

Lesson 5

Helaman 10–16

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 assignment 4 and any two of the other assignments:

1. Helaman 10:1–5. The Role of Pondering

- Read Helaman 10:1–4. Describe how Nephi felt in verses 1–3. Because of Nephi’s great concern with the welfare of others, what did the Lord bless him with? List six reasons why the Lord blessed Nephi.
- Read Helaman 10:1–4; 1 Nephi 11:1; Joshua 1:7–9; Doctrine and Covenants 9:7–9; and the institute student manual commentary “Helaman 10:1–3: Pondering” (page 274). Then write a paragraph about the role pondering plays in receiving revelation.
- Select a concern or challenge you are facing in one of the following categories: career, church service, school, marriage. Make a goal to set aside some time during the coming week to ponder this challenge; record any of the impressions that come to your mind.
- Read Helaman 10:4–5; 1 Nephi 15:10–11; 3 Nephi 18:20; Doctrine and Covenants 46:30; 50:29–30; and the student manual commentary “Helaman 10:4–5: ‘Thou Shalt Not Ask That Which Is Contrary to My Will’” (pages 274–75). Make a list of what the Lord teaches we should do to receive blessings through prayer.

2. Helaman 12:1–6. The Lord’s Chastening

- According to Doctrine and Covenants 95:1 and Hebrews 12:6, make a list of those whom the Lord chastens and for what purpose.
- From Helaman 10:14–18; 11:1–6, 24–37; 12:1–6, answer the following questions:
 - What were the people doing that led to the Lord’s chastening?
 - What kind of chastening did the people experience?
 - Why is chastening sometimes necessary to help people turn to God?

3. Helaman 12. “And Thus We See”

- In each of the first three verses of Helaman 12, Mormon wrote about what we should “see” from the example of the Nephites. You may wish to mark the phrases “we can behold,” “we can see,” “we may see,” and “thus we see” in verses 1–3. List on a paper the principles you feel Mormon wanted us to understand.
- Read the student manual commentaries “Helaman 12:2: When God Prospers His People, They Forget Him” and “Helaman 12:5–6: ‘Quick to Be Lifted Up in Pride’” (pages 278–79). Write a paragraph explaining ways that luxury and prosperity can be a great test.
- Finish reading Helaman 12 and write a statement comparing the differences between man and some of God’s creations mentioned there (see also the student manual commentary “Helaman 12:7–19: The Nothingness of Man,” page 279).

4. Helaman 13–15. Prophecies of Samuel the Lamanite

- As you read Helaman 13–15, make a list of the significant prophecies of Samuel the Lamanite.

Scripture References	Description of Events
Helaman 13:5, 8–11; 15:17	

Scripture References	Description of Events
Helaman 13:6–7	
Helaman 13:12–15	
Helaman 14:1–9	
Helaman 14:20–27	
Helaman 15:11–16	

- What happened to the light at the time of His death?
 - What do these signs teach us about what life is like with the Savior and without Him? How could these signs relate to His Second Coming?
- c. Study Helaman 14:28–31; 15:1–5; 16:4–5. According to these verses, write an explanation for the purposes of these signs to the Nephites and Lamanites.
 - d. Read the student manual commentaries “Helaman 14:11: ‘That Ye Might Know the Conditions of Repentance’” and “Helaman 14:15–19: The Atonement Overcomes Death” (pages 283–85). Write a paragraph explaining how each of us has already experienced spiritual death. Write another paragraph detailing what is required in order to escape the second spiritual death.

5. Helaman 15:3–16. The Process of Conversion

- b. Share in writing your thoughts about the following questions:
 - As you analyze the chart above, what insights do you gain?
 - How were the signs of the Lord’s birth related to light?

- a. Read about the word *conversion* in the Bible Dictionary (page 650). Explain in writing how the people in Helaman 15:3–9 demonstrated they were truly converted.
- b. Read Helaman 15:10–16. List ways the Lord promises to bless the future family members of these converted Lamanites.
- c. Write a short paragraph that shows how your own conversion to the gospel of Jesus Christ can influence those around you as well as provide blessings for your future family.