

Lesson 1

Alma 30–35

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.

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Complete assignment 7 and any three of the other assignments:

1. Alma 30:6–44. Korihor the Anti-Christ

- a. Read the institute student manual commentaries “Alma 30: Modern-day Korihors” and “Alma 30:6: Anti-Christ” (page 213). Write answers to the following questions:
 - Who or what are some examples of modern-day anti-Christ?
 - What did Elder Bruce R. McConkie (1915–1985) point out about an anti-Christ’s teachings concerning salvation?
- b. As you read Alma 30:12–28, make a list of Korihor’s false teachings.
- c. Read the student manual commentary “Alma 30:12–18: Strategies of Korihor” (page 214). Then write a statement summarizing Hugh Nibley’s assessment of Korihor’s teachings.
- d. Sometimes we are confronted by people who don’t believe in God. A typical response is to list physical evidences in nature that testify of God’s existence. Alma listed some of those physical evidences in verse 44, but note that he listed four spiritual evidences before any physical ones. List Alma’s four spiritual evidences of God:
 - Alma 30:39
 - Alma 30:44 (list 3)

Read the student manual commentary “Alma 30:15–16: Korihor’s False Teaching” (pages 214–15). Explain in writing what you learn from President Boyd K. Packer and Alma’s example in talking to people who attack the Church.

- e. Write how each of the following groups in Alma 30:6, 18–44 responded to Korihor’s teachings:
 - People of Zarahemla
 - People of Ammon
 - People in the land of Gideon
 - Giddonah
 - Alma
- f. Write a paragraph explaining how you can follow Alma’s example in verses 37–44 when confronted with someone who attacks the Church or its teachings and practices. Share what you wrote with a family member or a friend.
- g. Read Alma 30:49–60. Describe in a paragraph what Korihor admitted after being struck deaf and dumb. What lesson do you think Mormon wanted the latter-day reader to draw from this experience?

2. Alma 31:5–6. The Power of the Word

- a. Carefully study Alma 31:5–6. Write answers to the following questions:
 - As Alma and his companions prepared to go and teach among the wayward Zoramites, what did Alma decide was the most persuasive tool they could use?
 - How is Helaman 6:37 a good example of this principle?
 - What difference should this make in the dedication of our personal scripture study?
- b. Read the student manual commentary “Alma 31:5: The Power of the Word” (pages 219–20). Write a paragraph describing “the power of the word” in your life.

3. Alma 31:15–35. Praying with Sincerity and Faith

- Read the Zoramites' prayer in Alma 31:15–18 and list the insights you learn about the Zoramites from their prayer.
- Read Alma's prayer in Alma 31:26–35. Contrast how Alma's prayer differed from the Zoramites.
- Study Alma 31:31–33. What attributes did Alma pray for to help him and the other missionaries as they labored among the Zoramites? How do those attributes help us reach out to those among us who have fallen into error?
- Read Alma 33:1–3 and describe in writing how Alma said that the Zoramites could worship God or exercise faith.
- Read Alma 33:4–11; 34:17–29. What did Alma and Amulek emphasize in these passages about prayer?
- Write a paragraph on what you have learned about prayer that you would like to improve in your own personal prayers.

4. Alma 32:1–14. Preparation to Hear the Word

- Read Alma 32:1–6 and explain in writing who was ready to hear the word among the Zoramites and why.
- Read Alma 32:13–14 and describe in writing two ways Alma said a person can become humble.
- Read the student manual commentary "Alma 32:8–16: 'Blessed Are They Who Humble Themselves'" (pages 222–23). Write a paragraph explaining how a person may be humbled by the word and why this would be preferred to the other way most people choose to become humble (see Alma 32:13–14).

5. Alma 32:26–43. Reaping the Rewards of Faith

- Read Alma 32:26–27 and write in your own words what Alma asked the Zoramites to do.
- List words and phrases from Alma 32:27–43 that are central to what Alma taught. Choose five of the words or phrases you identified and write a few sentences about the importance of each of these words as used in these verses.

- Read the student manual commentaries "Alma 32:27–37: Experimenting on the Word of God Brings Conversion" and "Alma 32:28–35: 'It Beginneth to Be Delicious to Me'" (pages 225–26). Write about a time when you "experimented" with the word of God. Be sure to include the things you did and things you learned through your experience. What rewards did you reap as a result of your diligence, faith, and patience? (see verse 43).

6. Alma 33. The Atonement Solves Problems of False Beliefs

From Alma 31:8–23; 32:2–5, identify false teachings and practices among the Zoramites. Write a summary of what Alma taught in Alma 33 that provides correction for the false teachings and practices you listed.

7. Alma 34:8–41. The Infinite and Eternal Atonement

- Mark Alma 33:11, 22 in your scriptures. Write a statement of what these verses teach about the mission of Jesus Christ.
- The "great question" in Amulek's day is ultimately the great question people of the world are being challenged with today. According to Amulek, what is the great question?
- Read Alma 34:1–17. Write a paragraph summarizing Amulek's main points concerning the infinite Atonement of Christ.
- After reading Alma 34:15–17, 30–41 and the student manual commentary "Alma 34:14–17: 'Faith unto Repentance'" (pages 229–30), write a one-page paper on what we can do if we have faith in Jesus Christ and gratitude for the Atonement. What can we do to more effectively prepare to meet and be worthy to live with the Lord forever?

8. Alma 34:17–28. Prayer

Read Alma 34:17–28 and complete the following tasks in writing:

- What did Amulek say we should pray for?
- Give modern equivalents of what we could pray for based on verses 20–26.
- Amulek taught that something would make our prayers vain if we failed to do it. What was it?

9. Alma 34:32–35. The Time for Repentance

Read Alma 34:32–35 and the student manual commentary “Alma 34:34–35: That Same Spirit Will Possess Us” (pages 230–31). Write several sentences explaining the necessity of repenting in this life.

10. Alma 35:1–10. Nephite-Lamanite Wars

Read Alma 35:1–10. The last part of the book of Alma (chapters 43–63) gives an account of the wars between the Nephites and the Lamanites. Write a brief paragraph describing some of the reasons given in these verses for why this war began.

Lesson 2

Alma 36–42

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Complete assignment 4 and any one of the other assignments:

1. Alma 36:2–29. Deliverance from Bondage

- a. Alma 36 begins and ends with Alma’s counsel to his son Helaman to remember the captivity of their fathers and their eventual deliverance by the power of God (see Alma 36:2, 28–29). Write a statement about how Alma’s own life was an example of that principle.
- b. As you read Alma 36, make a list of the different people and ways in which God delivered them from “bondage.” Include the verse number by each group or individual you list.
- c. Read the institute student manual commentary “Alma 36:11–16: Godly Sorrow” (pages 233–34). Write several sentences explaining the difference between worldly sorrow and godly sorrow.
- d. According to Alma 36:17–22, explain in writing what was the source of Alma’s relief from his pain and captivity. Describe the feelings Alma felt that replaced his sorrow.
- e. From verses 23–27 and the student manual commentary “Alma 36:23–24: Evidence That a Person Has Been Born Again” (page 234), write a paragraph describing what a person can do to demonstrate that they trust in the Lord and are grateful for the cleansing effect of the Atonement in their life. Include in your

paragraph a statement of your own gratitude for the powers of the Atonement in your life.

2. Alma 37. Small and Simple Things

- a. As you read through Alma 37, make a list of 10 or more simple phrases that teach great truths from within this chapter. One example might include: “By small and simple things are great things brought to pass” (verse 6).
- b. From your list of phrases, mark those involving counsel from the Lord that tell us what we should be doing.
- c. The greatest improvements in our lives often take place when we make small changes in often-repeated actions. From the phrases you marked, select two and write out a plan to help you make small changes that will bring about “great things” (verse 6) in your own life.
- d. Review Alma 37:35–37, and read the student manual commentary “Alma 37:35: What Blessings Come from Learning in Our ‘Youth to Keep the Commandments of God’?” (page 236). Write a paragraph that explains how the principles taught by these verses could bless the lives of the youth and young adults in the Church today.
- e. Along with the other plates, Alma gave to Helaman the Jaredite account recorded on 24 gold plates. These records contained the secret combinations that caused the destruction of the Jaredites and the Nephites (see Ether 8:21). Write the warning concerning the secret combinations that Alma gave to Helaman. How can this apply to us in modern times concerning the things we read?

3. Alma 38:10–15. Continue to Teach

Read Alma 38:10–15. Here Alma gave to his son Shiblon counsel about how he could continue to be faithful after his mission to the Zoramites. There are as many as 18 points of counsel. Mark as many of them as you can in your scriptures and then pick five that you feel are most relevant to you and explain in one or two paragraphs how you can better incorporate them in your life.

4. Alma 38–39. A Comparison Between Shiblon and Corianton

Juxtaposition (to place side by side, especially for comparison or contrast) is often used in the scriptures to teach important principles. Shiblon's steadiness can be emphasized by a comparison to Corianton's unsteadiness. Steadiness can be defined as being firm and unwavering in belief, determination, and adherence.

- Read Alma 38:1–4 and make a list of words describing Shiblon's behavior.
- Read Alma 39:1–5 and make a second list of words that show contrasting descriptions of Corianton's behavior. Write a paragraph about the mistakes Corianton made and how they compare with mistakes made by many youth of today. Include in your paragraph a statement of how youth could avoid those mistakes.
- From Alma 39:8–19, make a list of what Alma counseled Corianton to do to repent and regain spiritual strength.
- Read JST Matthew 16:26 (footnote for Matthew 16:24) and the student manual commentary "Alma 39:9: 'Go No More after the Lusts of Your Eyes'" (page 239). Write a simple definition of what is meant by the phrase "cross yourself in all these things" (Alma 39:9). Also write a paragraph explaining how crossing yourself can help us avoid lusts of the flesh, such as pornography and other sexual sins.
- Read Alma 43:1; 48:18–19; 49:30; 63:1–2, 10 and write a statement describing whether or not Corianton's life changed, and why.

5. Alma 40. Life after Death

- Read Alma 40:6–15 and the student manual commentaries "Alma 40:11: The Spirits of All Men 'Are Taken Home to That God Who Gave Them Life'" and "Alma 40:11–15: The State of the Soul between Death and the Resurrection" (pages 242–43). Write a paragraph that explains the state of a person between death and the Resurrection.

- What additional understanding does Revelation 14:13 and Doctrine and Covenants 138:29–36, 57–58 teach about what takes place in the spirit world?
- Read Alma 40:1–5, 16–26 and the student manual commentaries "Alma 40:16–22: The First Resurrection" and "Alma 40:23: 'Proper and Perfect Frame'" (pages 243–44). Summarize in writing the teachings of Alma, President Joseph Fielding Smith, Elder Bruce R. McConkie, Elder Dallin H. Oaks, and President Joseph F. Smith to explain what happens to someone after the spirit world. Include in your explanation the nature of a resurrected body.

6. Alma 41–42. Laws of Restoration, Justice, and Mercy

- Corianton obviously had been confused by Zoramite philosophy to the point that he wondered why it mattered how we live our lives if eventually we will all be resurrected. Read Alma 41:3–13. Cite three or four points that Alma taught Corianton concerning the Restoration and Resurrection that corrected his false impressions. How do Alma 34:34 and Mormon 9:14 reinforce these teachings?
- Corianton questioned how God could be loving and merciful, yet still punish a sinner (see Alma 42:1). From Alma 42, write answers to the following:
 - From Alma 42:1–10, make a list of consequences that came upon man as a result of the Fall of Adam and Eve.
 - Read Alma 42:11; 2 Nephi 9:8–9; and 1 Nephi 15:34. Write what would happen to each of us if there were no plan of redemption made on our behalf.
 - From Alma 42:12–26 cite at least five things Alma pointed out that illustrate what God has done or provided so that a person who sins may still have hope and not have to suffer eternally.
- Read Alma 42:27–28. Write what awaits the individual who rejects what God has provided to help overcome the effects of sin.

Lesson 3

Alma 43–63

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Complete assignment 3 and assignment 1 or 2:

1. Alma 43–63. Fighting the Battles of Our Day

Doctrine and Covenants 76:29 states that Satan “maketh war with the saints of God.” From the war in heaven through each of the earth’s dispensations, Satan has made war against the Saints who love God. The war continues in our day, and we should be active participants.

- a. Alma 43–63 is filled with accounts of war. These chapters can easily be likened to our daily battles with Satan. As you look up the following references, fill in the chart, identifying lessons we can apply today in our battle with Satan.

How to Prepare for Our Battle against Satan	
Scriptural Reference	Liken unto Us: Lessons We Can Learn
Alma 43:19–22, 38	They had prepared themselves with thick clothing. We should put on the whole armor of God.
Alma 43:23–25 and institute student manual commentary “Obeying the Prophet Brings Blessings” (page 250)	
Alma 43:26	
Alma 48:8–9	
Alma 50:1	
Alma 59:9 and student manual commentary “Easier to Keep a City from Falling” (pages 258–59)	

Understand the Enemy and His Strategy	
Scripture Reference	Likened unto Us: Lessons We Can Learn
Alma 43:7–8	Motives: power, hatred, bondage, etc.
Alma 45:24	
Alma 46:8–10	
Alma 53:9; 60:15–16	

- b. Select two favorite references from these chapters in Alma that demonstrate how likening that scripture to you can help us fight our spiritual battles against the adversary. Write a paragraph explaining your feelings about each passage.
 - c. Study Alma 53:20–23; 56:46–48, 56; 57:20–21, 27; 58:10–11, 39–40. Identify in writing seven or eight characteristics that led these young warriors to be so blessed. Also list how the Lord blessed them both spiritually and physically. What could the youth of today do to be recipients of equivalent blessings in their spiritual lives?
 - d. Read the student manual commentaries “Alma 43:2–3: ‘The Wars between the Nephites and the Lamanites’”; “Alma 43:45–47: ‘Even unto Bloodshed’”; “Alma 51:13: Take Up Arms to Defend One’s Country”; and “Alma 53:20–21: Being Good Examples in Military Service” (pages 248–51, 255, 257). Write a couple of paragraphs summarizing the Church’s position regarding war.
- Moroni. Read Alma 43:16–19, 23–30, 45–54; 46:10–24; 48:7–17; 49:13–14; 50:1–12.
 - Helaman. Read Alma 45:2–8; 48:19–20; 53:13–19; 56:5–12; 58:19–27.
- b. From your study of Moroni and Helaman as leaders, respond in writing to the following questions:
 - Which of their qualities do you think would be helpful in the war against Satan?
 - Which of their qualities do you see in your local Church leaders today?
 - Which of their qualities would you like to more fully develop in your life?
 - How will you implement these qualities in your life?
 - c. Read Alma 48:17–20 and the student manual commentary “Alma 48:19: ‘No Less Serviceable’” (page 254). Describe in writing how someone “no less serviceable” has affected your life in a positive manner.

2. Alma 43–63. Characteristics of Great Leaders

- a. Study the characteristics of the two Nephite leaders listed below. As you read the accompanying verses, make a list of the qualities you see in each of these leaders.

3. Alma 43–63. Avoiding Contention and Keeping Covenants

- a. Read Alma 46:3–7, 10; 47:4, 18; 49:25–27. Then read the student manual commentary “Alma 46–50: The Contrast between Wicked and Righteous Leadership” (page 252). Identify in writing five or six characteristics or objectives of Amalickiah, and then explain in what ways they are like the objectives of Satan.

- b. Amalickiah and his armies were one source of contention for the Nephites. Read Alma 50:21; 51:13–16; 60:16–17 and identify another source of contention for the Nephites. Write how this source of contention was a greater threat to Nephite society than Amalickiah or his Lamanite armies.
- c. Answer the following questions:
- In what ways did contention weaken the Nephite nation?
 - In what ways does contention weaken families, communities, and nations today?
 - How have you noticed Satan trying to make contention a part of your life? Be specific.
 - What have you found that helps you overcome personal contention?
 - What have you found helps overcome social contention and dissension?
- d. Keeping covenants brings protection from the Lord. Read Alma 46:12–23; 53:10–21; and the student manual commentary “Alma 53:10–18: The Importance of Covenants” (page 256). Mark in your scriptures the words *oath* and *covenant* or derivatives of them in your scriptures. Write answers to the following questions:
- What covenants were made by the people?
 - In what ways were the covenants of the parents or the sons a blessing to the people as a whole?
 - How does keeping or not keeping your covenants affect others around you?
- e. Considering what you have learned as you have studied these chapters in Alma that focus so much on warfare and its outcomes, explain in writing why you think people respond in the two ways described in Alma 62:41. What can you do in your life to more consistently respond to trials or tribulations with a “softened” heart?

Lesson 4

Helaman 1–9

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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?

Lesson 5

Helaman 10–16

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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.

Lesson 6

3 Nephi 1–11

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Complete assignments 2, 3, and one of the remaining assignments:

1. **3 Nephi 1–7. Are We Growing or Declining in Our Conversion?**
 - a. Read the institute student manual commentary “3 Nephi 7:21–26: Full Conversion” (pages 293–94). Write a simple definition for conversion. According to Elder Richard G. Scott, what is needed for conversion to deepen and increase?
 - b. As you study 3 Nephi 1–7, in the appropriate column list teachings, events, principles, and doctrines that you discover. Write a paragraph summary from your list highlighting what beliefs and actions lead to conversion and a separate paragraph highlighting what beliefs and actions destroy individual testimony and conversion.

Attitudes, Beliefs, and Actions That Lead to Individual Testimony and Conversion	Attitudes, Beliefs, and Actions That Destroy Individual Testimony and Conversion

2. 3 Nephi 3–4. Gaining the Victory

Read 3 Nephi 3:12–26; 4:8–18; and the student manual commentaries “3 Nephi 3–4: Physical and Spiritual Preparation” and “3 Nephi 4:10: Faith in God Overcomes Fear” (page 290). List five actions the Nephites took that led to victory over the Gadianton robbers. Explain in writing how we can apply these actions to our lives today.

3. 3 Nephi 8–10. Destruction

- a. The people who survived the disasters described in 3 Nephi 8 heard the voice of Jesus Christ in the darkness. His words are recorded in 3 Nephi 9–10. As you read

3 Nephi 9, write down the reasons the Lord gave for the various cities being destroyed.

- b. Outline what the Savior said those who were spared needed to do.
- c. Read the student manual commentary “3 Nephi 9:19–20: A Change in the Commandment to Sacrifice” (pages 296–97). Write a paragraph about what is meant by “a broken heart and a contrite spirit.” Identify in writing several ways Elder D. Todd Christofferson said we may offer gifts to the Lord today.

- d. Read 3 Nephi 10:1–8 and the student manual commentary “3 Nephi 10:5–6: ‘As a Hen Gathereth Her Chickens’” (pages 297–98). Pay particular attention to the verb tenses. Write a short paragraph about what we can learn about the Savior from His references to the past, present, and future.
- e. Read 3 Nephi 6:20, 23; 7:14, 23–26; 10:12–13. Read also the student manual commentary “3 Nephi 10:12: ‘They Who Received the Prophets’” (page 298). Respond in writing to the following questions:
- In general, who was spared the destructions detailed in 3 Nephi 8?
 - How does our righteousness depend upon accepting the Lord’s prophets?
 - What actions demonstrate acceptance of the Lord’s prophets today?
- 4. 3 Nephi 11. Visitation by the Savior**
As you prayerfully study 3 Nephi 11, write answers to the following questions:
- a. What do 3 Nephi 11:3–5; Doctrine and Covenants 85:6; and Helaman 5:30 teach us about the voice of the Lord and what we must do to hear Him?
- b. In 3 Nephi 11:11, what did the Savior declare about Himself?
- c. What event is recorded in verses 12–15? Describe your feelings as you contemplate this event (see also the student manual commentary “3 Nephi 11:14–17: The Wounds in His Hands and Feet and Side” (page 299).
- d. In verse 14 and again in verse 20 the Savior extended several invitations to those present at that time. He extends the same invitations to each of us. Look closely at the words of the invitation. What do these invitations mean to you?
- e. How can you better follow the Savior’s teaching in verses 28–30?
- f. In verses 30–41 what does the Savior declare His doctrine to be?

Lesson 7

3 Nephi 12–17

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 three of the following assignments:

1. 3 Nephi 12. The Pathway to Perfection

- a. According to 3 Nephi 12:48, what did the Savior appear to have as His objective for what He taught in 3 Nephi 12?
- b. Read the Beatitudes found in 3 Nephi 12:3–11 and the accompanying commentary found in the institute student manual (pages 303–5). Respond in writing to the following:
 - Explain how each Beatitude is a step toward becoming more perfect.
 - List the blessings that are promised to those who live the characteristics described in the Beatitudes.
- c. Choose two or three Beatitudes you feel you could improve with and describe what you can do to implement them more in your life.
- d. Read 3 Nephi 12:20–45. Here the Savior contrasted what had been the standard in the law of Moses with a new raised standard. Considering the differences, what seems to be the change of focus? Write one or two paragraphs about why it is so important to move our personal struggle from an outward action to an inner thought. Choose one of the eight areas the Savior challenged the Nephites to change and write a paragraph about how you could go about making progress in that area.

2. 3 Nephi 13–14. Doing the Right Thing for the Right Reason

- a. Read the student manual commentary “3 Nephi 13:1–8, 16–18: Do Not Your Righteous Acts Openly” (pages 308–9). Write a few sentences about what stood out most to you.
- b. Review 3 Nephi 13:1–24 and list four actions Jesus said we should do for the right reason. After each action, write a sentence describing one way a person could act with the right motives.

3. 3 Nephi 13:5–15; 14:7–11. Prayer

- a. Read the student manual commentaries “3 Nephi 13:7: ‘Use Not Vain Repetitions’” and “3 Nephi 13:9–13: The Lord’s Prayer” (page 309). List some ways you could use 3 Nephi 13:5–15; 14:7–11 to give a talk in sacrament meeting.
- b. Read the entry for “prayer” in the Bible Dictionary (pages 752–53). What truths found there would you include in your talk?

4. 3 Nephi 15–16. Other Sheep

- a. Suppose someone who is not a member of the Church asks you what John 10:16 means. Using what you learn from 3 Nephi 15–16, write an outline about what you would say to that person. Include in your outline your testimony of how you know the Book of Mormon is true.

5. 3 Nephi 17. Following the Savior’s Example

- a. After reading the student manual commentary “3 Nephi 17:1–3: ‘Ponder upon the Things Which I Have Said’” (pages 314–15), list at least three areas of counsel that Jesus gave the Nephites in 3 Nephi 17:1–3 to help them better understand His teachings. Write a short essay describing how you could better follow that pattern to increase what you get out of your Church attendance or temple worship.
- b. In 3 Nephi 12:48 the Savior invited us to become like Him and our Heavenly Father. Using 3 Nephi 17 as a guide, make a list of

characteristics of perfection demonstrated by the Savior toward the multitude.

- c. Determine which two characteristics demonstrated by the Savior in 3 Nephi 17

you need to work on the most. Set a goal to develop these traits in your life, including specific ways you could better develop those attributes of perfection. Write a short paragraph describing your plans.

Lesson 8

3 Nephi 18–22

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 1 and any three of the remaining assignments:

1. 3 Nephi 18. The Sacrament

- a. Write five or more important truths we can learn about the sacrament from what Jesus taught in 3 Nephi 18:1–14, 28–32; 20:1–9; 26:13 (see also institute student manual commentaries “3 Nephi 18:1–14: ‘This Shall Ye Do in Remembrance’” and “3 Nephi 18:26–32: A Sacred Ordinance” [pages 317, 319]).
- b. Read the student manual commentary “3 Nephi 20:8–9: The Sacramental Promise of Being Filled with the Spirit” (pages 323–24). Read also 3 Nephi 26:13 and write answers to the following:
 - Identify the word that could describe how frequently the Lord “did break bread . . . , and bless it.”
 - Make note of some advantages that come to us as a result of partaking of the sacrament every week.
 - What can we do during the week to maintain the blessings of the sacrament in our lives?

2. 3 Nephi 18:15–23. Prayer

- a. Read 3 Nephi 18:15–23. Identify and record at least five different principles concerning prayer that were taught by the Savior. Choose one of these principles you would like to particularly work on applying in your life.

Write a paragraph about specific changes you can make to better apply this principle in your life.

- b. Read 3 Nephi 18:21 and the student manual commentary “3 Nephi 18:21: ‘Pray in Your Families’” (page 319). Explain in writing the ways family prayer makes a home a better and more beautiful place.

3. 3 Nephi 19. Great Faith

- a. In 3 Nephi 19:35 the Savior said that the disciples had demonstrated “great faith.” Make a list of examples of great faith from 3 Nephi 19. Highlight what you feel are the two most significant examples of exercised faith from your list.
- b. Read 3 Nephi 19:1–13 and the student manual commentary “3 Nephi 19:9: The Disciples Prayed for the Holy Ghost” (page 320). From your own experiences with the Holy Ghost, write why you think this is what the Nephites desired most.
- c. Read 3 Nephi 19:19–24 and the student manual commentary “3 Nephi 19:18, 22: ‘They Did Pray unto Jesus’” (page 320). Who did the people pray to in these verses? List the two reasons in these verses that Jesus gave for why this unusual circumstance was acceptable.

4. 3 Nephi 20. The Gathering of the Lord’s People

- a. Read 3 Nephi 20:11–13 and the student manual commentary “3 Nephi 20:11–13: Isaiah Wrote of the Gathering of Israel” (pages 324–25) and write answers for the following questions:
 - Where did the Father covenant He would gather His people from?
 - What will those who are gathered learn?
- b. Using 3 Nephi 20:18–41; 21:4–7, explain in writing how each of the following groups or individuals help gather the Lord’s people:
 - Heavenly Father
 - Jesus Christ
 - Prophets

- Book of Mormon
- You

5. 3 Nephi 22. The Lord's Great Love for His Covenant People

In 3 Nephi 22 the Savior quoted Isaiah 54. These writings are a poetic testimony of the Lord's love for His people as He fulfills His covenant to gather

them together. The scriptures have often compared the Lord's covenant relationship with His people to a marriage relationship. The Lord is the "husband," and the Lord's followers are the "bride." From 3 Nephi 22, list some of the Lord's qualities as a good "husband" to His Church, such as being a righteous example and providing love, material needs, comfort, and protection for His family.

Lesson 9

3 Nephi 23–30

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 any one of assignments 1, 2, or 5 and do both assignments 3 and 4:

1. 3 Nephi 23. Searching the Scriptures

- Read 3 Nephi 23:1–5. Write a paragraph about what these verses command us to do and why.
- Read the institute student manual commentary “3 Nephi 23:1–5: Search the Scriptures” (pages 331–32). Then write an answer to the following question:
- In what ways will the Holy Ghost enrich our lives as we make searching the scriptures a regular part of our lives?
- In 3 Nephi 23:6–14; 26:1–3 how did the Savior set an example of searching the scriptures?

2. 3 Nephi 24–26. Preparing for the Second Coming

- In 3 Nephi 24–25 the Savior quoted from the prophet Malachi. Verse 1 of 3 Nephi 24 prophesies of the Second Coming of Jesus Christ. Then in verse 2 Malachi posed the question, “Who may abide the day of his coming, and who shall stand when he appeareth?” Carefully study 3 Nephi 24–25. As you do so, make a list of qualities possessed by those who will abide His coming and a list of qualities possessed by those who will not abide His coming. You may want to highlight these in your scriptures.
- Review 3 Nephi 24:8–12 and then read the student manual commentary “3 Nephi

24:8–12: Tithes and Offerings” (pages 333–34). Write a couple of paragraphs describing how the principles taught in 3 Nephi 24:8–12 have been or could be a blessing to you or your family.

- Read the student manual commentary “3 Nephi 25:1: ‘Neither Root Nor Branch’” (page 335). Explain in writing the imagery of roots and branches, and how this connects with the appearance of Elijah in the Kirtland Temple in 1836 to Joseph Smith and Oliver Cowdery (see D&C 110:13–16).
- Read 3 Nephi 26:6–11. Write a paragraph explaining how much Mormon included on the gold plates about Jesus Christ’s teachings to the Nephites. Include in your paragraph what we must do to receive more of the Savior’s teachings.

3. 3 Nephi 27:1–27. Christ’s Church and His Gospel

- From 3 Nephi 27:1–8, list all the reasons you can find that Jesus Christ’s Church must bear His name.
- What difference is there when we use the full name of the Church instead of a name given to us by others not of our faith?
- Write a paragraph on what the name of the Church means to you.
- Read 3 Nephi 27:8–21 and highlight the phrase “my gospel” every time it appears. After studying these verses, describe in writing what the Savior said His gospel consists of. (You may wish to cross-reference these verses with D&C 20:8–36; 2 Nephi 31:2–21; Moses 6:53–62.)
- Read 3 Nephi 27:21, 27 and the student manual commentary “3 Nephi 27:27: ‘What Manner of Men Ought Ye to Be?’” (pages 338–39). Identify the doctrine taught in both verses. Write a short paragraph evaluating your efforts in following the counsel of these verses.

4. 3 Nephi 28. Disciples Translated

- Read 3 Nephi 28:1–7. Find and list the two different desires of the Apostles.

- b. After reading the student manual commentary “3 Nephi 28:9–10, 36–40: The Doctrine of Translation” (page 339), read 3 Nephi 28:8–40 and make a list of the characteristics of a translated being.
- c. Read Alma 11:44 and 3 Nephi 28:39–40. Using what you learn from these verses, write answers to the following questions:
 - What greater change was promised to the three disciples, and when will it come?
 - What do we learn from verse 40 about why this is the greater change?
 - When will this change occur for everyone?

5. 3 Nephi 29–30. Warnings for Our Day

- a. Read 3 Nephi 29:1–4, 8–9 and make a list of what we should know or do because we have the Book of Mormon. Include on your list any reasons the scriptures give for why we should know or do these things.
- b. List the specific warnings Mormon gave in 3 Nephi 29:5–7. Include on your list the consequence of these sins given in verse 7. Read 3 Nephi 30:2 and make note of the steps someone can take to overcome these kinds of sins.
- c. Write a brief statement about why you think Mormon included these warnings for our day.

Lesson 10

4 Nephi–Mormon 6

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 three of the following assignments:

1. 4 Nephi 1:1–18. Conversion

- a. Read the institute student manual commentary “4 Nephi 1:2: ‘The People Were All Converted unto the Lord’” (page 341). In 4 Nephi 1:2 we learn that “the people were all converted unto the Lord.” Read 4 Nephi 1:2–18 and list as many of the activities and attributes of the Nephites as you can find that describe a truly converted people. Write a short paragraph about the attribute that stands out most to you and why.
- b. Read 4 Nephi 1:15 and the student manual commentaries “4 Nephi 1:2: ‘There Were No Contentions and Disputations among Them’” and “4 Nephi 1:13, 15–16: ‘There Was No Contention among All the People’” (pages 341, 343). Then answer the following questions in writing:
 - Why was contention eliminated?
 - What can you do to have more of the love of God in your heart?
- c. Read the student manual commentary “4 Nephi 1:16–17: There Were No ‘Manner of -Ites’” (pages 344–45). Explain in writing how practicing the principles taught by President James E. Faust (1920–2007) and Elder Richard G. Scott can lead to a greater unity among Church members.

2. 4 Nephi 1:20–48. Pride Leads to Destruction and Sorrow

- a. The fall of the people in 4 Nephi took place step by step through sin and a series of poor choices. Using 4 Nephi 1:20–48, make a list of the gospel doctrines or principles that were abandoned by the people. Write answers to the following questions:
 - How did forsaking the gospel lead to their downfall?
 - In what ways does pride relate to each of the items on your list?
 - How could following the counsel in Doctrine and Covenants 38:24–27 have stopped the downfall of the people in 4 Nephi?
- b. From what you learned in 4 Nephi 1:20–48, write a half-page paper that identifies the path to apostasy.

3. Mormon 1–2. Righteousness amid Great Wickedness

- a. Using Mormon 1:8–2:15, make a list of at least 10 characteristics that describe the environment Mormon grew up in (see also student manual commentaries “Mormon 1:1: ‘I, Mormon’” and “Mormon 1:16, Willful Rebellion against God” [pages 348–49]). How were the people living? What were their lives focused on?
- b. Using Mormon 1, make another list of the characteristics of Mormon that indicate he remained righteous during a time of general wickedness. Explain in writing how you think Mormon was able to maintain his faithfulness to God.
- c. Compare your two lists. Write one or two paragraphs about what principles and practices from Mormon 1–2 could be applied to help you remain righteous in today’s state of general wickedness.

4. Mormon 2:10–27. Reasons for Sorrow

- a. After reading Mormon 2:10–15, list the reasons for the Nephites’ sorrow.
- b. After reading Mormon 2:18–19, 25–27, list the reasons for Mormon’s sorrow.

- c. What was the difference between the sorrow of the Nephites and the sorrow of Mormon?
- d. Explain in writing how each of the following scripture passages relates to the Nephites' sorrow, to Mormon's sorrow, or to both: Alma 41:10; 42:29; Moroni 10:22; 2 Corinthians 7:9–10; Moses 7:28–40.
- e. Read the student manual commentary "Mormon 2:15: 'The Day of Grace Was Passed'" (pages 349–50). Explain in writing how you would answer someone who asked, "Can a person sin beyond the point of no return?"

5. Mormon 3:17–22; 5:12–15. The Book of Mormon Is a Second Witness of Jesus Christ

Read Mormon 3:17–22; 5:12–15; and the student manual commentary "Mormon 3:20–22; 5:12–14: An Admonition to Believe in Christ" (page 351). Write answers to the following questions:

- Who will read the Book of Mormon?
- What messages did Mormon want to preserve through his writing?
- Mormon expressed the hope that future readers "may believe the gospel of Jesus Christ." What is the relationship between the gospel, the Book of Mormon, and Jesus Christ?
- Write your own testimony of the Book of Mormon as a witness of Jesus Christ. Consider sharing your testimony in your next family home evening, fast and testimony meeting, or in another appropriate setting.

6. Mormon 6:16–22. Mormon's Lamentation

Read Mormon 6:16–22 and contemplate how difficult it would be to witness the final destruction of your family, friends, and society. Write a paragraph that includes your answers to the following questions:

- What seems to have been the most difficult thing for Mormon to accept with the destruction of his people?
- From what you have read, what seems to be the primary reason the Nephites were destroyed?

Lesson 11

Mormon 7–Ether 5

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 assignments 3 and 5 and one of the remaining assignments:

1. Mormon 7. Mormon’s Final Testimony

- a. In his final testimony to the descendants of the Nephites and Lamanites, Mormon wrote what he wanted them to know and do. As you study Mormon 7, make two lists: first, what he wanted the people to know; and second what he wanted them to do. Include the verses where you found your answers.
- b. Read Mormon 7:8–10 and the institute student manual commentary “Mormon 7:8–9: The Book of Mormon and the Bible Support Each Other” (pages 354–55). Write a two- or three-paragraph letter to someone who accepts the Bible but is hesitant to read or accept the Book of Mormon. Explain how the Book of Mormon helps people believe the Bible. (These other scriptures may be helpful: 1 Nephi 13:38–40; 2 Nephi 3:11–12; 29:3–10.)

2. Mormon 8:26–41. A Prophecy of Moroni

- a. In Mormon 8:14–16, 26–32, Moroni described the day in which the Book of Mormon would come forth to the world. List at least five truths found in those verses about Joseph Smith and the coming forth of the Book of Mormon.
- b. Read Mormon 8:26–41 and the student manual commentary “Mormon 8:31: Pollutions in the Last Days” (pages 356–57). Write a paragraph about what most impresses you about Moroni’s prophecy concerning our day.

- c. Read Mormon 8:34–41 and the student manual commentary “Mormon 8:34–35: Written for Us Today” (page 357). How did President Ezra Taft Benson (1899–1994) recommend we study the Book of Mormon? Write a paragraph describing how you think this approach to studying the Book of Mormon would influence your understanding of it.

3. Mormon 9:1–31. Believe in a God of Miracles

- a. Moroni spoke to at least four groups of people in Mormon 9. Write a summary of his message for each of the following groups:
 - Those “who do not believe in Christ” (verses 1–6).
 - Those “who deny the revelations of God” (verses 7–14).
 - Those who do not believe God can work miracles (verses 15–25).
 - Those who “despise the works of the Lord” (verses 26–31).
- b. According to Mormon 9:12–17, what do you think are three central doctrines relating to the plan of salvation? List them and briefly explain in writing the importance of each doctrine as it relates to the plan as a whole.

4. Ether 1–2. Prayer

Read Ether 1:34–39, 43; 2:14. Also read the student manual commentaries “Ether 1:43: ‘This Long Time Ye Have Cried unto Me’” and “Ether 2:14: The Lord Chastened the Brother of Jared” (pages 363–64). Then write answers for the following questions:

- What role did prayer play in the Jaredites’ early history?
- Why did the Lord chasten the brother of Jared?
- Why do you think God wants us to go to Him often in prayer?
- What is the difference between crying unto the Lord and merely saying our prayers?
- What can you do to make your prayers more effective?

5. Ether 2–3. Seeking and Receiving Revelation from the Lord

- a. Read Ether 2:16–19 and list the challenges the brother of Jared faced after the barges were built.
- b. From Ether 2:20–25, write your answers to the following questions:
 - Of the problems the brother of Jared identified, which one did the Lord solve by giving direct instructions?
 - Read the student manual commentaries “Ether 2:19–3:6: Obtaining Light Was a Growing Experience” and “Ether 2:22–23: Prayer Requires Effort” (pages 364–65). What might the Lord have been teaching the brother of Jared by asking the questions in Ether 2:23, 25? How might Ether 12:6; Doctrine and Covenants 9:7–9; 58:26–29 apply in this situation?
- c. Read Ether 3:4–19. Respond in writing to the following questions:
 - What did the brother of Jared expect to see?
 - What did he see at first? What did he eventually see?
 - What do these verses teach us about how our spirits compare with our bodies in appearance?

- What do verses 9 and 19 say about what the brother of Jared needed for this vision to occur?

6. Ether 4:4–7. Vision of the Brother of Jared

Read Ether 4:4–7 and write a brief response to the following questions:

- How did Moroni describe the brother of Jared’s vision?
- What did the Lord command Moroni to do with the writings of the brother of Jared?
- When will we be able to see the brother of Jared’s writings?

7. Ether 5. Three Witnesses

- a. Read Matthew 18:16; Ether 5:1–6; Doctrine and Covenants 17:1 and write brief responses to the following questions:
 - What is the role of the Three Witnesses?
 - What were they to see?
- b. Read the testimony of the Three Witnesses found in the front of the Book of Mormon and the student manual commentary “Ether 5: Testimony of the Witnesses” (page 367). Explain in writing how the testimony of the Three Witnesses has helped strengthen your testimony of the Book of Mormon.

Lesson 12

Ether 6–15

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 any two of assignments 1, 3, and 4 and any one of the remaining assignments:

1. Ether 6. Journey to the Promised Land

- a. The Jaredites “commend[ed] themselves unto the Lord their God” and arrived safely in the promised land (Ether 6:4). Read the institute student manual commentary “Ether 6:4–9: The Jaredites Commended Themselves to the Lord” (page 369). Write a brief explanation of what it means to “commend” yourself to the Lord and what personal attributes someone would possess to successfully commend themselves unto the Lord for life.
- b. From Ether 6:1–12, write a paragraph comparing the Jaredite journey across the sea with our journey through mortality into the kingdom of God (our promised land). List what each of the following items might represent:
 - Stones (verse 2) =
 - Food (verse 4) =
 - Furious winds (verse 5) =
 - Mountainous waves and depths of the sea (verse 6) =
 - Vessels (verse 7) =
- c. Read Ether 6:14–30 and Mosiah 29:16–24. Write one or two paragraphs about the advantages and disadvantages of a monarchy.

2. Ether 7:23–27; 9:28–31. Prophets Warn the Wicked

Read Ether 7:23–27; 9:28–31 and the student manual commentary “Ether 7:23–27; 9:28–31: Prophets and Their Messages Are Frequently Rejected” (page 371). Describe in writing the similarities and differences between these two accounts. Write answers to the following questions:

- Why do prophets proclaim messages that are unpopular to some people?
- What leads some people to accept or reject a prophet’s warnings?
- What are some examples of warnings from our prophet today?

3. Ether 8; 9:26–27; 10:33. Consequences of Secret Combinations

Read Ether 8; 9:26–27; 10:33; Helaman 6:21–26, 30, 37–40. From your reading, respond to the following questions. Give references to where the answers are found. For additional help, see the student manual commentary “Helaman 6:18–40: The Evils of Secret Combinations” (pages 271–72).

- What are the goals and purposes of secret combinations?
- Who is the originator of secret combinations?
- What makes secret combinations dangerous to our society and our way of life?
- How does secrecy give power to these organizations?
- What will happen to nations that allow secret combinations to flourish?
- Why are these combinations able to exist and grow?
- Why would we be wise to be aware of secret combinations in the world today?

4. Ether 12. Faith

- a. Read Ether 12. As you read, make a list of five or more statements of doctrine or truths that you find and the verse each truth is in. For example: Faith is an anchor to our souls (verse 4).

- b. Read Ether 12:6, 12–21 and the student manual commentary “Ether 12:6: ‘The Trial of Your Faith’” (pages 376–77). Then complete the following:
- c. List three examples Moroni gave of how the “witness” or miracle came “after the trial of [their] faith.”
 - In what ways is the story related by President Gordon B. Hinckley (1910–2008) an illustration of the principle taught in Ether 12:6?
- d. Write a paragraph that contains important principles about faith that you would want your family to know and understand.
- e. Read Ether 12:23–27 and write responses to the following questions:
 - Why do you think the Lord gives us weaknesses?
 - How can we eventually overcome those weaknesses and become strong?

5. Ether 13. The New Jerusalem

Imagine that you have been asked to write an article for a children’s encyclopedia. Your topic is the city of New Jerusalem. Use Ether 13:1–12 and the student manual commentary “Ether 13:1–12: New Jerusalem” (pages 379–80) to help you write a three-paragraph article on the New Jerusalem that an eleven-year-old could understand.

6. Ether 14–15. The Destruction of the Jaredites

In Ether 13:20–21 the prophet Ether prophesied that unless Coriantumr would repent, “every soul should be destroyed save it were Coriantumr.” Ether 14–15 documents the fulfillment of Ether’s prophecy. Read Ether 14:25; 15:19 and write your answer to the following questions:

- Why did the people destroy each other?
- What is the value of following the counsel of prophets immediately rather than eventually? (see Ether 15:1–7).

Lesson 13

Moroni 1–7

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 6 and any three of the remaining assignments:

1. Moroni 1–7. “I Write a Few More Things”

Moroni stated that he was writing “a few more things, that perhaps they may be of worth unto my brethren” (Moroni 1:4). Read through the chapter headings for Moroni 1–7. As you do so, make a list of at least seven truths or teachings that you feel are “of worth” unto the world.

2. Moroni 1. “I, Moroni, Will Not Deny the Christ”

Make note of how long Moroni survived after the final battle recorded in the Book of Mormon. Refer to Mormon 6:5 and compare that date to Moroni 10:1. Read Moroni 1 and write your answers to the following questions:

- What does this chapter tell us of Moroni’s life during this period of time?
- How do you think Moroni kept his faith throughout this trying time?
- How can you develop such a firm testimony of Jesus Christ?

3. Moroni 2–6. The Priesthood and Sacred Ordinances

- a. Read the institute student manual commentary “Moroni 2–5: The Importance of Ordinances in the Church of Jesus Christ (pages 382–83). Study Moroni 2–6; Doctrine and Covenants 20:37–39, 46–60, 68–79. Respond in writing to the following questions:

- Why is it important to receive the ordinances of the gospel?
- What do ordinances provide that nothing else can?

- b. Make a list of at least five similarities between Moroni’s description of the Nephite Church and its ordinances and today’s Church and its ordinances.

4. Moroni 4–5. Sacrament

- a. When we partake of the sacrament we renew the covenants we made at baptism. Carefully read the sacrament prayers in Moroni 4:3; 5:2; and the student manual commentary “Moroni 4:3: Taking upon Us the Name of Jesus Christ” (pages 383–84). Then record your answers to the following:

- What promises do you make to God when you partake of the sacrament?
- What words or phrases in the sacrament prayers help you understand the Atonement of Jesus Christ?
- Summarize what it means to you to take upon you the name of Jesus Christ.
- What are the promises that come to us through righteously keeping our covenants?

- b. Read 1 Corinthians 11:27–29; 3 Nephi 18:28–29 and write a paragraph describing how you can deepen your weekly sacrament experience. Include how you feel when you know you have partaken of the sacrament worthily.

5. Moroni 6. Instructions to New Members

- a. Assume that your friend has written you a letter explaining that she wants to join the Church. Read Moroni 6 and the accompanying student manual commentary (pages 384–87). With what you learn from your reading, write a letter to her explaining the following concepts:

- The requirements for baptism
- What the Lord expects from her after she is baptized
- The help she can expect from other Church members after she is baptized

- What she can expect to see in Church meetings

6. Moroni 7:12–33. “Lay Hold upon Every Good Thing”

- Read Moroni 7:12–19 and the student manual commentary “Moroni 7:12–19: The Light of Christ” (pages 389–90). Write responses to the following:
 - Identify who the Light of Christ is given to.
 - What is the Light of Christ?
 - List at least five functions of the Light of Christ.
- Explain in one or two sentences why the Light of Christ is so important to all mankind.
- Read through Moroni 7:19–21 and note how often the phrase “lay hold upon every good thing” is repeated. Write what you think the phrase “lay hold upon” means.
- From Moroni 7:22–33, record at least two means that the Lord has given to help us “lay hold upon every good thing.”
- Write a paragraph explaining how modern prophets have helped you to “lay hold upon” something good.

7. Moroni 7:40–48. Faith, Hope, and Charity

- Read Moroni 7:40–44 and the student manual commentaries “Moroni 7:40–44: Hope” and “Moroni 7:44: Faith, Hope, and Charity” (pages 392–93). Respond in writing to the following questions:
 - How are faith, hope, and charity connected or intertwined?
 - What quality must precede faith and hope? (see Moroni 7:43).
- Read Moroni 7:45–48 and the student manual commentary “Moroni 7:44–48: Charity: The Pure Love of Christ” (pages 393–94). Write responses to the following:
 - Why are we unable to develop charity on our own? Why can it only be developed with the assistance of our Father in Heaven?
 - In what ways does the quotation by Elder Jeffrey R. Holland help you to understand why we “are nothing” if we “have not charity” (Moroni 7:46).
- Pick three of the following characteristics of charity from Moroni 7:45–47 that you feel are the most needed in the world today. Write a few sentences for the three characteristics you selected explaining why you feel they are most needed today:
 - Suffereth long
 - Is kind
 - Envieth not
 - Is not puffed up
 - Seeketh not her own
 - Is not easily provoked
 - Thinketh no evil
 - Rejoiceth not in iniquity
 - Rejoiceth in the truth
 - Beareth all things
 - Believeth all things
 - Hopeth all things
 - Endureth all things
 - Never faileth
 - Pure love of Christ

Lesson 14

Moroni 8–10

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 any four of the following assignments:

1. Moroni 8. Infant Baptism

- a. Read Moroni 8:5–25 and identify in writing truths about God’s character (His mercy, justice, unchangeableness, and goodness). Also mark any truths you find about the Atonement as it relates to the practice of infant baptism.
- b. Choose one of the following case studies and write a one-page response using the scriptures (see Moroni 8:5–25; D&C 29:46–50; 68:25–27; Mosiah 3:11–16; Moses 6:54–56).
 - You have just met a young couple whose two-year-old son died suddenly in an accident. They have questions about what will happen to their deceased son since he was not baptized.
 - As a missionary you meet a man who is sincerely seeking the truth. He explains that all his life he was taught that infants are born unclean because of the Fall of Adam. He is certain that when infants die without being baptized first, they die “unclean” and are destined to go to hell.
 - Your Sunday school teacher asks, “How does belief in infant baptism show a lack of understanding of the Atonement of Jesus Christ?”

2. Moroni 9:1–21. Consequences of Losing the Spirit of the Lord

- a. From Moroni 9:3–5, write a sentence or two describing the problem Mormon identified

among the Nephites. How did this influence their ability to respond to the word of God?

- b. Mormon indicated in Moroni 9:20 that his people were “without principle, and past feeling.” Read Moroni 9:7–21 and the institute student manual commentaries “Moroni 9:9: Chastity and Virtue Are ‘Dear and Precious Above All Things’” and Moroni 9:18–20: ‘Past Feeling’” (pages 398–99). Respond in writing to the following:
 - Make a list of actions carried out by the Nephites that indicate they were past feeling.
 - According to Elder Neal A. Maxwell (1926–2004) and President Boyd K. Packer, what is Satan doing today to move society toward a condition of being past feeling?
- c. Write two paragraphs comparing the conditions of the Nephites in Moroni 9 with conditions you see in the world today.

3. Moroni 9:22–26. Spiritual Strength in a Time of Evil

Read Moroni 9:22–26. Explain in writing how the principles Mormon shared with Moroni in these verses can lift and give encouragement to someone struggling with the wickedness of today’s world.

4. Moroni 10:1–7. Moroni’s Promise

- a. Read Moroni 10:3–7 and list what Moroni counseled us to do to “know the truth of all things.”
- b. Read the student manual commentaries “Moroni 10:3: ‘When Ye Shall Read These Things’”; “Moroni 10:4–5: Receiving a Testimony of the Book of Mormon”; and “Moroni 10:4: ‘With Real Intent’” (pages 401–2). Write what role pondering “how merciful the Lord hath been” plays in obtaining a testimony of the Book of Mormon.
- c. Write two or three paragraphs that include (1) your testimony of the Book of Mormon, (2) how following the counsel outlined in Moroni 10 has helped your testimony grow, (3) how feelings of the Spirit came to you for that testimony, and (4) how your testimony has

changed as you have studied the Book of Mormon this year.

5. Moroni 10:9–18. Gifts of the Spirit

Read Moroni 10:9–18; 1 Corinthians 12:4–11; Doctrine and Covenants 46:11–25; and the student manual commentary “Moroni 10:8–18: Gifts of the Spirit” (pages 402–3). Write responses to the following. Include the verses where the answers are found:

- Make a list of all the gifts of the Spirit described in these accounts.
- Why do you think we each receive different gifts from God?
- What can you do to develop or receive gifts?

- What evidence have you seen that these gifts exist in the Church today?
- How have the gifts of others been a blessing in your life?

6. Moroni 10:27–33. Moroni’s Final Farewell

- a. Read 2 Nephi 33:10–15; Jacob 6:7–13; and Moroni 10:27. Write one or two paragraphs about what all three of these prophets have in common concerning you, them, and the judgment bar of Christ.
- b. After reading Moroni 10:26–33 and the student manual commentary “Moroni 10:31–32: ‘Come unto Christ, and Be Perfected in Him’” (pages 404–5), write an essay on what the phrase “Come unto Christ, and be perfected in him” means to you (Moroni 10:32).