to show that I will always remember Jesus Christ.

- Reading the sacrament prayers with your children could lead to a discussion about how to have more meaningful experiences with the sacrament. It might help for them to imagine that a friend is coming to sacrament meeting for the first time. How would we explain to our friend what the sacrament is and why it is sacred? Encourage your children to use something from Moroni 4 or 5 in their explanations. Younger children could use this week's activity page or *Gospel Art Book*, no. 108.
- Consider singing a song together that helps your children think about the Savior (such as "Reverently, Quietly," *Children's Songbook*, 26). You could also practice sitting reverently during the sacrament.

MORONI 6:1-3

I can prepare to be baptized.

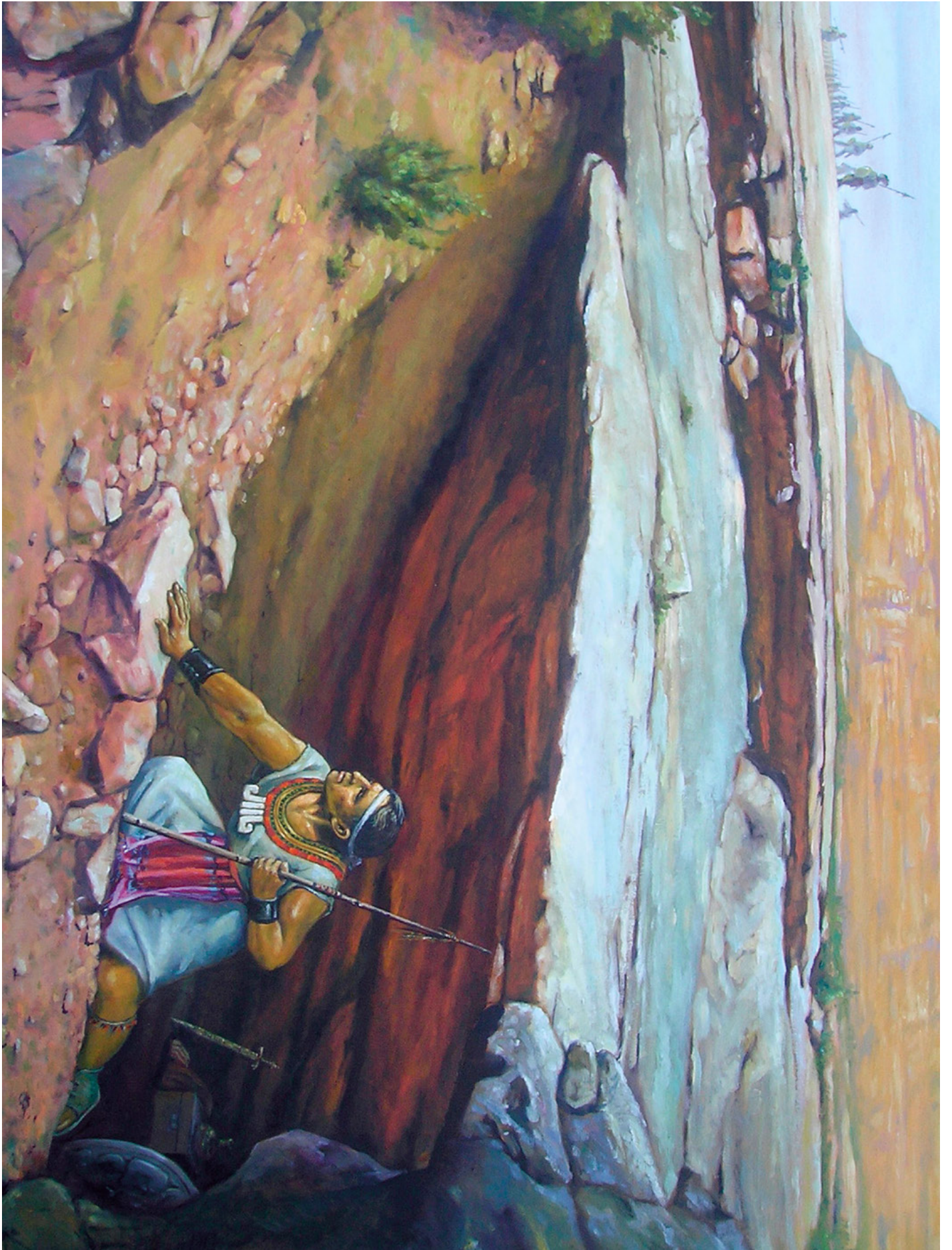
- Who can be baptized? Help your children find answers to this question in Moroni 6:1-3. What does it mean to have a "broken heart and a contrite spirit"? (Moroni 6:2). How does this help us prepare for baptism? Consider telling your children how you prepared to be baptized.

MORONI 6:4-6, 9

We go to church to take the sacrament and support each other.

- Do your children know why you like going to church? Reading Moroni 6:4-6, 9 can give you an opportunity to discuss together some of the things we do at church. Maybe they could draw pictures of themselves doing these things (such as praying, teaching, singing, and taking the sacrament).
- After reading Moroni 6:4 together, you and your children could look at pictures or examples of nourishing foods and compare nourishing our bodies to being "nourished by the good word of God." You could also watch the video "Children Sharing the Gospel" (Gospel Library).

For more ideas, see this month's issue of the *Friend* magazine.

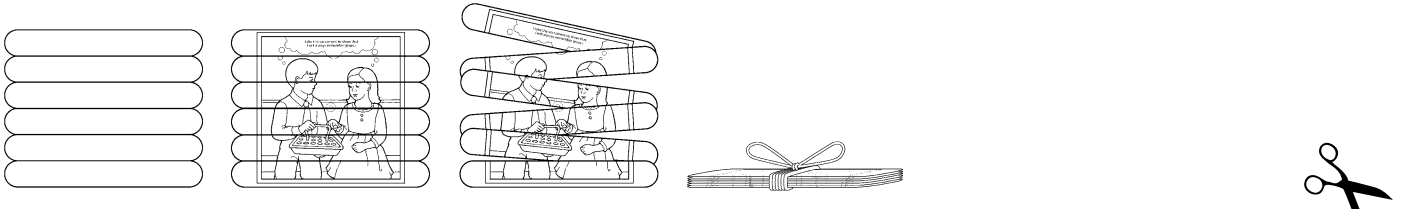


Moroni in the Cave, by Jorge Cocco

I take the sacrament to show that I will always remember Jesus (Moroni 4-5).

Color the picture and glue it to several craft sticks or a piece of card stock.

Cut the picture into several strips to make a puzzle.





Mirrena Teichert (1888–1976), *Moroni: The Last Nephite*, 1949–1951, oil on masonite, 34 3/4 × 47 inches, Brigham Young University Museum of Art, 1969.

DECEMBER 9–15: “MAY CHRIST LIFT THEE UP”

Moroni 7–9

Before Moroni concluded the record we know today as the Book of Mormon with his own final words, he shared three messages from his father, Mormon: an address to “the peaceable followers of Christ” (Moroni 7:3) and two letters that Mormon had written to Moroni. Perhaps Moroni included these messages in the Book of Mormon because he foresaw similarities between the perils of his day and ours. When these words were written, the Nephite people were turning away from the Savior. Many of them had “lost their love, one towards another” and delighted in “everything save that which is good” (Moroni 9:5, 19). And yet Mormon still found cause for hope, teaching us that hope does not mean ignoring or being naive about the world’s problems. Hope means having faith in Heavenly Father and Jesus Christ, whose power is greater and more everlasting than these problems. It means “lay[ing] hold upon every good thing” (Moroni 7:19). It means letting the Atonement of Jesus Christ “and the hope of his glory and of eternal life, rest in your mind” (Moroni 9:25).

Ideas for Learning at Home and at Church

MORONI 7:12–20

The Light of Christ helps me know truth from error.

Many people wonder, “How can I know if an impression comes from God or from my own thoughts?” or “With so much deception today, how can I know what is right or wrong?” Mormon’s words in Moroni 7 give us several principles we can use to answer these questions. Look for them especially in verses 12–20. You might use these truths to help you evaluate the messages you encounter and the experiences you have this week.

See also Guide to the Scriptures, “Light, Light of Christ,” Gospel Library; “Patterns of Light: Discerning Light” (video), Gospel Library.

MORONI 7:20–48

Because of Jesus Christ, I can “lay hold upon every good thing.”

Mormon asked a question that seems especially important today: “How is it possible [to] lay hold upon every good thing?” (Moroni 7:20). He then taught about faith in Jesus Christ, hope, and charity. As you read verses 20–48, look for how each attribute helps you find and “lay hold” on the goodness that comes

from Jesus Christ. Why are these attributes essential for a disciple of Jesus Christ?

See also “Mormon’s Teachings about Faith, Hope, and Charity” (video), Gospel Library.

MORONI 7:44-48

“Charity is the pure love of Christ.”

Mormon observed that our faith and hope in Jesus Christ lead us to have charity. But what is charity? You might write *Charity is . . .* and then read Moroni 7:44–48, looking for words or phrases that could complete the sentence. When you finish, consider replacing the word *Charity* with the name *Jesus Christ*. What does this teach you about the Savior? How has Jesus Christ demonstrated His pure love? Think of examples from the scriptures and your own life.

President Dallin H. Oaks observed: “The reason charity never fails and the reason charity is greater than even the most significant acts of goodness . . . is that charity, ‘the pure love of Christ’ [Moroni 7:47], is not an act but a *condition* or state of being. . . . Charity is something one becomes” (“The Challenge to Become,” *Ensign*, Nov. 2000, 34). With this statement in mind, you might read Elder Massimo De Feo’s message “Pure Love: The True Sign of Every True Disciple of Jesus Christ” (*Ensign* or *Liahona*, May 2018, 81–83). How does charity affect your discipleship? How can you “cleave unto charity”? (verse 46).

See also 1 Corinthians 13:1–13; Ether 12:33–34; “Love One Another,” *Hymns*, no. 308; “Charity: An Example of the Believers” (video), Gospel Library; Gospel Topics, “Charity,” Gospel Library.

Use object lessons. Perhaps thinking of a three-legged stool can help you understand more about the relationship between faith, hope, and charity (see Dieter F. Uchtdorf, “The Infinite Power of Hope,” *Ensign* or *Liahona*, Nov. 2008, 21–24).

MORONI 9:3-5

Anger leads to sorrow and suffering.

In contrast to Mormon’s message of love in Moroni 7:44–48, Mormon’s second epistle to Moroni included warnings against something many struggle with today—anger. According to Moroni 9:3–5, what were some of the consequences of the Nephites’ anger? What warnings can we take from verses 3–5, 18–20, 23?

See also Gordon B. Hinckley, “Slow to Anger,” *Ensign* or *Liahona*, Nov. 2007, 62–66.

MORONI 9:25-26

I can have hope in Christ regardless of my circumstances.

After describing the wickedness he had seen, Mormon told his son not to grieve. What impresses you about Mormon’s message of hope? What does it mean to you for Christ to “lift [you] up”? What attributes of Christ and principles of His gospel “rest in your mind” and give you hope? (Moroni 9:25).

See also Russell M. Nelson, “Joy and Spiritual Survival,” *Ensign* or *Liahona*, Nov. 2016, 81–84.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

MORONI 7:33

If I have faith in Jesus Christ, I can do whatever He needs me to do.

- Consider looking at a few pictures together that show someone from the scriptures accomplishing something important (see, for example, *Gospel Art Book*, nos. 19, 70, 78, 81). How did having faith in Christ make a difference in these examples? You and your children could then read Moroni 7:33, looking for what we can do when we have faith in Jesus Christ. You could also share experiences with each other when God blessed you with power to do His will.

MORONI 7:41

Believing in Jesus Christ can give me hope.

- As you read Moroni 7:41 to your children, perhaps they could raise their hands when they hear something Mormon said we should hope for. Tell them about the hope you feel because of Jesus Christ.
- You and your children could also think of someone who may be having a hard time with something. Maybe your children could draw a picture for the person that can remind him or her to have hope in Jesus Christ.

MORONI 7:40–41; 9:25–26

I can have hope in Jesus Christ, even during difficult trials.

- To teach your children about hope in Jesus Christ, you could fill a clear container with water

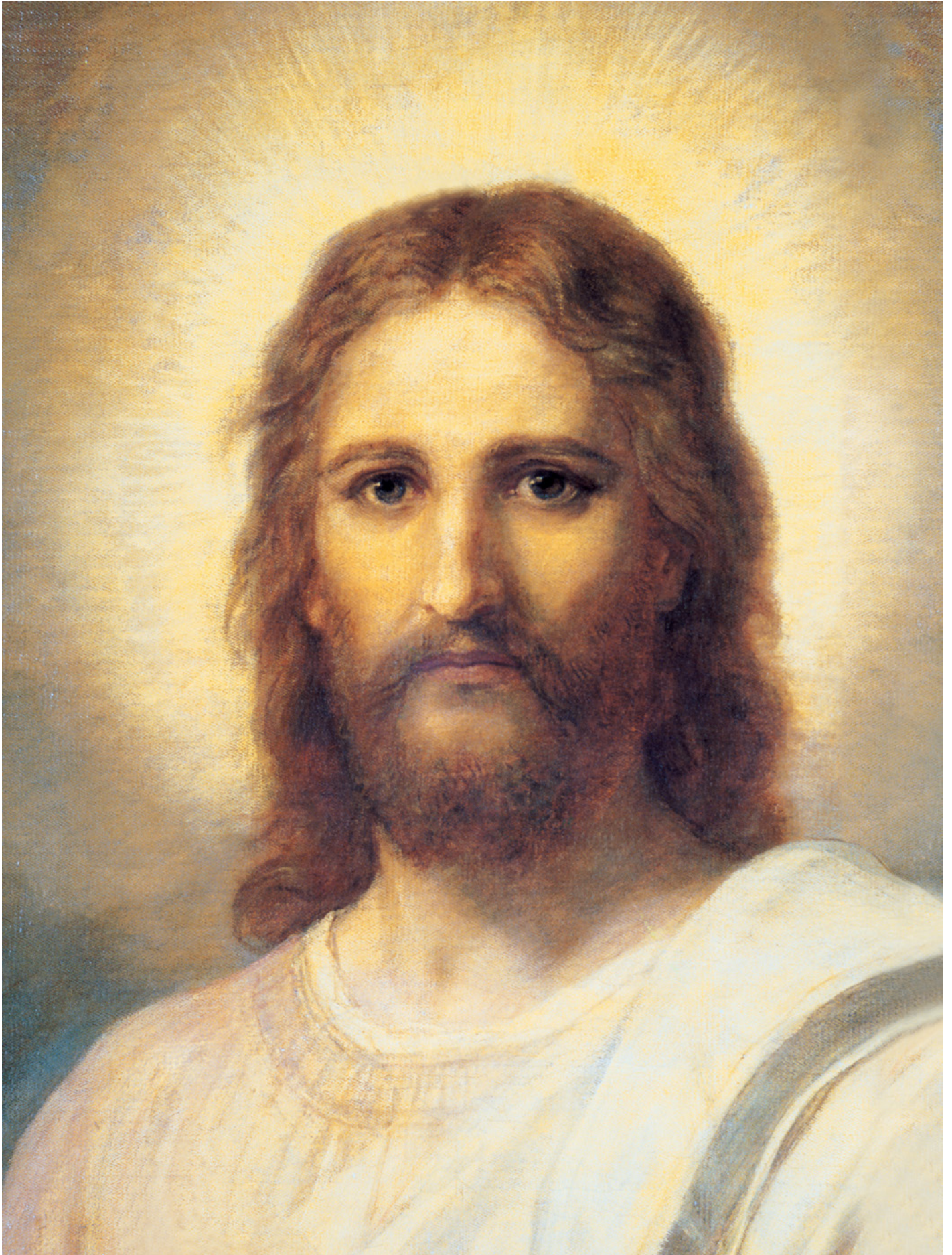
and drop two objects into it—one that floats and one that sinks. As you read together Moroni 7:40–41 and 9:25–26, your children could look for what hope does for us. Then they could compare the floating object to a person who has hope in Christ. How does He “lift [us] up” when we face difficult trials? Help your children think of ways they can keep the Savior and His encouraging teachings “in [their] mind forever.”

MORONI 7:45–48

“Charity is the pure love of Christ.”

- A song about love, such as “Love One Another” (*Children’s Songbook*, 136), may start a discussion about what charity is. You could read or summarize Moroni 7:47 and invite your children to draw pictures of themselves showing love to someone. Suggest that they put their picture where it will remind them to love others as Jesus does.
- How can you inspire your children to seek and develop the pure love of Christ in their lives? Perhaps you could help them think of ways that Jesus showed charity (see, for example, Luke 23:34; John 8:1–11; Ether 12:33–34). How can we follow His example?

For more ideas, see this month’s issue of the *Friend* magazine.



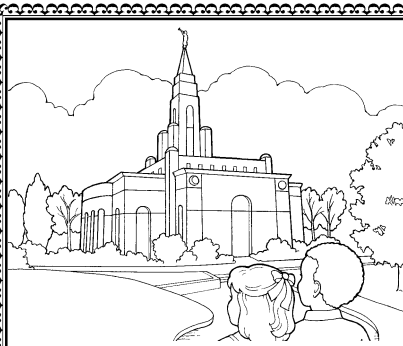
Portrait of Christ the Savior, by Heinrich Hofmann

Charity is the pure love of Christ (Moroni 7:45-48).

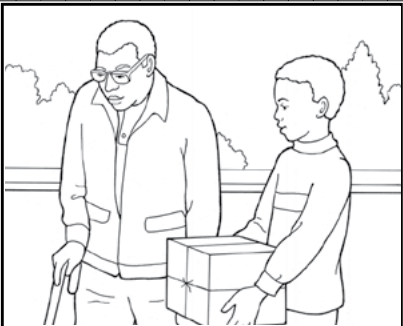
Color the pictures, and cut the shape out on the solid black lines. Fold all of the dotted lines, and glue or tape the tabs to make a cube. Toss the cube and share how you can show charity in the way that lands on top. If the word *charity* lands on top, share a way the Savior showed His love.



... seeketh not her own.



... thinketh no evil.



... is kind.



The pure love of Christ



... envieth not.



... rejoiceth in the truth.





That Ye May Know, by Gary L. Kapp


DECEMBER 16–22: “COME UNTO CHRIST, AND BE PERFECTED IN HIM”

Moroni 10

The Book of Mormon opens with Nephi’s promise to show us that “the tender mercies of the Lord are over all those whom he hath chosen, because of their faith” (1 Nephi 1:20). The book closes with a parallel invitation from Moroni: “Remember how merciful the Lord hath been” (Moroni 10:2–3). What examples of the Lord’s mercy have you seen in the Book of Mormon? You might think of the merciful way God led Lehi’s family through the wilderness and across the great waters, the tender mercies He showed to Enos when his soul hungered for forgiveness, or the mercy He showed to Alma, a bitter enemy of the Church who became one of its fearless defenders. Or your thoughts might turn to the mercy the resurrected Savior showed to the people when He healed their sick and blessed their little children. Perhaps most important, all of this can remind you of “how merciful the Lord hath been” to you, for the Book of Mormon was written to invite each of us to receive God’s mercy—an invitation expressed simply in Moroni’s farewell words, “Come unto Christ, and be perfected in him” (Moroni 10:32).

Ideas for Learning at Church and at Home

MORONI 10:3–7

 **I can know the truth of all things by the power of the Holy Ghost.**

The promise in Moroni 10:3–7 has changed the lives of millions of people around the world. How has it changed yours? As you read Moroni 10:3–7, consider reading more carefully than you may have in the past. You could examine each phrase, asking yourself questions like these: What does this mean? How can I do this better? What experiences have I had with this?

As you ponder your personal search for spiritual truth, it might help to learn how others have found truth by the power of the Holy Ghost. Elder Mathias Held described his experience as a new member of the Church (see “Seeking Knowledge by the Spirit,” *Ensign* or *Liahona*, May 2019, 31–33). Elder David F. Evans described his experience as one who was raised in the Church but still had questions (see “The Truth of All Things,” *Ensign* or *Liahona*, Nov. 2017, 68–70). Consider reading one or both of these messages and writing down anything

you learn from their searches for truth that help you with your own.

You might also explore what God has taught about truth by reading some of the passages in Guide to the Scriptures, “Truth” (Gospel Library). Which scriptures seem especially insightful to you? Perhaps you could pick one to share with someone else who is also seeking truth by the Spirit.

See also Henry B. Eyring, “The Faith to Ask and then to Act,” *Liahona*, Nov. 2021, 74–76; “Let the Holy Spirit Guide,” *Hymns*, no. 143; Gospel Topics, “Seek Truth and Avoid Deception,” Gospel Library.

Record impressions. Being converted to the gospel of Jesus Christ means both knowing and living the gospel. You’re more likely to act on what you learn if you write it down. If you are teaching, invite the people you teach to record their spiritual impressions.

MORONI 10:8–25

God has given me spiritual gifts.

There are many ways a person might “deny . . . the gifts of God” (Moroni 10:8). Some people deny that these gifts even exist. Others deny their gifts by simply neglecting them or failing to develop them. As you read Moroni 10:8–25, look for truths that will help you discover your spiritual gifts and use them to bless God’s children. Questions like these may help: What are spiritual gifts? Who are they given

to? Why are they given? How do we receive them? Can you think of examples of people using the gifts listed in Moroni 10:9–16?

MORONI 10:30–33

I can be perfected through the grace of Jesus Christ.

Moroni’s counsel to “come unto Christ” involves more than learning of and thinking about Him. Rather, this is an invitation to come unto Christ in the most complete sense possible—to become as He is. As you read Moroni 10:30–33, notice phrases that help you understand what it means to come to Christ, how it is made possible, and the results for doing so.

Look back on your study of the Book of Mormon this year, and ponder what you have felt and learned about Jesus Christ. For example, how has the Book of Mormon helped you come unto Him? How has it helped you rely more completely on His grace? How has it helped you to “deny not” the Savior’s power? Consider sharing your own witness of the Book of Mormon with someone who needs to hear it, including loved ones and friends who may not know of its message.

See also “Moroni Invites All to Come unto Christ” (video), Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

MORONI 10:3–4

I can know for myself that the Book of Mormon is true.

- How can you help your children accept Moroni’s invitation to ask God if the Book of Mormon is true? Consider giving them slips of paper with the words *Read, Remember, Ponder, and Ask* written on them. Your children could find these words in Moroni 10:3–4. What should we read, remember, ponder, and ask to gain or strengthen our testimonies of the Book of Mormon? Your children could also look for similarities between these verses and the song “Search, Ponder, and Pray” (*Children’s Songbook*, 109).
- Your children could use the picture at the end of this outline to talk about Moroni burying the gold plates (see also “Chapter 54: The Promise of the Book of Mormon,” *Book of Mormon Stories*, 156). Younger children may enjoy pretending to be Moroni writing on the plates and burying them. Share with each other your testimonies of the Book of Mormon.

MORONI 10:8–19

Heavenly Father gives me spiritual gifts.

- To teach your children about spiritual gifts, you could write the numbers 9 through 16 on separate pieces of paper and wrap each paper like a gift. Your children could take turns unwrapping the gifts, reading verses from Moroni 10:9–16

that correspond with the numbers, and identifying each spiritual gift. You could talk about how Heavenly Father wants us to use these gifts to bless His children. You could also help your children notice the gifts that Heavenly Father has given them.

MORONI 10:32–33

Jesus Christ wants me to come unto Him.

- Do your children know what it means to “come unto Christ”? Maybe you could read Moroni 10:32 and invite them to repeat the phrase with you. They could then close their eyes while you place a picture of Jesus somewhere in the room. Then let them open their eyes, find the picture, gather around it, and talk about ways that we can come unto Christ. Maybe it would help to write down the question “What does it mean to come unto Christ?” Help them search Moroni 10:32–33 to find possible answers (see also Articles of Faith 1:3–4). Work together to list what Christ wants us to do and what He promises to do for us.
- Maybe your children would enjoy making and decorating heart-shaped badges that say “I love God with all my might, mind, and strength” (see Moroni 10:32). As they do, talk with them about how we show God that we love Him.

For more ideas, see this month’s issue of the *Friend* magazine.



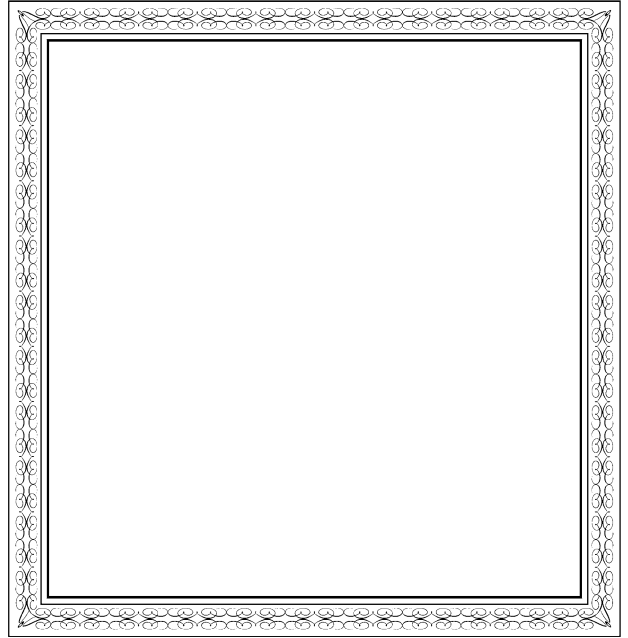
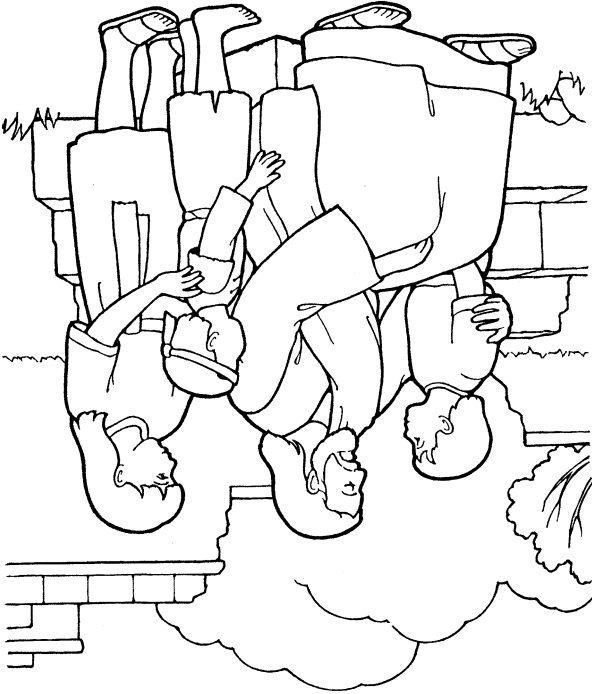
Before burying the records, Moroni invited us to “remember how merciful the Lord hath been” (Moroni 10:3).

Jesus Christ wants me to come unto Him (Moroni 10:32).

Cut out the rectangle on the solid black lines, and fold the paper on the dotted lines to make a small booklet.

fold 2

Jesus Christ wants me to come unto Him.



Draw a picture of your favorite person
in the Book of Mormon.

fold 1

Write your testimony of
the Book of Mormon:

**THE
BOOK OF
MORMON**

Another
Testament
of
Jesus Christ





Behold the Lamb of God, by Walter Rane

DECEMBER 23–29: “HE SHALL COME INTO THE WORLD TO REDEEM HIS PEOPLE”

Christmas

From Nephi to Moroni, every Book of Mormon prophet was committed to the sacred purpose summarized on the book’s title page: “the convincing of [all people] that Jesus is the Christ.” One prophet saw Him as a pre-mortal spirit, and another saw His mortal ministry in a vision. One stood on a wall to proclaim the signs of His birth and His death, and another knelt before His resurrected body, touching the wounds in His hands, feet, and side. All of them knew this essential truth: “There is no other way nor means whereby man can be saved, only through the atoning blood of Jesus Christ, who . . . cometh to redeem the world” (Helaman 5:9).

So during this Christmas season, as believers around the world celebrate the goodness and love of God in sending His Son, ponder how the Book of Mormon has strengthened your faith in Christ. As you think about His birth, ponder why He came and how His coming has changed your life. Then you can experience the true joy of Christmas—the gift that Jesus Christ gives to you.

Ideas for Learning at Home and at Church

Jesus Christ was born to be my Savior.

It’s traditional to read the story of the Savior’s birth in the New Testament at Christmastime, but you can also find moving prophecies of this sacred event in the Book of Mormon. For example, prophecies of the Savior’s birth and ministry are found in 1 Nephi 11:13–36; Mosiah 3:5–10; and Helaman 14:1–13. What impressions about Jesus Christ come to you as you read these passages and contemplate the symbolism of the signs of His birth? How do the

testimonies of these prophets strengthen your testimony of Christ and His mission?

Here are some other suggestions to help you focus on Jesus Christ at Christmastime:

- Did you know that you can watch messages from previous First Presidency Christmas devotionals in the Gospel Library? Look for them in the “Christmas Videos” collection. Consider sharing these messages and music to spread Christmas cheer.

- You and your family might also enjoy listening to selections from the “Christmas Music” collection in the Gospel Library.
- Consider planning activities that you or your family can do in the days leading up to Christmas to feel the Spirit of Christ, such as serving someone or singing Christmas hymns together. See LighttheWorld.org for ideas.

See also Matthew 1:18–25; 2; Luke 2; 3 Nephi 1:4–22; “Away in a Manger,” *Hymns*, no. 206.

Jesus Christ is the Redeemer of the world.

The main reason we celebrate the birth of Jesus Christ is because of His atoning sacrifice. Because of that sacrifice, He can save us from sin and death, comfort us in afflictions, and help us “be perfected in Him” (Moroni 10:32). What have you learned from the Book of Mormon this year about the Savior’s power to redeem you? Do any accounts or teachings stand out to you? Consider what the following passages teach you about the Savior’s redeeming mission: 2 Nephi 2:6; Alma 7:7–13; 11:40; and Helaman 5:9; 14:16–17. What do you feel inspired to do to show Him your gratitude?

The Book of Mormon testifies of Jesus Christ.

“Another Testament of Jesus Christ” is more than just a subtitle for the Book of Mormon; it is a statement of its divine purpose. Ponder what you learn from the following scriptures about the Book of

Mormon’s mission to testify of Christ: 1 Nephi 6:4; 19:18; and 2 Nephi 25:23, 26; 33:4, 10.

Consider recording in a journal how studying the Book of Mormon this year has brought you closer to Christ. The following prompts might help:

- “Something I learned or felt about the Savior this year was . . .”
- “Learning about the Savior in the Book of Mormon changed the way that I . . .”
- “My favorite person [or story] in the Book of Mormon taught me that the Savior . . .”

Maybe there’s someone who would be blessed to know how you feel about the Book of Mormon. How might you share your experiences and testimony? You might feel inspired to give a copy as a Christmas gift. The Book of Mormon app makes sharing simple.

Bishop Gérald Caussé listed several truths from the Book of Mormon about Jesus Christ (see “A Living Witness of the Living Christ,” *Ensign* or *Liahona*, May 2020, 39–40). You might look at his list and ponder how each of these truths has changed—or could change—your life.

See also Gospel Topics, “Book of Mormon,” Gospel Library.

For more ideas, see this month’s issues of the *Liahona* and *For the Strength of Youth* magazines.

Ideas for Teaching Children

Jesus Christ is Heavenly Father’s gift to me.

- To help your children focus on the gift Heavenly Father gave us by sending His Son, you could wrap a picture of Jesus Christ like a Christmas present. You and your children could talk about favorite Christmas gifts you have received or hope to receive. Then they could unwrap the picture of Christ and discuss how He has been a precious gift for us. A song like “He Sent His Son” (*Children’s Songbook*, 34–35) could add to this conversation. Help your children find phrases in the song that describe blessings we have because of Jesus’s birth.

Jesus Christ was born to be my Savior.

- Your children might enjoy sharing with you what they know about Jesus’s birth. The *Gospel Art Book* has several pictures that could help them tell the story (see nos. 28, 29, 30, 31). You could also look at pictures depicting the Savior’s life and atoning sacrifice. Why did Heavenly Father send Jesus Christ?
- Your children might also enjoy drawing their own pictures of Jesus’s birth and ministry. Maybe they could draw what is described in 1 Nephi 11:13–23; Mosiah 3:5–10; Helaman 14:1–13; and 3 Nephi 1:4–22. Then they could share with you what their pictures teach about Jesus Christ.
- To emphasize that the Bible and Book of Mormon both teach of Jesus’s birth, you could list the events described in Luke 2:4–14; Matthew 2:1–2; and 3 Nephi 1:15, 19–21. Then your children could search these scriptures to

determine which events happened in Bethlehem, the Americas, or both. Why are we thankful to have the Book of Mormon as a second witness of Jesus’s birth?

Children love stories. Stories are one of the best ways to help children learn and remember truths. As you share the story of Jesus’s birth, consider also sharing stories from your life that have helped to strengthen your faith in the Savior.

The Book of Mormon testifies of Jesus Christ.

- As you and your children conclude your study of the Book of Mormon this year, it might be a good time to share with each other your favorite stories or passages from this sacred book. Looking at some of the pictures in *Come, Follow Me* or *Book of Mormon Stories* could help your children remember what they’ve been learning this year. Help them see what these stories teach us about Jesus Christ.
- You could also give your children a picture of Jesus, or let them draw their own. Invite them to hold up their pictures each time they hear Christ’s name as you read 2 Nephi 25:23, 26. Testify that the Book of Mormon was written to help us “believe in Christ” (2 Nephi 25:23).

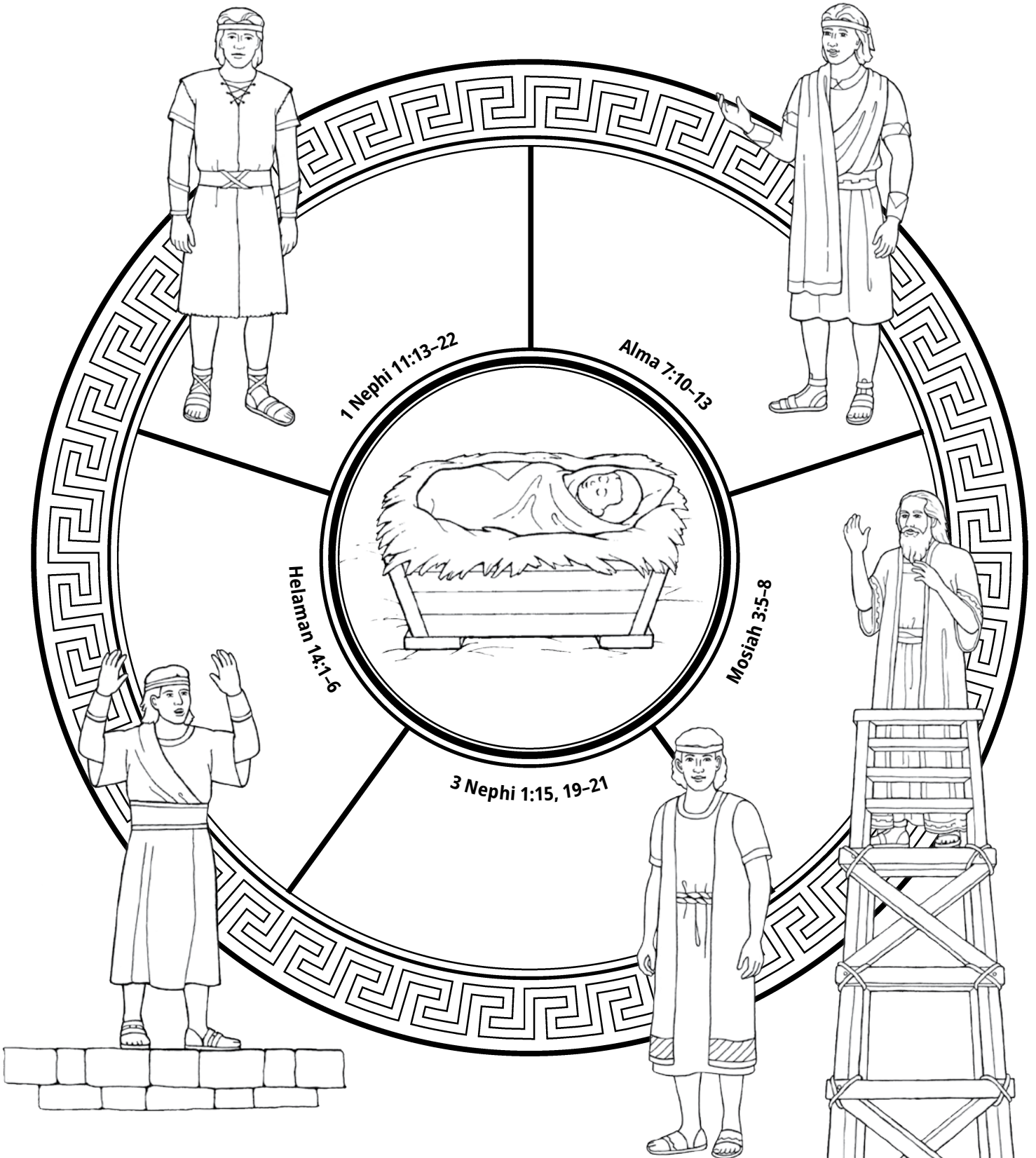
For more ideas, see this month’s issue of the *Friend* magazine.



Nephi's Vision of the Virgin Mary, by Judith A. Mehr

Jesus Christ was born to be my Savior.

Read the scripture references below and write the name of the person who knew about the Savior's birth in the related section (reading the chapter headings can help).





APPENDIX A

For Parents—Preparing Your Children for a Lifetime on God’s Covenant Path

Because He loves you, trusts you, and knows your potential, Heavenly Father has given you the opportunity to help your children enter and progress along His covenant path, the path to eternal life (see Doctrine and Covenants 68:25–28). This includes helping them prepare to make and keep sacred covenants, such as the covenant of baptism and the covenants made in the temple. Through these covenants, your children will bind themselves to the Savior, Jesus Christ.

There are many ways to prepare your children for this journey on the covenant path, and Heavenly Father will help you discover the best way to help them. As you seek inspiration, keep in mind that not all learning happens during scheduled lessons. In fact, part of what makes learning at home so powerful is the opportunity to learn by example and through small, simple moments—the kind that occur naturally in the flow of daily living. Just as following the covenant path is a consistent, lifelong process, so is learning about the covenant path. (See “Home and Family,” *Teaching in the Savior’s Way* [2022], 30–31.)

Below are some ideas that may lead to further inspiration. You can find additional ideas for teaching Primary-age children in “Appendix B: For Primary—Preparing Children for a Lifetime on God’s Covenant Path.”

Baptism and Confirmation

Nephi taught that “the gate by which [we] enter” the covenant path “is repentance and baptism by water” (2 Nephi 31:17). Your efforts to help your children prepare for baptism and confirmation can set their feet firmly on that path. These efforts begin with teaching about faith in Jesus Christ and repentance. They also include teaching about how we renew our baptismal covenants by partaking of the sacrament each week.

Here are some resources that can help you: 2 Nephi 31; Gospel Topics, “Baptism,” Gospel Library; 2 Nephi 32; special issue of the *Friend* magazine about baptism.

- Whenever you have an experience that strengthens your faith in Heavenly Father and Jesus Christ, share it with your child. Help them understand that faith is something that can grow

stronger and stronger throughout life. What are some things your child can do to develop stronger faith in Christ before they are baptized?

- When your child makes a wrong choice, speak joyfully about the gift of repentance. And when you make a wrong choice, share the joy that comes when you repent. Testify that because Jesus Christ suffered and died for our sins, He gave us power to change. When your child seeks forgiveness, forgive freely and joyfully.
- Tell your child about your baptism. Show pictures and share memories. Talk about how you felt, how your baptismal covenants have helped you come to know Jesus Christ better, and how they continue to bless your life. Encourage your child to ask questions.
- When there is a baptism in your family or your ward, take your child to see it. Talk together about what you and your child saw and felt. If possible, talk to the person being baptized and ask questions like the following: “How did you make this decision? How did you prepare?”
- Whenever you notice your child doing something they promised to do, give sincere praise. Point out that keeping commitments helps us prepare to keep the covenants we make when we are baptized. What do we promise God when we are baptized? What does He promise us? (see Mosiah 18:8–10, 13).
- When you and your child have a sacred experience together (such as at church, while reading the scriptures, or while serving someone), tell them about the spiritual feelings or impressions you have. Invite your child to share how they feel. Note the variety of ways the Spirit can speak to people, including ways He speaks to you

personally. Help your child recognize moments when they may be experiencing the influence of the Holy Ghost.

- Watch together a few of the videos in the Gospel Library collection titled “Hear Him!” Talk together about the different ways the Lord’s servants hear His voice. Invite your child to draw a picture or make a video about how they hear the Savior’s voice.
- Talk about how becoming a member of The Church of Jesus Christ of Latter-day Saints has blessed you. How have you come closer to Heavenly Father and Jesus Christ as you have served others and as others have served you? Help your child think of ways to serve and strengthen others as a member of the Church.
- Make the sacrament a sacred and joyful event in your family. Help your child plan ways to focus on Jesus Christ during the sacrament. How will we show that the sacrament is sacred to us?
- Many issues of the *Friend* magazine include articles, stories, and activities to help children prepare for baptism and confirmation. Let your child choose some to read and enjoy with you. (See also the collection “Preparing for Baptism” in the children’s section of the Gospel Library.)



Nephi taught that “the gate by which [we] enter” the covenant path “is repentance and baptism by water” (2 Nephi 31:17).

Priesthood Power, Authority, and Keys

The priesthood is the authority and power of God by which He blesses His children. God’s priesthood is on the earth today in The Church of Jesus Christ of Latter-day Saints. All Church members who keep their covenants—including children—are blessed with God’s priesthood power in their homes to strengthen themselves and their families (see *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 3.5, Gospel Library). This power will assist members in doing God’s work of salvation and exaltation in their personal lives and families (see *General Handbook*, 2.2).

We receive ordinances by the authority of the priesthood. When men and women serve in Church callings, they do so with priesthood authority, under the direction of those who hold priesthood keys. All of Heavenly Father’s children—His sons and His daughters—will be blessed as they come to better understand the priesthood.

To learn more about the priesthood, see Russell M. Nelson, “Spiritual Treasures,” *Ensign* or *Liahona*, Nov. 2019, 76–79; Russell M. Nelson, “The Price of Priesthood Power,” *Ensign* or *Liahona*, May 2016, 66–69; “Priesthood Principles,” chapter 3 in *General Handbook*.

- Make priesthood ordinances a consistent part of your family life. For example, help your child prepare spiritually for the sacrament each week. Encourage your child to seek priesthood blessings when they are sick or need comfort or direction. Make it a habit to point out ways the Lord is blessing your family through priesthood power.
- As you read the scriptures together, watch for opportunities to discuss how God blesses people through His power. Share your own experiences of when God has blessed you through His priesthood. For examples of blessings we receive from God through the priesthood, see *General Handbook*, 3.2, 3.5.
- Learn the priesthood line of authority of someone in your family. (Melchizedek Priesthood holders can receive a copy of their line of authority by sending an email to LineofAuthority@ChurchofJesusChrist.org; see also “Request a Priesthood Line of Authority” in the Help Center on ChurchofJesusChrist.org.) Talk about why it’s important to know that priesthood authority comes from Jesus Christ Himself. Why does He share it with us?
- Teach your child that after baptism, they can receive priesthood power by keeping the baptismal covenant. Review together President Russell M. Nelson’s message “Spiritual Treasures” (*Ensign* or *Liahona*, Nov. 2019, 76–79). Tell your child how priesthood ordinances have brought God’s power into your life. For a list of some of the ways we are blessed by priesthood power, see *General Handbook*, 3.5.
- Discuss the question “What is a servant of the Lord like?” Read together Doctrine and Covenants 121:36–42, and look for answers. Whenever you notice your child (or someone else) applying one of the principles or attributes in these verses, point it out.
- When you or your child uses keys to unlock a door or start a car, take a moment to compare those keys to the keys that priesthood leaders hold. (For a definition of priesthood keys, see *General Handbook*, 3.4.1). What do priesthood keys “unlock” or “start” for us? See also Gary E. Stevenson, “Where Are the Keys and Authority of the Priesthood?,” *Ensign* or *Liahona*, May 2016, 29–32; “Where Are the Keys?” (video), Gospel Library.
- When you are set apart for a calling, invite your child to be present, if possible. Let your child see you fulfilling your calling. You might even look for appropriate ways they can help you. Describe how you feel the Lord’s power in your calling.

Going to the Temple— Baptisms and Confirmations for the Dead

Temples are a part of Heavenly Father’s plan for His children. In temples, we make sacred covenants with Heavenly Father as we participate in sacred ordinances, all of which point to Jesus Christ. Heavenly Father has provided a way for all His children to make covenants and participate in ordinances, including people who did not receive them in this life. At the beginning of the year they turn 12, your child is old enough to be baptized and confirmed in the temple for deceased ancestors.

- Attend the temple as often as your circumstances allow. Talk to your child about why you are going and how the temple helps you feel closer to Heavenly Father and Jesus Christ.
- Review and discuss the temple recommend questions together. Talk to your child about what

happens in a temple recommend interview. Share why having a temple recommend is important to you.

- Read together Malachi 4:6. Talk about how your hearts could turn to your ancestors. Learn more about your ancestors by exploring your family history together on [FamilySearch.org](https://www.familysearch.org). Look for ancestors who need to be baptized and confirmed. A ward temple and family history consultant can help you.
- Review together some of the resources in the collection titled “Temple” in the children’s section of the Gospel Library. (See also “Preparing Your Child for Temple Baptisms and Confirmations” on [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org).)

Receiving a Patriarchal Blessing

A patriarchal blessing can be a source of guidance, comfort, and inspiration. It contains personal counsel from Heavenly Father to us and helps us understand our eternal identity and purpose. Help your child prepare to receive a patriarchal blessing by teaching them the significance and sacred nature of patriarchal blessings.

To learn more, see Gospel Topics, “Patriarchal Blessings,” Gospel Library.

- Share with your child your experience of receiving a patriarchal blessing. You could share things like how you prepared to receive it, how it has helped you come closer to God, and how you use the blessing in your life. You could also invite your child to talk to other family members who have received their patriarchal blessings.

- Take time to review together some of the resources in Gospel Topics, “Patriarchal Blessings.” To learn about the process of receiving a patriarchal blessing, see *General Handbook*, 18.17.
- If you have ancestors who received patriarchal blessings, it might be inspiring to read some of them with your child. To request the blessings of ancestors who have died, log in to [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org), click the account icon at the top right corner of the screen, and select “Patriarchal Blessing.”
- After your child has received a patriarchal blessing, invite any family members who were present to record their feelings and to share them with your child.

Going to the Temple—the Endowment

God wants to endow, or bless, all His children with “power from on high” (Doctrine and Covenants 95:8). We go to the temple to receive our own endowment only once, but the covenants we make with God and the spiritual power He gives us as part of the endowment can bless us every day of our lives.

- Display a picture of the temple in your home. Tell your child about the feelings you experience in the temple. Talk often about your love for the Lord and His house and the covenants you have made there.
- Explore together temples. ChurchofJesusChrist.org. Read together articles like “About the Temple Endowment” and “Prepare for the House of the Lord.” Let your child ask any questions they have about the temple. For guidance about what you can talk about outside the temple, see Elder David A. Bednar’s message “Prepared to Obtain Every Needful Thing” (*Ensign or Liahona*, May 2019, 101–4; see especially the section

titled “Home-Centered and Church-Supported Learning and Temple Preparation”).

- As you and your child participate in or witness other ordinances (such as the sacrament or a blessing of healing), take a moment to discuss the symbolism involved in the ordinance. What do the symbols represent? How do they testify of Jesus Christ? This can help your child prepare to ponder the symbolic meaning of temple ordinances, which also testify of Jesus Christ.
- Help your child notice how they are keeping the baptismal covenant described in Mosiah 18:8–10, 13. Also help your child notice how the Lord is blessing them. Build your child’s confidence in their ability to keep covenants.
- Talk openly and frequently about how your temple covenants guide your choices and help you grow closer to Jesus Christ. You could use *General Handbook*, 27.2, to review the covenants we make in the temple.

Serving a Mission

Elder David A. Bednar taught: “The single most important thing you can do to prepare for a call to serve is to *become* a missionary long before you *go* on a mission. . . . The issue is not going on a mission; rather, the issue is becoming a missionary and serving throughout our entire life with all of our heart, might, mind, and strength. . . . You are preparing for a lifetime of missionary work” (“Becoming a Missionary,” *Ensign or Liahona*, Nov. 2005, 45–46). The experiences your child has *becoming* a missionary will bless them eternally, not just for the period of time they may serve as a missionary.

To learn more, see Russell M. Nelson, “Preaching the Gospel of Peace,” *Liahona*, May 2022, 6–7; M. Russell Ballard, “Missionary Service Blessed

My Life Forever,” *Liahona*, May 2022, 8–10; *Missionary Preparation: Adjusting to Missionary Life*, Gospel Library.

- Model how to share the gospel in natural ways. Always be alert to opportunities to share with others your feelings about Heavenly Father and the Savior and the blessings you receive as a member of His Church. Invite others to join your family in Church- and family-related activities.
- Look for opportunities for your family to interact with missionaries. Invite them to teach your friends, or offer to let them teach people in your home. Ask the missionaries about the experiences they’re having and how missionary service is helping them draw closer to Jesus Christ. Also ask

what they did (or wish they had done) to prepare to be missionaries.

- If you served a mission, talk openly and often about your experiences. Or invite friends or family members who served missions to talk about theirs. You could also talk about ways you've shared the gospel with others throughout your life. Help your child think of ways they can share the gospel.
- Give your child opportunities to teach your family principles of the gospel. Your child could also practice sharing their beliefs with others. For example, you could discuss questions like "How would we introduce the Book of Mormon

to someone who has never heard of it?" or "How would we describe the need for the Savior to someone who is not a Christian?"

- Help your child become comfortable talking to people. What are some good ways to start a conversation? Encourage your child to learn how to listen to what others say, understand what is in their hearts, and share truths of the gospel that could bless their lives.
- Look for opportunities for your child to learn about other cultures and faiths. Help them recognize and respect the good and true principles in others' beliefs.

Going to the Temple—Sealing

In the temple, a husband and wife can be married for eternity. This occurs in an ordinance called sealing. Even though this ordinance may be many years away for your daughter or son, the small, simple, consistent things you do together during those years can help them prepare for this wonderful blessing.

- Read together "The Family: A Proclamation to the World" in the Gospel Library. What does this proclamation teach about happiness in family life and about successful marriages? With your child, choose one of the principles listed in the proclamation to study. You could look up scriptures related to that principle in the Guide to the Scriptures. You could also set goals to apply that principle more fully in your family. As you work on your goals, discuss together the effect that living that principle has on family life.
- With your child, read President Dieter F. Uchtdorf's message "In Praise of Those Who Save" (*Ensign* or *Liahona*, May 2016, 77–80). When you get to the section titled "A Society of Disposables," you might look for things in your home that are disposable and other things that

are not. Talk about how you treat things differently when you want them to last a long time. What does this suggest about how we should treat marriage and family relationships? What else do we learn from President Uchtdorf's message about how the Savior can help us build strong marriages and families?

- If you are married, be open with your child about the things you feel you're doing well as a couple, the things you're learning, and the ways you're trying to improve. If you and your spouse have been sealed in the temple, show your child by example how you strive to keep your covenants with each other and with the Lord. Tell your child how you strive to make Heavenly Father and the Savior the center of your relationship and how They are helping you.
- When family decisions need to be made, hold family councils and discussions. Make sure that all family members' opinions are heard and valued. Use these discussions as an opportunity to model healthy communication and kindness in

family relationships, even when not everyone sees things the same way.

- When there is disagreement or conflict in the family, demonstrate patience and compassion. Help your child see how handling conflict in Christlike

ways can help them prepare for a happy marriage. Read together Doctrine and Covenants 121:41–42, and talk about how the principles in these verses can be applied to marriage.

APPENDIX B

For Primary—Preparing Children for a Lifetime on God’s Covenant Path

In months that have five Sundays, Primary teachers are encouraged to replace the scheduled *Come, Follow Me* outline on the fifth Sunday with one or more of these learning activities.

Principles and Ordinances of the Gospel of Jesus Christ

The doctrine of Christ teaches us how to return to God.

When Jesus Christ appeared to the people in the Americas, He taught them His doctrine. He said that we can enter the kingdom of God if we have faith, repent, are baptized, receive the Holy Ghost, and endure to the end (see 3 Nephi 11:31–40; Doctrine and Covenants 20:29). The activities below can help you teach the children that these principles and ordinances will help us draw closer to the Savior throughout our lives.

To learn more about the doctrine of Christ, see 2 Nephi 31.

Possible Activities

- Give the children pictures that represent faith in Jesus Christ, repentance, baptism, and confirmation (see *Gospel Art Book*, nos. 1, 111, 103, and 105). Read or recite with the children the fourth article of faith, and ask them to hold up their pictures when that principle or ordinance is mentioned. Help the children understand how each of these principles and ordinances helps us become more like Heavenly Father and Jesus Christ.
- How can you help the children understand that faith, repentance, baptism, and confirmation are not one-time events but influence our spiritual growth throughout our lives? For instance, you could show them a picture of a seed and a large tree (or draw these things on the board). Help them think of things that help the seed grow into a large tree, such as water, soil, and sunlight. Help them see that these are like the things we do to grow closer to God throughout our lives—building our faith in Jesus Christ, repenting each day, living our baptismal covenants, and listening to the Holy Ghost.
- Share with the children the story about the firecracker from Elder Dale G. Renlund’s message “How Can Repenting Help Me Feel Happy?” (*Friend*, Dec. 2017, 12–13, or *Liahona*, Dec. 2017, 70–71; see also the video “Repentance: A Joyful Choice” [Gospel Library]). At various points during the story, invite the children to think about how Elder Renlund might have felt. Why do we feel joy when we repent? Share with the children the joy and love you have felt when you have asked Heavenly Father to forgive you.

Baptism

Jesus Christ set an example for me when He was baptized.

Even though Jesus was without sin, He was baptized to set a perfect example of obedience to Heavenly Father (see 2 Nephi 31:6–10).

To learn more about baptism, see Doctrine and Covenants 20:37; Gospel Topics, “Baptism,” Gospel Library.

Possible Activities

- Show a picture of the Savior’s baptism and another person’s baptism (or see *Gospel Art Book*, no. 35 and either no. 103 or no. 104). Ask the children to share what is different and what is the same between the two pictures. Read together Matthew 3:13–17 or “Chapter 10: Jesus Is Baptized” in *New Testament Stories*, 26–29, or watch the corresponding video on Gospel Library. Let the children point to things in the pictures that are mentioned in the reading or the video. Tell the children about your love for the Savior and your desire to follow Him.
- Listen to or sing a song about baptism, such as “When Jesus Christ Was Baptized” (*Children’s Songbook*, 102). What do we learn about baptism from the song? Read 2 Nephi 31:9–10, and invite the children to listen for why Jesus Christ was baptized. Invite them to draw a picture of themselves on their baptism day.

I can choose to make a covenant with God and be baptized.

Preparing for baptism means much more than preparing for an event. It means preparing to make a covenant and then keeping that covenant for a lifetime. Ponder how you can help the children understand the covenant they will make with Heavenly Father when they are baptized, which includes the

promises He makes to them and the promises they make to Him.

Possible Activities

- Explain that a covenant is a promise between a person and Heavenly Father. As we strive to keep our promises to God, God promises to bless us. Write on the board *My Promises to God* and *God’s Promises to Me*. Read together Mosiah 18:10, 13 and Doctrine and Covenants 20:37, and help the children make a list of the promises they find under the appropriate headings (see also Dallin H. Oaks, “Your Baptism Covenant,” *Friend*, Feb. 2021, 2–3). Share how Heavenly Father has blessed you as you strive to keep your baptismal covenant.
- Show the children pictures of things Jesus Christ did during His ministry (for some examples, see *Gospel Art Book*, nos. 33–49). Let the children talk about what Jesus is doing in each picture. Read Mosiah 18:8–10, 13, and invite the children to listen for things they promise to do when they are baptized (see also “The Baptism Covenant,” *Friend*, Feb. 2019, 7; *Liahona*, Feb. 2019, F3). How will these promises influence our actions every day? Invite the children to draw a picture of themselves helping someone the way Jesus would. Or you could make the children a simple badge to wear with the Savior’s name on it.



When we are baptized, we make promises to God and He makes promises to us.

Confirmation

When I am confirmed, I become a member of The Church of Jesus Christ of Latter-day Saints.

Becoming a member of The Church of Jesus Christ of Latter-day Saints brings many blessings, including opportunities for the children to be active participants in God’s work.

To learn more about confirmation and the gift of the Holy Ghost, see Gary E. Stevenson, “How Does the Holy Ghost Help You?,” *Ensign* or *Liahona*, May 2017, 117–20; Gospel Topics, “Holy Ghost,” Gospel Library.

Possible Activities

- Invite someone who was recently baptized and confirmed to come to class and share what it was like to be confirmed. What does it mean to this person to become a member of The Church of Jesus Christ of Latter-day Saints? Help the children think of ways they can keep their baptismal covenant as members of the Church (such as serving others, inviting others to learn more about Jesus, saying prayers in meetings, and so on). Share how doing these things has helped you feel the joy of being a member of Christ’s Church.
- Show a picture of the people at the Waters of Mormon (see *Gospel Art Book*, no. 76), and ask the children to describe what they see in the picture. Tell the story of Alma and his people being baptized there (see Mosiah 18:1–17; “Chapter 15: Alma Teaches and Baptizes,” *Book of Mormon Stories*, 43–44, or the corresponding video in the Gospel Library). Review Mosiah 18:8–9 and invite the children to do actions to help them remember the things the people were willing to do as members of Christ’s Church. Share an experience when you have witnessed members of the Church serving in these ways.

When I am confirmed, I receive the gift of the Holy Ghost.

When we are baptized and confirmed, Heavenly Father promises that we “may always have his Spirit to be with [us]” (Doctrine and Covenants 20:77). This wonderful gift from God is called the gift of the Holy Ghost.

Possible Activities

- Read Doctrine and Covenants 33:15, and ask the children to listen for the special gift that Heavenly Father gives us when we are baptized and confirmed. To help them learn more about how the gift of the Holy Ghost will help them, review together John 14:26; Galatians 5:22–23; 2 Nephi 32:5; 3 Nephi 27:20. You could also review the article “The Holy Ghost Is . . .” (*Friend*, June 2019, 24–25; *Liahona*, June 2019, F12–F13).
- Before class, ask the parents of one or more of the children to share how they have been blessed because they have the gift of the Holy Ghost. How does He help them? How do they hear His voice?
- Sing together a song about the Holy Ghost, such as “The Holy Ghost” (*Children’s Songbook*, 105). Help the children understand what the song teaches us about how the Holy Ghost can help us.

The Holy Ghost can speak to me in many ways.

Children who can recognize the voice of the Spirit will be prepared to receive personal revelation to guide them throughout their lives. Teach them that there are many ways the Holy Ghost can speak to us.

Possible Activities

- Help the children think of different ways we could talk to a friend who lives far away, such as writing a letter, sending an email, or talking

on the phone. Teach them that Heavenly Father can speak to us through the Holy Ghost. Use President Dallin H. Oaks’s message “How Does Heavenly Father Speak to Us?” to help the children understand the different ways the Holy Ghost can speak to our minds and hearts (*Friend*, Mar. 2020, 2–3; *Liahona*, Mar. 2020, F2–F3).

- Share an experience when the Holy Ghost communicated with you, either through thoughts in your mind or through a feeling in your heart (see Doctrine and Covenants 6:22–23; 8:2–3; see also Henry B. Eyring, “Open Your Heart to the

Holy Ghost,” *Friend*, Aug. 2019, 2–3; *Liahona*, Aug. 2019, F2–F3). Testify to the children that the Holy Ghost can help them in similar ways.

- Help the children think of times they may have felt the Spirit—for example, when singing a song about the Savior or when doing something kind for others. Help them recognize the spiritual feelings that the Holy Ghost brings. Why do you think the Holy Ghost gives us these feelings? Help the children think of things that we need to do to hear the Holy Ghost speak to us. Talk about what you do to hear the Spirit more clearly.

The Sacrament

When I take the sacrament, I remember the Savior’s sacrifice and renew my covenants.

The Savior gave us the sacrament to help us remember His sacrifice for us and renew our covenants. Because of this weekly ordinance, we can continue to enjoy the blessings of our baptism throughout our lives.

To learn more, see Matthew 26:26–30; 3 Nephi 18:1–12; Doctrine and Covenants 20:77, 79.

Possible Activities

- Invite the children to color “Jesus Introduced the Sacrament to the Nephites” in *Scripture Stories Coloring Book: Book of Mormon* (2019), 26. Ask them to point to what the people are thinking about in the picture. Read to the children portions of 3 Nephi 18:1–12 or “Chapter 45: Jesus Christ Teaches about the Sacrament and Prayer,” *Book of Mormon Stories*, 126–27, or watch the corresponding video in the Gospel Library. What can we do to remember Jesus Christ during the sacrament?
- Ask the children to tell you some things they should always remember to do, such as tying their shoes or washing their hands before they eat. Why is it important to remember these

things? Read Moroni 4:3 to the children, and invite them to listen for what we promise to always remember when we take the sacrament. Why is it important to remember Jesus Christ? Help the children understand how the bread and water of the sacrament help us remember what Jesus has done for us (see Moroni 4:3; 5:2).

- Write on the board “I promise to . . .” Read the sacrament prayers to the children (see Doctrine and Covenants 20:77, 79). When they hear a promise we make to God, pause and help them complete the sentence on the board with the promise they heard. Help them understand that when we take the sacrament, we are making the same promises we made at baptism.
- What does it mean to take upon ourselves the name of Jesus Christ? To help the children answer this question, share an example of something that we put our names on. Why do we put our names on these things? Why would Jesus Christ want to put His name upon us? Consider sharing this explanation from President Russell M. Nelson: “Taking the Savior’s name upon us includes declaring and witnessing to others—through our actions and our words—that Jesus is the Christ” (“The Correct Name of the Church,” *Ensign* or *Liahona*, Nov. 2018, 88).

Priesthood Power, Authority, and Keys

God blesses His children through priesthood power.

All of God’s children—female and male, young and old—receive God’s power as they keep the covenants they have made with Him. We make these covenants when we receive priesthood ordinances such as baptism (see *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 3.5, Gospel Library).

To learn more, see Russell M. Nelson, “Spiritual Treasures,” *Ensign* or *Liahona*, Nov. 2019, 76–79; “Priesthood Principles,” chapter 3 in *General Handbook*.

Possible Activities

- Help the children notice the blessings they receive because of the priesthood. To give them some ideas, you could show the video “Blessings of the Priesthood” (Gospel Library). Consider listing these blessings on the board. Why are these blessings important to us? Testify that these blessings come to us because of Jesus Christ and His priesthood power.
- Write the following headings on the board: *God’s power* and *God’s power and authority given to men on earth*. Ask the children to place pictures under the first heading that help us understand how God has used His power to bless us, such as by creating the world, guiding and directing us, showing us that He loves and knows us, and hearing and answering our prayers (see *Gospel Art Book*, nos. 3, 68, 90, 111). Ask them to place pictures under the second heading that help us understand how worthy men on earth use God’s power and authority to bless us, such as by blessing the sick, baptizing, confirming, administering the sacrament, and sealing families (see *Gospel Art Book*, nos. 46, 104, 105, 107, 120). Share why you are grateful for the priesthood and the blessings it brings.
- One of the main ways we receive the blessings of God’s power in our lives is through priesthood ordinances (see Doctrine and Covenants 84:20). To help the children learn this truth, you could list the following scriptures on the board: 3 Nephi 11:21–26, 33 (baptism); Moroni 2 (confirmation); Moroni 4–5 (sacrament). The children could each choose one of these passages and identify the ordinance it describes. Invite the children to share how they have been personally blessed by receiving priesthood ordinances.
- Help the children understand that they will receive power from God as they are baptized and keep their baptismal covenant. Ask the children how this power could help them.

God’s work is directed by priesthood keys and accomplished by priesthood authority.

Worthy male Church members can be ordained to an office in the priesthood. In addition, whenever a person is set apart for a calling or assigned to help in God’s work, they can exercise delegated priesthood authority. The use of all priesthood authority in the Church is directed by individuals who hold priesthood keys, such as the stake president, the bishop, and quorum presidents. Priesthood keys are the authority to direct the use of the priesthood in doing the work of the Lord.

Possible Activities

- Read with the children Mark 3:14–15, and show them a picture of the event described there (such as *Gospel Art Book*, no. 38). Ask the children if they have ever seen someone be ordained to a priesthood office or get set apart for a calling (or tell them about experiences you have had). How is that similar to what the Savior did with His Apostles? Help the children list on the board priesthood offices or callings that can be given

to members of the Church, such as a teacher or leader in an organization. Next to each office or calling, you could write what someone with that office or calling has the authority to do. Tell the children how being set apart by someone with the direction of priesthood keys has helped you serve.

- Invite the children to think of something that you need a key for, such as a car or a door. What happens if you don’t have the key? Read together Doctrine and Covenants 65:2, and share

your testimony about the importance of having priesthood keys. You could also watch the video “Where Are the Keys?” (Gospel Library) and look for what Elder Stevenson teaches about priesthood keys.

- Ask someone in the ward who holds keys to come to class and share with the children what it means to hold priesthood keys. Invite him to describe his responsibilities. What parts of the Lord’s work does he lead? How does the Savior help him?

The Temple and the Plan of Happiness

The temple is the house of the Lord.

Temples are a part of Heavenly Father’s plan for His children. In temples, we make sacred covenants with Him, are endowed with priesthood power, receive revelation, perform ordinances for our deceased ancestors, and are sealed to our families for eternity. All of this is possible because of Jesus Christ and His atoning sacrifice.

How can you help the children you teach recognize the sacredness of the Lord’s house and prepare themselves to be worthy to participate in temple ordinances? Consider reviewing these resources: Doctrine and Covenants 97:15–17; Russell M. Nelson, “Closing Remarks,” *Ensign or Liahona*, Nov. 2019, 120–22; “Why Latter-day Saints Build Temples,” temples.ChurchofJesusChrist.org.



Temples are a part of Heavenly Father’s plan for His children.

Possible Activities

- Display one or more pictures of temples. Ask the children what makes the temple a special place. Point out that on each temple is this inscription: “Holiness to the Lord: The House of the Lord.” Ask the children what they think “Holiness to the Lord” might mean. Why is the temple called the house of the Lord? What does this teach us about the temple? If any of the children have been to a temple, they could also share how they felt when they were there. If you have been to the temple, share how you have felt the Lord’s presence there, and talk about why the temple is a sacred place to you.
- Read together Doctrine and Covenants 97:15–17. Ask the children to look for what the Lord expects of people who enter His holy house. Why do we need to be worthy to enter His house? As part of this conversation, talk to the children about temple recommends, including how to receive one. You could invite a member of the bishopric to share with them what a temple recommend interview is like and the questions that are asked in one.

In the temple, we make covenants with God.

President Russell M. Nelson taught, “Jesus Christ invites us to take the covenant path back home to our Heavenly Parents and be with those we love” (“Come, Follow Me,” *Ensign* or *Liahona*, May 2019, 91). Help the children understand that the covenant path includes baptism, confirmation, and the temple endowment and sealing.

Possible Activities

- Ask the children to help you review the covenant that we make with God when we are baptized and that we renew when we partake of the sacrament (see Mosiah 18:10; Doctrine and Covenants 20:77, 79). Show a picture of the temple and explain that Heavenly Father has more blessings He wants to give us in the temple.
- Draw a gate leading to a path. Ask the children why they think it is helpful to have a path to walk on. Read together 2 Nephi 31:17–20, where Nephi compares the covenant of baptism to a gate and invites us to continue on the path after baptism. There are more covenants to make after baptism, including covenants made in the temple. Explain that President Nelson has called this path the “covenant path.”

In the temple, we can be baptized and confirmed for ancestors who have died.

The gospel of Jesus Christ makes it possible for all of God’s children to return to live with Him, even if they die without knowing the gospel. In the temple, we can be baptized and confirmed members of the Church of Jesus Christ on their behalf.

Possible Activities

- Talk about a time when someone did something for you that you could not do for yourself. Invite the children to share similar experiences. Explain that when we go to the temple, we can receive sacred ordinances such as baptism for others who have died. How are we being like Jesus when we are doing work for the dead? What has He done for us that we couldn’t do for ourselves?
- Invite one or more youth who have been baptized for their ancestors to share their experience. Ask them what it was like in the temple. Encourage them to share how they felt doing this work for their ancestors.
- Draw a tree on the board, including the roots and branches. Ask the children to think of how a family is like a tree. Label the roots *Ancestors*, label the branches *Descendants*, and label the trunk of the tree *You*. Read together this sentence from Doctrine and Covenants 128:18: “For we without them [our ancestors] cannot be made perfect; neither can they without us be made perfect.” Ask questions like the following: “Why do we need our ancestors? Why do our descendants need us? How have our parents, grandparents, and other ancestors helped us?” Invite the children to search the rest of Doctrine and Covenants 128:18 for a phrase that describes how we can help our ancestors.
- Consider working with the parents of each child to find an ancestor’s name for the child to take to the temple (see FamilySearch.org).



APPENDIX C

For Primary—Instructions for Singing Time and the Children’s Sacrament Meeting Presentation

Primary songs are a powerful tool to help children learn about Heavenly Father’s plan of happiness and the foundational truths of the gospel of Jesus Christ. As children sing about gospel principles, the Holy Ghost will testify of their truthfulness. The words and music will stay in the children’s minds and hearts throughout their lives.

Seek the help of the Spirit as you prepare to teach the gospel through music. Share your testimony of the truths you sing about. Help the children see how the music relates to what they are learning and experiencing at home and in Primary classes.

Guidelines for the Sacrament Meeting Presentation

With the direction of the bishop, the children’s sacrament meeting presentation is normally held during the fourth quarter of the year. As the Primary presidency and music leader, work with the counselor in the bishopric who oversees Primary to plan the presentation.

The presentation should allow the children to present what they and their families have learned from the Book of Mormon at home and in Primary, including the Primary songs they have sung during the year. As you plan the presentation, think of ways it can help the congregation focus on the Savior and His teachings.

Units with small numbers of children may consider ways in which family members can participate with their children. A member of the bishopric may conclude the meeting with brief remarks.

As you prepare the presentation, remember the following guidelines:

- Practices should not take unnecessary time away from Primary classes or families.
- Visuals, costumes, and media presentations are not appropriate for sacrament meeting.

See *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 12.2.1.2.

Instructions for Singing Time

5 minutes (Primary presidency): Opening prayer, scripture or article of faith, and one talk

20 minutes (music leader): Singing time

The Primary presidency and music leader select songs for each month to reinforce principles the children are learning in their classes and at home. A list of songs that reinforce these principles is included in this guide.

As you teach songs to the children, invite them to share what they have already learned about the stories and doctrinal principles the songs teach. Invite the children to share their thoughts and feelings about the truths found in the songs.

The *Children's Songbook* is the basic resource for music in Primary. Hymns from the hymnbook and songs from the *Friend* are also appropriate. The use of any other music in Primary must be approved by the bishopric (see *General Handbook*, 12.3.4).



Music for Singing Time

January

“Book of Mormon Stories,” *Children's Songbook*, 118–19

“Keep the Commandments,” *Children's Songbook*, 146–47

“The Iron Rod,” *Hymns*, no. 274

February

“Nephi's Courage,” *Children's Songbook*, 120–21

“I Feel My Savior's Love,” *Children's Songbook*, 74–75

“Choose the Right,” *Hymns*, no. 239

March

“I Love to See the Temple,” *Children's Songbook*, 95

“When I Am Baptized,” *Children's Songbook*, 103

“Easter Hosanna,” *Children's Songbook*, 68–69

April

“A Child's Prayer,” *Children's Songbook*, 12–13

“Have I Done Any Good?,” *Hymns*, no. 223

May

“Love One Another,” *Children's Songbook*, 136–37

“I Will Be Valiant,” *Children's Songbook*, 162

“Help Me, Dear Father,” *Children's Songbook*, 99

June

“Testimony,” *Hymns*, no. 137

“We'll Bring the World His Truth,” *Children's Songbook*, 172–73

“Follow the Prophet,” *Children's Songbook*, 110–11

July

“I Want to Be a Missionary Now,” *Children's Songbook*, 168

“My Heavenly Father Loves Me,” *Children’s Songbook*, 228–29

“Faith,” *Children’s Songbook*, 96–97

August

“As I Search the Holy Scriptures,” *Hymns*, no. 277

“Home Can Be a Heaven on Earth,” *Hymns*, no. 298

September

“The Still Small Voice,” *Children’s Songbook*, 106–7

“Samuel Tells of the Baby Jesus,” *Children’s Songbook*, 36

“I’m Trying to Be like Jesus,” *Children’s Songbook*, 78–79

October

“Families Can Be Together Forever,” *Children’s Songbook*, 188

“The Church of Jesus Christ,” *Children’s Songbook*, 77

November

“Dare to Do Right,” *Children’s Songbook*, 158

“I Believe in Christ,” *Hymns*, no. 134

December

“Search, Ponder, and Pray,” *Children’s Songbook*, 109

“Away in a Manger,” *Children’s Songbook*, 42–43

“He Sent His Son,” *Children’s Songbook*, 34–35

Using Music to Teach Doctrine

Singing time is intended to help the children learn the truths of the gospel. The following ideas can inspire you as you plan ways to teach the gospel principles found in hymns and Primary songs.

Read related scriptures. For many of the songs in the *Children’s Songbook* and the hymnbook, references to related scriptures are listed. Help the children read some of these passages, and talk about how the scriptures are related to the song. You could also list a few scripture references on the board and invite the children to match each reference to a song or a verse from a song.

Fill in the blank. Write a verse of the song on the board with several key words missing. Then ask the children to sing the song, listening for the words that fill in the blanks. As they fill in each blank, discuss what gospel principles you learn from the missing words.



Testify. Bear brief testimony to the children of gospel truths found in the Primary song. Help the children understand that singing is one way they can bear testimony and feel the Spirit.

Stand as a witness. Invite children to take turns standing and sharing what they learn from the song they are singing or how they feel about the truths taught in the song. Ask them how they feel as they sing the song, and help them identify the influence of the Holy Ghost.

Use pictures. Ask the children to help you find or create pictures that go with important words or phrases in the song. Invite them to share how the pictures relate to the song and what the song teaches. For example, if you are teaching the song “The Iron Rod” (*Hymns*, no. 274), you could put pictures throughout the room or under chairs depicting important words from the song (such as *iron rod*, *word of God*, *guide*, *temptation*, and *heaven*). Ask the children to gather the pictures and hold them up in the correct order as you sing the song together.

Share an object lesson. You could use an object to inspire discussion about a song. For example, the song “Faith” (*Children’s Songbook*, 96–97) mentions a little seed. You could show the children a seed and talk about how we show faith when we plant a seed; this could lead to a discussion about ways we show faith in Jesus Christ, as described in the song.

Invite sharing of personal experiences. Help the children connect the principles taught in the song with experiences they have had with these

principles. For example, before singing “I Love to See the Temple” (*Children’s Songbook*, 95), you could ask the children to raise their hands if they have seen a temple. Invite them, as they sing, to think about how they feel when they see a temple.

Ask questions. There are many questions you can ask as you sing songs. For example, you can ask the children what they learn from each verse in the song. You can also ask them to think of questions that the song answers. This can lead to a discussion about the truths taught in the song.

Use simple hand actions. Invite the children to think of simple hand actions to help them remember the words and messages of a song. For example, when you sing the second verse of “My Heavenly Father Loves Me” (*Children’s Songbook*, 228–29), you could invite the children to point to their eyes, act like butterflies, and cup their hands behind their ears. Ask them to place their hands on their hearts as they sing “Yes, I know Heavenly Father loves me.”

APPENDIX D

For Aaronic Priesthood Quorums and Young Women Classes—Meeting Agenda

Meeting date:

Conducting (member of the class or quorum presidency):

Opening

Hymn (optional):

Prayer:

Repeat the Young Women Theme or the Aaronic Priesthood Quorum Theme.

Counsel together

Led by the person conducting the meeting, the class or quorum spends 5 to 10 minutes counseling together about their responsibilities in the work of salvation and exaltation. This is an opportunity for the class or quorum presidency to follow up on items discussed in presidency meeting or ward youth council meeting.

The person conducting could also use one or more of these questions:

Living the gospel

- What recent experiences have strengthened our testimonies of Jesus Christ and His gospel?

- What are we doing to draw closer to the Savior? How are we trying to be more like Him?
- How have we felt the Lord's guidance in our lives?

Caring for people in need

- Who have we felt guided to help or serve? What assignments have we received from the bishopric to help someone in need?
- How can we support each other in the things we are going through?
- Has someone recently moved into our ward or joined the Church? How can we help them feel welcome?

Inviting all to receive the gospel


- What can we do to help others feel God’s love?
- What activities are coming up that we can invite our friends to attend?
- What plans to share the gospel have been discussed in ward youth council meetings? How can our class or quorum get involved?

Uniting families for eternity

- What are some ways we can better connect with family members, including grandparents and cousins?
- What are we doing to find names of our ancestors who need temple ordinances? What can we do to help others find the names of their ancestors?
- How can we participate more in temple work—individually and as a class or quorum?

Learn together

An adult leader or a member of the quorum or class leads instruction about this week’s *Come, Follow Me* reading. They use the study ideas in *Come, Follow Me—For Home and Church*. The study idea with this

 icon is aligned with seminary and is especially relevant to youth. However, any of the study ideas may be used. This portion of the meeting usually takes about 35 to 40 minutes.

Closing

The person conducting the meeting:

- Bears testimony of the principles taught.
- Discusses how the class or quorum will act on what they learned—as a group or individually.

Prayer:

