

Lesson 4

Helaman 1–9

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete either assignment 1 or 2 and do any two of the other assignments:

1. Helaman 1–4. These Are Perilous Times

- Imagine you are a newspaper reporter living during the time of Helaman. You have been commissioned to write an article entitled “These Are Perilous Times.” Read through Helaman 1–4 and make a list of references and brief summaries of the verses that give evidence that these are perilous times. Write a statement at the end of your article that compares those perilous days to our own; consider how they are similar and how they are different.
- Study Helaman 3:24–30, 35; 4:14–15 and the institute student manual commentaries “Helaman 3:35: Sanctification of the Heart”; “They Did Wax Strong in Their Humility”; “Firm in the Faith”; and “Yielding Our Hearts to God” (pages 265–66). Write a couple of paragraphs explaining what we can do to experience spiritual growth during times of general wickedness. Be sure to include several ways we can “lay hold upon the word of God” (Helaman 3:29).

2. Helaman 5–6. Condition of the Heart

- Read Helaman 1:17–18. Take special notice of what the Lamanites attacked. Write a paragraph about how Satan similarly attacks the “heart” of a family.
- Study Helaman 6. As you study, make a list of the verses that use the word heart. Write a statement about insights you gained as you

studied about heart in this chapter of Helaman. Use Helaman 3:35 to make a contrast with what you studied in Helaman 6.

- Study Helaman 5. Write a one-page paper about what you find that can be used to protect our hearts from the attacks of Satan. Be sure to include in your paper insights taught in Helaman 5:12 and the student manual commentary “Helaman 5:12: A Strong Foundation” (page 270).

3. Helaman 3:20–32; 5:6–14. The Man of Christ

- In Helaman 3:29, Mormon referred to “the man of Christ.” Use Helaman 3:20–32; 5:6–14 to make a list of what you think characterizes a man or woman of Christ.
- Write a paragraph on goals you can set that will lead you toward becoming a better man or woman of Christ. What must you do to achieve these goals?

4. Helaman 6:34–40. “Thus We See”

- Read Helaman 6:15–33 and the student manual commentaries “Helaman 1–2: Evil Secret Works Can Destroy Societies” and “Helaman 6:18–40: The Evils of Secret Combinations” (pages 262–63, 271–72). Write responses to the following:
 - What is a simple definition for the term “secret combination”?
 - Make a list of purposes or objectives of secret combinations.
 - What are some modern parallels to secret combinations in today’s society?
- Read Helaman 6:34–40 and identify all of the “thus we see” statements found there. Write a paragraph describing how these statements apply to us today.

5. Helaman 7–9. The Dangers of Pride

- As you read Helaman 7–8, list evidences of pride among the people. Include the chapter and verse for each item you list.
- Read Nephi’s declarations in Helaman 7:13–29; 8:10–28. Answer the following questions in writing:

- What were the different ways the people responded to Nephi?
 - How do you respond to correction today from parents, bishops, or the prophet?
 - What characteristics do we need to respond appropriately to the Lord's leaders?
 - According to the student manual commentary "Helaman 8:14–15: 'The Brazen Serpent'" (page 272), what did the brass serpent and the people looking toward it symbolize? How does this principle still apply today?
- c. Read Helaman 9 chapter summary and Helaman 9:18–20. Describe in writing how the leaders responded to Nephi's prophecies of the chief judge's death. According to Helaman 9:25–41, what else did Helaman prophesy about the murder of the chief judge? How did the leader react to Nephi after seeing his prophecies fulfilled?