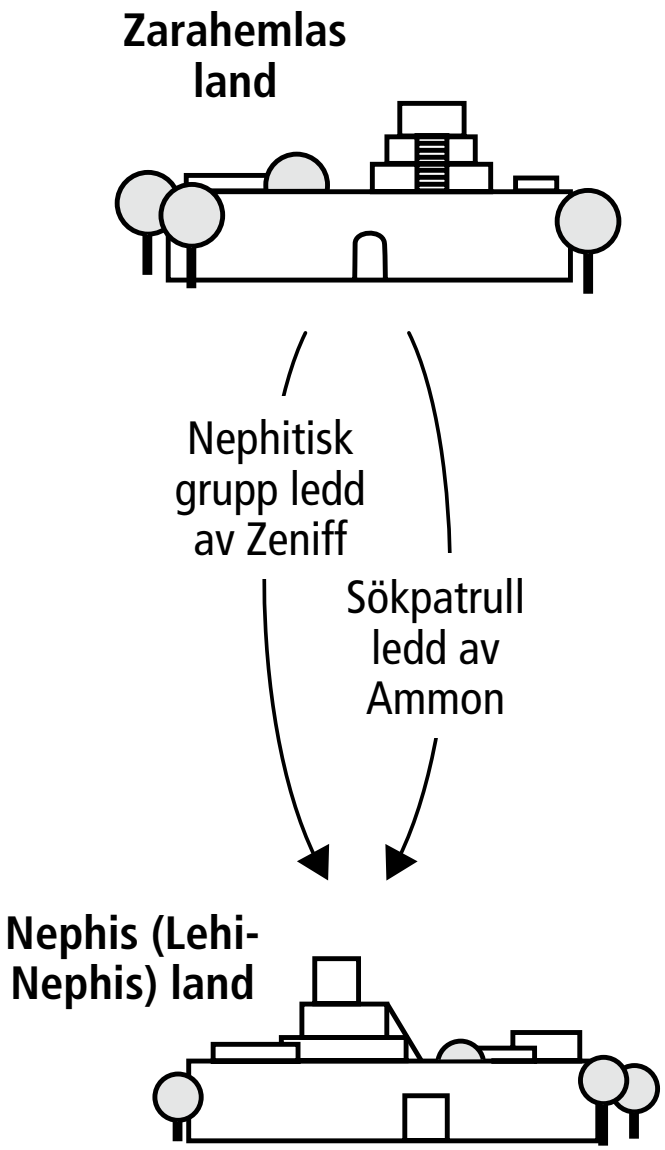Översikt över vandringar i Mosiah 7–24