

Student Teacher 1—Alma 37:33–34

Read aloud the following account told by President Boyd K. Packer (1924–2015) of the Quorum of the Twelve Apostles:



“[A Church member named Karl G. Maeser] was going with a group of young missionaries across the alps. They were crossing a high mountain pass on foot. There were long sticks stuck into the snow of the glacier to mark the path so that travelers could find their way safely across the glacier and down the mountain on the other side.

“When they reached the summit, Brother Maeser . . . pointed to those sticks that they had followed [and compared them to priesthood leaders in the Church, saying,] ‘They are just common old sticks, but it’s the position that counts. Follow them and you will surely be safe. Stray from them and you will surely be lost’ ” (Boyd K. Packer, “It Is the Position That Counts,” *New Era*, June 1977, 51).

- How are Church leaders and their teachings like the sticks in the snow that Brother Maeser referred to?

On the board or on a piece of paper, write *Teachings of Church leaders*. Explain that Alma 37:33–34 contains Alma’s instructions to his son Helaman, whom Alma was preparing to be a Church leader.

Invite two students to take turns reading aloud from Alma 37:33–34. Ask the rest of the students to follow along, looking for what Alma counseled Helaman to teach the people. When students have finished reading the verses, ask them to report what they found. Write their responses under “Teachings of Church leaders.”

Ask your fellow students to look at the last phrase of Alma 37:34 to see what blessing comes from following the teachings of Church leaders. Write the following principle on the board or on a piece of paper: **By following the teachings of Church leaders, we can find rest to our souls. Ask:**

- What do you think it means to find rest to our souls? (Answers may include being free from the consequences of sin, receiving peace from the Spirit, and being blessed with strength to endure and overcome challenges.)

Invite students to choose one of the teachings listed in verses 33–34 and to explain how following that teaching can bring rest to our souls.

Ask your fellow students to think of a local Church leader or a General Authority who has taught them something that has made a difference in their lives. Invite a few students to share what this leader taught and how it influenced them.

Share your testimony about how following the teachings of Church leaders has brought rest to your soul.

