



#DiscoverWhat'sInsideTheBookofMormon

The Book *of* Mormon

21 DAY CHALLENGE



A Study Journal

Designed by Jennilyn Young

Inspired by www.lds.org.uk/the-book-of-mormon

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The Book of Mormon
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DEDICATION

This book is dedicated to my daughter, Gemma Young, who shared with me the Europe Area's "Book of Mormon 21 Day Challenge" while serving as a missionary for the Church of Jesus Christ of Latter-day Saints in Berlin, Germany. I created this study journal for Gemma's missionary Christmas gift based on some of the insights I gleaned and shared on social media while participating in this 21 Day Challenge during autumn 2018.

Gemma loves her study time each day as a missionary. I, too, cherish my Quiet Time each morning when I "feast upon the words of Christ" (2 Nephi 32:3) and "feast upon His love" (Jacob 3:2). For me, the wellness formula "Eat, Pray, Love" is best expressed as "Read, Pray, Love."

Kaylah Van Dyken, Gemma's first companion, noted that the "Book of Mormon 21 Day Challenge" is similar to the Church's "Discover What's Inside" 2017 campaign in Australia. I love the invitation for all of us to "Discover What's Inside the Book of Mormon" by searching its pages for answers to our questions.

In addition to reading each question and the outlined verses, I would encourage you to "Pause to PAWS." Take time to PONDER the question, the scriptures, and any additional thoughts that come to your mind. Consider how to APPLY the insights you receive as you read and ponder. WRITE down your thoughts, your feelings, and any promptings you receive to apply what you've learned. STUDY additional scriptures and prophetic messages to expand your understanding. Continue to ponder, apply, write, and study as you are led by the Spirit to act in greater faith and love.

I have included eleven additional questions for you to "Pause to PAWS." There is also a section at the end for you to write down your own questions for future study. Dieter F. Uchtdorf said, "The scriptures and the words of modern-day apostles and prophets are the sources of wisdom, divine knowledge, and personal revelation to help us find answers to all the challenges in life. Let us learn of Christ; let us seek out that knowledge which leads to peace, truth, and the sublime mysteries of eternity" ("Two Principles...", General Conference, Oct-2009).

May your study and application of these questions and the answers you receive inspire you to deeper conversion, even consecrated living and loving like our Savior, Jesus Christ. I'd love to hear about your insights and experiences as you discover what's inside the Book of Mormon. Please feel free to share them with me at jennilynyoung@gmail.com.

Jennilyn Young

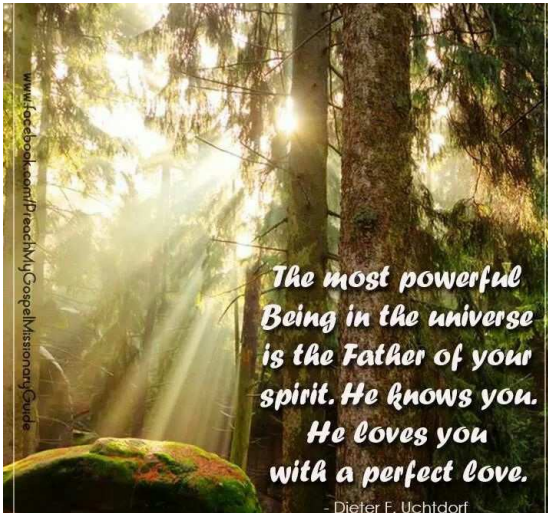
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Is there a God?

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Read Alma 22:1-26



Question 1: Is there a God?

Read: Alma 22:1-26

Two things that impressed me in these verses were King Lamoni's father's willingness to believe and his willingness to act immediately on those beliefs. I admire his sincere desire to know God and his willingness to stop doing whatever was keeping him separated from God and joy. He inspires me to be meek and humbly ask God, "What can I give away to know Thee better? 'What lack I yet?' (Matthew 19:16-30). What can I stop (or start) doing in order that I may know God?"

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Alma 18:24-35.
- ☐ Alma 30:37-60.
- ☐ 2 Nephi 2:14.
- ☐ 2 Nephi 8:12-16, Isaiah 51:12-16.
- ☐ "I Am a Child of God," Donald L. Hallstrom, General Conference (GC), Apr-2016.
- ☐ "Tasting the Light," Lynn G. Robbins, Worldwide Devotional for Young Adults, May-2015.
- ☐ "You Matter to Him," Dieter F. Uchtdorf, GC, Oct-2011.
- ☐ "Wherefore, Settle This in Your Hearts," Larry W. Gibbons, GC, Oct-2006.
- ☐ "Some Basic Teachings from the History of Joseph Smith," Carlos H. Amado, GC, Apr-2002.
- ☐ "He Hears and Answers," Clayton S. Huber, BYU Devotional, Feb-2002.
- ☐ "To Know God," Howard W. Hunter, GC, Oct-1974.

How can I find joy?

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Read Mosiah 4:1-21

the joy
WE FEEL HAS
LITTLE TO DO WITH
THE CIRCUMSTANCES
OF OUR LIVES
AND EVERYTHING
TO DO WITH THE
focus
OF OUR LIVES.

RUSSELL M. NELSON

Question 2: How can I find joy?

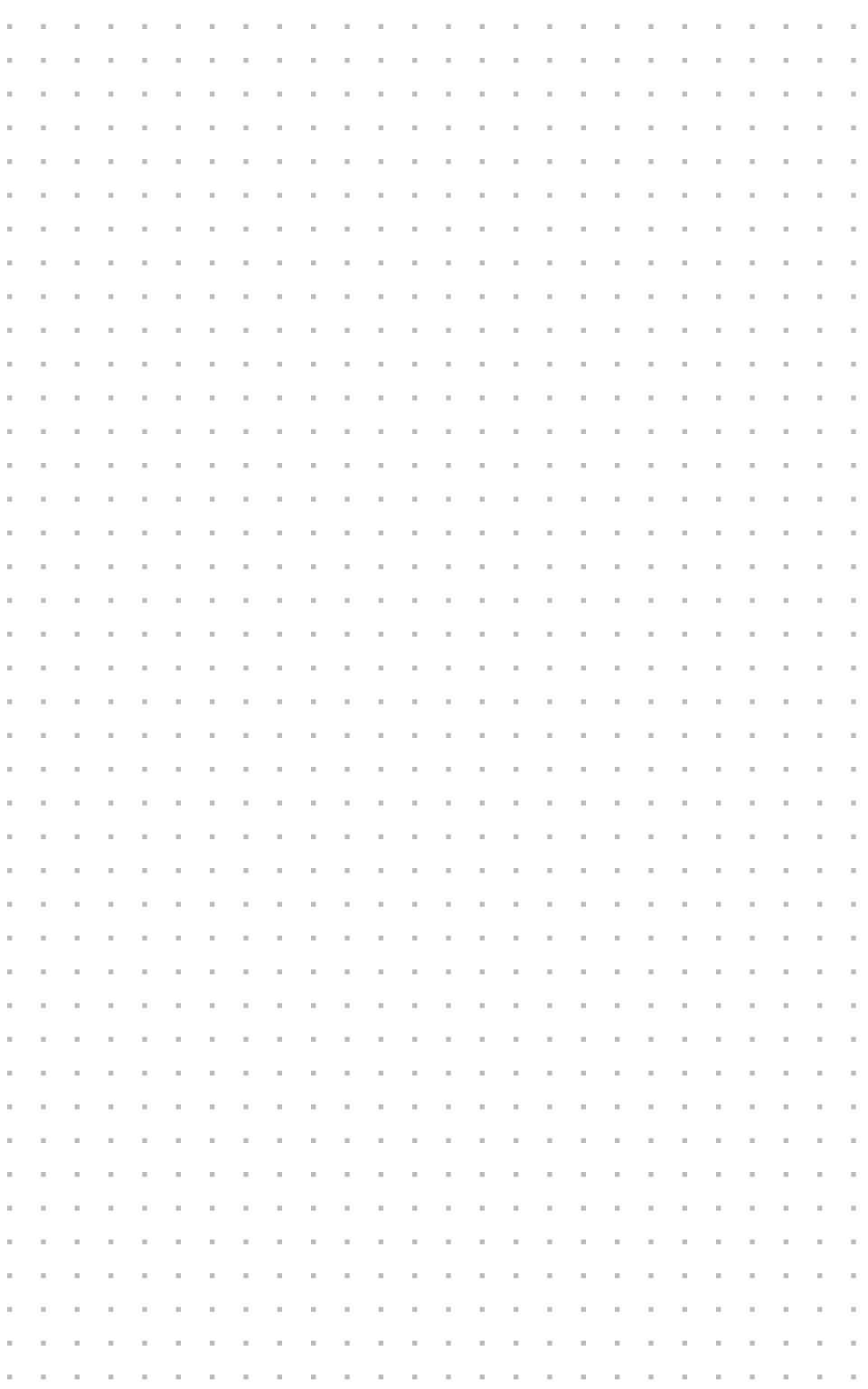
Read: Mosiah 4:1-21

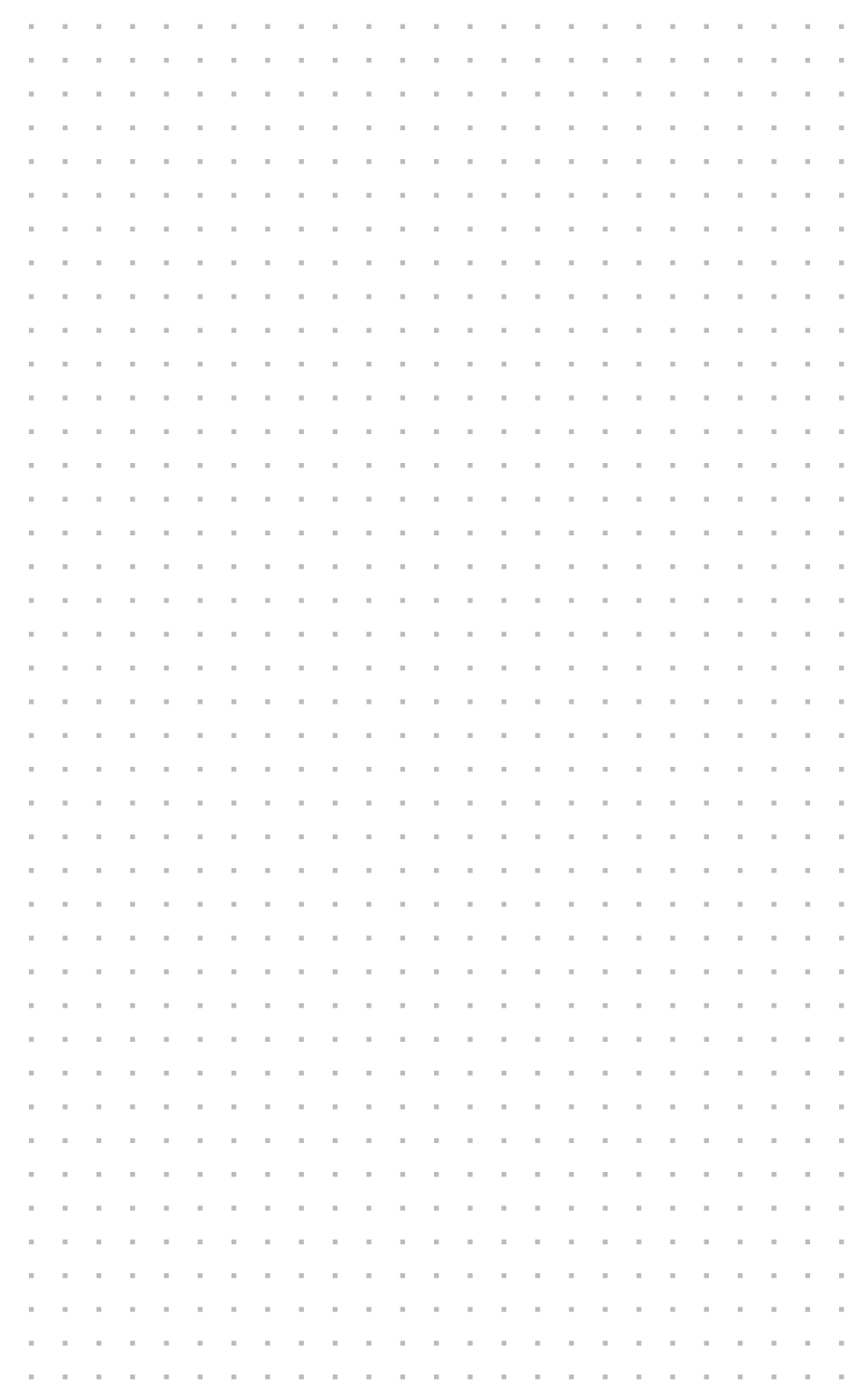
These verses remind me I find joy in divine paradoxes as James L. Ferrell outlined in his book, *Falling to Heaven*. If I focus on doing things that please God and bring joy to others, then I am happy. But if I focus only on doing things that make me happy, then I am never satisfied. If I believe in God and trust in Him and His love for me, then I am at peace and am content. Whereas if I focus on all the things I don't comprehend, then I am frustrated and begin to doubt what I have felt and known to be true before.

If I remember my weaknesses and mistakes, then I feel God's complete and generous love for me. I feel secure in who I am and confident in my efforts each day. But when I focus on my strengths and what I can do, then I find that in my pride I make more mistakes doing life on my own rather than the times when I humbly rely on God's grace to help me do what seems impossible. When I ponder how I have "tasted of His love" and add to my list of God's "good hand" in my life, I find more joy (Neh. 2:8, 18).

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Helaman 5:20-52.
- ☐ "That They Might Have Joy," David A. Bednar, BYU Devotional, Dec-2018.
- ☐ "Joy and Spiritual Survival," Russell M. Nelson, GC, Oct-2016.
- ☐ "It Is Better to Look Up," Carl B. Cook, GC, Oct-2011.
- ☐ "Choose Happiness by Choosing to Follow the Spirit," Kevin W. Pearson, LDSBC Devotional, Jan-2011.





Does God answer prayers?

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Read Enos 1:1-12

in my life i have learned
THAT SOMETIMES I
DO NOT RECEIVE AN ANSWER
to a prayer because
the lord knows i am not ready.
when he does answer.

IT IS OFTEN "HERE A LITTLE
= AND THERE A LITTLE" BECAUSE =
THAT IS ALL THAT I CAN BEAR
or all i am willing to do.

-ROBERT D. HALES, OCT-2011, #LDSCONF

Question 3: Does God answer prayers?

Read: Enos 1:1-12, 15-17

I love the pattern and the promise in verse 15.
"Wherefore, I knowing that the Lord God was able to (fill in the blank), I cried unto him continually, for he had said unto me: Whatsoever thing ye shall ask in faith, believing that ye shall receive in the name of Christ, ye shall receive it."

The quote by Elder Robert D. Hales reminds me that even though God hears our prayers and is able to do all things, He occasionally withholds His answer for awhile until we are not only ready to receive His answer but are ready to act on His answer.

He waits while I ponder and struggle to ask the right question, while I hunger and humble myself to truly know what He wants to tell me. He waits even longer while I open my heart and become willing to not only hear, but to heed, His answer, while I finally get to that soft place in my heart and mind where I fully trust that His counsel will be for my good and am ready to receive and follow it.

This has definitely happened to me several times, most memorably when His answer was to quit my job and be a stay at home mom and again when His direction was to home school our family. It took quite some time for me to be ready to bear these answers and act in faith.

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Read Ether 1:33-43 for another great example of God answering prayers in the Book of Mormon.
- ☐ "Learning to Recognize Answers to Prayers," Richard G. Scott, GC, Oct-1989.

How can sins be forgiven?

#DiscoverWhat's Inside The Book of Mormon

Read Alma 36:1-24

**THE VERY BEAUTY
OF THE WORD REPENTANCE IS
THE PROMISE
OF ESCAPING OLD PROBLEMS
AND OLD HABITS
AND OLD SORROWS AND OLD SINS.
IT IS AMONG THE MOST HOPEFUL
AND ENCOURAGING--AND YES,
MOST PEACEFUL--WORDS IN
THE GOSPEL VOCABULARY.**

-JEFFREY R. HOLLAND, OCT-1996, #LDSCONF

Question 4: How can sins be forgiven?

Read: Alma 36:1-24

Alma's cry for help is what pierces me in this section. "I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the (fill in the blank)." Whether we are in the gall of bitterness or in the depths of depression or in the clutches of grief, addiction, illness, poverty, or discord, our way out begins with a prayer, even a plea for help. Just like Alma when he was sinning. Just like Peter when he was sinking. The only way to improve our situation is to ask God for help, to cry to Jesus, "Lord, save me" (Matthew 14:30).

Most often what He saves me from is myself. My pride. My way of doing things. I've got things under control. I can handle life. Until I can't. And I feel overwhelmed, like I'm drowning. Or I feel numb, like I just don't care. Like no one, not even God cares. Where do I go from here? Down. I'm falling down. In the darkness. And when I finally land on my knees gasping for air that's when I remember there is a way out. He is The Way. And so I pray, I plead, "Help me. Save me." And His light slowly brightens my mind and heart. Sometimes His Spirit flashes brilliantly filling my whole soul with light and joy where before it was total darkness and confusion.

And like Enos I wonder "how is it done?"

"Because of thy faith in Christ" (Enos 1:7-8). Because of my faith in Christ, His power, even "the power of His deliverance" (Alma 7:13) comes into my life.

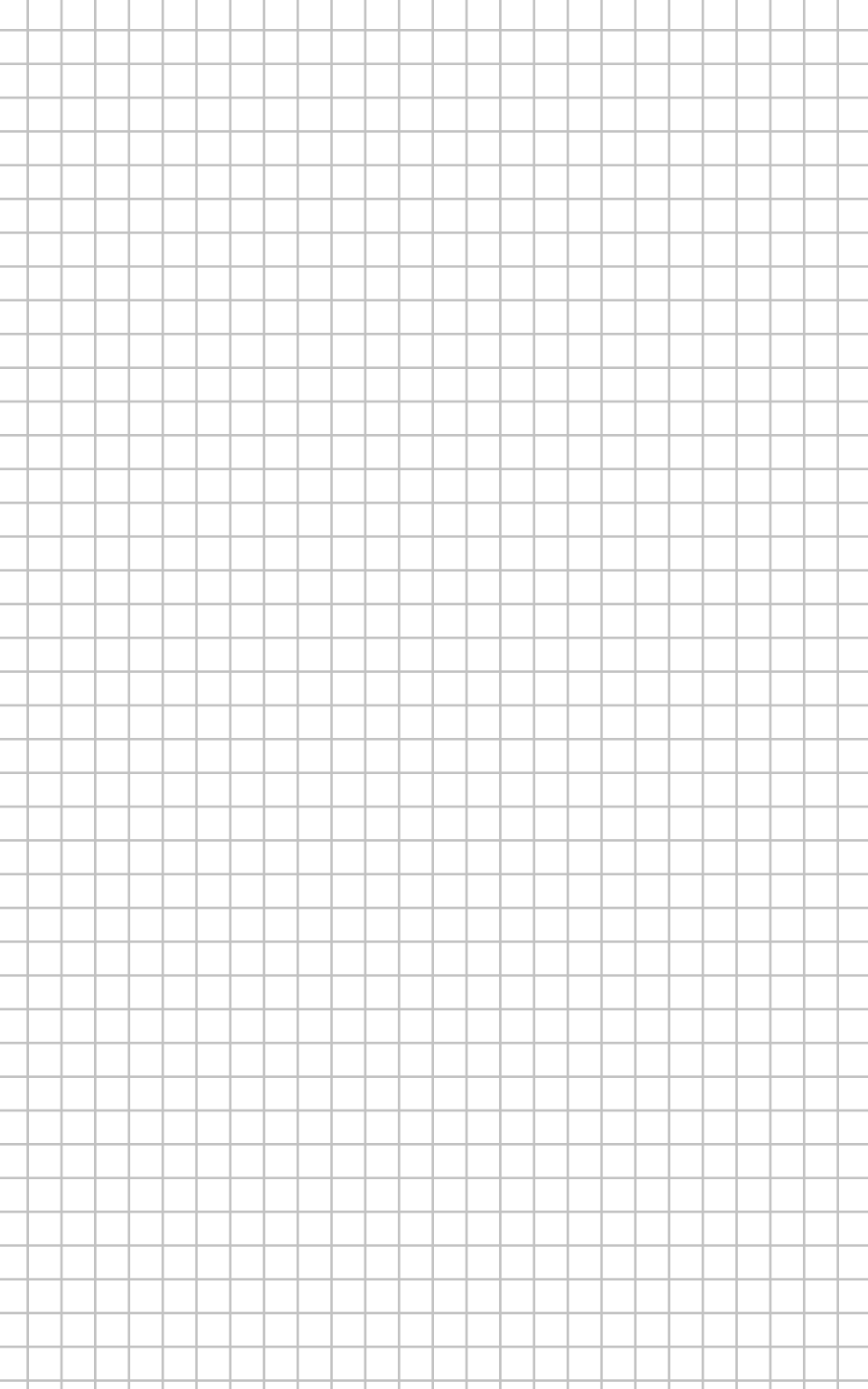
"When you reach up for the Lord's power in your life with the same intensity that a drowning person has when grasping and gasping for air, power from Jesus Christ will be yours. When the Savior knows you truly want to reach up to Him--when He can feel that the greatest desire of your heart is to draw His power into your life--you will

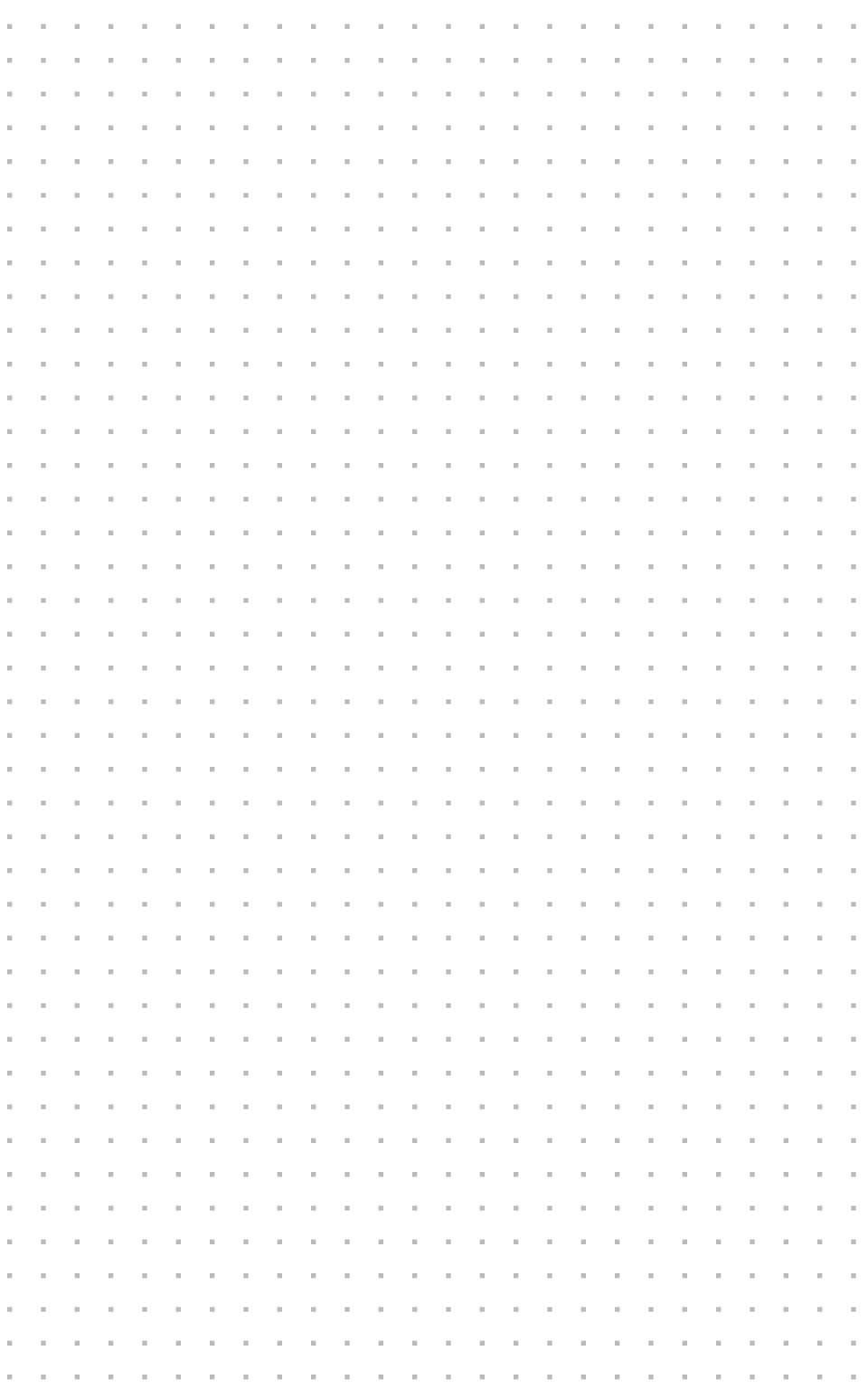
be led by the Holy Ghost to know exactly what you should do" (Russell M. Nelson, GC, Apr-2017).

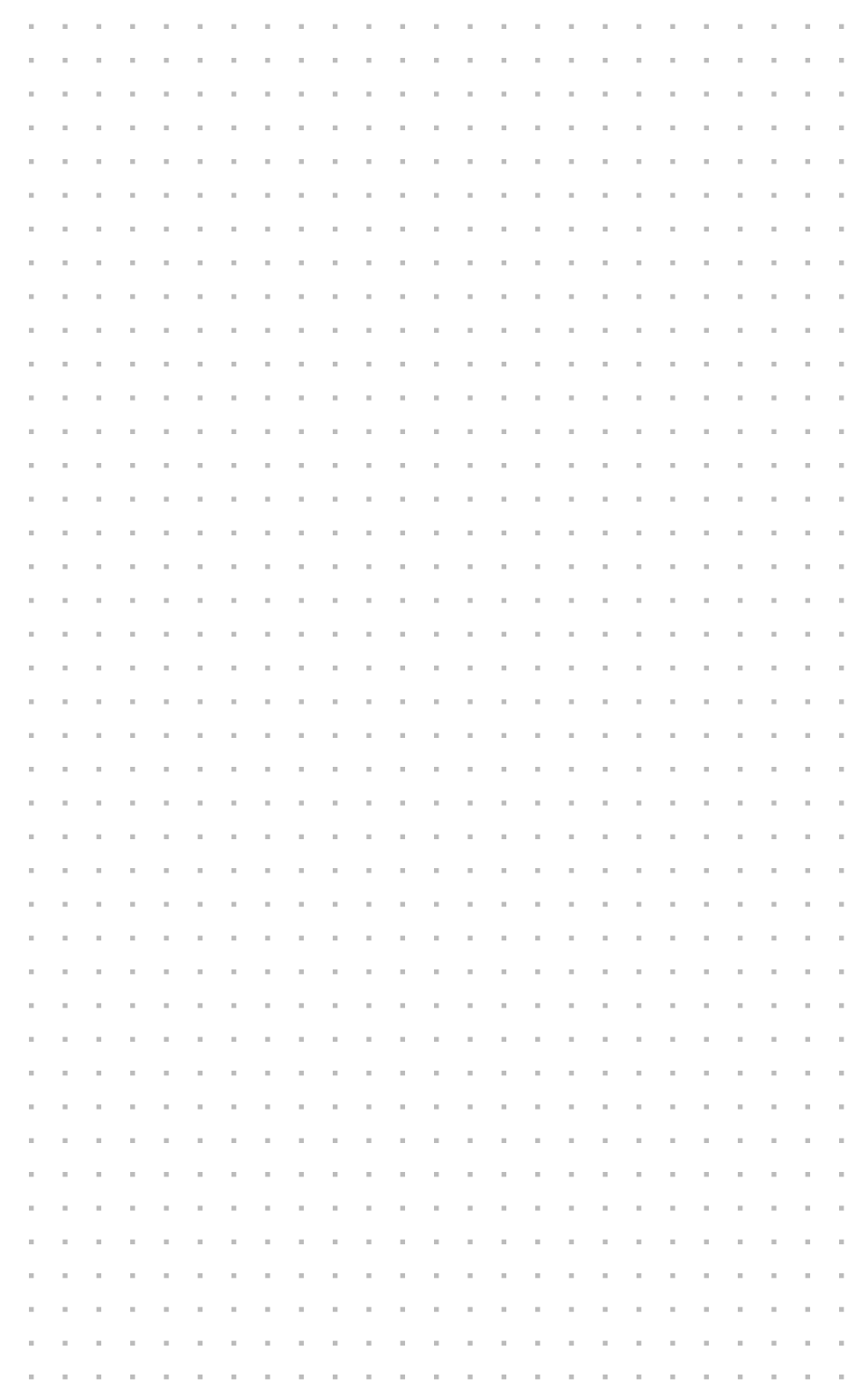
And then I know what to do. I know how to "arise from the dust" (Moroni 10:31). Take His hand. Walk with Him. Talk with Him. Trust Him. Follow Him. Let Him forgive the old me who thought my way was best. Let Him mold and shape me. Let Him "put on the new" (Colossians 3). Let Him "put on [the] beautiful garments," even "the garments of salvation." Then, like Alma, "my soul shall be joyful in my God" (Isaiah 61:10).

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "Repentance: A Joyful Choice," Dale G. Renlund, GC, Oct-2016.
- ☐ Elder Jeffrey R. Holland reminded us that "Repentance is simply the scriptural invitation for growth and improvement and progress and renewal" ("For Times of Trouble," BYU Devotional, Mar-1980). Ponder one thing you can do to improve or one sin you can give away to grow closer to Christ. Make an implementation plan for the coming week. Record your practice and progress.







Why does
doing good matter in
this life and the next?

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Read Alma 41:1-15



Question 5: Why does doing good matter in this life and the next?

Read: Alma 41:1-15

I love how clearly the Law of Restoration/the Law of the Harvest is taught in this chapter. We reap what we sow. "For that which ye do send out shall return unto you again and be restored."

Recently in family scripture study we read 3 Nephi 24:14-18 where Jesus Christ taught the Nephites after His Resurrection. Our Savior totally understands that we all wonder why repentance and obedience to His laws and ordinances, including doing good, matter. "Ye have said: It is vain to serve God, and what doth it profit that we have kept his ordinances and that we have walked mournfully before the Lord of Hosts?"

The Lord understands that to us it looks like "the proud [are] happy" and "they that work wickedness are set up." So why should we focus on doing good and obeying God's commandments when everyone else is just living a life of pleasure and ease for themselves?

He reminds us that "a book of remembrance" is being kept of those who fear the Lord and think on his name. He assures us that "they shall be mine ... in that day when I make up my jewels; and I will spare them as a man spareth his own son that serveth him. Then shall ye ... discern between the righteous and the wicked, between him that serveth God and him that serveth him not."

Jesus Christ is truly "an high priest of good things to come" (Hebrews 9:11). "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him." We can live "in faith, not having received the promises, but having seen them afar off, and [being] persuaded of them, [we can] embrace them" because we "desire a better country, that is, an heavenly...city.... God having provided some better thing for us" (Hebrews 11:13, 16, 40).

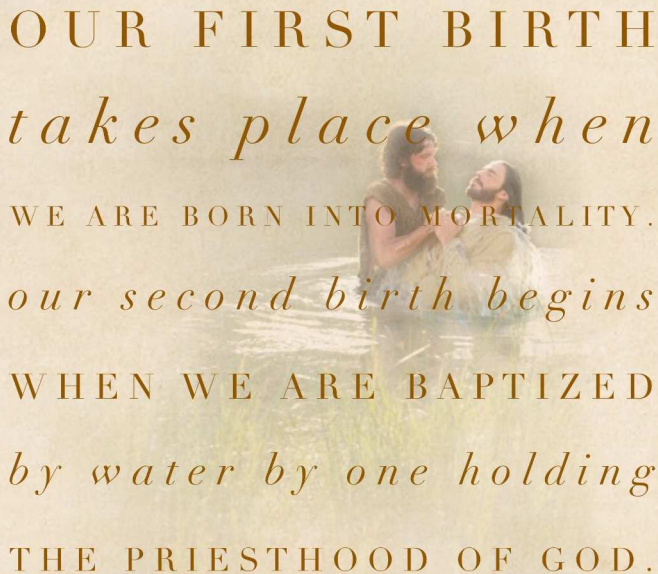
Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "Try, Try, Try," Henry B. Eyring, GC, Oct-2018.
- ☐ "Choose Ye This Day to Serve the Lord," Julie B. Beck, BYU Women's Conference, Apr-2010.
- ☐ "Good, Better, Best," Dallin H. Oaks, GC, Oct-2007.

Do infants need to be baptized?

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Read Moroni 8:1-17



OUR FIRST BIRTH
takes place when
WE ARE BORN INTO MORTALITY.
our second birth begins
WHEN WE ARE BAPTIZED
by water by one holding
THE PRIESTHOOD OF GOD.

-james e. faust, apr-2001, #ldsconf

Question 6: Do infants need to be baptized?

Read: Moroni 8:1-17

Verses 15 and 22 impress me the most. "For awful is the wickedness to suppose that God saveth one child because of baptism, and the other must perish because he hath no baptism.... For behold that all little children are alive in Christ, and also all they that are without the law." The reason I like these verses is because they show that God's love and mercy is over all His children, infants and adults, sinners and saints.

The doctrine that "this thing shall ye teach--repentance and baptism unto those who are accountable and capable of committing sin; yea, teach parents that they must repent and be baptized, and humble themselves as their little children, and they shall all be saved" explains why "Christ went and preached unto the spirits in prison" (1 Peter 3:19).

Doctrine & Covenants 138:32-35 gives us a greater understanding how gospel truths are to be made known to all that all might be "partakers of salvation."

32 Thus was the gospel preached to those who had died in their sins, without a knowledge of the truth, or in transgression, having rejected the prophets.

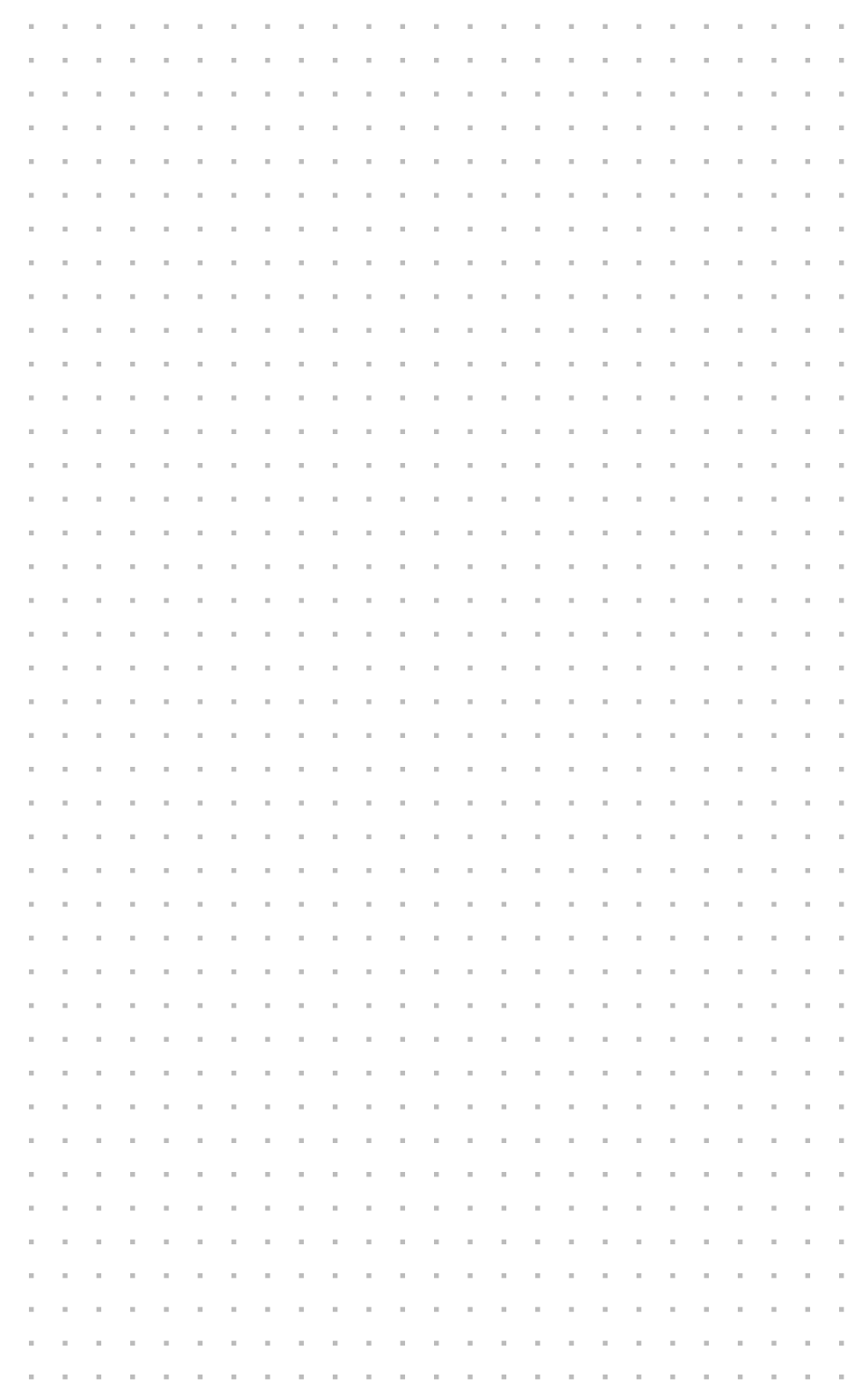
33 These were taught faith in God, repentance from sin, vicarious baptism for the remission of sins, the gift of the Holy Ghost by the laying on of hands,

34 And all other principles of the gospel that were necessary for them to know in order to qualify themselves that they might be judged according to men in the flesh, but live according to God in the spirit.

35 And so it was made known among the dead, both small and great, the unrighteous as well as the faithful, that redemption had been wrought through the sacrifice of the Son of God upon the cross.

Ponder, Apply, Write, Study:

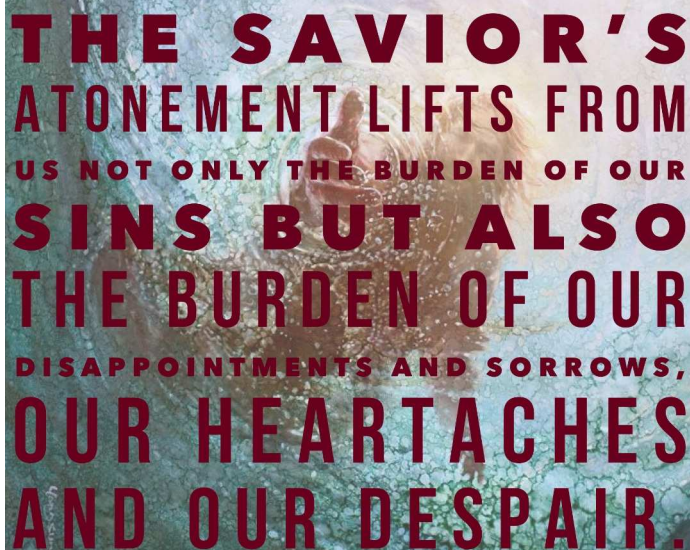
- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?



What is the atonement
of Jesus Christ?

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Read Alma 34:8-41



**THE SAVIOR'S
ATONEMENT LIFTS FROM
US NOT ONLY THE BURDEN OF OUR
SINS BUT ALSO
THE BURDEN OF OUR
DISAPPOINTMENTS AND SORROWS,
OUR HEARTACHES
AND OUR DESPAIR.**

-JEFFREY R. HOLLAND, APR-2006, #LDSCONF
www.taemen.co.kr

Question 7: What is the Atonement of Jesus Christ?

Read: Alma 34:8-41

I love this chapter because it also answers the question: "How do I receive and use the great gift of grace the Father has given to us through the Atonement of Jesus Christ?" In other words, "How do I apply the Atonement of Jesus Christ?"

A friend of mine who works as an Addiction Recovery Missionary shared with me the "6 G's of Grace" she learned.

1. Get on your knees and ask for God for help (Alma 34:17-26). *Faith*.
2. Give thanks in all things (Alma 34:38). *Humility*.
3. Give it up. Give it to God (Alma 34:31-36). ("Get God to take them away from our hearts." ~Alma 24:11.) *Repentance*.
4. Get out of His way. Get on with your life and your business. Let God do His work (Alma 34:30, 38-41). *Diligence*.
5. Give service to others. Give your heart to God (Alma 34:27-29). *Obedience*.
6. Receive the Gift of the Holy Ghost and Seek the Gifts of the Spirit (Alma 34:34-39). *Receive the Holy Ghost*.

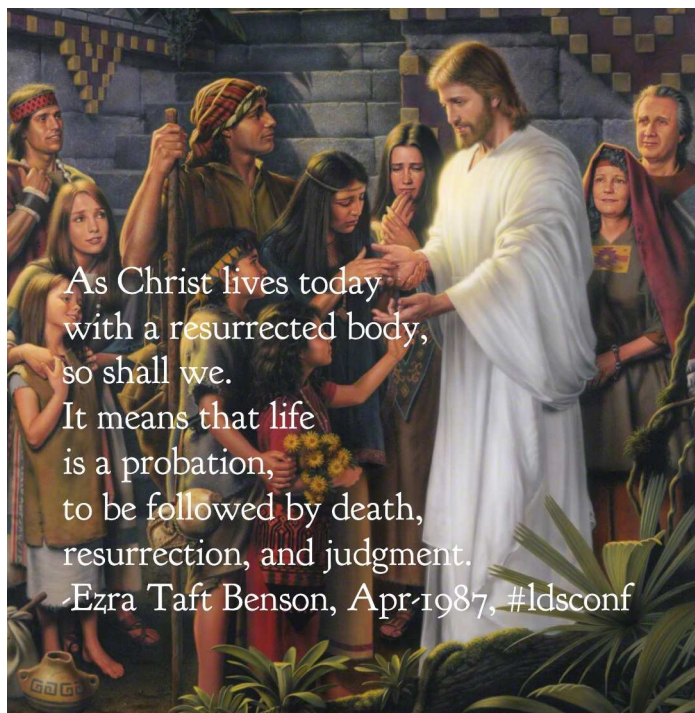
Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "The Divine Power of Grace," James J. Hamula, *Ensign*, Dec-2016.
- ☐ "In the Strength of the Lord," David A. Bednar, BYU Devotional, Oct-2001.
- ☐ "Receiving Divine Assistance through the Grace of the Lord," Gene R. Cook, GC, Apr-1993.

What happened after the resurrection of Jesus Christ?

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Read 3 Nephi 11:1-17



As Christ lives today
with a resurrected body,
so shall we.

It means that life
is a probation,
to be followed by death,
resurrection, and judgment.

Ezra Taft Benson, Apr 1987, #ldsconf

Question 8: What happened after the resurrection of Jesus Christ?

Read: 3 Nephi 11:1-17

I love how anxious and willing Heavenly Father and Jesus Christ are to make themselves known unto all men. I love that They "will gather all nations and tongues" and invite all to "come, and see [Their] glory" (Isaiah 66:18).

What a wonderful opportunity these people in the Americas had to see Christ, to "feel the prints of the nails in [His] hands and in [His] feet, that [they] might know that I [, Jesus Christ,] am the God of Israel, and the God of the whole earth, and have been slain for the sins of the world."

I love Elder Bruce R. McConkie's last testimony of Him in April 1985 General Conference:

I testify that he is the Son of the Living God and was crucified for the sins of the world. He is our Lord, our God, and our King. This I know of myself independent of any other person.

I am one of his witnesses, and in a coming day I shall feel the nail marks in his hands and in his feet and shall wet his feet with my tears.

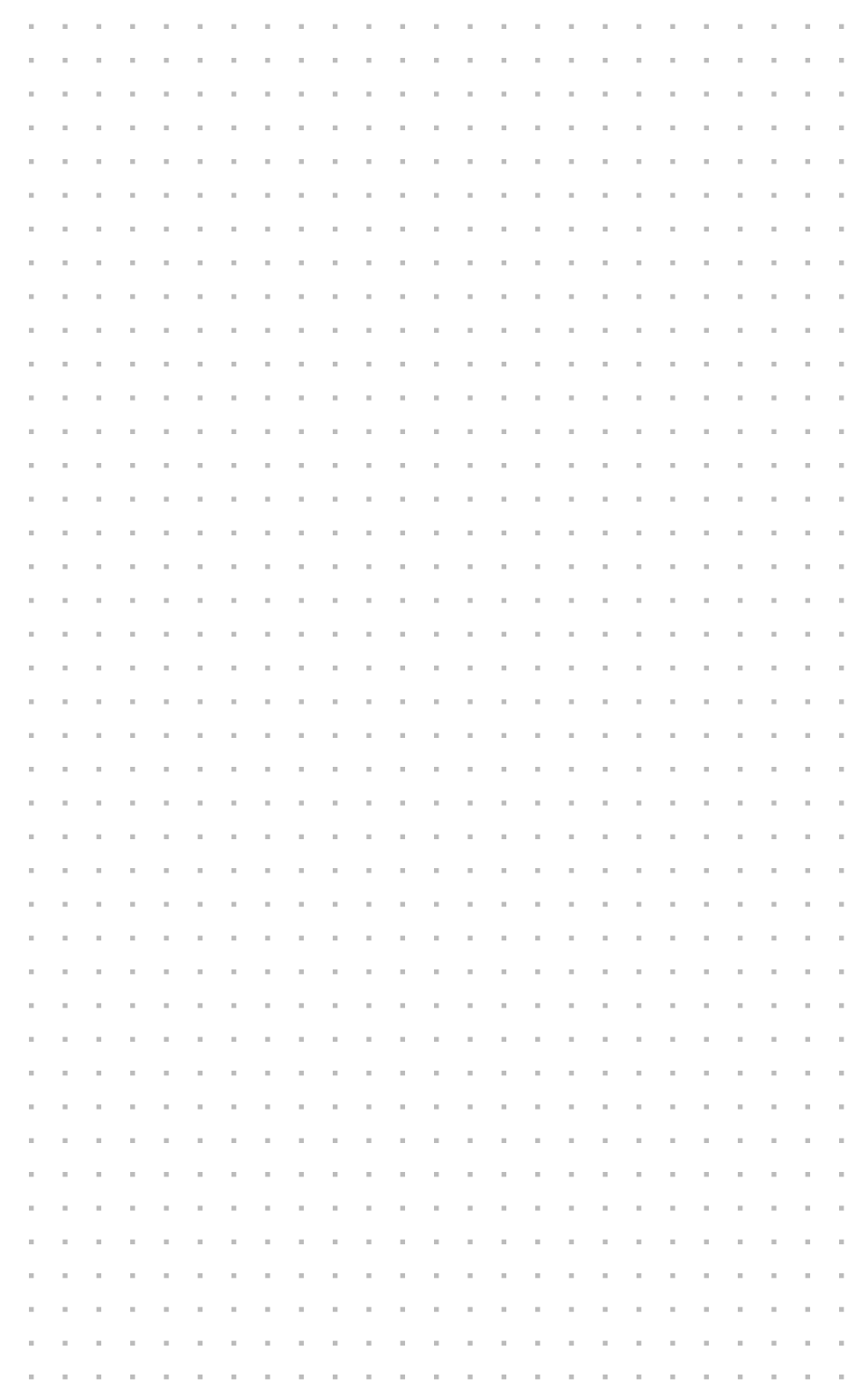
But I shall not know any better then than I know now that he is God's Almighty Son, that he is our Savior and Redeemer, and that salvation comes in and through his atoning blood and in no other way.

Elder Gerrit W. Gong said in April 2018 General Conference, "I reverently witness and solemnly testify of the living Christ--He who 'died, was buried, and rose again the third day, and ascended into heaven.' He is Alpha and Omega--with us in the beginning, He is with us to the end."

I look forward to the day when Christ is with us on the earth again. I will rejoice and cry out: "Hosanna! Blessed be the name of the Most High God! And...fall down at the feet of Jesus, and...worship him."

Ponder, Apply, Write, Study:

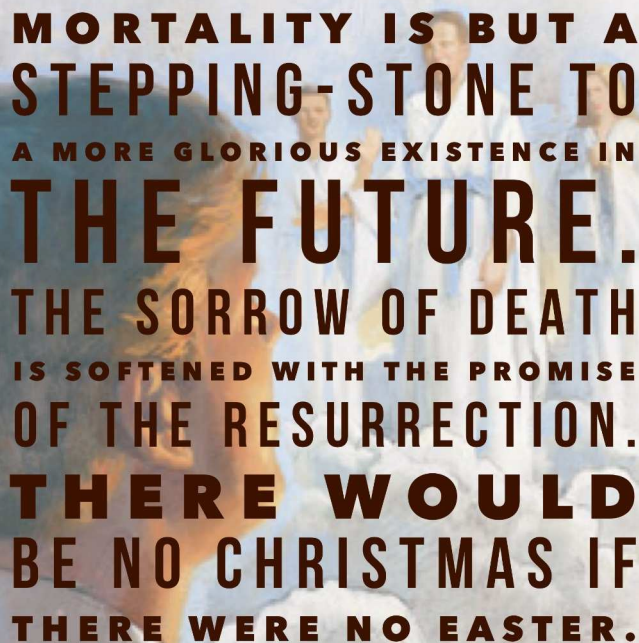
- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ *The Living Christ: The Testimony of the Apostles.*



What do we know about
life after death?

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Read Alma 40:4-14



**MORTALITY IS BUT A
STEPPING-STONE TO
A MORE GLORIOUS EXISTENCE IN
THE FUTURE.
THE SORROW OF DEATH
IS SOFTENED WITH THE PROMISE
OF THE RESURRECTION.
THERE WOULD
BE NO CHRISTMAS IF
THERE WERE NO EASTER.**

-GORDON B. HINCKLEY, APR-2007, #LDSCONF

Question 9: What do we know about life after death?

Read: Alma 40:4-14

Like Alma, many of us wonder "what becometh of the souls of men from this time of death to the time appointed for the resurrection?"

Pres. Joseph F. Smith said, "I believe we move and have our being in the presence of heavenly messengers and of heavenly beings. We are not separate from them.... We are closely related to our kindred, to our ancestors ... who have preceded us into the spirit world. We cannot forget them; we do not cease to love them; we always hold them in our hearts, in memory, and thus we are associated and united to them by ties that we cannot break.... If this is the case with us in our finite condition, surrounded by our mortal weaknesses,... how much more certain it is ... to believe that those who have been faithful, who have gone beyond ... can see us better than we can see them--that they know us better than we know them.... we live in their presence, they see us, they are solicitous for our welfare, they love us now more than ever. For now they see the dangers that beset us ... their love for us and their desire for our well being must be greater than that which we feel for ourselves" (General Conference, Apr-1916).

Truly the Lord "shall turn the heart of the fathers to the children, and the heart of the children to their fathers" (Malachi 4:6). My heart is turned to my "grand" fathers and mothers as I participate in family history work and learn their stories. My understanding of our eternal family relationships increases as I participate in sacred temple ordinances that bind my ancestors to our family forever.

How grateful I am that "relationships can be strengthened through the veil with people we know and love" and with those dear family members who have paved the way before us. (See Richard G. Scott, GC, Apr-2012.)

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ You can study additional questions and answers on this topic at <https://www.lds.org/youth/article/what-happens-after-we-die>.
- ☐ "What Is This Thing That Men Call Death? Latter-day Saint Teachings About the Spirit World," Brent L. Top, BYU Devotional, Aug-2010.

Why does God allow evil
and suffering
to happen?

#DiscoverWhat'sInsideTheBookofMormon

Read 2 Nephi 2:1-30



Question 10: Why does God allow evil and suffering to happen?

Read: 2 Nephi 2:1-30

Verses 22-26 remind me of *Falling to Heaven* by James L. Ferrell. The Fall was necessary to bring about our progress and growth, otherwise we "would have remained in a state of innocence, having no joy, for they knew no misery; doing no good, for they knew no sin."

Pres. Russell M. Nelson taught, "We can feel joy regardless of what is happening--or not happening--in our lives. Joy comes from and because of Him. He is the source of all joy. Just as the Savior offers peace that 'passeth all understanding,' He also offers an intensity, depth, and breadth of joy that defy human logic or mortal comprehension" ("Joy Spiritual Survival," Oct-2016).

I believe God allows evil and suffering, even opposition, to exist so we can experience that "intensity, depth, and breadth of joy," along with a wide variety of emotions and situations. Our feelings in various circumstances help us to "know good from evil." As we "taste the bitter," we come to "know to prize the good" (Moses 5:55-56). Like Jason Hague, author of *Aching Joy*, we can learn "how to sigh in pain, how to weep in gladness, and how to trust during days of hope deferred."

Pres. Nelson reminded us that "in all things, Jesus Christ is our ultimate exemplar, 'who for the joy that was set before him endured the cross' (Heb. 12:2). What will you and I be able to endure as we focus on the joy that is 'set before' us?" (Oct-2016).

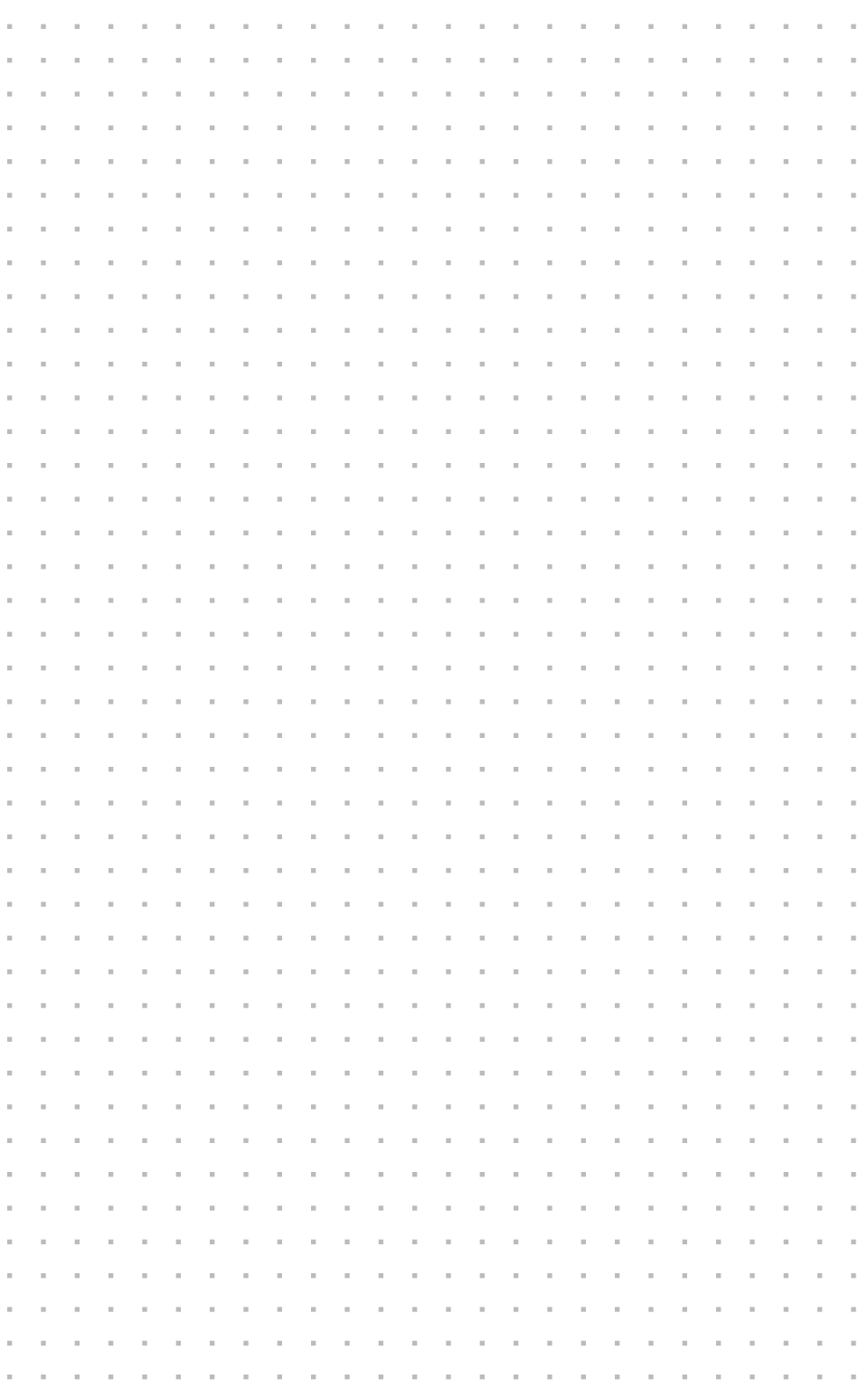
I love Isaiah's promise that we will receive "beauty for ashes." Even, "everlasting joy shall be unto [us]" (Is. 61:3, 7). Linda S. Reeves explained, "The Lord allows us to be tried and tested, sometimes to our maximum capacity. We have seen the lives of loved ones--and maybe our own--figuratively burned to the ground and have wondered why a loving and caring Heavenly Father would allow such

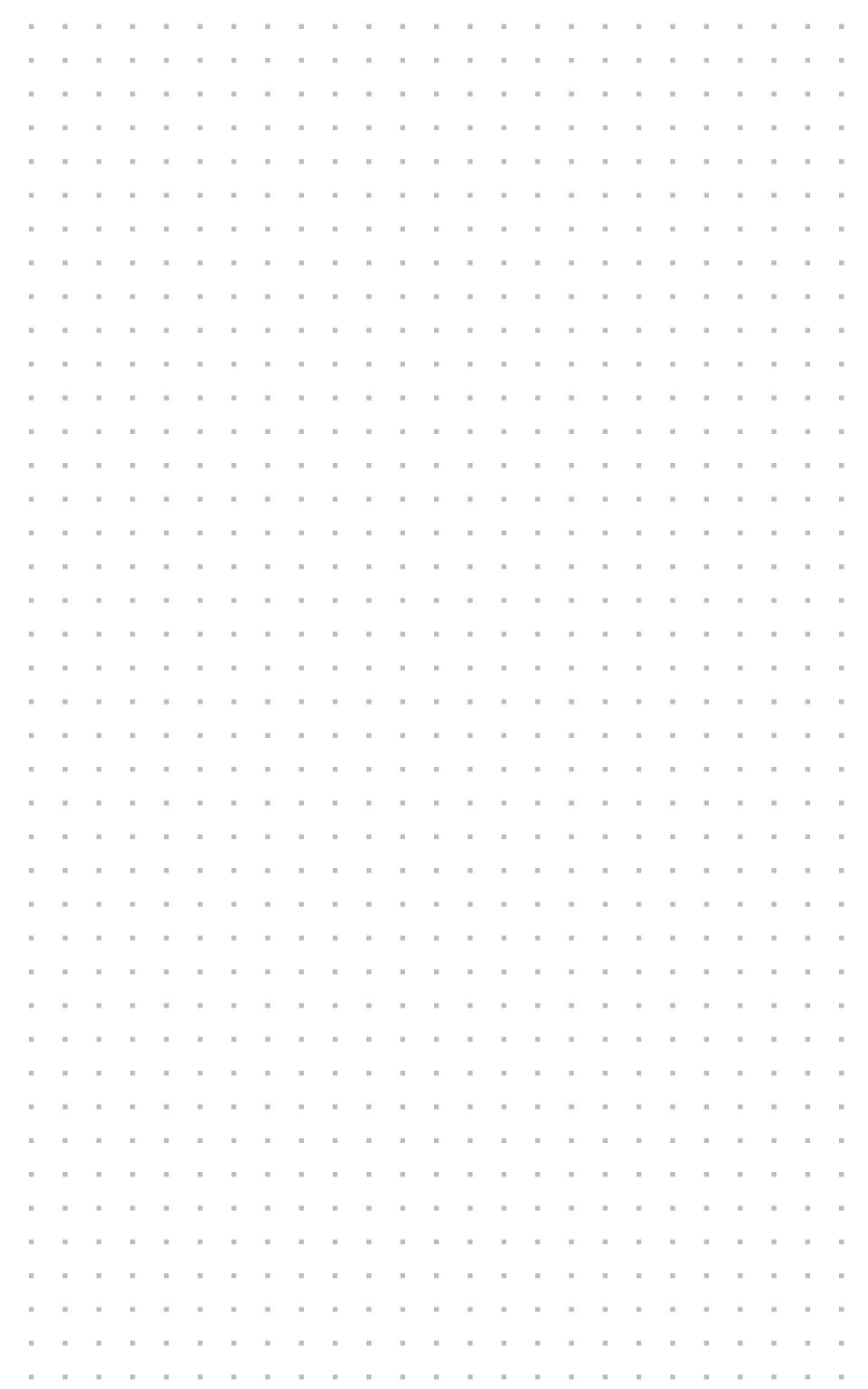
things to happen. But He does not leave us in the ashes; He stands with open arms, eagerly inviting us to come to Him. He is building our lives into magnificent temples where His Spirit can dwell eternally" ("Claim the Blessings of ... Covenants," Oct-2013).

In Doctrine and Covenants 58:3-4, the Lord tells us: "Ye cannot behold with your natural eyes, for the present time, the design of your God concerning those things which shall come hereafter, and the glory which shall follow after much tribulation. For after much tribulation come the blessings. Wherefore the day cometh that ye shall be crowned with much glory."

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Mosiah 23-24.
- ☐ Alma 14-15.
- ☐ "Look Unto Him in Every Thought," Joy D. Jones, BYU Devotional, Aug-2018.
- ☐ "God Shall Wipe Away All Tears," Evan A. Schmutz, GC, Oct-2016.
- ☐ "Bear Up Their Burdens with Ease," David A. Bednar, GC, Apr-2014.
- ☐ "I Will Not Fail Thee, nor Forsake Thee," Thomas S. Monson, GC, Oct-2013.
- ☐ "Be Still and Know God," Erin D. Maughan, BYU Devotional, Aug-2009
- ☐ "Lessons from Liberty Jail," Jeffrey R. Holland, BYU Devotional, Sep-2008.
- ☐ "An High Priest of Good Things to Come," Jeffrey R. Holland, GC, Oct-1999.
- ☐ "Seeing Green," Jill Thomas, Mormon Channel: Hope Works Series.

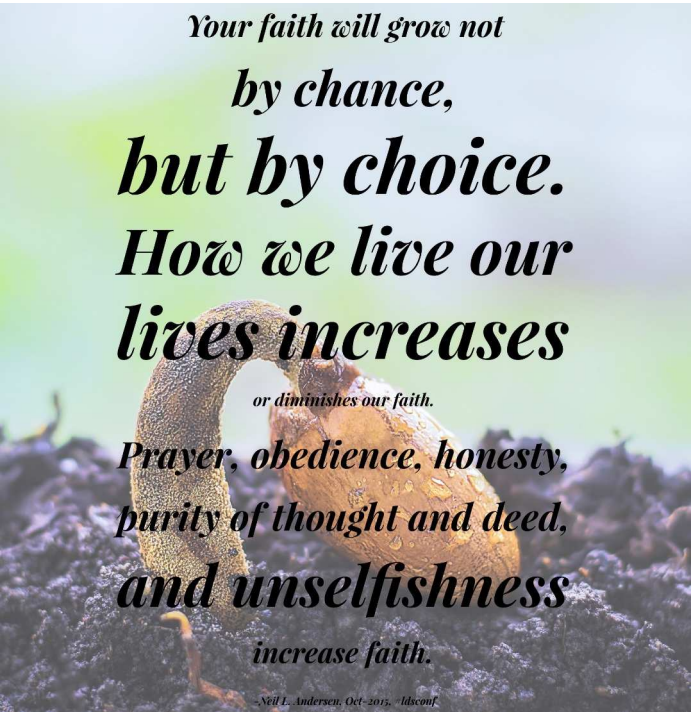




How can our faith grow?

#DiscoverWhat'sInsideTheBookofMormon

Read Alma 32:21-43



*Your faith will grow not
by chance,
but by choice.
How we live our
lives increases*

or diminishes our faith.

*Prayer, obedience, honesty,
purity of thought and deed,
and unselfishness
increase faith.*

-Neil L. Andersen, Oct-2015, "ldsconf"

Question 11: How can our faith grow?

Read: Alma 32:21-43

I love the imagery of faith being planted in our hearts like a seed in the ground. To "give place for a portion of [God's] words" in our hearts means I not only read God's words but I receive them and act upon them.

I am able to understand "this is a good seed," or a good commandment, as I keep it. As I strive moment-to-moment to obey God's commandment or counsel that I planted in my heart, the seed I am practicing "beginneth to enlarge my soul; yea, it beginneth to enlighten my understanding, yea, it beginneth to be delicious to me."

As I "experiment upon [God's] words" I am able to "taste this light" and "whatsoever is light, is good." Because it is good, I want to "feast" upon the fruits of this seed. Therefore, I must "nourish it with great care, that it may get root, that it may grow up and bring forth fruit."

Faith is like a little seed: If planted, it will grow.

Faith is a swelling within my heart. When I do right, I know....

Faith is trust in God above; In Christ, who showed the way.

Faith is strengthened; I feel it grow Whenever I obey.

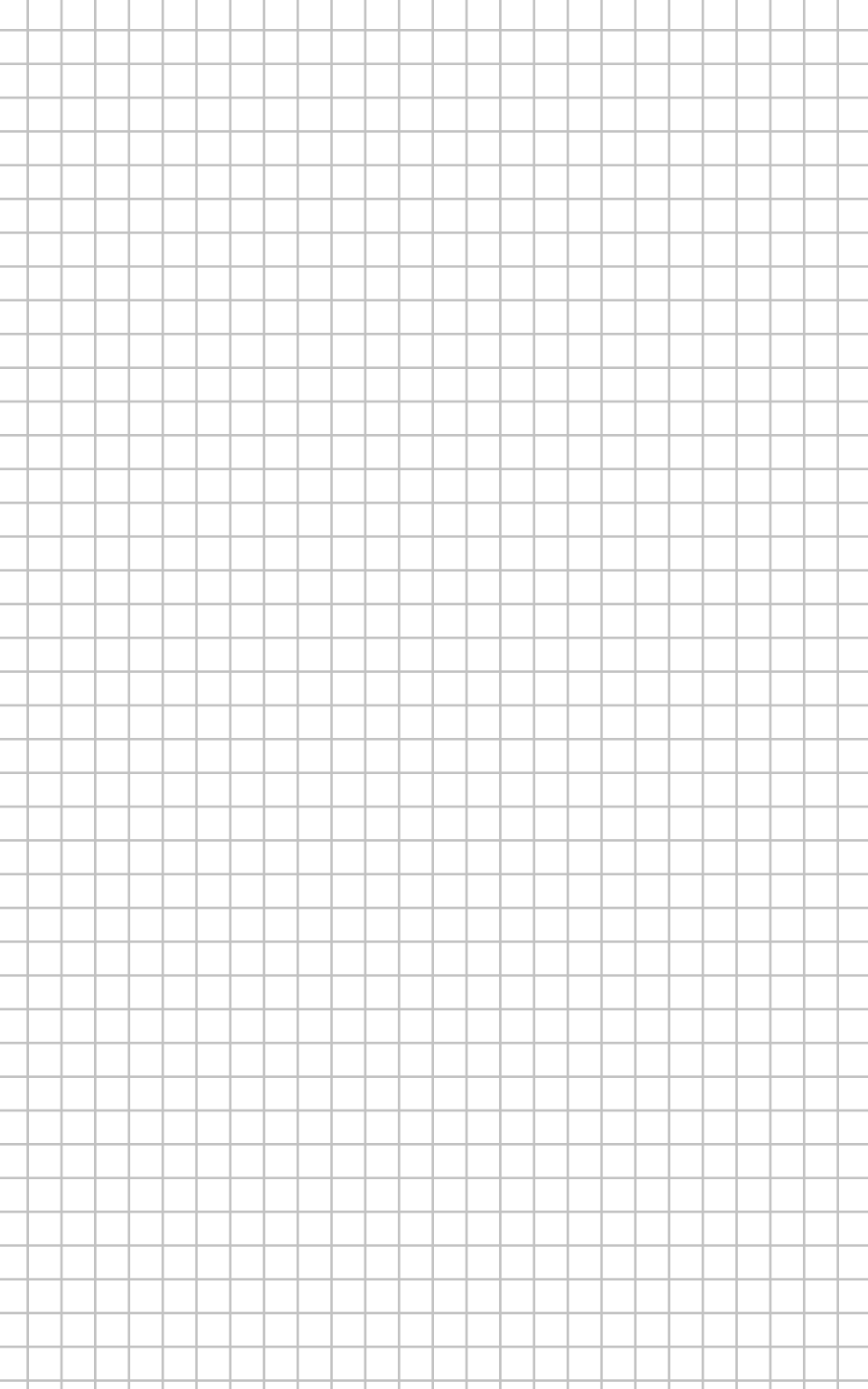
(The Children's Songbook, 96.)

Elder Dieter F. Uchtdorf said, "The more we incline our hearts and minds toward God, the more heavenly light distills upon our souls. And each time we willingly and earnestly seek that light, we indicate to God our readiness to receive more light. Gradually, things that before seemed hazy, dark, and remote become clear, bright, and familiar to us.... we are all pilgrims seeking God's light as we journey on the path of discipleship.... we nourish and encourage all light until it grows clear, bright, and true.... gaining a testimony is not a task of a minute, an hour, or a day. It is not once and done. The

process of gathering spiritual light is the quest of a lifetime" ("Receiving a Testimony of Light and Truth," Oct-2014).

Ponder, Apply, Write, Study:

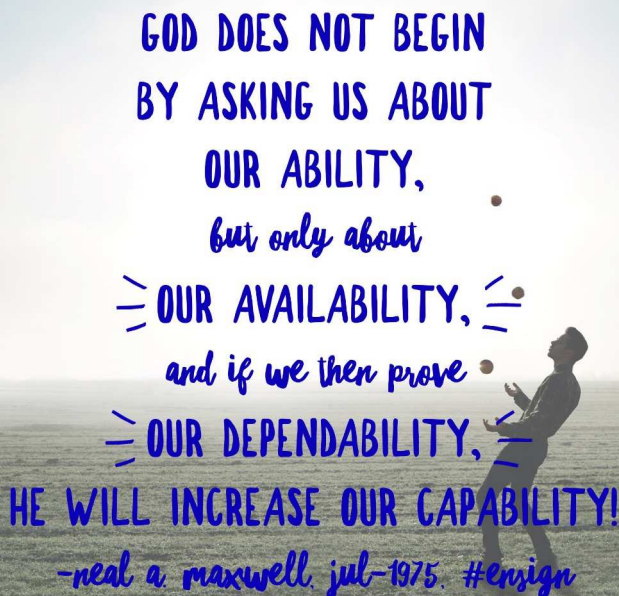
- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Alma 33. What word, or seed, does Alma suggest planting in our hearts?
- ☐ "Faith is Not by Chance, but by Choice," Neil L. Andersen, GC, Oct-2015.
- ☐ "Tasting the Light," Lynn G. Robbins, Worldwide Devotional for Young Adults, May-2015. Or, you can study a talk from Question 1 that you haven't studied yet.



How can I find balance in life?

#DiscoverWhat'sInsideTheBookofMormon

Read 3 Nephi 13:19-34



GOD DOES NOT BEGIN
BY ASKING US ABOUT
OUR ABILITY,
but only about
= OUR AVAILABILITY, =
and if we then prove
= OUR DEPENDABILITY, =
HE WILL INCREASE OUR CAPABILITY!
-neal a. maxwell, jul-1975. #ensign

Question 12: How can I find balance in life?

Read: 3 Nephi 13:19-34

For me, the answer to this question is found in verse 25. We find balance in life as we minister to the people around us. We find balance in life as we participate in the Divine Paradox.

"He that findeth his life shall lose it: and he that loseth his life for my sake shall find it" (Matthew 10:39).

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30).

In *Falling to Heaven*, James L. Ferrell said, "Think about what this means. When we are feeling burdened, weighed down, and heavy, Jesus is telling us that relief comes only as we do what all of our intuitions tell us is the last thing we should do--take upon ourselves an additional burden. Although yokes distribute burdens between partners, Jesus is asking us to take on the burden of a yoke we aren't presently carrying. This is an additional weight, or at least it seems to be, and therefore what sounds like an added measure of heaviness."

He continued, "This particular weight, it turns out, is different from all others. It is a weight that lifts, a burden that is light, a heaviness that brings peace to the soul. Which, of course, sounds absurd. So the world, with all good intentions, looks for happiness in other ways--embarking on paths that seem by their very natures, more happy and promising. As I have walked my own share of such paths, I have learned that what they offer is a mirage-- a kind of cotton candy to the soul that leaves us emptier or else more puffed up than before."

We find ourselves and we find balance in life when we lose ourselves in service to God and our fellowmen.

In his book *Off Balance*, Matthew Kelly proposed that what we want isn't really balance but satisfaction. He said, "People need and want a satisfying experience of life.... People want personal and professional satisfaction.... Living a life that is deeply satisfying requires a strategy, daily attention, self-awareness, and discipline."

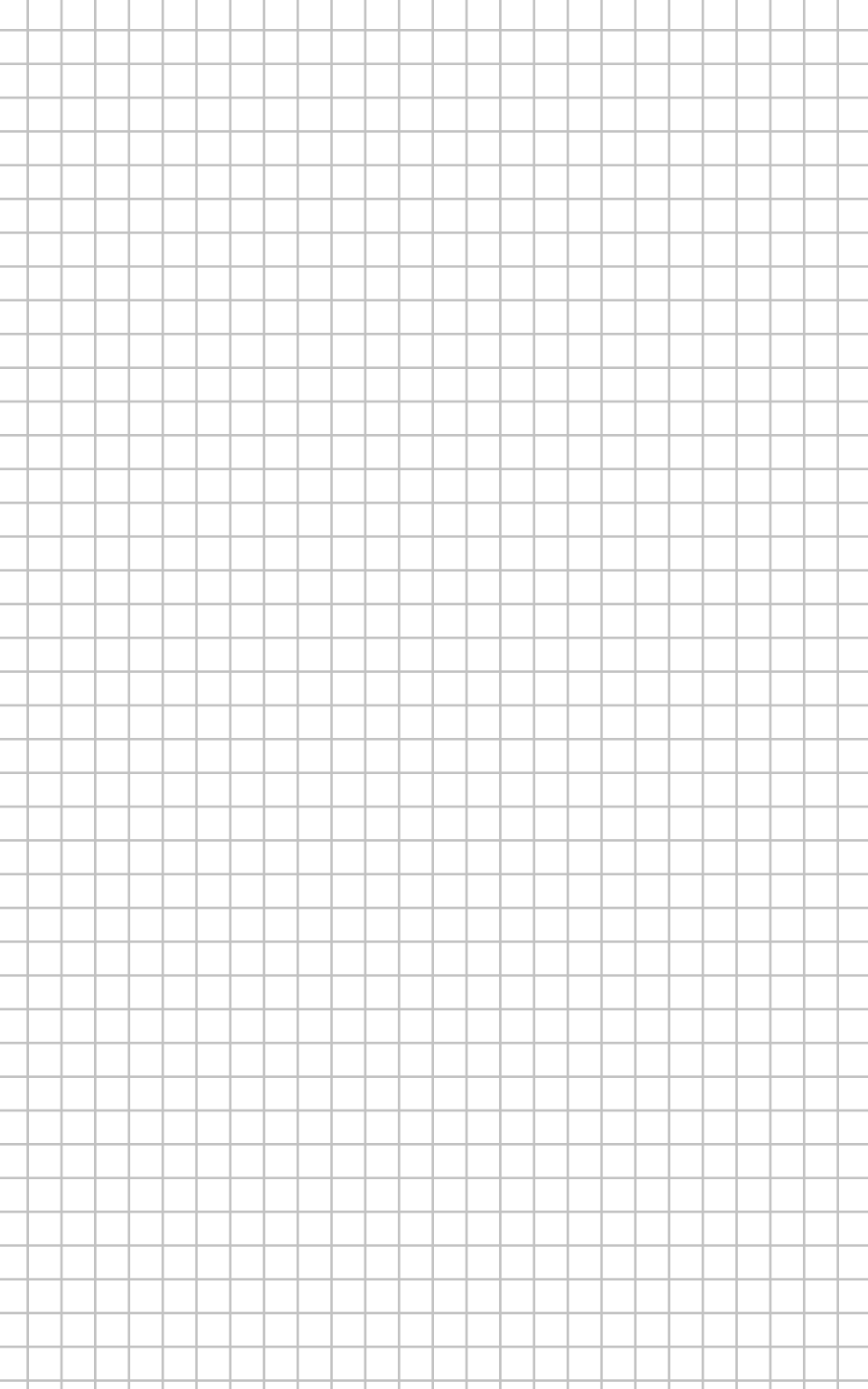
Elder Neal A. Maxwell suggested that we "develop multiple sources of satisfaction through wise and multiple services to mankind." Then he cautioned us to "search our souls to see if it is possible that in our present tasks we may be giving of our time, talents, and money without really giving fully of ourselves. It is possible to withhold self while still doing much. It has been noted how some prefer to give presents rather than presence!" ("It's Service, Not Status, That Counts," *Ensign*, Jul-1975.) Being there, being mindful and being "heart"-ily engaged in each activity brings greater satisfaction and fulfillment.

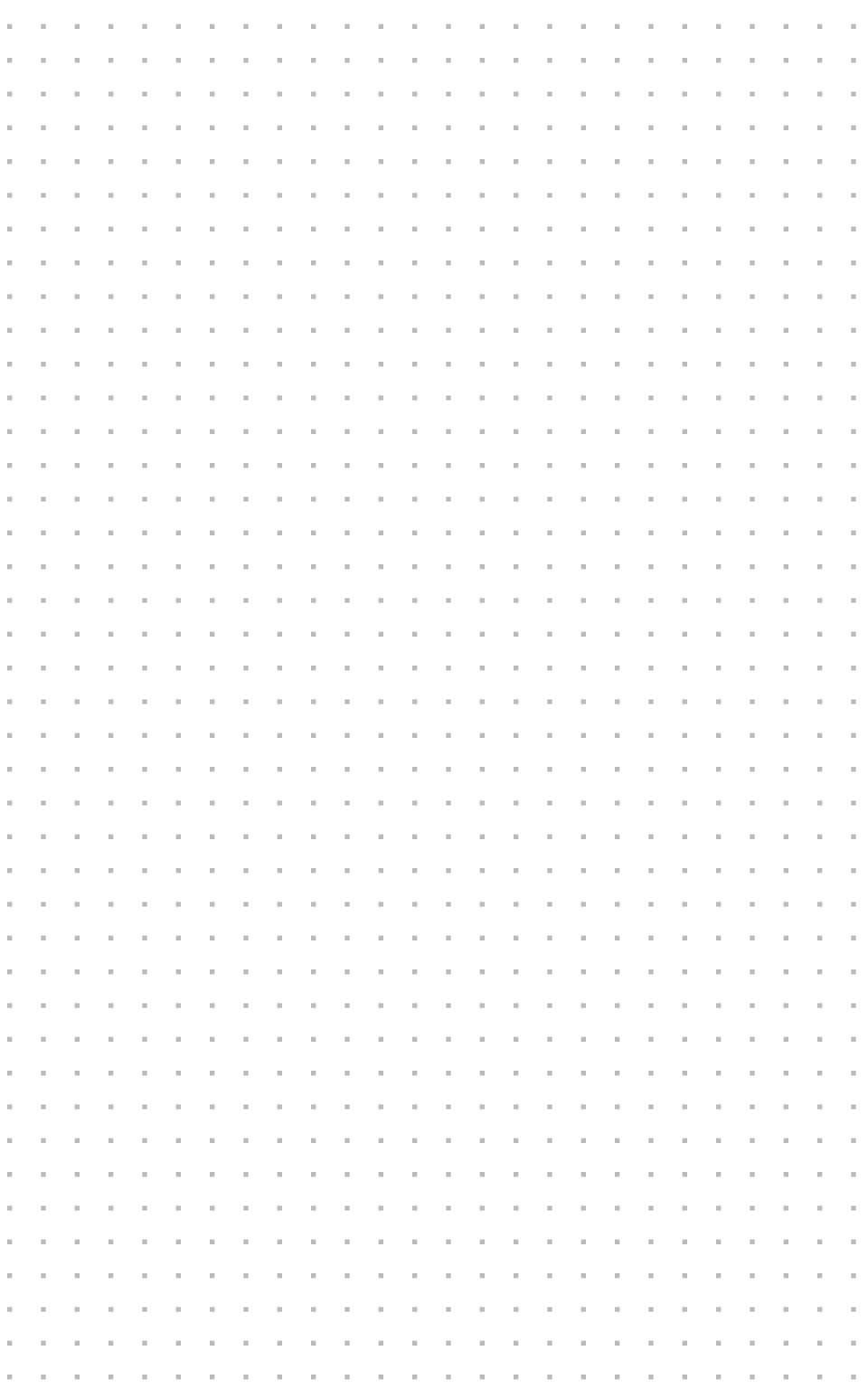
Jessica N. Turner, author of *Stretched Too Thin*, shared this on finding balance. "The best advice I was ever given was to imagine that my life was a juggling act. Only some of my balls are glass and some rubber. I can drop the rubber balls and pick them up later and they aren't any different. However, if I drop a glass ball, they are broken forever--no matter how hard you try to fix it. The key then is to determine which balls are your glass balls."

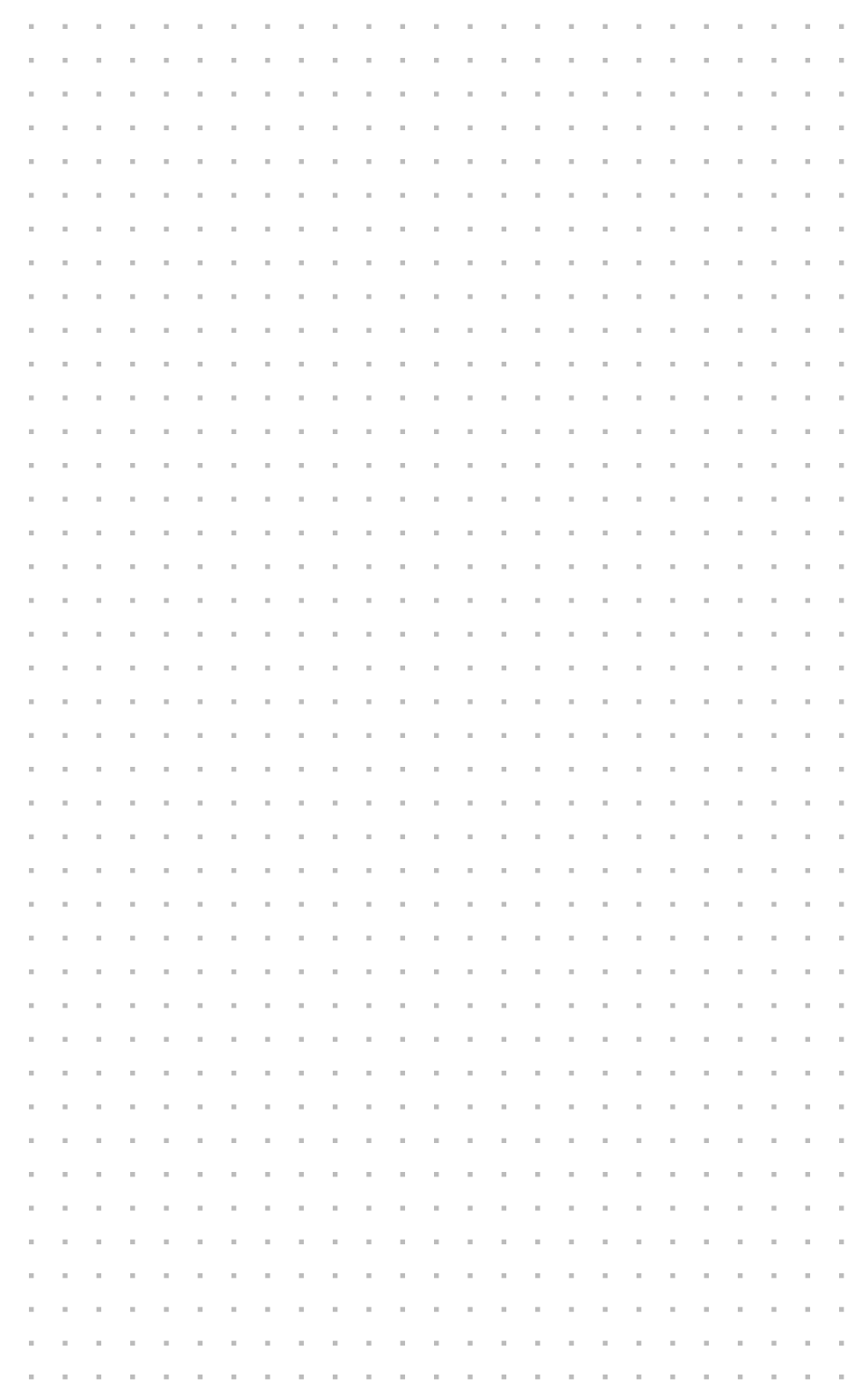
One final thought is that life is not a solo juggling act. Your Savior, Jesus Christ, is anxious to be your permanent juggling partner. While you hold your family glass ball close to your heart, let Him juggle the other glass balls. While you care for your occupation glass ball, let Him care for your family and other glass balls. You can also invite others--like your spouse, parents, siblings, friends, professionals--to join your juggling team to help balance your glass and rubber balls. "Remember, you are not alone. The Savior has promised He will not leave you comfortless. You also have family, friends, and leaders who are cheering you on" (Gary E. Stevenson, Apr-2014).

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ What one thing can you do to be more available for the Lord? What one thing can you do, possibly even give up, to set aside time for ministering each day? *A sister missionary I know and her companion have tried "setting some time aside in every day where we just follow the promptings of the Holy Ghost to guide us to where we need to be and what we need to do."*
- ☐ What are your glass balls? What elements in your life bring you satisfaction? Which items are on both lists?
- ☐ How can you better give the gift of your presence--your heart, mind, and soul--each day?
- ☐ "The Search for Balance," Vanessa Ballam, LDSBC Devotional, Jul-2018.
- ☐ "Your Four Minutes," Gary E. Stevenson, GC, Apr-2014.



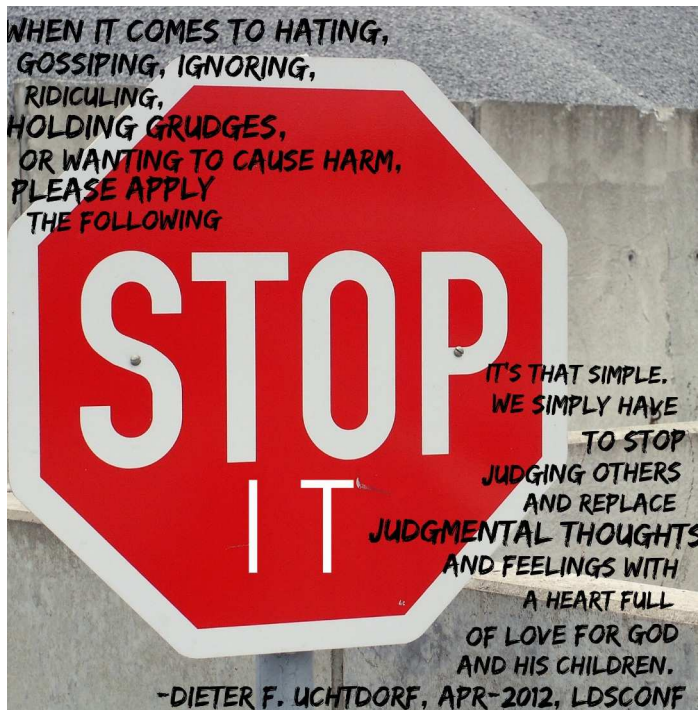




How can I strengthen
my relationship with
my loved ones?

#DiscoverWhat'sInsideTheBookofMormon

Read 3 Nephi 14:1-27



Question 13: How can I strengthen my relationship with my loved ones?

Read: 3 Nephi 14:1-27

I love verse 11 because it reminds me to give good gifts to my loved ones. To me, the best gift I can give them is my presence. I can be with them. I can be there at the thresholds and the crossroads. I can give them my time, my love, my listening ear, my hugs, and my encouragement.

"The Family: A Proclamation to the World" teaches us how to strengthen our relationship with our loved ones. "Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities."

I can give my loved ones the gifts of my faith in Christ, my prayers on their behalf, my continual repentance and improvement, my forgiveness when they fumble. I can give them the gift of working together, learning together, playing together, and serving together. I can give them my respect, love, and compassion--I can give them my heart. "For me, it's all about love." ("Pure Love...", Massimo De Feo, Apr-2018).

Elder Dieter F. Uchtdorf said, "We build deep and loving family relationships by doing simple things together, like family dinner and family home evening and by just having fun together. In family relationships love is really spelled t-i-m-e, time. Taking time for each other is the key for harmony at home. We talk with, rather than about, each other. We learn from each other, and we appreciate our differences as well as our commonalities. We establish a divine bond with each other as we approach God together through family prayer, gospel

study, and Sunday worship. We build this relationship [with our fellowman] one person at a time--by being sensitive to the needs of others, serving them, and giving of our time and talents" ("Of Things That Matter Most," Oct-2010).

Pres. Thomas S. Monson said: "As we arise each morning, let us determine to respond with love and kindness to whatever might come our way. Love is expressed in many recognizable ways: a smile, a wave, a kind comment, a compliment. Other expressions may be more subtle, such as showing interest in another's activities, teaching a principle with kindness and patience, visiting one who is ill or homebound. These words and actions and many others can communicate love."

He continued, "some of our greatest opportunities to demonstrate our love will be within the walls of our own homes. Love should be the very heart of family life, and yet sometimes it is not. There can be too much impatience, too much arguing, too many fights, too many tears. Lamented President Gordon B. Hinckley: 'Why is it that the [ones] we love [most] become so frequently the targets of our harsh words? Why is it that [we] sometimes speak as if with daggers that cut to the quick?' The answers to these questions may be different for each of us, and yet the bottom line is that the reasons do not matter. If we would keep the commandment to love one another, we must treat each other with kindness and respect."

Pres. Monson quoted "Dale Carnegie ... [who] believed that each person has within himself or herself the 'power to increase the sum total of [the] world's happiness ... by giving a few words of sincere appreciation.... Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime'" ("Love--the Essence of the Gospel," Apr-2014).

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Consider the following questions: *What can I do today to express my love and strengthen my relationship with (fill in the name)? What can I say to him/her today to express my love and appreciation? To give encouragement? To repair the breach? To strengthen our relationship?* Record your impressions. Make a plan to act. Do it.
- ☐ "Taking Sweet Counsel," J. Bonner Ritchie, BYU Devotional, Jun-1991.
- ☐ Study one of the talks I mentioned or search for one that will help you strengthen your relationships with your loved ones.

Why should I attend church?

#DiscoverWhat'sInsideTheBookofMormon

Read Moroni 6:1-9



Question 14: Why *do* I attend church?

Read: Moroni 6:1-9

The main reasons I attend church are to:

1. Receive the Sacrament
2. Receive His Spirit
3. Give Service
4. Bless my Family

Partaking of the sacrament each Sunday is a way for me to remember my Savior, Jesus Christ, and His Atonement for me. It gives me the opportunity to review and renew the covenants I've made with Him, repent of my shortcomings this week, and recommit to doing a little better and loving a little more this coming week. "The sacrament [helps me] feel the power of godly love, recognize the Lord's hand in [my] life, and draw closer to the Savior" (Dale G. Renlund, Apr-2016). Each Sunday I can "spiritually prepare myself to partake of the emblems of the sacrament and receive the enlightening, edifying, and ennobling power of the Holy Ghost" (L. Tom Perry, Apr-2011).

In addition to receiving the promise that I "may always have His Spirit to be with [me]" (D&C 20:77) when I partake of the Sacrament, I am able to partake of His Spirit that is present "where two or three are gathered together in my name" (Matthew 18:20). As I hear the word of God, fast and pray, sing and worship, with my family and neighbors, I am edified and enlightened by the Spirit. Like Elder Dieter F. Uchtdorf, "I know firsthand how the gospel can invigorate and renew one's spirit--how it can fill our hearts with hope and our minds with light" ("It Works Wonderfully," Oct-2015). I am grateful for the Spirit that invigorates and fortifies me when I go to church. Elder Ronald A. Rasband said "When we stand in holy places--our righteous homes, our dedicated chapels,

the consecrated temples--we feel the Spirit of the Lord with us. We find answers to questions that trouble us or the peace to simply set them aside. That is the Spirit in action" ("Be Not Troubled," Oct-2018).

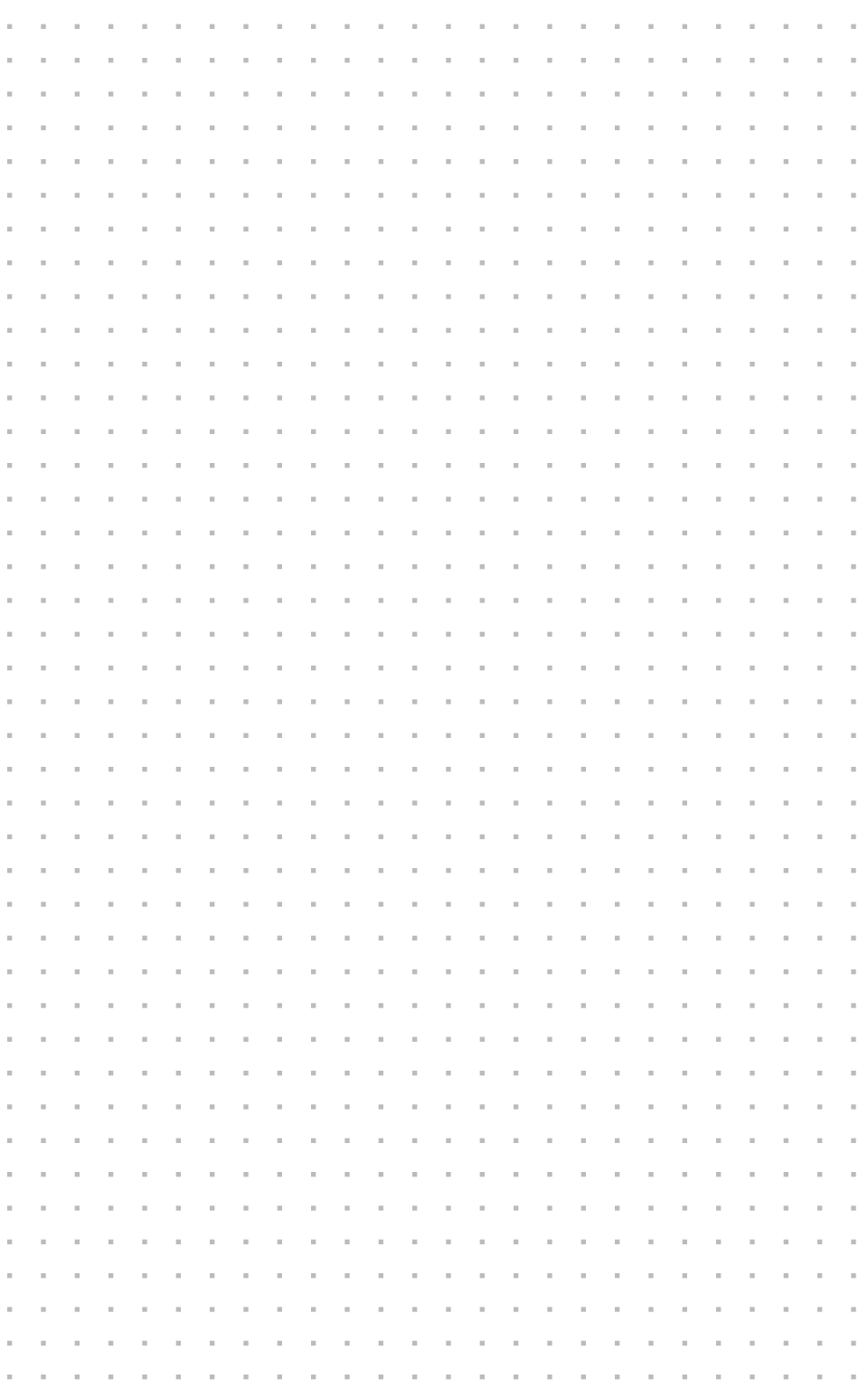
Third, I go to church to give service. Participation in the Church of Jesus Christ of Latter-day Saints has offered me a variety of ways to serve and to stretch, to learn and to grow, and to become a little more like Him. Because the Lord works in divine paradoxes, He invites us to lose our-selves in His service in order that we might find ourselves and know Him better. He calls us in our weakness and then magnifies our small efforts with His grace. He calls us in our strength and then humbles us by opening our eyes and enlarging our hearts to the greatness of those we serve. He calls us out of love to learn how to love like He does. I love the many opportunities I have had to feel of His love and experience His great goodness and tender mercies by giving service and sacrificing my time and the gifts He's given me for His Church and Kingdom upon the earth.

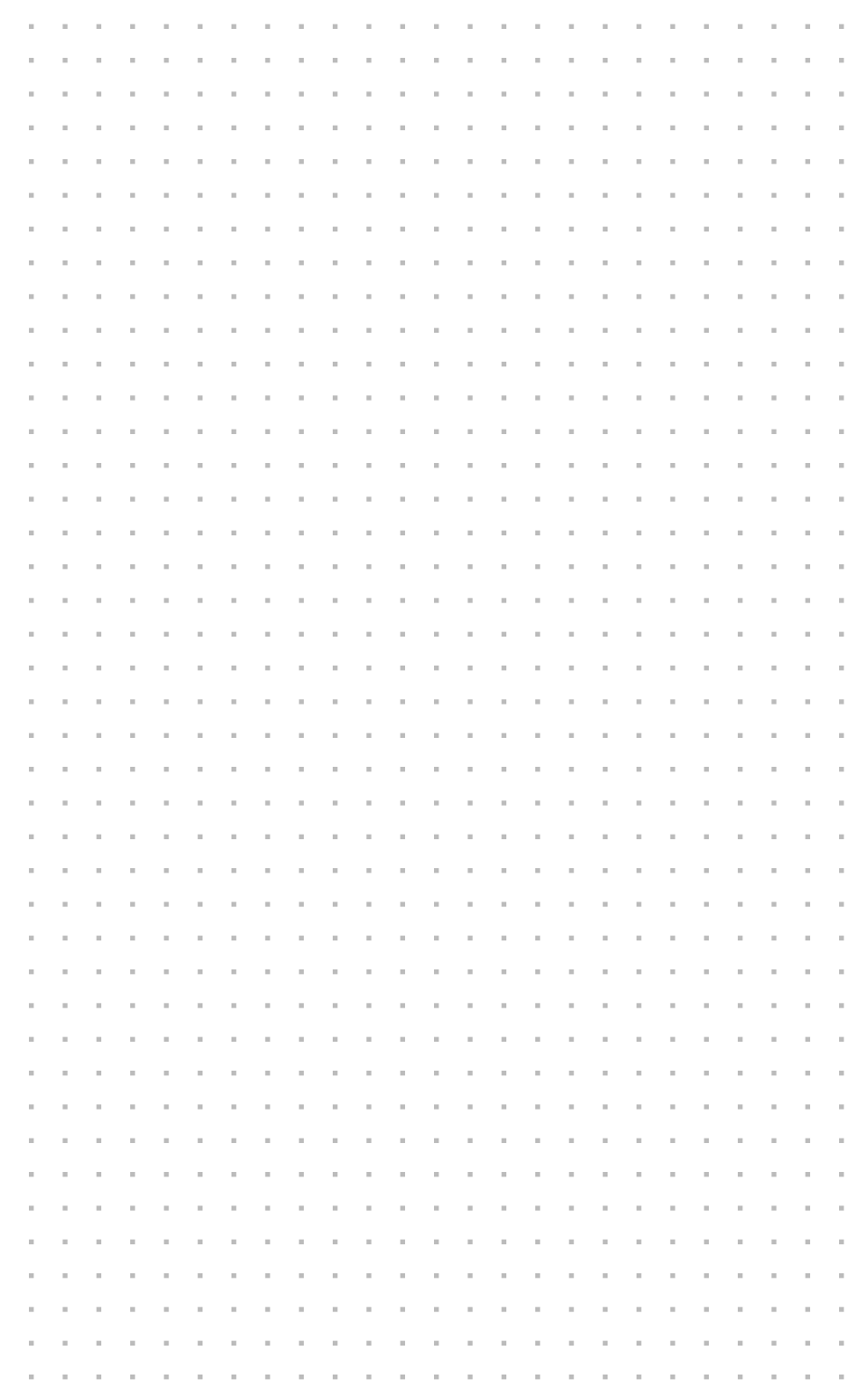
Finally, I go to Church to bless my family. Pres. Boyd K. Packer taught: "The ultimate end of all activity in the Church is that a man and his wife and their children might be happy at home, protected by the principles and laws of the gospel, sealed safely in the covenants of the everlasting priesthood. Every law and principle and power, every belief, every ordinance and ordination, every covenant, every sermon and every sacrament ... all these have as their ultimate purpose the perfection of the individual and the family" ("The Power of the Priesthood," Apr-2010).

One way I'm going to apply the counsel in verse 5 to "speak with one another concerning the welfare of their souls" is to ask God to help me to know whom to speak with at church so I can have a heart to heart connection and conversation with at least one person each Sunday.

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "For Him," Joy D. Jones, GC, Oct-2018.
- ☐ "Why the Church?," D. Todd Christofferson, GC, Oct-2015.
- ☐ "The Sacrament--A Renewal for the Soul," Cheryl A. Esplin, GC, Oct-2014.
- ☐ "Blessings of the Sacrament," Don R. Clarke, GC, Oct-2012.
- ☐ "The Gospel in Our Lives," Dallin H. Oaks, GC, Apr-2002.

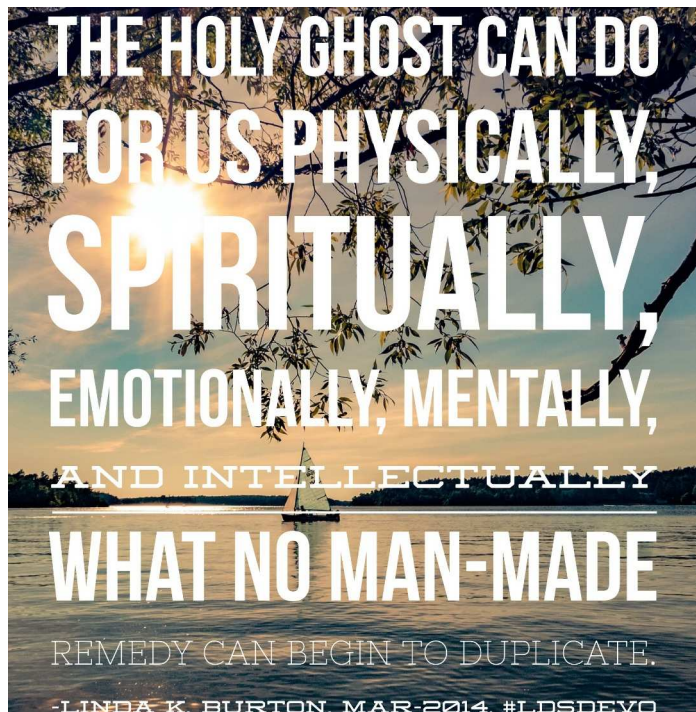




How does God communicate
with us today?

#DiscoverWhat'sInsideTheBookofMormon

Read 2 Nephi 32:1-9



Question 15: How does God communicate with us today?

Read: 2 Nephi 32:1-9

Heavenly Father communicates with me most often in my mind with a thought to do something good or say something that I really wouldn't think to do or say on my own. I have learned like Sister Camilla Kimball taught to "never suppress a generous thought." Rather than question if this idea is my own thought or a prompting from God, I trust that "every thing which inviteth and enticeth to do good, and to love God, and to serve him, is inspired of God" (Moroni 7:13). I love how Ann Voskamp puts it: "Do whatever He tells you" (#DWHTY). So, I quickly go and do whatever God has inspired me to do, trusting that He will help me accomplish it and bless my efforts, no matter how quirky they may be or how awkward I may feel (See 1 Nephi 3:7).

I have found that as I act on these thoughts to do good, I receive more of them and I am more clearly able to understand how God communicates with me. Elder Ronald A. Rasband said, "If we pay attention to the promptings that come to us, we will grow in the spirit of revelation and receive more and more Spirit-driven insight and direction" ("Let the Holy Spirit Guide," Apr-2017).

In addition to acting on the promptings to do good we receive, this chapter highlights two other ways to enhance communication with God: read and ask.

After I read this chapter, I happened across a meme that said, "To receive revelation, read revelation." Verse 3 puts it this way: "Feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do." When we read the words of Christ in the Book of Mormon and the Bible, we invite the Holy Ghost into our lives, tuning our hearts and minds to more clearly

understand God's messages to us whether they come directly from the pages of scripture we read, or as thoughts in our minds, or as counsel someone else speaks or writes that inspires us to do more good.

When we ask God in faith for answers and directions, we open up the lines of communication for Him to reveal His mind and will to us. He knows the desires of our hearts and He desires all the best for us, but He will never force His guidance or His will upon us. He respects our agency and gives us what we want, what we are willing to ask for, and what we are willing to receive (See Matthew 6:8, D&C 88:32, Jacob 4:14).

One of the best ways to learn how God communicates with us and how to improve the lines of communication with Him is to study how God communicated with men and women in the past and seek to apply the principles we learn. A great place to start is Joseph Smith--History.

Elder M. Russell Ballard said, "Perhaps the most important lesson young Joseph learned in the Sacred Grove is this significant eternal truth: the heavens are not sealed. God does communicate with mortals. He loves us today just as much as He loved those who lived anciently. What comfort that sweet assurance provides in a world filled with confusion and discouragement! What peace and security come to the heart that understands that God in heaven knows us and cares about us, individually and collectively, and that He communicates with us, either directly or through His living prophets, according to our needs" ("Restored Truth," Oct-1994).

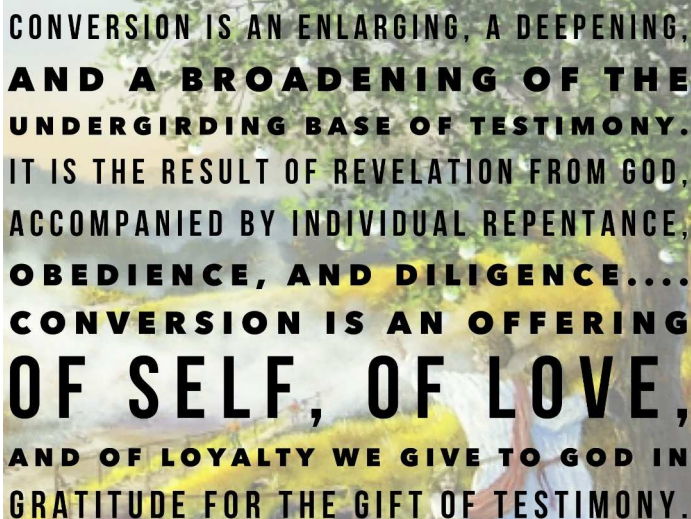
Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Joseph Smith--History 1:1-75.
- ☐ Moroni 7:12-26. How does Heavenly Father communicate with you? How does Satan seek to influence you? How can you discern between good and evil?
- ☐ "Revelation for the Church, Revelation for Our Lives," Russell M. Nelson, GC, Apr-2018.
- ☐ "Tuning Our Hearts to the Voice of the Spirit," Linda K. Burton, CES Devotional, Mar-2014.
- ☐ "Where Is the Pavilion?," Henry B. Eyring, GC, Oct-2012.
- ☐ "How to Obtain Revelation and Inspiration for Your Personal Life," Richard G. Scott, GC, Apr-2012.

How can I stay on
the good path?

#DiscoverWhat'sInsideTheBookofMormon

Read Helaman 5:6-12



CONVERSION IS AN ENLARGING, A DEEPENING,
**AND A BROADENING OF THE
UNDERGIRDING BASE OF TESTIMONY.**
IT IS THE RESULT OF REVELATION FROM GOD,
ACCOMPANIED BY INDIVIDUAL REPENTANCE,
OBEDIENCE, AND DILIGENCE....
CONVERSION IS AN OFFERING
OF SELF, OF LOVE,
AND OF LOYALTY WE GIVE TO GOD IN
GRATITUDE FOR THE GIFT OF TESTIMONY.

-DAVID A. BEDNAR, OCT-2012, #LDSCONF

Question 16: How can I stay on the good path?

Read: Helaman 5:6-12

When I first read this question, I actually thought of Lehi's dream of the tree of life and how it teaches me to stay on the good path by doing three simple things: read, pray, love.

Lehi "beheld a strait and narrow path, which came along by the rod of iron" and "led to the tree." He saw the faithful "continually holding fast to the rod of iron, until they came forth and fell down and partook of the fruit of the tree." Nephi later learned that the rod of iron represented the word of God and the fruit of the tree of life represented the love of God. Nephi saw that the greatest manifestation of God's love for us was in sending His Beloved Son down to earth to redeem us. #LoveComeDown.

We are able to stay on the good path and partake of the love of God as we read the scriptures, fall down to pray and praise God at all times and in all things, and receive and give the love of God. Like Lehi, after we have partaken of the love of God, which "[fills our souls] with exceedingly great joy," we are "desirous that [our] family [and others] should partake of it also" so we share the love of God that they might "feast upon his love ... forever." (See 1 Nephi 8, 11, 15; Jacob 3:2.)

As I read Helaman's counsel to his sons, Lehi and Nephi, who were named after their great forebears, I gained additional insights into what it really means to love and how loving more and loving better will help me stay on the good path. To love is to obey, to remember, to do good, to focus on eternal treasure, to repent, and to rely "upon the rock of our Redeemer, who is Christ, the Son of God."

The great commandments are to love God and to love our neighbors. I keep the commandment to love God when I obey and keep all of His commandments. As I

remember God's great goodness and love to those in the scriptures and my ancestors, I see that there is a right way to live and be happy. I see that those who loved God and kept His commandments were blessed with "peace in Christ" and "prosperity in Christ" (Hel. 5:47, 4 Ne. 1:23). I see that those who didn't recognize God's love and power or choose to rely on Him wander aimlessly never finding peace or happiness or even contentment and satisfaction.

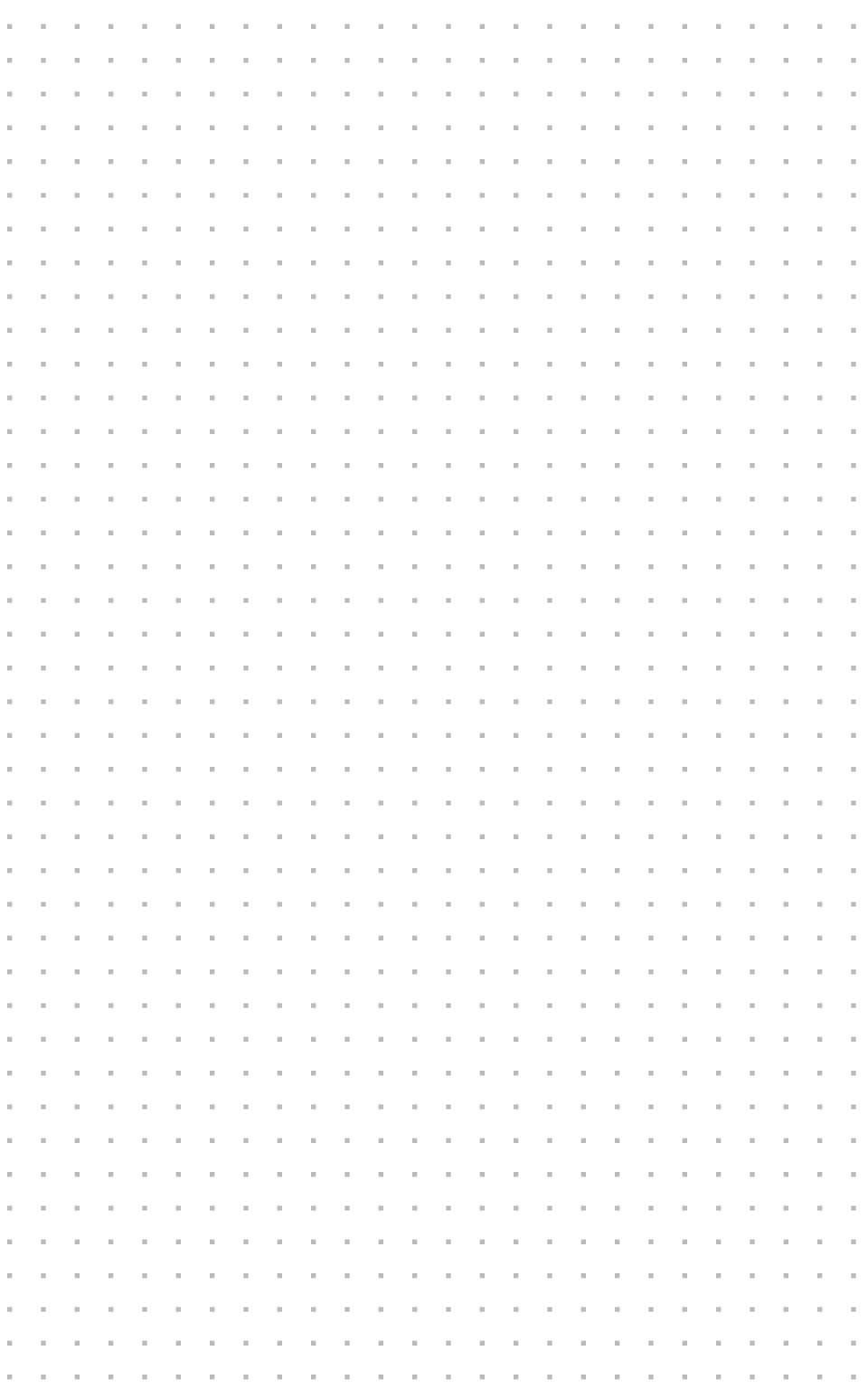
When I keep the commandments of God, I feel God's love for me and recognize His goodness and grace in my life. These wonderful feelings create a desire within me to share His love--to do more good by loving others the way He does and pointing them to the joy that is in Jesus. The more I reach out to do good for God and love others, the more I recognize that the pleasures, riches, and praise of this world are not fulfilling nor lasting. So I focus on the eternal, laying up treasures of knowledge, good works, and relationships that will last forever.

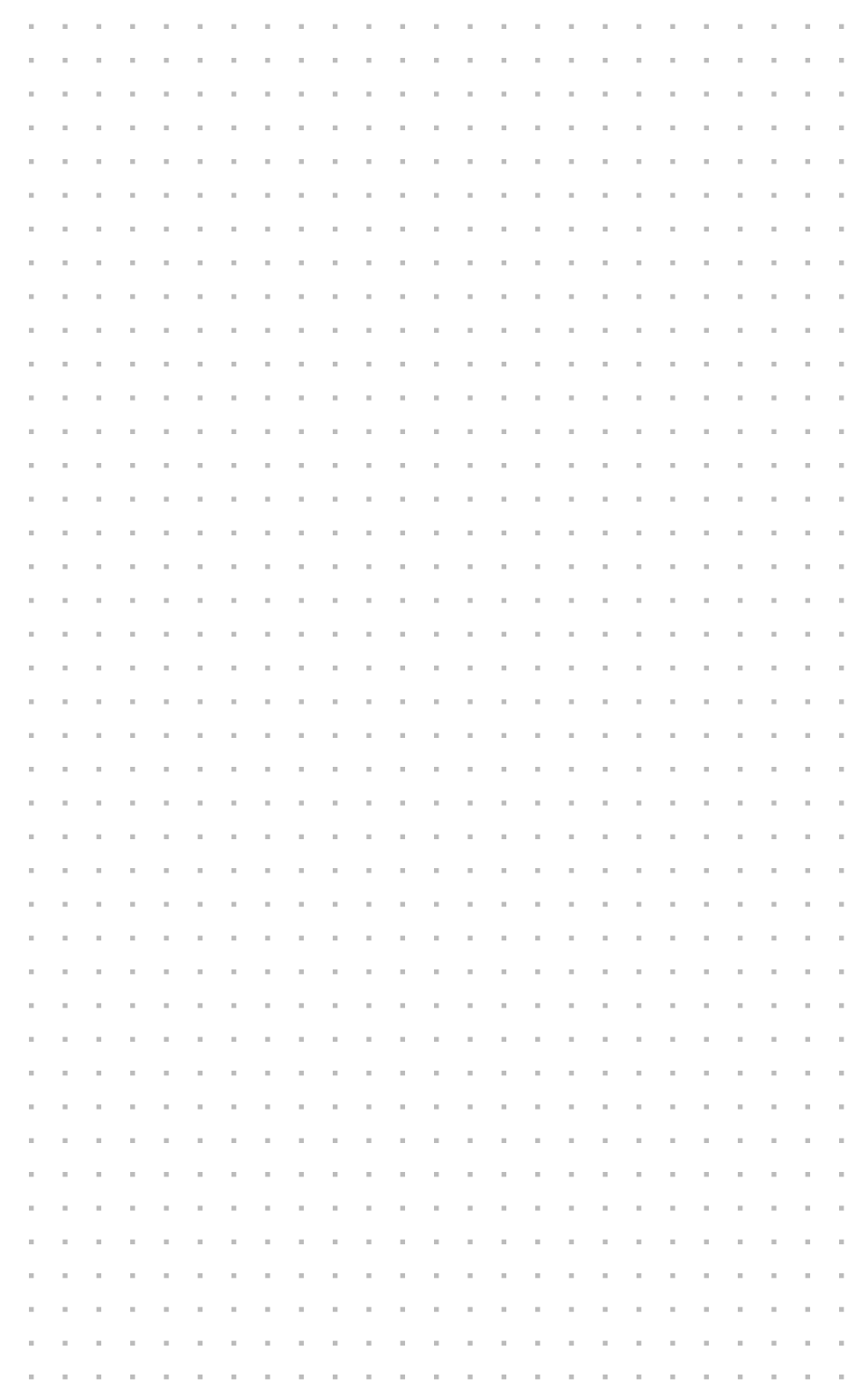
As I continually read the scriptures and walk closer to God on this good path, I learn small and simple things along the way that I can do to improve and become more like Him, so I choose to repent. I choose to let go of those things that are holding me back in my progress along the path. I choose to do more of those things that are good, that show my gratitude, that invite Him to change my nature to grace.

Finally, as I "remember that there is no other way nor means whereby man can be saved only through the atoning blood of Jesus Christ, who shall come ... to redeem the world," I rely upon Him as I walk along the path. I trust He is the Word and the Way to stay on the good path. I trust that even in the whirlwinds and darkness, He is there and He is the Light of the World. I trust that He "is a sure foundation, a foundation whereon if [I] build [I] cannot fall" or fail, rather I will be "filled with that joy which is unspeakable and full of glory" (Hel. 5:9, 12, 44).

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ 1 Nephi 8, 11, 15.
- ☐ Helaman 5:20-52 teaches how to get back on the good path.
- ☐ "Give Us This Day Our Daily Bread," D. Todd Christoffer-son, CES Devotional, Jan-2011.
- ☐ "Hold Tight to the Iron Rod," Cheryl C. Lant, BYU Devotional, Jan-2010.





What does it mean
to have charity?

#DiscoverWhat'sInsideTheBookofMormon

Read Moroni 7:1-46



find someone
who is having a
hard time or is
ill or lonely,
and do something
for him or her.

-thomas s. monson, oct-2009, #ldsconf

Question 17: What does it mean to have charity?

Read: Moroni 7:1-48

What does it mean, to me, to have charity? It means that love is always the right response. No matter the situation, if I choose to respond with love, it will be the right response. Love never fails. "Charity never faileth."

What else does this chapter teach me about what it means to have charity?

Charity means walking peaceably with all men.

Charity means giving good gifts, giving willingly, giving cheerfully.

Charity means God loves us. Charity means God gives us good gifts.

Charity means God has given us the Spirit of Christ, even the light of Christ, that we may know good from evil so we can lay hold upon every good thing.

Charity means we can ask God, in faith, for good things. Charity means we can receive all things with thanks as good gifts from God.

Charity means having faith in Christ so that the Holy Ghost may have place in our hearts.

Charity means that we will have power to do whatever God tells us to do because of our faith in Christ.

#DWHTY.

Charity means repenting and making and keeping covenants with God.

Charity means "Heavenly Father loves us more and knows us better than we love or know ourselves. We can trust the Lord and lean not unto our own understanding" for He "[judges] better things of [us]" and has better things in store for us. (See "Our Campfire of Faith," Gerrit W. Gong, Oct-2018.)

Charity means He has prepared a way for us to receive these hoped for good things "through the atonement of Christ and the power of his resurrection."

Charity means to "be meek and lowly in heart, and confess by the power of the Holy Ghost that Jesus is the Christ."

Charity means long-suffering, kindness, rejoicing in the success of others, thinking good things, rejoicing in truth, bearing all things, believing all things are good, hoping all things will be good, and enduring all things for the good and joy to come. (See Hebrews 9:11; 10:1; 12:2.)

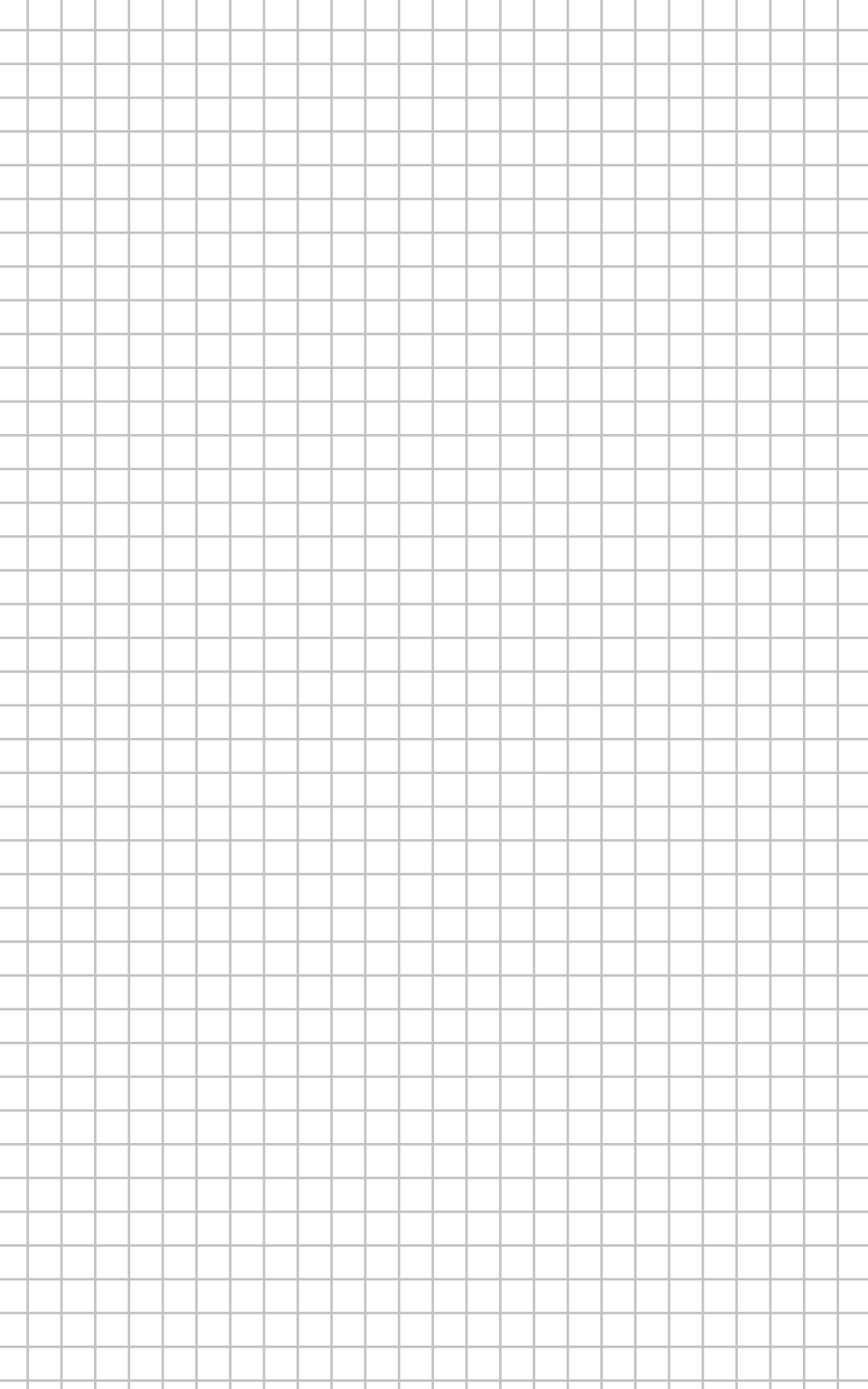
Charity means that love never fails. "Charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him."

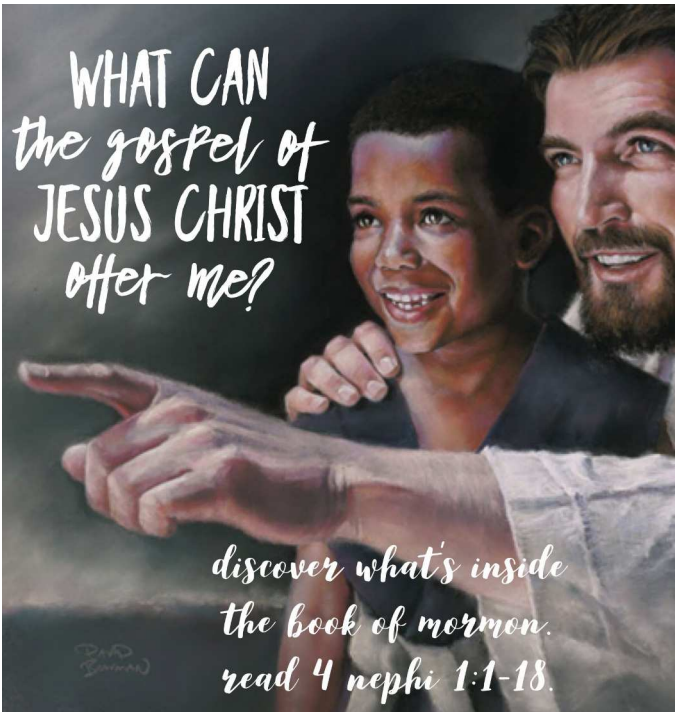
Charity is a gift of the Spirit. We can "pray unto the Father with all the energy of heart, that [we] may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that [we] may become the sons [and daughters] of God; that when he shall appear we shall be like him."

Elder Dieter F. Uchtdorf said this of charity. "The more we allow the love of God to govern our minds and emotions--the more we allow our love for our Heavenly Father to swell within our hearts--the easier it is to love others with the pure love of Christ" ("The Merciful Obtain Mercy," Apr-2012).

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "A Christlike Character," David A. Bednar, *New Era*, Oct-2017.
- ☐ "Charity Never Faileth," Silvia H. Allred, GC, Oct-2011.
- ☐ "Charity Never Faileth," Thomas S. Monson, GC, Oct-2010.

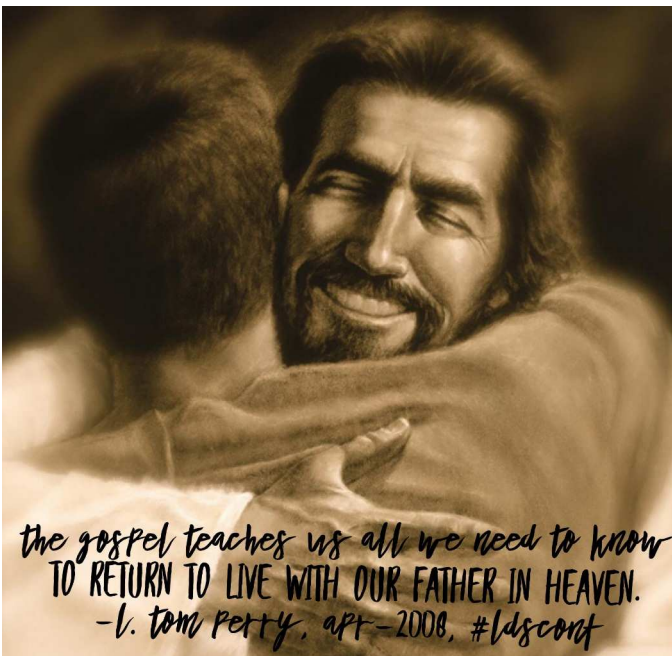




WHAT CAN
the gospel of
JESUS CHRIST
offer me?

discover what's inside
the book of mormon.
read 4 nephi 1:1-18.

Inspire & Home by David Bowman



the gospel teaches us all we need to know
TO RETURN TO LIVE WITH OUR FATHER IN HEAVEN.
-l. tom perry, apr-2008, #ldsconf

Question 18: What can the Gospel of Jesus Christ offer me?

Read: 4 Nephi 1:1-18

This chapter teaches how "the disciples of Jesus ... formed a church of Christ" after He visited them. It outlines the blessings received when "the people [are] all converted unto the Lord." The gospel of Jesus Christ offers covenants and ordinances that connect us to Christ, peace in Christ, miracles, priesthood power, industry, "prosperity in Christ" (verse 23), marriages "blessed according to the multitude of the promises which the Lord had made unto them," communion "in meeting together oft both to pray and to hear the word of the Lord," hearts full of the love of God, happiness, and unity for "they were one, the children of Christ, and heirs to the kingdom of God."

Rabbi Harold S. Kushner posed a similar question in his BYU Forum address, "The Human Soul's Quest for God." He asked, "What is it that belief in God, belief in religion, and involvement with a religious community give a person?"

To Rabbi Kushner, belief in God and religion and involvement in a religious community give us:

1. Reverence
2. Personal Significance
3. Radical Forgiveness
4. No Fear of Death

In addition to giving us radical forgiveness, God gives us radical love and invites us to give radical love and radical forgiveness, too. "No matter how much you've messed up your life, you have not lost the love of God.... God still cares about you.... God loves us despite all our failings.... we have to go out and love ourselves and love our families and love our children despite their failings, the way God loves us."

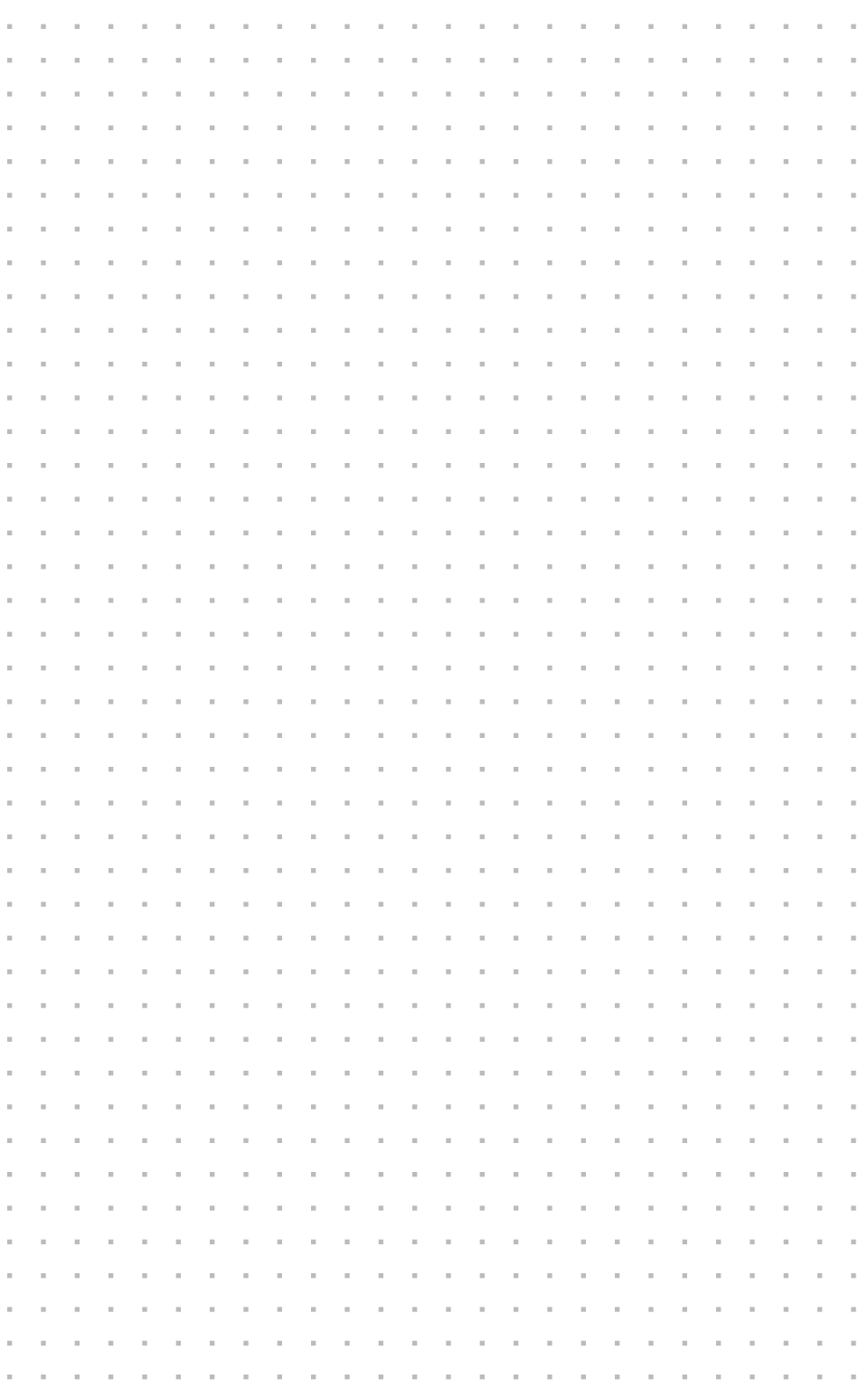
I expanded my pondering to consider what both the gospel and Church of Jesus Christ offer me. The gospel of Jesus Christ and the Church of Jesus Christ of Latter-day Saints offer me:

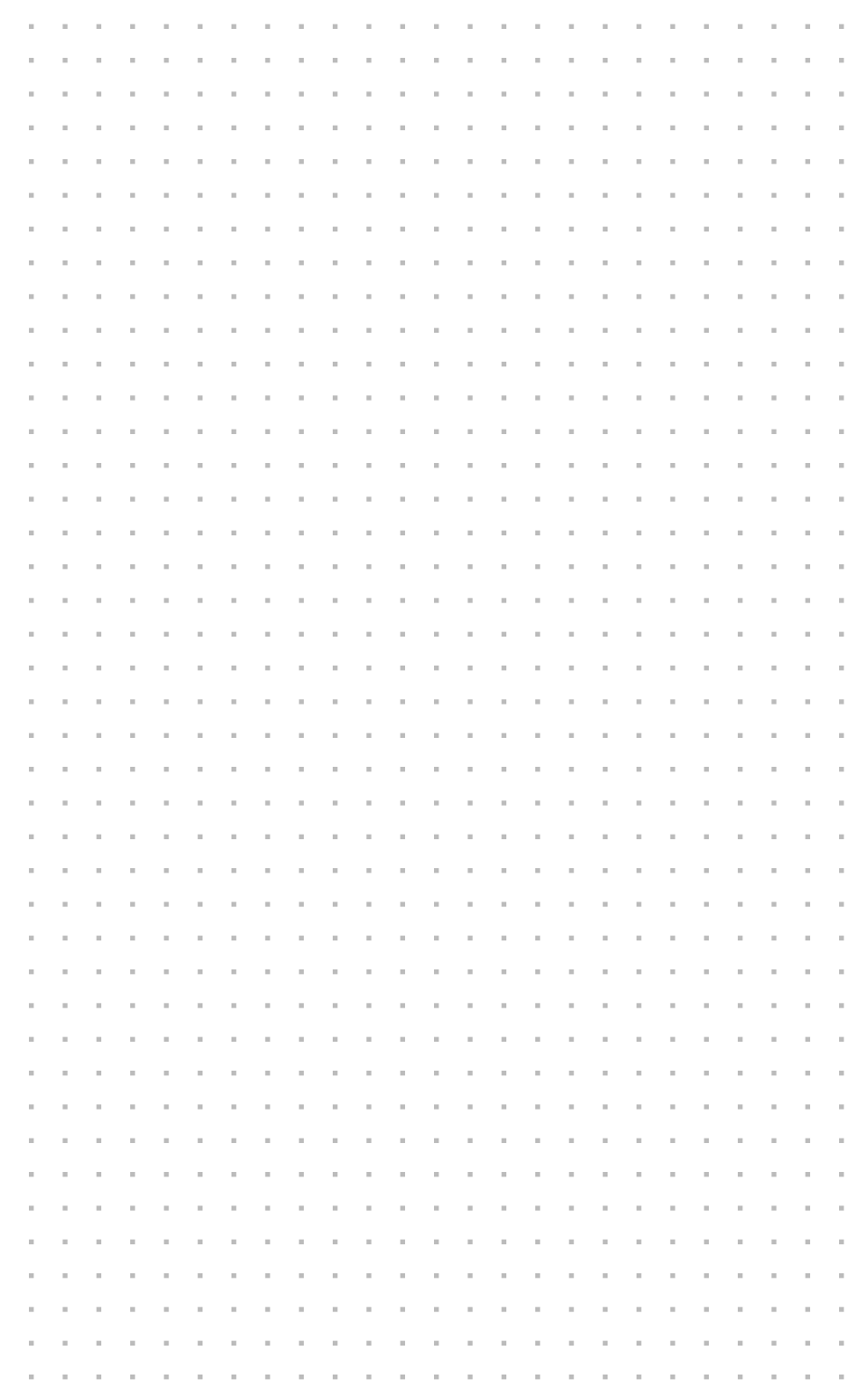
1. Divine Parentage and Potential
2. Plan of Happiness for Eternal Families
3. Priesthood Ordinances and Covenants
4. Prophets and Apostles
5. Peace in Christ
6. Prosperity in Christ. (2 Ne 4:4; Mosiah 2:22, 31, 41)
7. Prophecy and Revelation to Prepare for Christ's Second Coming
8. Power

Rabbi Kushner explained the power God offers us in this way: "I have a God to whom I can turn who renews my faith so I can run and not grow weary, so I can walk and not feel faint. The atheist can only look deeper inside himself, and sooner or later he will run dry. The difference is that when we both want to do good and we are tired and we are spent and we are exhausted, there is a God who replenishes my strength so I can keep on going."

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ *The Family: A Proclamation to the World.*
- ☐ Articles of Faith 1:1-13.
- ☐ What does the gospel of Jesus Christ give you?
- ☐ What can the Church of Jesus Christ of Latter-day Saints give you?
- ☐ "The Human Soul's Quest for God," Harold S. Kushner, BYU Forum, Oct-1994.





How can I be a better person?

#DiscoverWhat'sInsideTheBookofMormon

Read Ether 12:1-28

THE LORD WORKS FROM THE INSIDE OUT.

THE WORLD WORKS FROM THE OUTSIDE IN.

THE WORLD WOULD TAKE PEOPLE OUT OF THE SLUMS.

CHRIST TAKES THE SLUMS OUT OF PEOPLE,

AND THEN THEY TAKE THEMSELVES OUT OF THE SLUMS.

THE WORLD WOULD MOLD MEN

BY CHANGING THEIR ENVIRONMENT.

CHRIST CHANGES MEN, WHO THEN CHANGE THEIR ENVIRONMENT.

THE WORLD WOULD SHAPE HUMAN BEHAVIOR,

BUT CHRIST CAN CHANGE HUMAN NATURE.

-EZRA TAFT BENSON, OCT-1985, #LDSCONF

Question 19: How can I be a better person?

Read: Ether 12:1-41

I would answer this question by echoing Elder Dieter F. Uchtdorf's counsel in his October 2018 General Conference address: "Believe. Love. Do."

Ether 12:4 begins, "Wherefore, whoso believeth in God might with surety hope for a better world" and a better life and to be a better person. It continues teaching that when we BELIEVE in God and have faith in Jesus Christ, then hope will come.

What is hope? Moroni, who wrote this commentary after compiling the Jaredite records, says that hope "maketh an anchor to the souls of men, which would make them sure and steadfast, always abounding in good works." When we believe in God and have faith in Christ's atonement, we hope for a better world which inspires us to DO good. In our efforts to do good, we realize our weaknesses and shortcomings and try to DO better.

Moroni recognized that his writing wasn't as powerful as the Jaredites' writing. Like us, he worried that others would mock his words and his efforts. The Lord told him not to worry and to do it anyway. The Lord takes our simple efforts, flawed as they may be, and makes them strong because He loves us. He invites us to practice believing, to practice doing good, to recognize His love and help, and then to extend that same help, kindness, and compassion to others, even to LOVE others and have charity for them and their weaknesses.

Elder Dieter F. Uchtdorf gave additional insight into this question, "How can I be a better person?" He said, "We know that it requires repetitive practice to become good at anything. Whether it's playing the clarinet, kicking the ball into a net, repairing a car, or even flying an airplane, it is through practicing that we may become better and better." How can I be a better person? Practice.

Elder Jeffrey R. Holland said, "If we give our heart to God, if we love the Lord Jesus Christ, if we do the best we can to live the gospel, then tomorrow--and every other day--is ultimately going to be magnificent, even if we don't always recognize it as such. Why? Because our Heavenly Father wants it to be! He wants to bless us. A rewarding, abundant, and eternal life is the very object of His merciful plan for His children! It is a plan predicated on the truth 'that all things work together for good to them that love God' (Romans 8:28). So keep loving. Keep trying. Keep trusting. Keep believing. Keep growing. Heaven is cheering you on today, tomorrow, and forever" (Apr-2016).

One way I can apply this question and this chapter, is to humble myself, ask for the Lord's help, and do whatever He inspires or asks me to do in spite of any inadequacies or weaknesses I may have. I can stop comparing myself to others and how they might do a better job. I can remember that the Lord has called me to do this task and that He will help me do it because of His grace for me. And because of His love for me and for others, He will help me love and lift them. I love how Pres. John Taylor invited us to "try to do them all the good we can ... [for] we ought to be changed from nature to grace" (*Teachings of...*, Chapter 3).

We are weak and fallen and broken. Jesus Christ was meek. He was fallen--even love come down from heaven to lift us up. He was bruised and broken and torn for us that we might live with Him, that we might live like Him, forever. Jesus Christ knows we are weak, fallen, and broken and loves us anyway. He invites us to love broken people, especially ourselves. He invites us to see our weakness, see our broken, and believe, love, and do good anyway. He invites us to live broken and He promises to "make weak things become strong unto" us. That's all we need to do to be a better person: try, try, try.

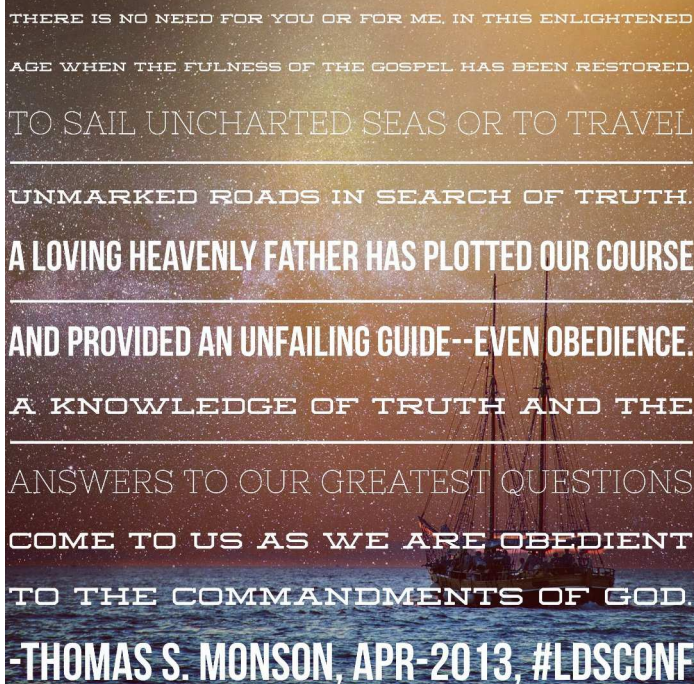
Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Study Mosiah 4 with this question and Elder Uchtdorf's invitation to "Believe, Love, Do" in mind.
- ☐ Reread Ether 12:32, 34, 36 and then ponder this twist on Elder Uchtdorf's admonition: "Believe love. Do." First, BELIEVE LOVE. Believe God knows and loves you as you are. Believe He has prepared a place for you in the mansions of Our Father. Believe His grace is sufficient for you, for your weaknesses, for your sins. Believe He can make you strong. Second, DO. Do whatever He tells you. #DWHTY. Do love. Do good. Right now. As you are. Live broken. Give broken.
- ☐ "Divine Discontent," Michelle D. Craig, GC, Oct-2018.
- ☐ "It Isn't a Sin to Be Weak," Wendy Ulrich, *Ensign*, Apr-2015.
- ☐ "His Grace is Sufficient," Brad Wilcox, BYU Devotional, Jul-2011.

How does God direct our path?

#DiscoverWhat'sInsideTheBookofMormon

Read 1 Nephi 17:1-15



THERE IS NO NEED FOR YOU OR FOR ME, IN THIS ENLIGHTENED
AGE WHEN THE FULNESS OF THE GOSPEL HAS BEEN RESTORED,
TO SAIL UNCHARTED SEAS OR TO TRAVEL
UNMARKED ROADS IN SEARCH OF TRUTH.
A LOVING HEAVENLY FATHER HAS PLOTTED OUR COURSE
AND PROVIDED AN UNFAILING GUIDE--EVEN OBEDIENCE.
A KNOWLEDGE OF TRUTH AND THE
ANSWERS TO OUR GREATEST QUESTIONS
COME TO US AS WE ARE OBEDIENT
TO THE COMMANDMENTS OF GOD.
-THOMAS S. MONSON, APR-2013, #LDSCONF

Question 20: How does God direct our path?

Read: 1 Nephi 17:1-15 (or the entire chapter)

I love this entire chapter because it highlights how God directed Nephi and Moses and the children of Israel and it gives us a pattern for how He directs our path.

God invites us to come out of Egypt (out of bondage), and journey to the promised land. He guides us through the wilderness toward greater freedom and invites us to go up to the mountain from time to time to gain a greater view of who we are, where we are going, and how to get there.

He prepares the way before us and provides for our needs. He let's us rest on the beach for a little while to catch our breath. Sometimes we forget that He's directing our path to the promised land and just party on the beach. But then He gently reminds us that He has something better in mind for us so He asks us to do the impossible like build a ship and cross the ocean. Then He carefully instructs us step by step how to build a boat, or a marriage, or a child, or a life.

Sometimes He asks us to cross the water right here and right now. So with complete trust in Him we put one foot in front of the other and step into the water. And then He provides the miracle. He holds the overwhelming waters back. He washes away our fears and our enemies and brings us safely through to dry ground where we catch our breath and stand all amazed.

But He reminds us we haven't arrived at the best place yet so we keep moving. As we continue our journey to the promised land through the wilderness, climbing to breathtaking mountaintop views, and then back down into the dark, cold valleys of life, He is with us, every step of the way.

He is our "light in the wilderness." "He doth nourish [us], and strengthen [us], and provide means whereby [we]

can accomplish the thing which he has commanded [us]." He feeds us with manna and provides living water to quench our thirst. He prepares a way that we might be healed as we are bitten and bruised along our the way.

He "[does] all things for [us] which [are] expedient for [us] to receive." Truly, He leads us "forth by his matchless power into the land of promise" because He loves us.

The Lord loves us and delights in us when we love Him. He knows we love Him when we accept His invitations to come closer to Him by obedience to His laws.

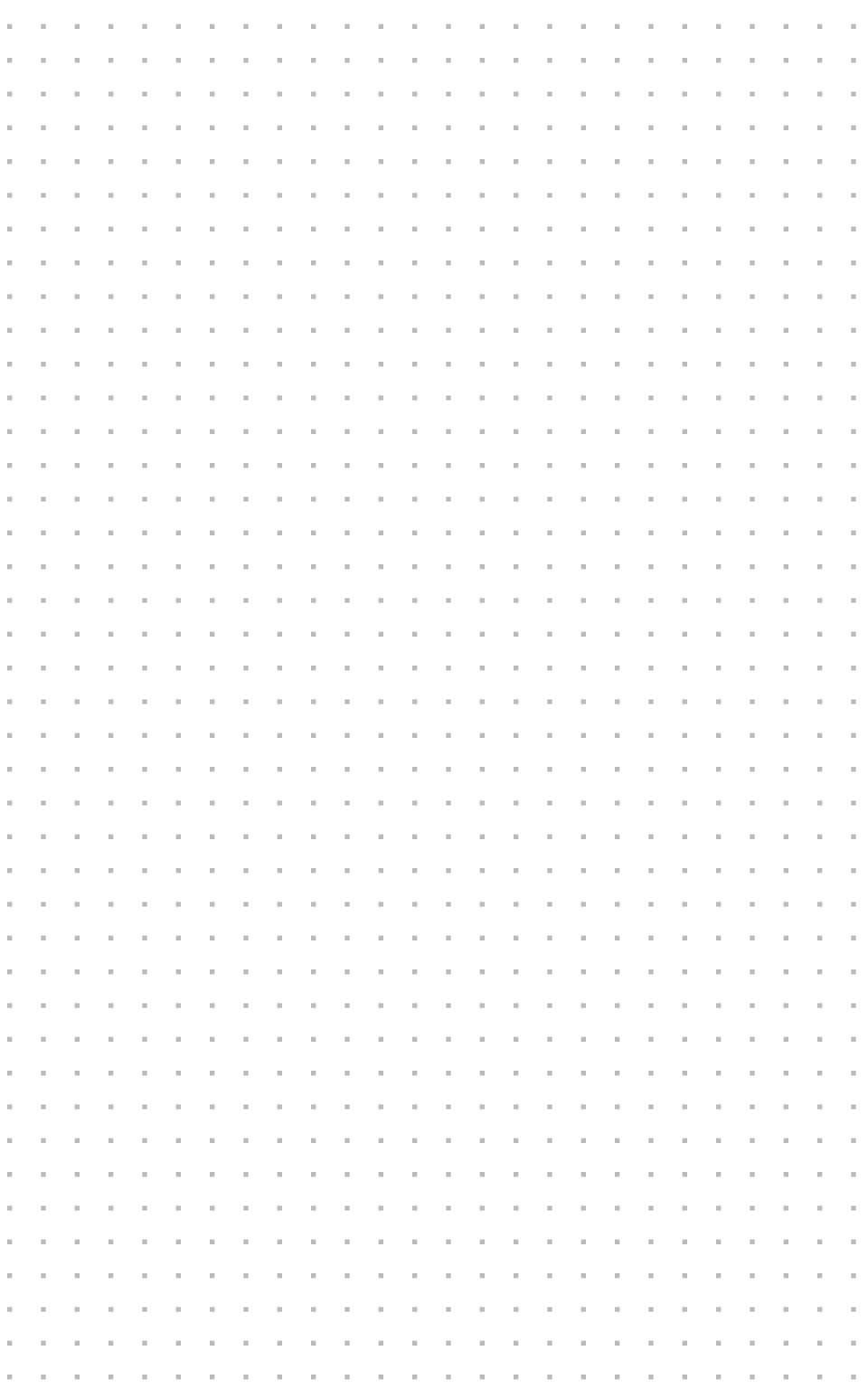
But how does God direct our path when we don't want to walk with Him, when we don't want to obey His commandments, when we are enticed by the distractions of the world, or when we are lost in the darkness of depression, illness, or sin?

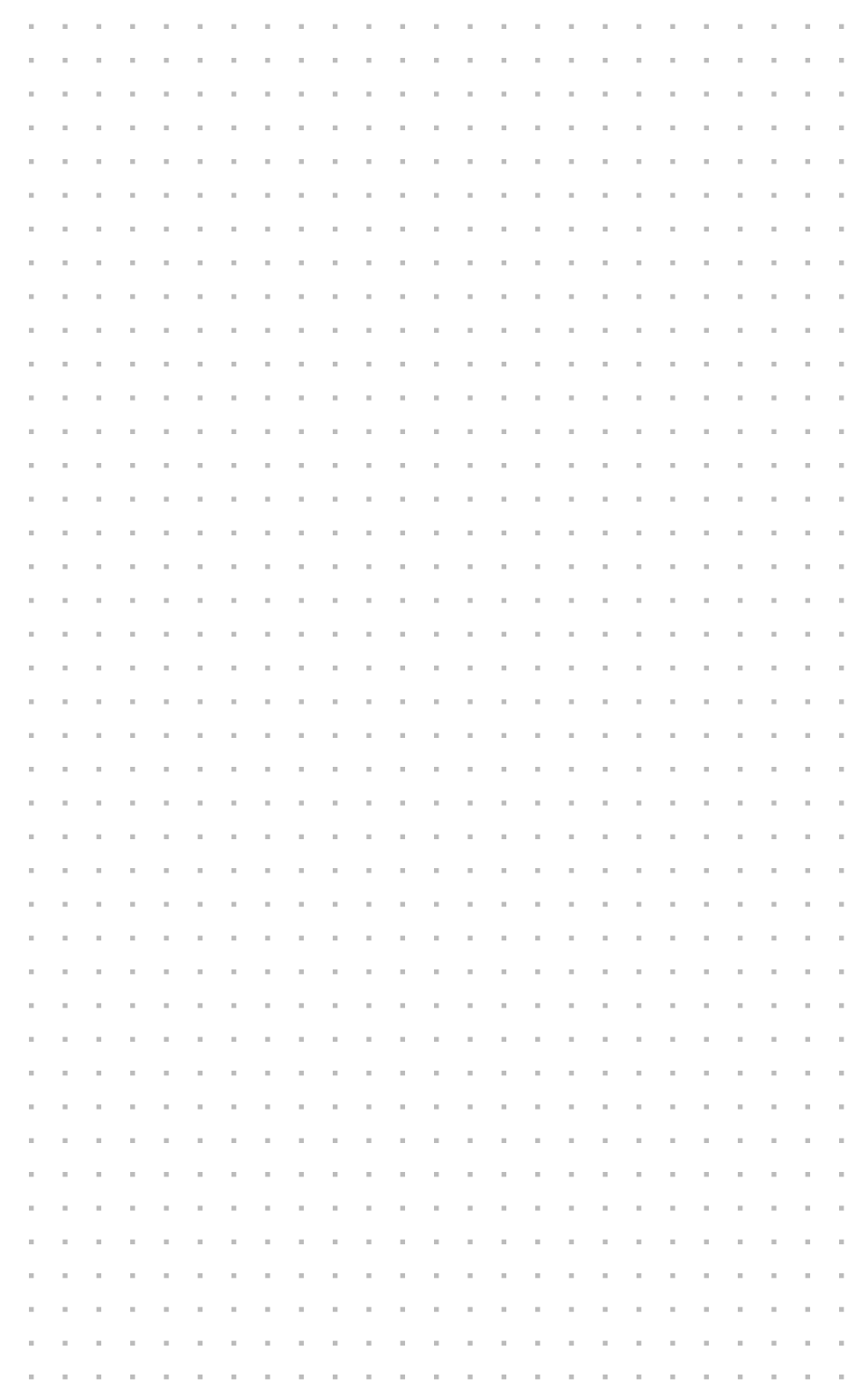
God always directs our path with love. He "suffereth long" and is patient when we choose to go our own way or follow another master. He respects our agency and gives us according to our wants and desires. He has better things that He would like to give us if and when we were ready and willing to receive them. He is patient and continues to invite us to walk with Him to receive greater blessings. He extends His lovingkindness and blesses us with all the good He can every time we obey even one commandment, like being kind to our neighbor or being honest with our employer. He is merciful and reminds us that He will forgive all our mistakes and heal all our wounds if we will but follow Him in faith and obedience.

So remember, the Lord delights greatly when we obey Him and desire Him to be our guide (See 1 Samuel 15:22-23). "If the Lord delight in us, then he will bring us into this land, and give it us; a land which floweth with milk and honey. Only rebel not ye against the Lord, neither fear ye the people of the land; for ... the Lord is with us" (Numbers 14:8-9). Therefore, "follow [Him] fully" and He will bring you into the promised land (Numbers 14:24).

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ How has God directed your path in the past?
- ☐ How has He gently invited you back when you have strayed? Did you accept right away? Why? Why not?
- ☐ What hard things in your life have really been God's way of protecting you or preserving you and/or your family for something better? (See 1 Nephi 5:14-15 and Genesis 37, 39-50)
- ☐ What did you learn from these experiences? Distill the memories to the morals.
- ☐ Where are you right now? Valley, wilderness, steep mountainside, mountaintop, lost, alone, partying on the beach?
- ☐ Where do you want to go? Where does God want you to go? How can you align your desire with the Lord's desire for better things for you?
- ☐ What one thing can you do today to take a step along the path toward that goal?
- ☐ "Choose You This Day," Dale G. Renlund, GC, Oct-2018.
- ☐ "The Adventure of Mortality," Dieter F. Uchtdorf, Worldwide Devotional, Jan-2018.
- ☐ "We Are the Architects of Our Own Happiness," Gérald J. Caussé, CES Devotional, Nov-2012.

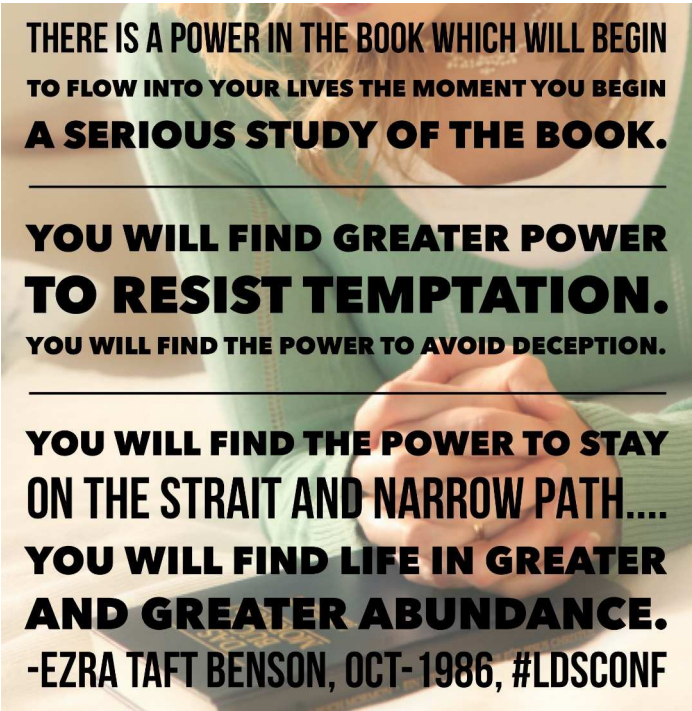




How can we know what is true?

#DiscoverWhat'sInsideTheBookofMormon

Read Moroni 10



**THERE IS A POWER IN THE BOOK WHICH WILL BEGIN
TO FLOW INTO YOUR LIVES THE MOMENT YOU BEGIN
A SERIOUS STUDY OF THE BOOK.**

**YOU WILL FIND GREATER POWER
TO RESIST TEMPTATION.
YOU WILL FIND THE POWER TO AVOID DECEPTION.**

**YOU WILL FIND THE POWER TO STAY
ON THE STRAIT AND NARROW PATH....
YOU WILL FIND LIFE IN GREATER
AND GREATER ABUNDANCE.
-EZRA TAFT BENSON, OCT-1986, #LDSCONF**

Question 21: How can we know what is true?

Read: Moroni 10

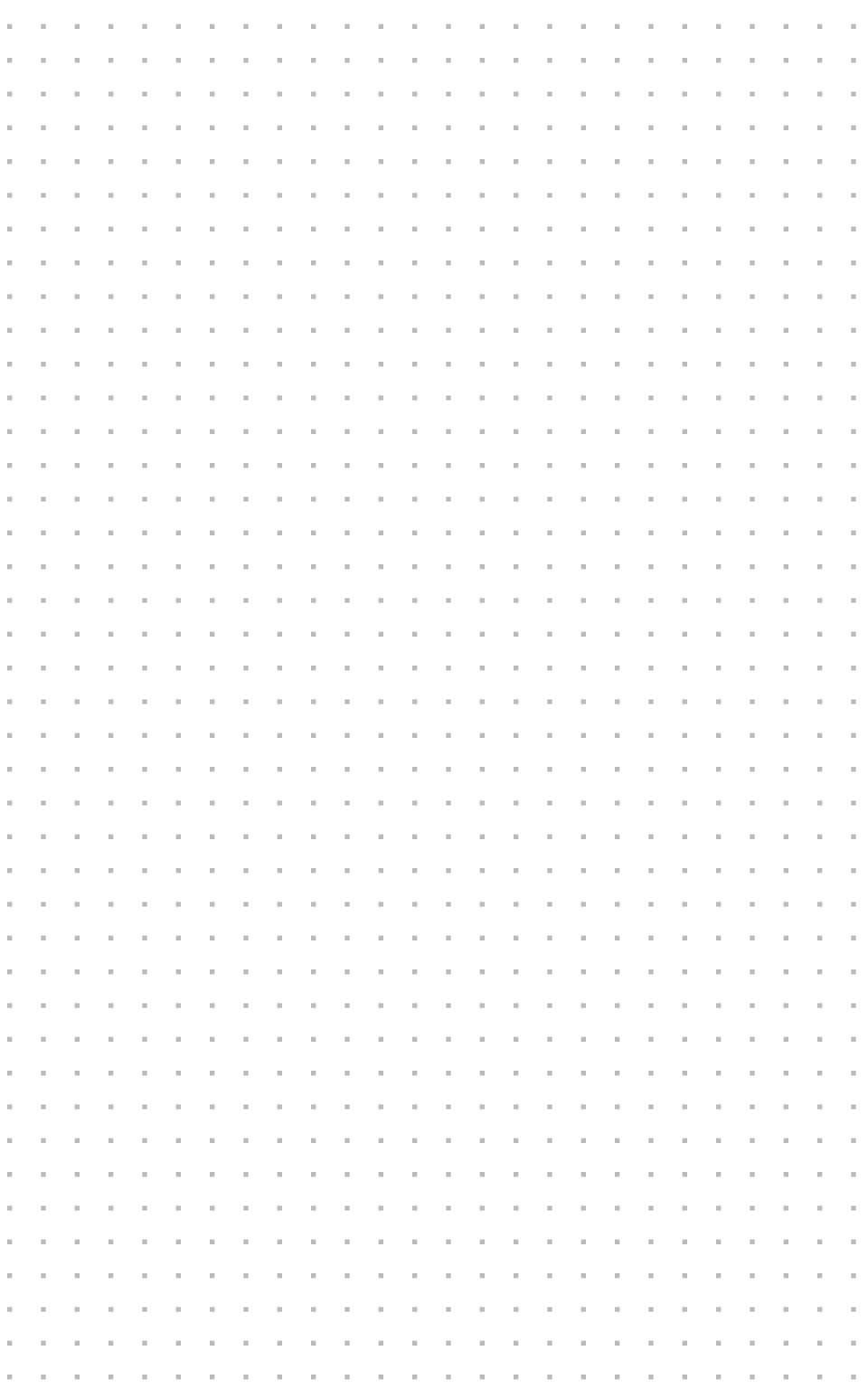
Heavenly Father will "manifest the truth of [all things] unto you, by the power of the Holy Ghost." Here is the pattern for knowing truth that I see outlined in this chapter:

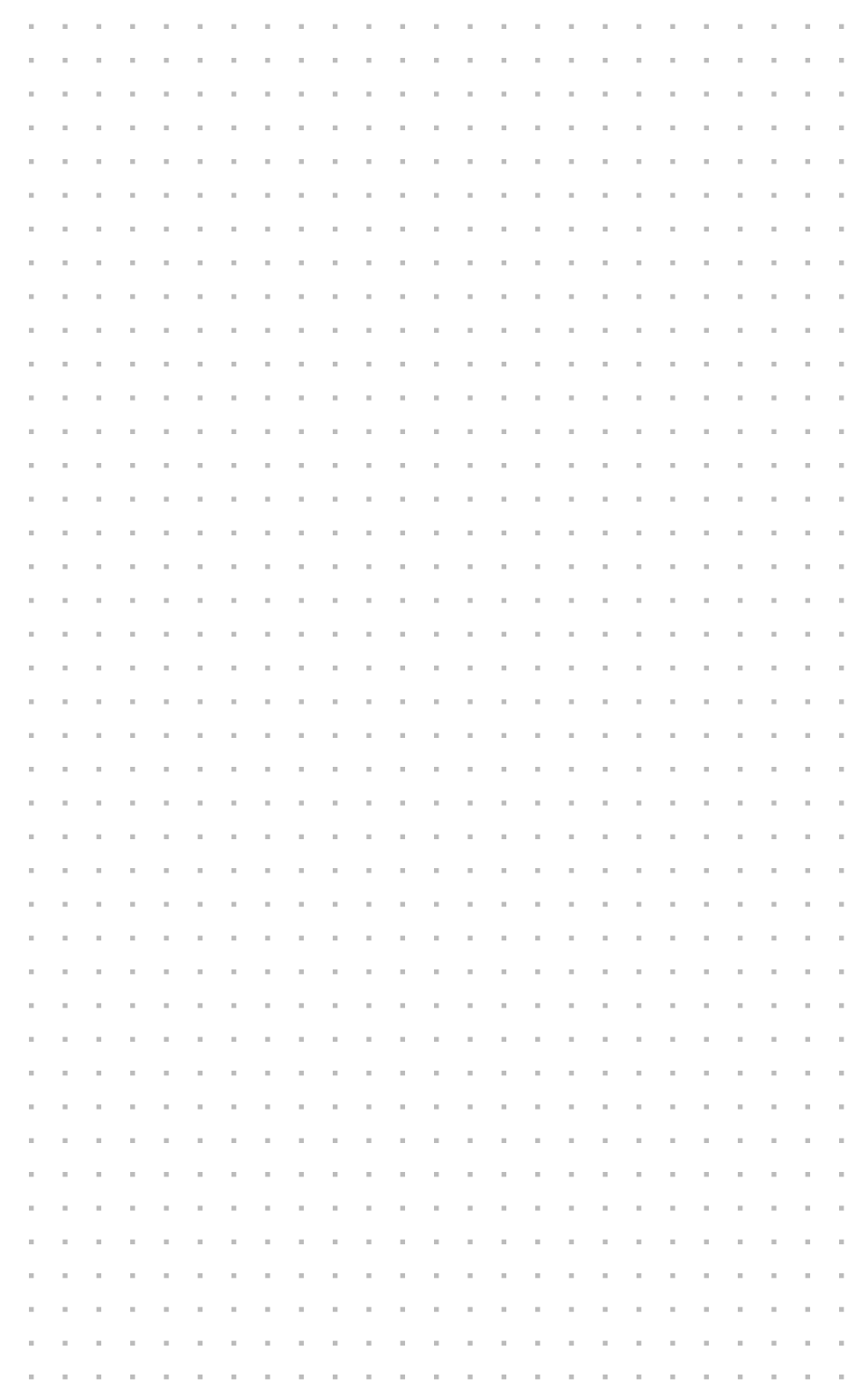
1. "**Read** these things." Read the Book of Mormon because it is the word of God. "That which is of God inviteth and enticeth to do good continually; wherefore, every thing which inviteth and enticeth to do good, and to love God, and to serve him, is inspired of God" (Moroni 7:13). That which is of God invites the Holy Ghost into our lives more fully and opens our hearts and minds to recognizing, receiving, and acting on truth.
2. "**Remember** how merciful the Lord hath been unto the children of men" and unto you. Be grateful. Re-ceive all things as gifts from God. Recognize it is all good. Thank Him daily.
3. "**Receive** these things, and ponder it in your hearts." Pondering enables us to remember more, to receive more, to recognize more, to see things as they really are and as they really can be, even to understand more and to do more. (See 1 Nephi 11:1-3; Jacob 4:13; Helaman 10:2-7; 3 Nephi 17:2-3.)
4. "**Ask** God ... ask with a sincere heart, with real intent, having faith in Christ" if the things you read are true, if the things you receive are gifts from Him.
5. **Know** "the truth of all things ... by the power of the Holy Ghost." Is it good and just and true? Does it inspire you to be good, to be just, to be true? Does it inspire you to greater faith, to greater hope, to greater charity? How does it make you feel? Remember "the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance" (Galatians 5:22-23).

6. **Act** on truth. Do good. "Lay hold upon every good gift.... put on thy beautiful garments.... come unto Christ, and be perfected in him, and deny yourselves of all ungodliness.... love God with all your might, mind and strength."

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Alma 5:44-48.
- ☐ Joseph Smith--History 1:1-20.
- ☐ "Receiving a Testimony of Light and Truth," Dieter F. Uchtdorf, GC, Oct-2014.
- ☐ "What is Truth?," Dieter F. Uchtdorf, CES Devotional, Jan-2013.





What is the Book of Mormon?
Why is it important?
What can it do for me?

#DiscoverWhat'sInsideTheBookofMormon

Read Introduction

WITHIN THE BOOK'S PAGES,

YOU WILL DISCOVER THE INFINITE LOVE AND INCOMPREHENSIBLE GRACE OF GOD.

AS YOU STRIVE TO FOLLOW THE TEACHINGS YOU FIND THERE,
YOUR JOY WILL EXPAND, YOUR UNDERSTANDING WILL INCREASE,

AND THE ANSWERS

YOU SEEK TO THE MANY CHALLENGES MORTALITY PRESENTS WILL BE OFFERED TO YOU...

THE TRUTHS

YOU WILL FIND THERE WILL UPLIFT AND INSPIRE YOU... THEY WILL STRENGTHEN YOUR FAITH,

FILL YOUR SOUL WITH LIGHT,

AND PREPARE YOU FOR A FUTURE YOU SCARCELY HAVE THE ABILITY TO COMPREHEND.

-ELDER GARY E. STEVENSON, "LOOK TO THE BOOK, LOOK TO THE LORD"

Question 22: What is the Book of Mormon? Why is it important? What can it do for me?

Read: Introduction to the Book of Mormon

To me, the Book of Mormon is a love story, a divine love story. Like the Bible, it tells "the story of how God loves His children and comes to rescue them. And in spite of everything, no matter what, whatever it cost Him--God won't ever stop loving His children with a wonderful, neverstopping, never-giving-up, unbreaking, always, and forever love" (Sally Lloyd-Jones). The Book of Mormon is another record of love come down. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved" (John 3:16-17).

The Book of Mormon is a book about two families and God's love for them as evidenced through the Atonement and Resurrection of Jesus Christ. It chronicles "two great civilizations" in the Americas whose inhabitants were "willing to go and do the things which the Lord hath commanded" for they knew that God would "prepare a way for them that they may accomplish the thing which he commandeth them" (1 Nephi 3:17). The Title Page teaches us that one purpose of the Book of Mormon is to "show us ... what great things the Lord hath done for their fathers" and for their families.

Time and again God extended His great goodness and tender mercies toward them, along with His invitations to come closer to Him. They knew that God loved them. For "he doeth not anything save it be for the benefit of the world; for he loveth the world, even that he layeth down his own life that he may draw all men unto him" (2 Nephi 26:24). "The Crowning event recorded in the Book of Mormon is the personal ministry of the Lord Jesus Christ among the Nephites soon after His resurrection."

The Book of Mormon is a book of hope, a book of happily ever after. "It puts forth the doctrines of Christ, outlines the plan of salvation, and tells men what they must do to gain peace in this life and eternal salvation in the world to come."

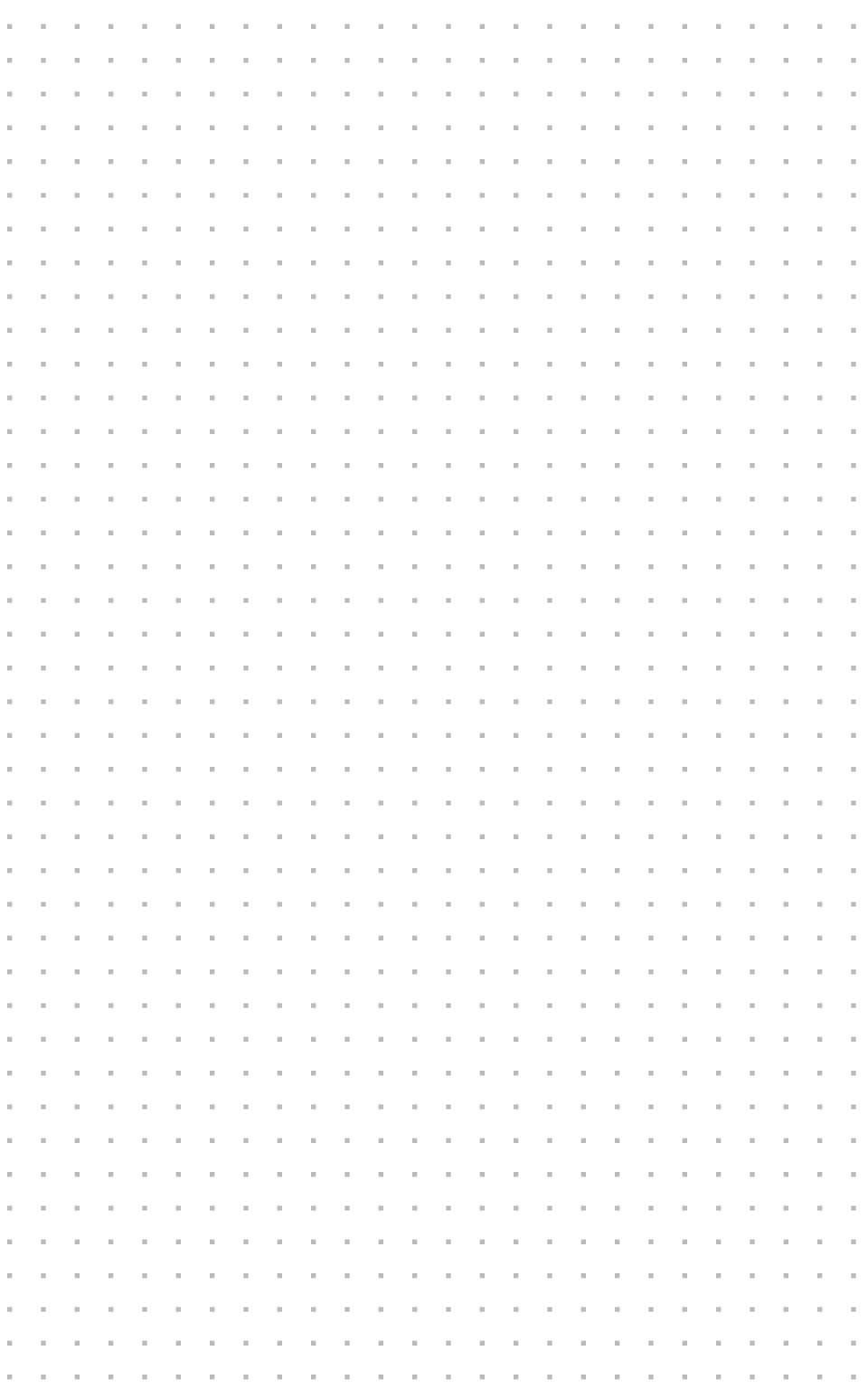
It is important to me because of the lessons it has taught and continues to teach me including: how to soften and open my heart, how to do hard things, how to be a better parent, how to receive answers to my questions, how to receive and act on revelation, and how to receive power and peace in this world. As Joanne B. Doxey said: "If we immerse ourselves daily in the scriptures, particularly the Book of Mormon, we will have increased discernment. We will have power to do good and to resist evil, and our ability to solve problems will be expanded. Messages to help us in our day were foreseen by the Lord and were divinely placed on the pages of the scriptures to assist us and our families" ("Remember Him," Oct-1989).

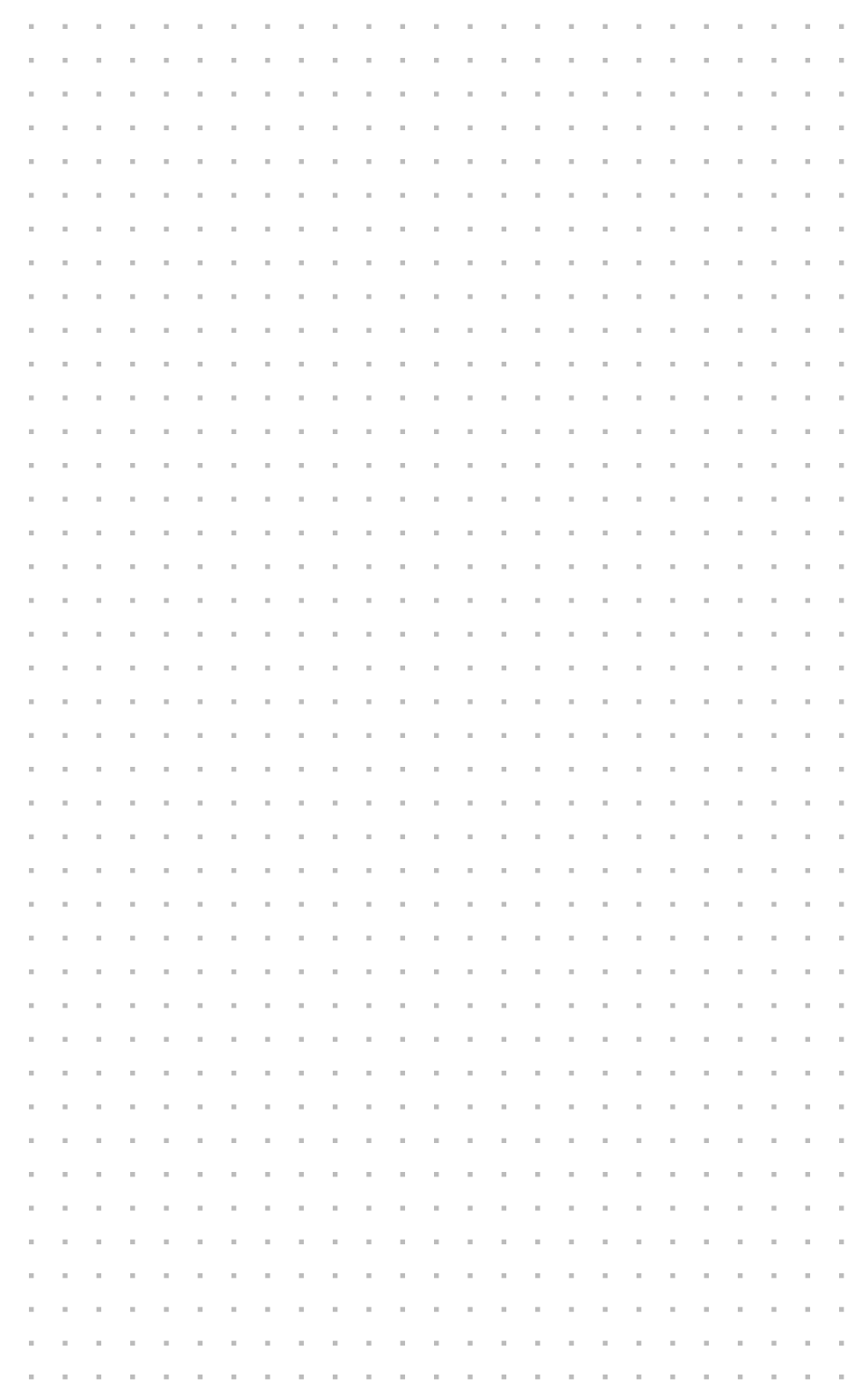
The Book of Mormon is most important because "this is the book that will help to prepare the world for the Second Coming of the Lord" (Russell M. Nelson, Oct-2017). Moroni taught the same thing. "Wherefore, I, Moroni, am commanded to write these things that evil may be done away, and that the time may come that Satan may have no power upon the hearts of the children of men, but that they may be persuaded to do good continually, that they may come unto the fountain of all righteousness and be saved" (Ether 8:26).

What has the Book of Mormon done for me? Everything that is lasting and good. Everything that is peace and love and joy in my life is a result of my time in the Book of Mormon and my application of the doctrines and principles of the gospel of Jesus Christ contained therein. It has expanded my understanding of God's plan for our happiness and deepened my conversion to Christ. What will the Book of Mormon do for you?

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Title Page of the Book of Mormon.
- ☐ The Testimony of the Prophet Joseph Smith.
- ☐ 2 Nephi 29.
- ☐ "The Book of Mormon: What Would Your Life Be Like Without It?," Russell M. Nelson, GC, Oct-2017.
- ☐ "God's Compelling Witness: The Book of Mormon," Tad R. Callister, GC, Oct-2017.
- ☐ "The Power of the Book of Mormon," Thomas S. Monson, GC, Apr-2017.
- ☐ "Look to the Book, Look to the Lord," Gary E. Stevenson, GC, Oct-2016.
- ☐ "There is Power in the Book," LeGrand R. Curtis, Jr., GC, Oct-2016.
- ☐ "Stay by the Tree," Kevin W. Pearson, GC, Apr-2015.
- ☐ "The Book of Mormon--Keystone of Our Religion," Ezra Taft Benson, GC, Oct-1986.





Question 23: How do I find the answers to life's questions in the scriptures?

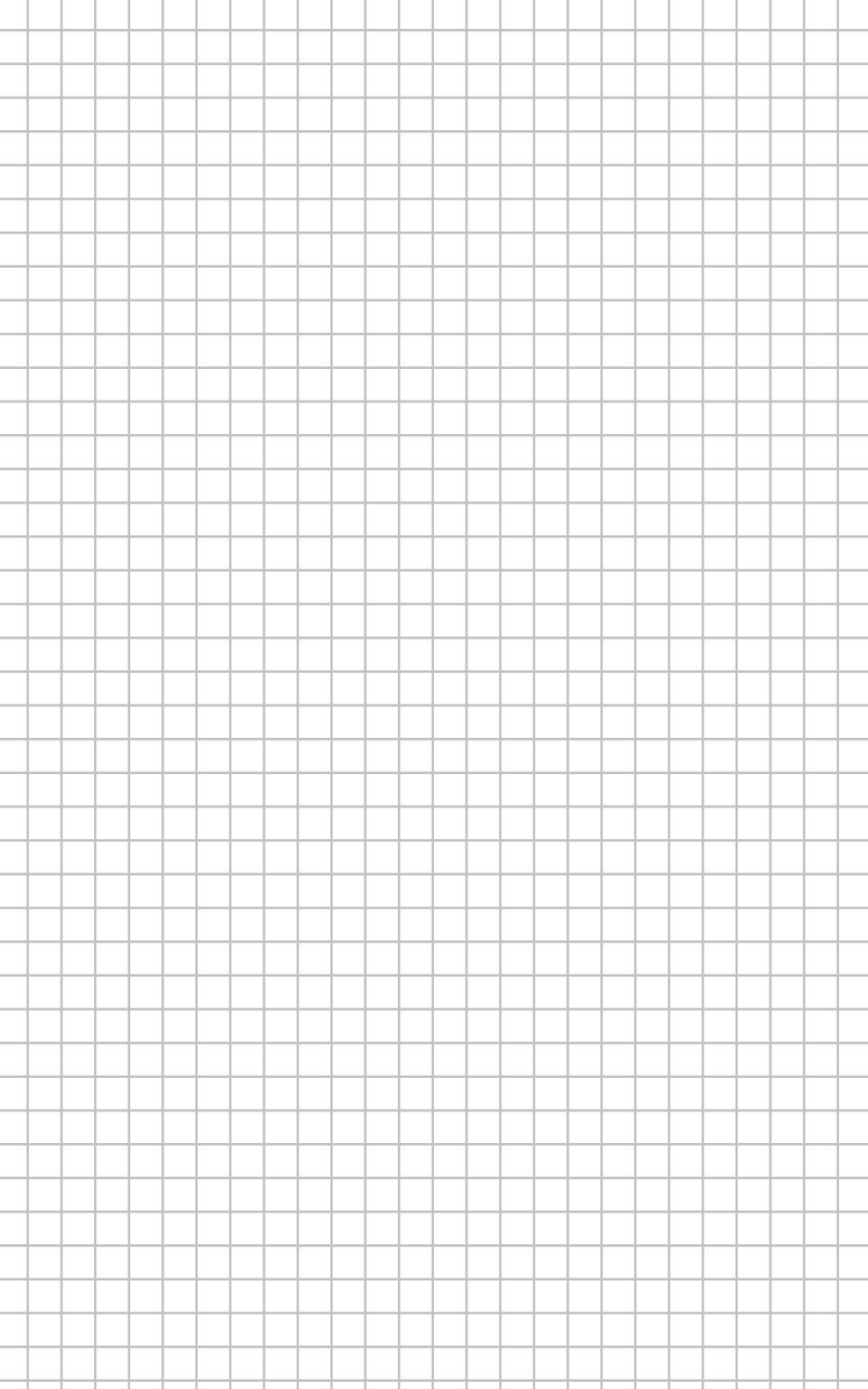
Read: 1 Nephi 15:7-11

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "Our Very Survival," Kevin R. Duncan, GC, Oct-2010.
- ☐ "A Discussion on Scripture Study," Henry B. Eyring, *Ensign*, Jul-2005.
- ☐ "Chapter 7: The Scriptures, 'Great Reservoirs of Spiritual Water,'" *Teachings of Presidents of the Church: Harold B. Lee*.

"The scriptures hold the answers to many--indeed most--of life's problems."
~Howard W. Hunter, *Teachings of the Presidents of the Church*, Chapter 22





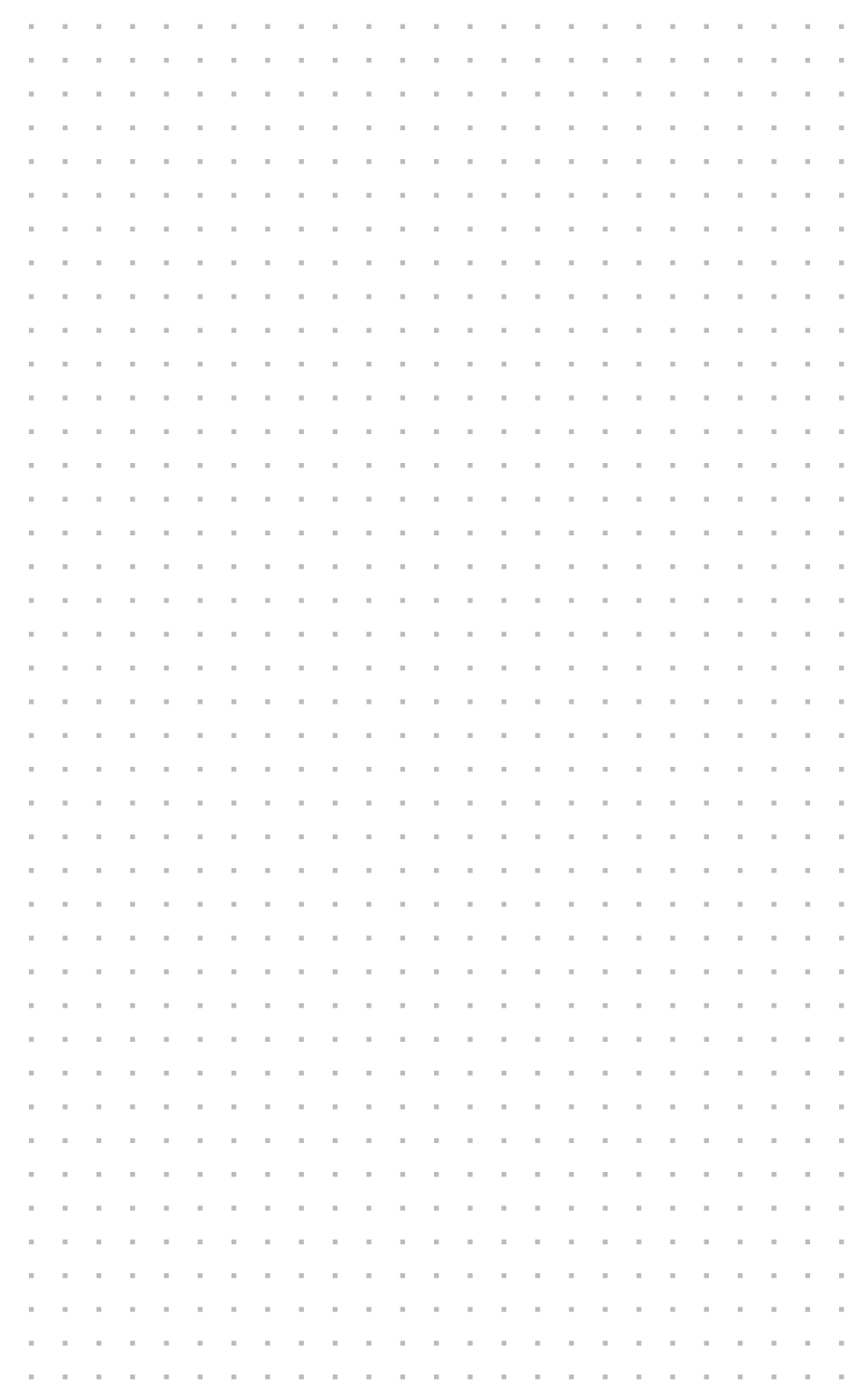
Question 24: Is God aware of me? Does God know me and love me?

Read: 2 Nephi 26:23-33

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ 1 Nephi 17:30-42.
- ☐ Alma 24:14.
- ☐ "Am I Good Enough? Will I Make It?," Devn J. Cornish, GC, Oct-2016.
- ☐ "Discovering the Divinity Within," Rosemary M. Wixom, GC, Oct-2015.
- ☐ "Living the Gospel Joyful," Dieter F. Uchtdorf, GC, Oct-2014.
- ☐ "We Never Walk Alone," Thomas S. Monson, GC, Oct-2013.
- ☐ "The Love of God," Dieter F. Uchtdorf, GC, Oct-2009.
- ☐ "Eternally Encircled in His Love," Bonnie D. Parkin, GC, Oct-2006.
- ☐ "Charity: Perfect and Everlasting Love," Gene R. Cook, GC, Apr-2002.





Question 25: Who is Jesus Christ? What is His role?

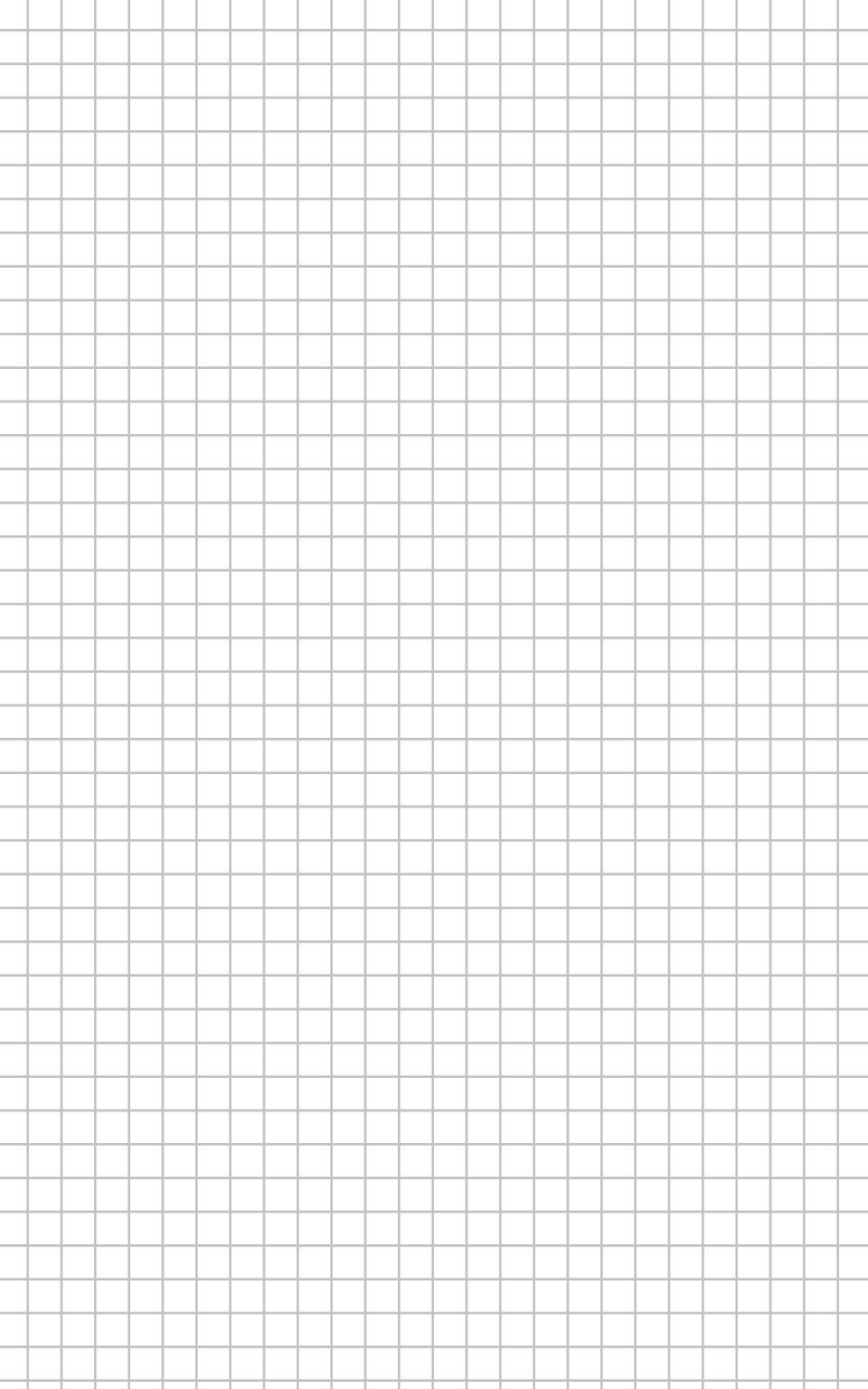
Read: Alma 7:10-16

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ 2 Nephi 25:12-20.
- ☐ Mosiah 12-16.
- ☐ "Drawing the Power of Jesus Christ into Our Lives,"
Russell M. Nelson, GC, Apr-2017.
- ☐ "Where Justice, Love, and Mercy Meet," Jeffrey R.
Holland, GC, Apr-2015.
- ☐ "The Way," Lawrence E. Corbridge, GC, Oct-2008.
- ☐ "Jesus the Christ," Robert L. Backman, GC, Oct-1991.

**Jesus Christ is the Way.
He is Light and Life,
Bread and Water,
the Beginning and the End,
the Resurrection and the Life,
the Savior of the world,
the Truth, and the Way.
There is only one way to happiness
and fulfillment.
He is the Way.**

~Lawrence E. Corbridge

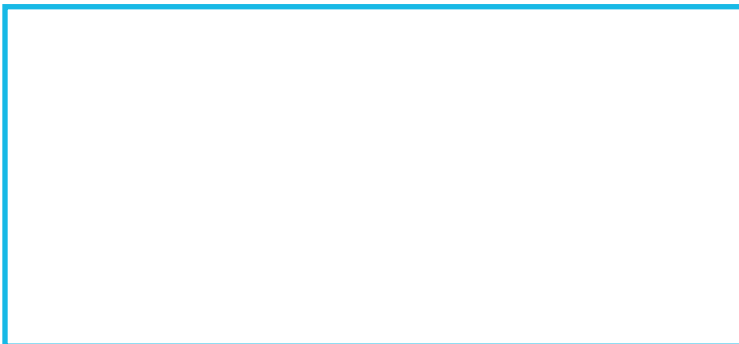


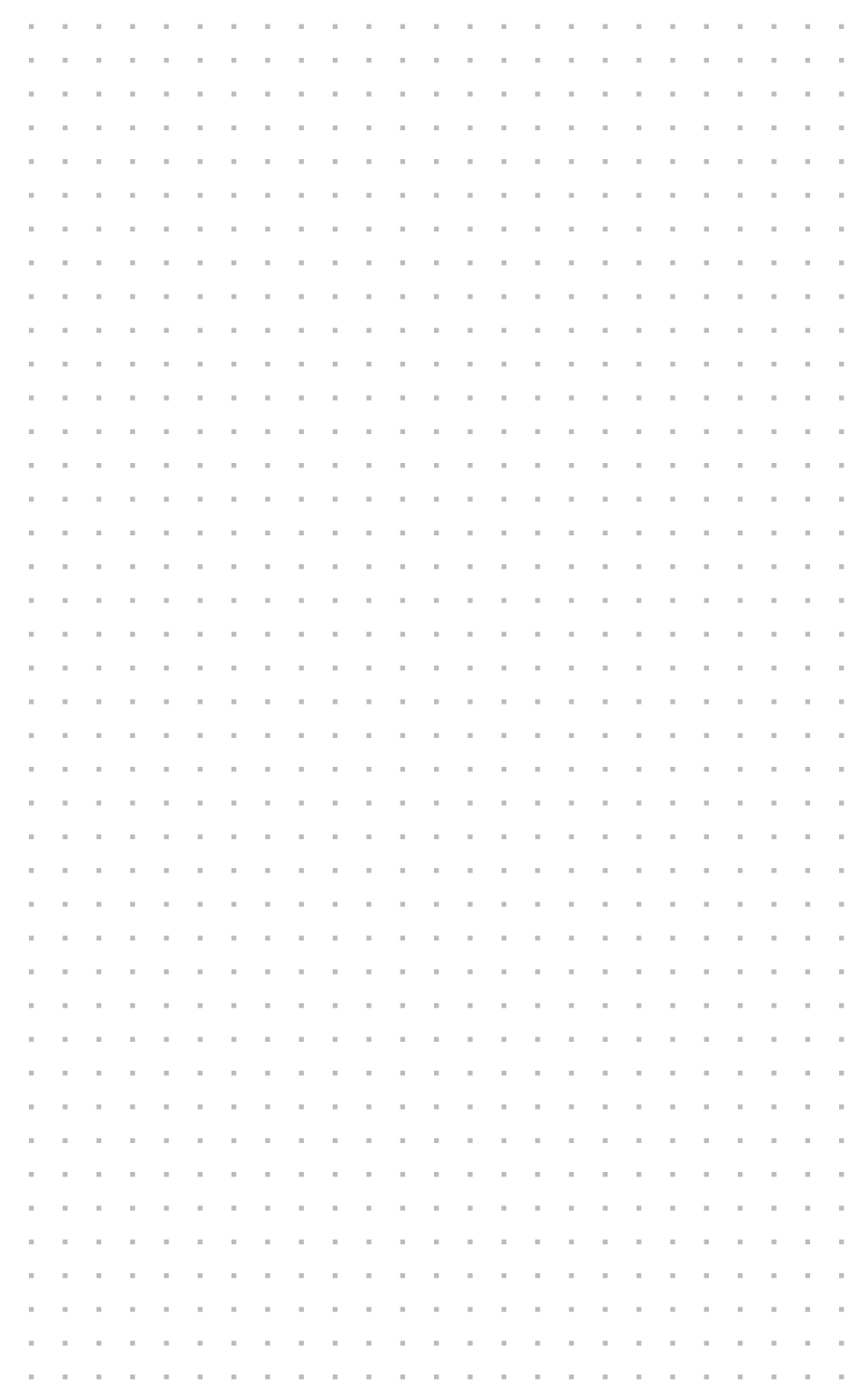
Question 26: What is my role? How do I prepare to live with God?

Read: 2 Nephi 31:4-21

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Alma 7:14-27.
- ☐ 3 Nephi 27:13-22.
- ☐ "Saving Ordinances Will Bring Us Marvelous Light,"
Taniela B. Wakolo, GC, Apr-2018.
- ☐ "What Lack I Yet?," Larry R. Lawrence, GC, Oct-2015.
- ☐ "Filling the Measure of Your Creation," Patricia T.
Holland, BYU Devotional, Jan-1989.



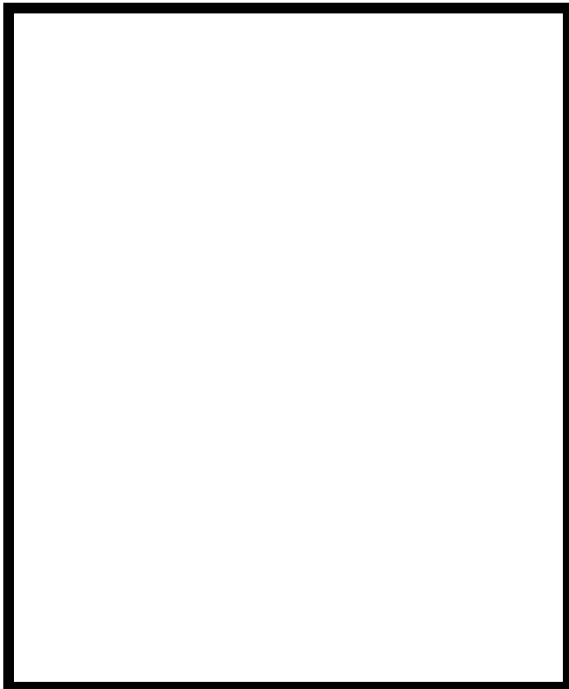


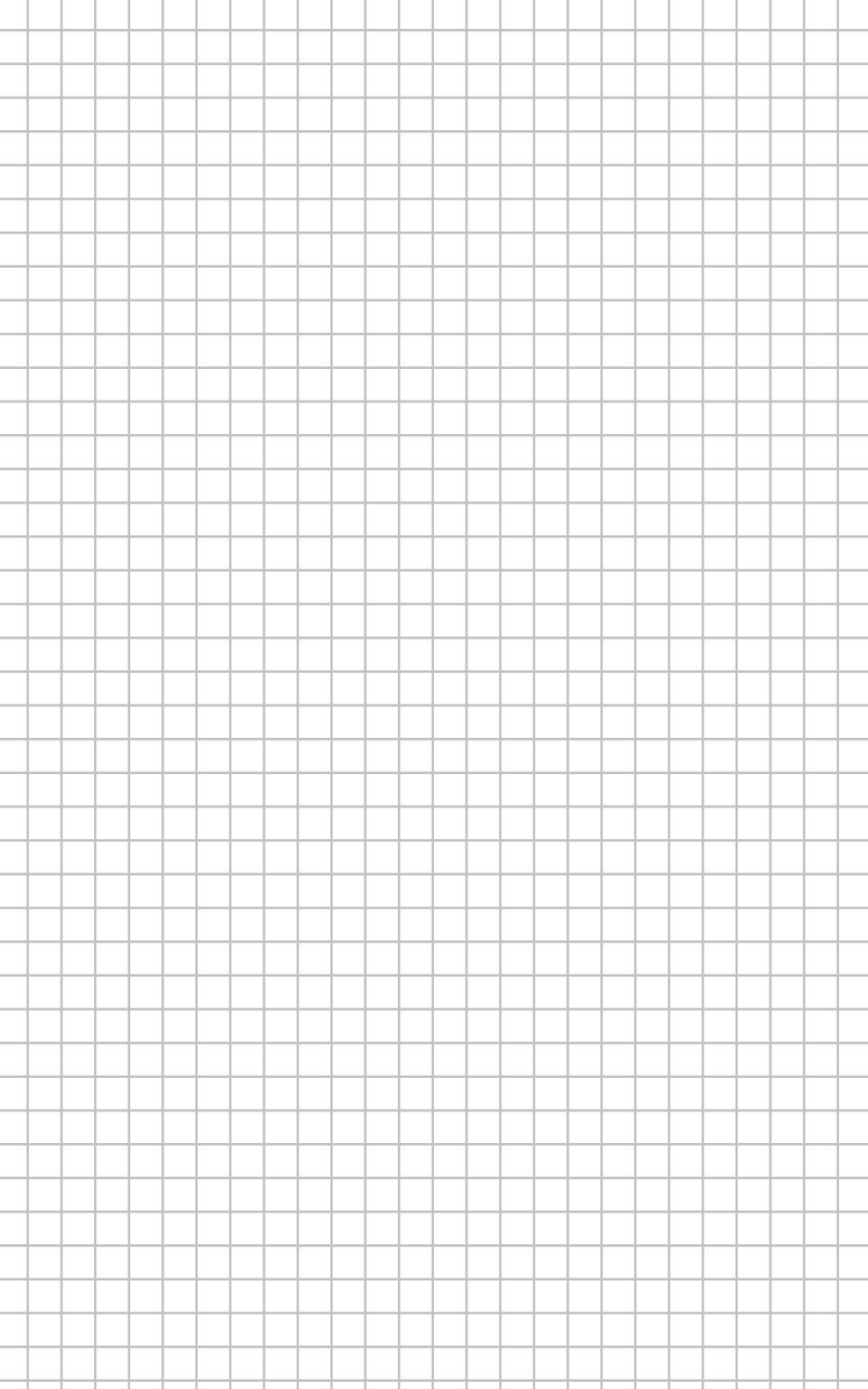
Question 27: I'm comfortable with my life and my relationship with God. Why should I seek to draw closer to Him?

Read: Ether 2:7, 12-25

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "Choose You This Day," Dale G. Renlund, GC, Oct-2018.
- ☐ "Tomorrow the Lord Will Do Wonders among You," Jeffrey R. Holland, GC, Apr-2016.
- ☐ "Abide in My Love," D. Todd Christofferson, GC, Oct-2016.
- ☐ "The Lord Has a Plan for Us!," Carlos A. Godoy, GC, Oct-2014.





Question 28: Why is gratitude so important?

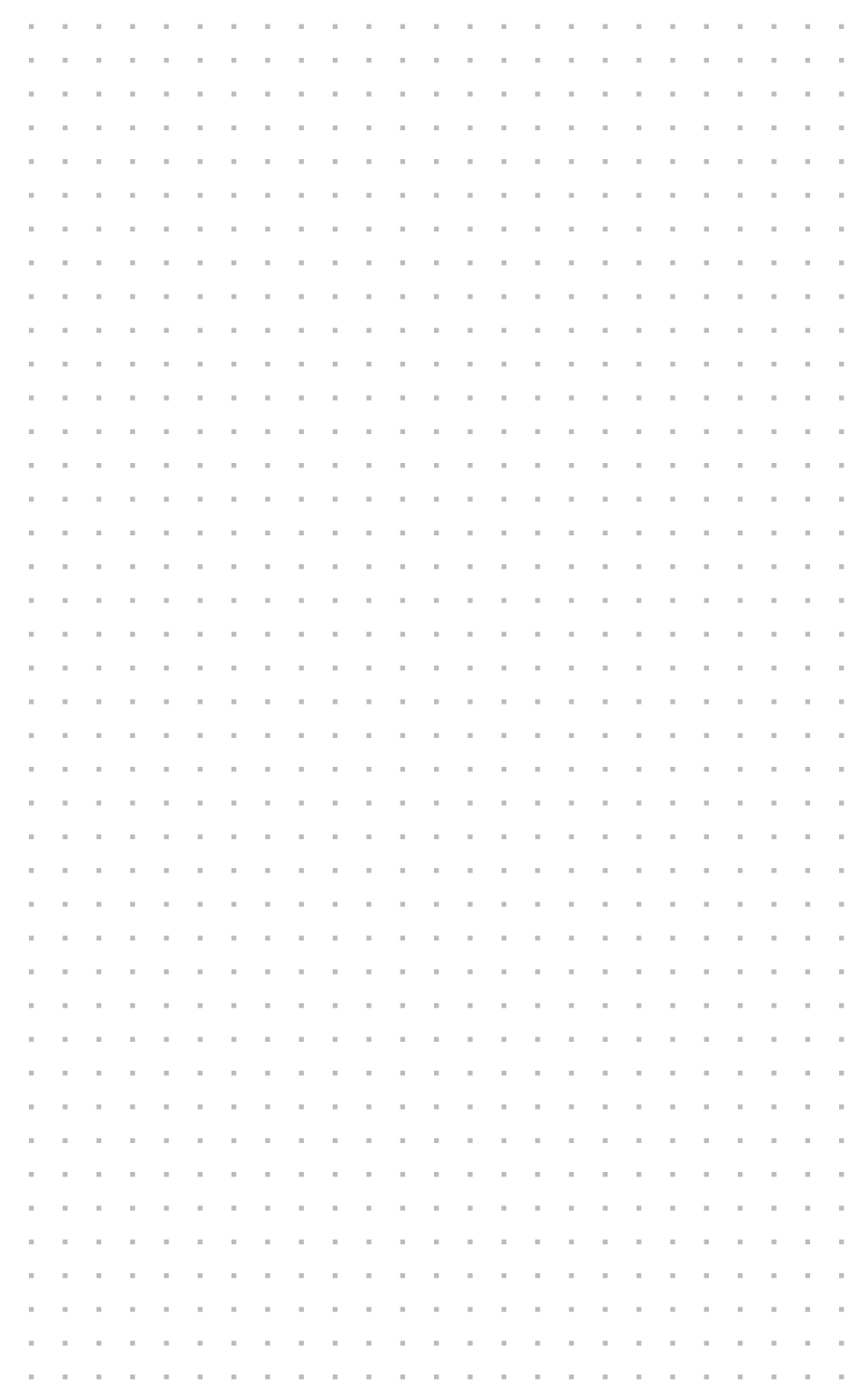
Read: Ether 6:1-18

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "Grateful in Any Circumstances," Dieter F. Uchtdorf, GC, Apr-2014.
- ☐ "The Divine Gift of Gratitude," Thomas S. Monson, GC, Oct-2010.
- ☐ "Bread or Stones: Understanding the God We Pray to," S. Michael Wilcox, BYU-Hawaii Devotional, Mar-2009.

How much better it would be if all could be more aware of God's providence and love and express that gratitude to Him.... Our degree of gratitude is a measure of our love for Him.

~Russell M. Nelson, "Thanks Be to God," Apr-2012



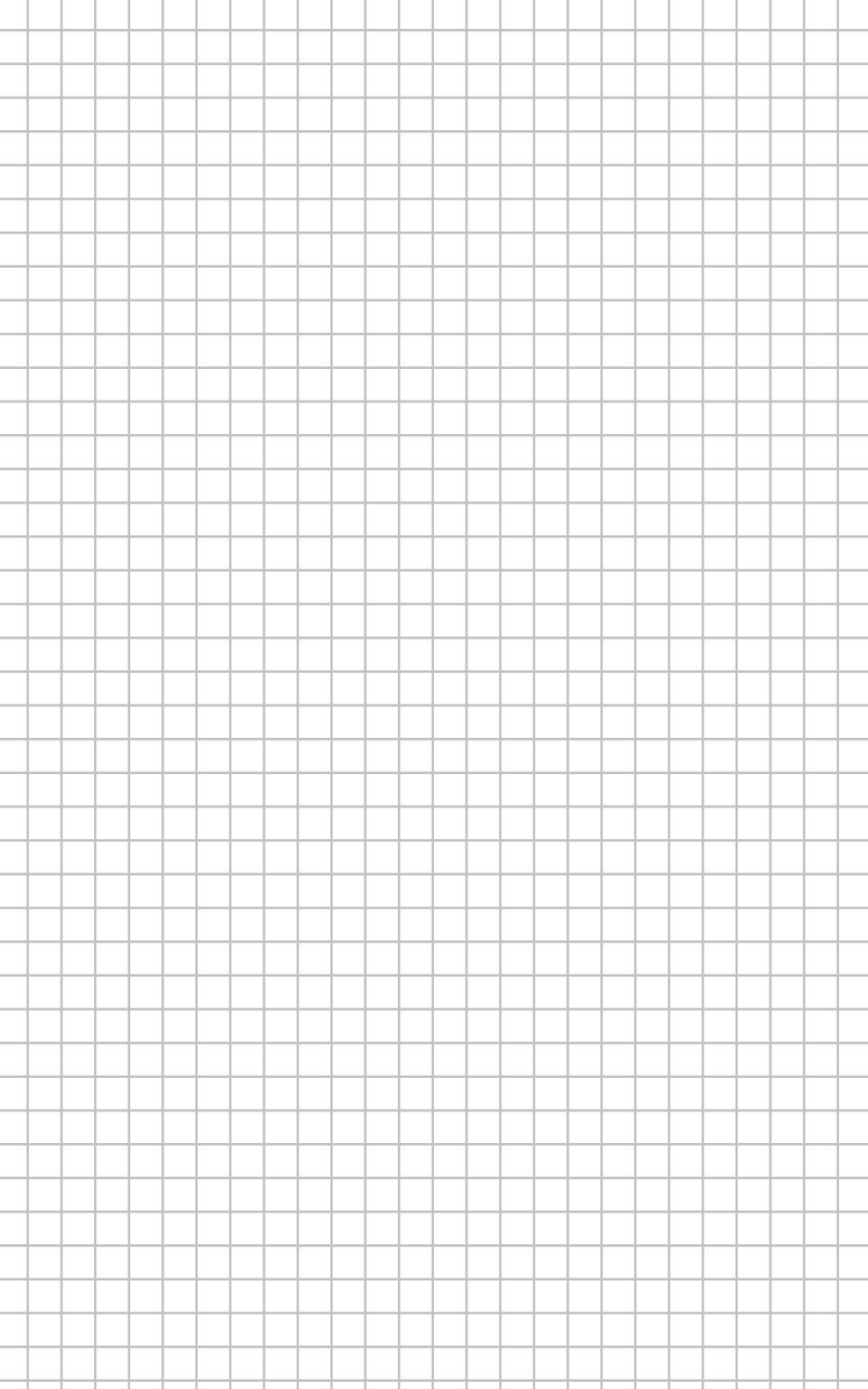
Question 29: Why is forgiveness so important?

Read: 1 Nephi 7

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "The Ministry of Reconciliation," Jeffrey R. Holland, GC, Oct-2018.
- ☐ "Even as Christ Forgives You, So Also Do Ye," Larry J. Echo Hawk, GC, Apr-2018.
- ☐ "The Healing Ointment of Forgiveness," Kevin R. Duncan, GC, Apr-2016.
- ☐ "The Healing Power of Forgiveness," James E. Faust, GC, Apr-2007.
- ☐ "Forgiveness," Gordon B. Hinckley, GC, Oct-2005.
- ☐ "Forgiveness Will Change Bitterness to Love," David E. Sorensen, GC, Apr-2003.
- ☐ "I Stand All Amazed," Jeffrey R. Holland, *Ensign*, Aug-1986.
- ☐ "Forgiveness: The Ultimate Form of Love," Marion D. Hanks, GC, Oct-1973.





Question 30: Why is service so important?

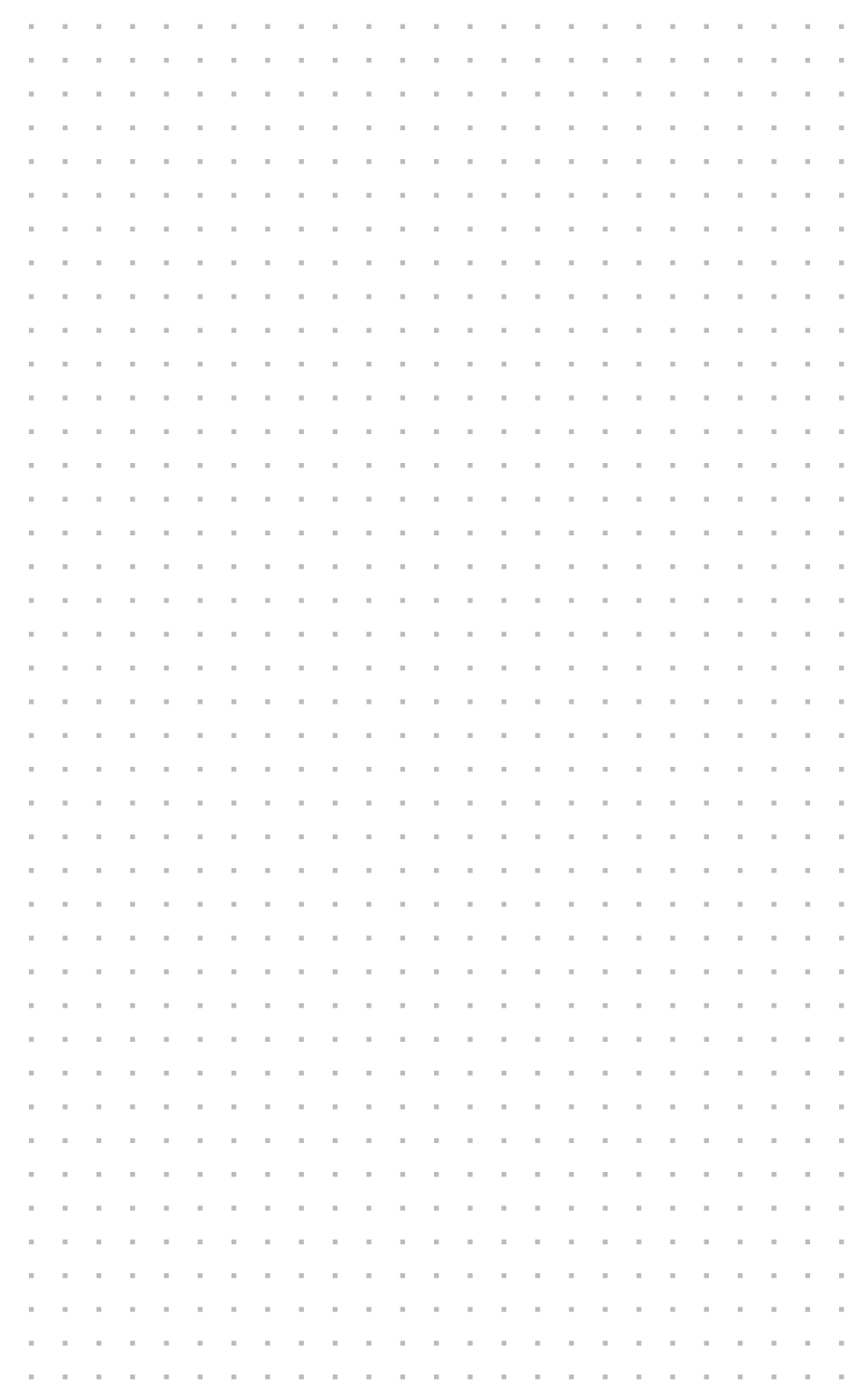
Read: Mosiah 2

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "The Joy of Unselfish Service," Cristina B. Franco, GC, Oct-2018.
- ☐ "What Have I Done for Someone Today?," Thomas S. Monson, GC, Oct-2009.
- ☐ "Why Giving Matters," Arthur C. Brooks, BYU Forum, Feb-2009.
- ☐ "Service," Steven E. Snow, GC, Oct-2007.

God's greatest reward goes to those who serve without expectation of reward. It goes to those who serve without fanfare; those who quietly go about seeking ways to help others; those who minister to others simply because they love God and God's children.

~Dieter F. Uchtdorf, "The Greatest among You," Apr-2017

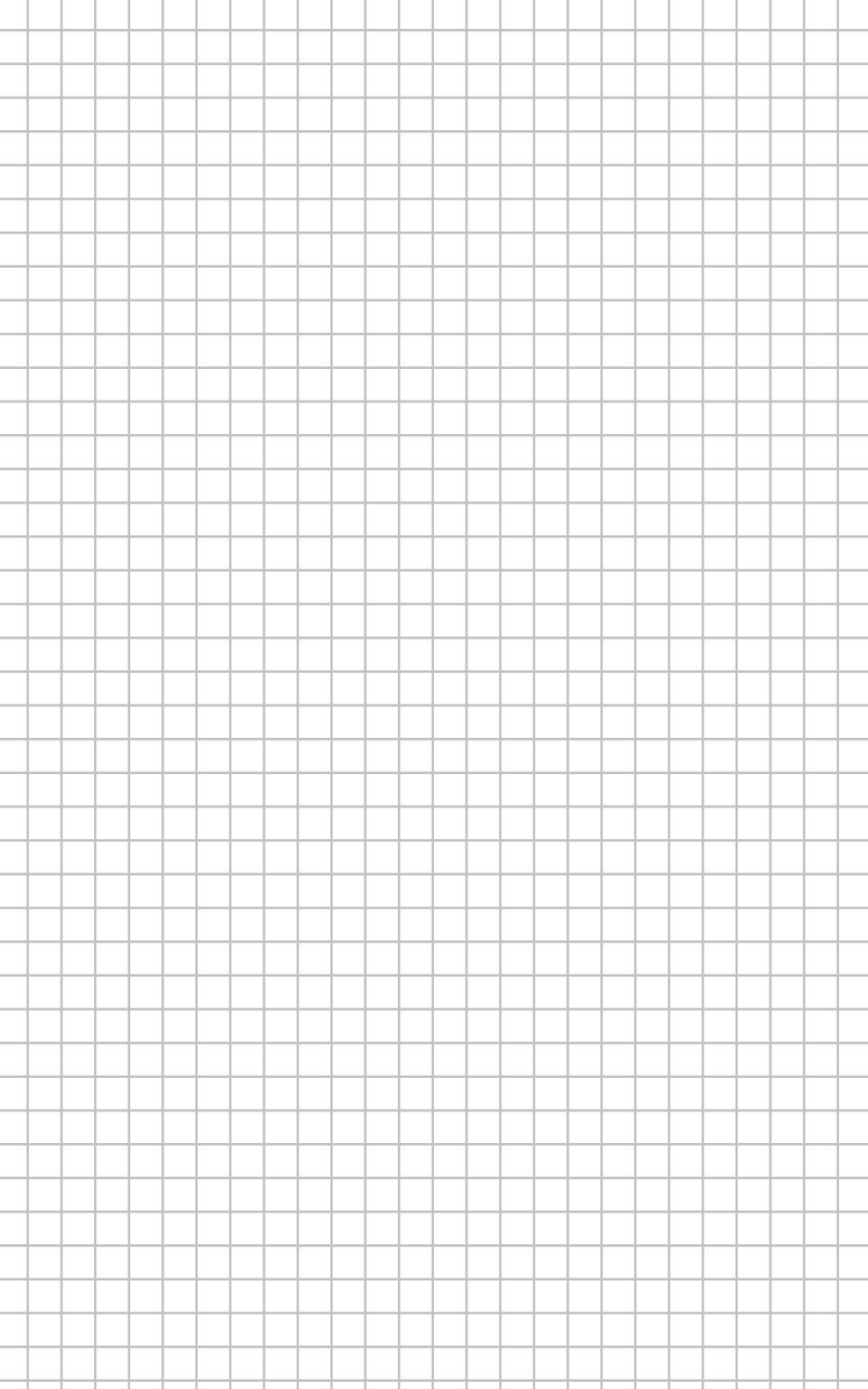


Question 31: Why are both faith and works necessary for salvation?

Read: Alma 42

Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ Alma 34:2-17.
- ☐ "Small and Simple Things," Dallin H. Oaks, GC, Apr-2018.
- ☐ "He Will Place You on His Shoulders and Carry You Home," Dieter F. Uchtdorf, GC, Apr-2016.
- ☐ "The Gift of Grace," Dieter F. Uchtdorf, GC, Apr-2015.
- ☐ "Therefore They Hushed Their Fears," David A. Bednar, GC, Apr-2015.
- ☐ "Make the Exercise of Faith Your First Priority," Richard G. Scott, GC, Oct-2014.
- ☐ "Ye Must Be Born Again," David A. Bednar, GC, Apr-2007.
- ☐ "The Atonement: All for All," Bruce C. Hafen, GC, Apr-2004.
- ☐ "Justification and Sanctification," D. Todd Christofferson, *Ensign*, June 2001.



Question 32: What is the blueprint of Christ's Church?

**Read: 2 Nephi 9:1-3; Mosiah 18:1-29; Alma 13;
3 Nephi 11:13-28; 15:11-12; 18:1-11; 19:4-14; 27:3-8;
Moroni 2-5**

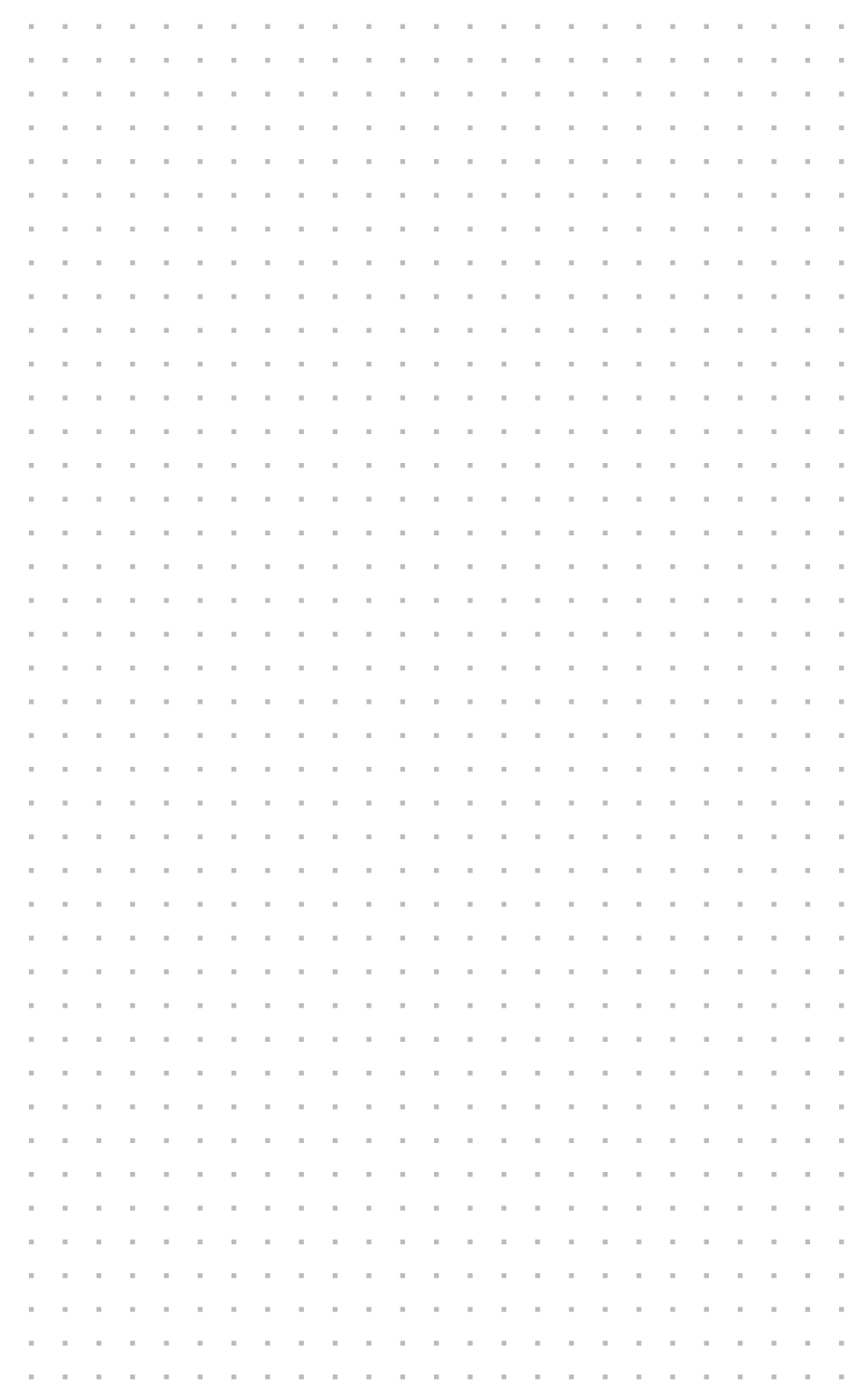
Ponder, Apply, Write, Study:

- ☐ How would you answer this question in your own words?
- ☐ What impressed you most as you read the selected verses?
- ☐ What one thing are you inspired to do after today's study?
- ☐ "Gather Together in One All Things in Christ," David A. Bednar, GC, Oct-2018.
- ☐ "The Correct Name of the Church," Russell M. Nelson, GC, Oct-2018.
- ☐ "What is the Blueprint of Christ's Church," D. Todd Christofferson, CES Devotional, Jan-2014.
- ☐ "A Testimony," LeGrand Richards, GC, Oct-1980.
- ☐ "Why the Church of Jesus Christ of Latter-day Saints," Marion G. Romney, GC, Oct-1972.

In the teachings and practices of the restored gospel, the family and the Church help and strengthen each other. To qualify for the blessings of eternal life, families need to learn the doctrines and receive the priesthood ordinances that are available only through the Church....

God has revealed a pattern of spiritual progress for individuals and families through ordinances, teaching, programs, and activities that are home centered and Church supported. Church organizations and programs exist to bless individuals and families and are not ends in themselves.

~Handbook 2: Administering the Church (2010), 1.4



QUESTIONS FOR FUTURE STUDY

