

Episode 3: Journey to the Promised Land

1 Nephi 16–18

Name: _____

Principle: When the Lord asks something hard of us, He also provides the means to do it. Our job is to turn toward Him, not away from Him.

Read 1 Nephi 17:1–3; 1 Nephi 17:7–9; 1 Nephi 17:50–51

1 Nephi 17:1–3 ¹And it came to pass that we did again take our journey in the wilderness; and we did travel nearly eastward from that time forth. And we did travel and wade through much affliction in the wilderness; and our women did bear children in the wilderness. ²And so great were the blessings of the Lord upon us, that while we did live upon raw meat in the wilderness, our women did give plenty of suck for their children, and were strong, yea, even like unto the men; and they began to bear their journeyings without murmurings. ³And thus we see that the commandments of God must be fulfilled. And if it so be that the children of men keep the commandments of God he doth nourish them, and strengthen them, and provide means whereby they can accomplish the thing which he has commanded them; wherefore, he did provide means for us while we did sojourn in the wilderness.

1 Nephi 17:7–9 ⁷And it came to pass that after I, Nephi, had been in the land of Bountiful for the space of many days, the voice of the Lord came unto me, saying: Arise, and get thee into the mountain. And it came to pass that I arose and went up into the mountain, and cried unto the Lord. ⁸And it came to pass that the Lord spake unto me, saying: Thou shalt construct a ship, after the manner which I shall show thee, that I may carry thy people across these waters. ⁹And I said: Lord, whither shall I go that I may find ore to molten, that I may make tools to construct the ship after the manner which thou hast shown unto me?

1 Nephi 17:50–51 ⁵⁰And I said unto them: If God had commanded me to do all things I could do them. If he should command me that I should say unto this water, be thou earth, it should be earth; and if I should say it, it would be done. ⁵¹And now, if the Lord has such great power, and has wrought so many miracles among the children of men, how is it that he cannot instruct me, that I should build a ship?

Discuss & reflect

1. Nephi and Laman & Lemuel faced the same broken bow, the same hunger, and the same storm. Compare how each responded. What made the difference?
2. In 1 Nephi 17:9 Nephi doesn't ask the Lord whether he should build a ship; he asks where to find ore for tools. What does that show about his faith?
3. The Liahona worked "according to the faith and diligence and heed" they gave it (1 Nephi 16:28). What in your life works the same way?
4. What "hard thing" might the Lord be asking of you right now? What would going "up into the mountain" look like for you?

Cross-reference

Philippians 4:13 "I can do all things through Christ which strengtheneth me."

Ether 12:27 "And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them."

✍ Mark it

Mark 1 Nephi 17:3 in your own scriptures. In the margin, write one way the Lord has "provided means" for you.

What I learned

One thing I'll do this week:

Sketch notes

 doodle, map, or diagram

Family discussion

Share a time the Lord "provided means" for our family to do something hard. What did we learn from it?

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

"...provide means whereby they can accomplish the thing which he has commanded them"

1 Nephi 17:3

Episode 1: Nephi and the Brass Plates

1 Nephi 3–4

Name: _____

Principle: Obedience doesn't require seeing the whole path. As we move forward in faith, the Lord prepares the way.

Read 1 Nephi 3:7; 1 Nephi 3:15; 1 Nephi 4:1; 1 Nephi 4:6–7

1 Nephi 3:7 ⁷And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

1 Nephi 3:15 ¹⁵But behold I said unto them that: As the Lord liveth, and as we live, we will not go down unto our father in the wilderness until we have accomplished the thing which the Lord hath commanded us.

1 Nephi 4:1 ¹And it came to pass that I spake unto my brethren, saying: Let us go up again unto Jerusalem, and let us be faithful in keeping the commandments of the Lord; for behold he is mightier than all the earth, then why not mightier than Laban and his fifty, yea, or even than his tens of thousands?

1 Nephi 4:6–7 ⁶And I was led by the Spirit, not knowing beforehand the things which I should do. ⁷Nevertheless I went forth, and as I came near unto the house of Laban I beheld a man, and he had fallen to the earth before me, for he was drunken with wine.

Discuss & reflect

1. Laman and Lemuel called it “a hard thing” (1 Nephi 3:5); Nephi said “I will go and do.” Same command, opposite responses. Why?
2. The first two attempts failed. What does it teach you that the Lord's help didn't come on the first try?
3. Nephi was “led by the Spirit, not knowing beforehand” (1 Nephi 4:6). When have you had to act before you could see the whole plan?
4. The plates held the scriptures and the family's history. Why were they worth so much risk? What would you sacrifice for the word of God?

Cross-reference

Proverbs 3:5–6 “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

✍ Mark it

Mark 1 Nephi 3:7 and circle “prepare a way.” In the margin, name one commandment you'll obey this week.

What I learned

One thing I'll do this week:

Sketch notes

doodle, map, or diagram

Family discussion

Which commandment feels like “a hard thing” for our family right now? How might the Lord prepare a way?

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

“And I was led by the Spirit, not knowing beforehand the things which I should do.”

1 Nephi 4:6

Episode 2: The Tree of Life

1 Nephi 8, 11

Name: _____

Principle: Continually holding fast to the word of God carries us through the mists of darkness to the love of God.

Read 1 Nephi 8:10–12; 1 Nephi 8:24; 1 Nephi 8:30; 1 Nephi 11:22; 1 Nephi 11:25

1 Nephi 8:10–12 ¹⁰And it came to pass that I beheld a tree, whose fruit was desirable to make one happy. ¹¹And it came to pass that I did go forth and partake of the fruit thereof; and I beheld that it was most sweet, above all that I ever before tasted. Yea, and I beheld that the fruit thereof was white, to exceed all the whiteness that I had ever seen. ¹²And as I partook of the fruit thereof it filled my soul with exceedingly great joy; wherefore, I began to be desirous that my family should partake of it also; for I knew that it was desirable above all other fruit.

1 Nephi 8:24 ²⁴And it came to pass that I beheld others pressing forward, and they came forth and caught hold of the end of the rod of iron; and they did press forward through the mist of darkness, clinging to the rod of iron, even until they did come forth and partake of the fruit of the tree.

1 Nephi 8:30 ³⁰But, to be short in writing, behold, he saw other multitudes pressing forward; and they came and caught hold of the end of the rod of iron; and they did press their way forward, continually holding fast to the rod of iron, until they came forth and fell down and partook of the fruit of the tree.

1 Nephi 11:22 ²²And I answered him, saying: Yea, it is the love of God, which sheddeth itself abroad in the hearts of the children of men; wherefore, it is the most desirable above all things.

1 Nephi 11:25 ²⁵And it came to pass that I beheld that the rod of iron, which my father had seen, was the word of God, which led to the fountain of living waters, or to the tree of life; which waters are a representation of the love of God; and I also beheld that the tree of life was a representation of the love of God.

Discuss & reflect

1. Compare 1 Nephi 8:24 (“clinging to the rod”) with 8:30 (“continually holding fast”). What’s the difference, and which describes your scripture study right now?
2. Lehi’s first desire after tasting the fruit was for his family (8:12). What does that teach about the gospel and families?
3. What is the “great and spacious building” in your world? Where does mockery of faith show up for you?
4. The mists of darkness are “the temptations of the devil” (1 Nephi 12:17). What habits keep you holding the rod when you can’t see far ahead?

Cross-reference

1 Nephi 15:24 “And I said unto them that it was the word of God; and whoso would hearken unto the word of God, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary overpower them unto blindness, to lead them away to destruction.”

Psalms 119:105 “Thy word is a lamp unto my feet, and a light unto my path.”

Mark it

Mark 1 Nephi 8:30 and underline “continually holding fast.” Write one daily habit that is your rod of iron.

What I learned

One thing I'll do this week:

Sketch notes

 doodle, map, or diagram

Family discussion

What is one thing our family can do every day to keep “holding fast” to the word of God?

✂ cut out · keep in your scriptures as a bookmark

MEMORY VERSE

“...it is the love of God, which sheddeth itself abroad in the hearts of the children of men”

1 Nephi 11:22

Episode 4: Abinadi and King Noah

Mosiah 11–17

Name: _____

Principle: Truth doesn't change based on who is listening. Standing for it can change one heart, and one heart can change a people.

Read Mosiah 13:5; Mosiah 13:9; Mosiah 17:2–4; Mosiah 17:9–10; Mosiah 17:20

Mosiah 13:5 ⁵Now it came to pass after Abinadi had spoken these words that the people of king Noah durst not lay their hands on him, for the Spirit of the Lord was upon him; and his face shone with exceeding luster, even as Moses' did while in the mount of Sinai, while speaking with the Lord.

Mosiah 13:9 ⁹But I finish my message; and then it matters not whither I go, if it so be that I am saved.

Mosiah 17:2–4 ²But there was one among them whose name was Alma, he also being a descendant of Nephi. And he was a young man, and he believed the words which Abinadi had spoken, for he knew concerning the iniquity which Abinadi had testified against them; therefore he began to plead with the king that he would not be angry with Abinadi, but suffer that he might depart in peace. ³But the king was more wroth, and caused that Alma should be cast out from among them, and sent his servants after him that they might slay him. ⁴But he fled from before them and hid himself that they found him not. And he being concealed for many days did write all the words which Abinadi had spoken.

Mosiah 17:9–10 ⁹Now Abinadi said unto him: I say unto you, I will not recall the words which I have spoken unto you concerning this people, for they are true; and that ye may know of their surety I have suffered myself that I have fallen into your hands. ¹⁰Yea, and I will suffer even until death, and I will not recall my words, and they shall stand as a testimony against you. And if ye slay me ye will shed innocent blood, and this shall also stand as a testimony against you at the last day.

Mosiah 17:20 ²⁰And now, when Abinadi had said these words, he fell, having suffered death by fire; yea, having been put to death because he would not deny the commandments of God, having sealed the truth of his words by his death.

Discuss & reflect

1. Abinadi saw only one convert, Alma, but Alma went on to baptize many and lead the Church. What does that say about how we measure success?
2. Alma was a young man in the king's court when he spoke up (17:2). What did it cost him? What might standing for truth cost you among friends?
3. "...it matters not whither I go, if it so be that I am saved" (13:9). Where did Abinadi's peace come from?
4. King Noah "was about to release him" (17:11) but gave in when the priests objected (17:12). Where do you feel that kind of pressure?

Cross-reference

Romans 1:16 "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek."

Mosiah 18:9 "stand as witnesses of God at all times and in all things, and in all places that ye may be in"

✍ Mark it

Mark Mosiah 17:2. In the margin write: "One person can make a difference."

What I learned

One thing I'll do this week:

Sketch notes

 doodle, map, or diagram

Family discussion

Abinadi's words reached later generations because Alma wrote them down. Whose testimony has shaped our family?

✂ cut out · keep in your scriptures as a bookmark

MEMORY VERSE

"I finish my message; and then it matters not whither I go, if it so be that I am saved."

Mosiah 13:9

Episode 5: The Conversion of Alma the Younger

Mosiah 27

Name: _____

Principle: No one is beyond the reach of the Savior. Real conversion shows in what we do next.

Read Mosiah 27:8; Mosiah 27:14; Mosiah 27:24–26; Mosiah 27:35

Mosiah 27:8 ⁸ Now the sons of Mosiah were numbered among the unbelievers; and also one of the sons of Alma was numbered among them, he being called Alma, after his father; nevertheless, he became a very wicked and an idolatrous man. And he was a man of many words, and did speak much flattery to the people; therefore he led many of the people to do after the manner of his iniquities.

Mosiah 27:14 ¹⁴ And again, the angel said: Behold, the Lord hath heard the prayers of his people, and also the prayers of his servant, Alma, who is thy father; for he has prayed with much faith concerning thee that thou mightest be brought to the knowledge of the truth; therefore, for this purpose have I come to convince thee of the power and authority of God, that the prayers of his servants might be answered according to their faith.

Mosiah 27:24–26 ²⁴ For, said he, I have repented of my sins, and have been redeemed of the Lord; behold I am born of the Spirit. ²⁵ And the Lord said unto me: Marvel not that all mankind, yea, men and women, all nations, kindreds, tongues and people, must be born again; yea, born of God, changed from their carnal and fallen state, to a state of righteousness, being redeemed of God, becoming his sons and daughters; ²⁶ And thus they become new creatures; and unless they do this, they can in nowise inherit the kingdom of God.

Mosiah 27:35 ³⁵ And they traveled throughout all the land of Zarahemla, and among all the people who were under the reign of king Mosiah, zealously striving to repair all the injuries which they had done to the church, confessing all their sins, and publishing all the things which they had seen, and explaining the prophecies and the scriptures to all who desired to hear them.

Discuss & reflect

1. Alma's father kept praying "with much faith" for his son (27:14). Who could you pray for by name, consistently?
2. Being "born again" and becoming "new creatures" (27:25–26): is conversion a single event or a process? What does each look like?
3. Afterward, Alma and the sons of Mosiah worked "to repair all the injuries" they had done (27:35). Why is repairing part of repentance?
4. Most of us won't see an angel. What quieter ways does the Lord use to get our attention?

Cross-reference

Alma 36:20 "And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy as exceeding as was my pain!"

Isaiah 1:18 "Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

✍ Mark it

Mark Mosiah 27:24. Next to it, write a date when you felt forgiven or changed.

Sketch notes

doodle, map, or diagram

Family discussion

Who in our family or circle could we pray for by name this week, the way Alma's father did?

What I learned

One thing I'll do this week:

✂ cut out · keep in your scriptures as a bookmark

MEMORY VERSE

"I have repented of my sins, and have been redeemed of the Lord; behold I am born of the Spirit."

Mosiah 27:24

Episode 6: Ammon, Missionary to the Lamanites

Alma 17–19

Name: _____

Principle: Service opens hearts that arguments never could. Earn trust through love, and the Spirit can teach.

Read Alma 17:9; Alma 17:11; Alma 17:25; Alma 18:10; Alma 19:16

Alma 17:9 ⁹And it came to pass that they journeyed many days in the wilderness, and they fasted much and prayed much that the Lord would grant unto them a portion of his Spirit to go with them, and abide with them, that they might be an instrument in the hands of God to bring, if it were possible, their brethren, the Lamanites, to the knowledge of the truth, to the knowledge of the baseness of the traditions of their fathers, which were not correct.

Alma 17:11 ¹¹And the Lord said unto them also: Go forth among the Lamanites, thy brethren, and establish my word; yet ye shall be patient in long-suffering and afflictions, that ye may show forth good examples unto them in me, and I will make an instrument of thee in my hands unto the salvation of many souls.

Alma 17:25 ²⁵But Ammon said unto him: Nay, but I will be thy servant. Therefore Ammon became a servant to king Lamoni. And it came to pass that he was set among other servants to watch the flocks of Lamoni, according to the custom of the Lamanites.

Alma 18:10 ¹⁰Now when king Lamoni heard that Ammon was preparing his horses and his chariots he was more astonished, because of the faithfulness of Ammon, saying: Surely there has not been any servant among all my servants that has been so faithful as this man; for even he doth remember all my commandments to execute them.

Alma 19:16 ¹⁶And it came to pass that they did call on the name of the Lord, in their might, even until they had all fallen to the earth, save it were one of the Lamanitish women, whose name was Abish, she having been converted unto the Lord for many years, on account of a remarkable vision of her father—

Discuss & reflect

1. Ammon was a king's son who gave up a kingdom, yet he told Lamoni, "I will be thy servant." Why did serving first make Lamoni ready to listen?
2. The Lord told them to be "patient in long-suffering and afflictions" (17:11). Why does sharing the gospel take patience?
3. Before their mission they "fasted much and prayed much" (17:9). How could you prepare spiritually for a hard conversation or opportunity?
4. Lamoni noticed Ammon's faithfulness in ordinary tasks (18:10). What would people notice about your faithfulness in small things?

Cross-reference

Mosiah 2:17 "And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God."

Matthew 5:16 "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

Mark it

Mark Alma 17:11 and underline "show forth good examples." Name one place you can be that example this week.

What I learned

One thing I'll do this week:

Sketch notes

 doodle, map, or diagram

Family discussion

Who could our family quietly serve this week, the way Ammon served Lamoni?

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

"I will make an instrument of thee in my hands unto the salvation of many souls."

Alma 17:11

Episode 7: Alma and the Zoramites

Alma 31–32

Name: _____

Principle: Faith is not perfect knowledge. It's an experiment: plant the word, nourish it, and watch what it does in you.

Read Alma 31:5; Alma 32:21; Alma 32:27–28; Alma 32:41

Alma 31:5 ⁵And now, as the preaching of the word had a great tendency to lead the people to do that which was just—yea, it had had more powerful effect upon the minds of the people than the sword, or anything else, which had happened unto them—therefore Alma thought it was expedient that they should try the virtue of the word of God.

Alma 32:21 ²¹And now as I said concerning faith—faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true.

Alma 32:27–28 ²⁷But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words. ²⁸Now, we will compare the word unto a seed. Now, if ye give place, that a seed may be planted in your heart, behold, if it be a true seed, or a good seed, if ye do not cast it out by your unbelief, that ye will resist the Spirit of the Lord, behold, it will begin to swell within your breasts; and when you feel these swelling motions, ye will begin to say within yourselves—It must needs be that this is a good seed, or that the word is good, for it beginneth to enlarge my soul; yea, it beginneth to enlighten my understanding, yea, it beginneth to be delicious to me.

Alma 32:41 ⁴¹But if ye will nourish the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it shall take root; and behold it shall be a tree springing up unto everlasting life.

Discuss & reflect

1. Alma believed the word had “more powerful effect upon the minds of the people than the sword” (31:5). Where have you seen words change people more than force?
2. Alma says even a “desire to believe” is enough to start (32:27). Where are you on that spectrum right now?
3. The Zoramites prayed once a week on the Rameumptom, then didn't speak of God until the next week. How could faith become a once-a-week thing for anyone?
4. The tree needs “diligence” and “patience” (32:41). What does nourishing your testimony look like day to day?

Cross-reference

Hebrews 11:1 “Now faith is the substance of things hoped for, the evidence of things not seen.”

Ether 12:6 “And now, I, Moroni, would speak somewhat concerning these things; I would show unto the world that faith is things which are hoped for and not seen; wherefore, dispute not because ye see not, for ye receive no witness until after the trial of your faith.”

✍ Mark it

Mark Alma 32:27 and circle “desire to believe.” In the margin, write one question you want answered.

What I learned

One thing I'll do this week:

Sketch notes

 doodle, map, or diagram

Family discussion

What is one “seed” (a habit or a truth) our family wants to plant and nourish this month?

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

“...even if ye can no more than desire to believe, let this desire work in you”

Alma 32:27

Episode 8: Helaman's Stripling Warriors

Alma 53, 56–57

Name: _____

Principle: Faith taught at home becomes courage when it matters. Exact obedience is a way of trusting God.

Read Alma 53:20–21; Alma 56:47–48; Alma 57:21; Alma 57:26–27

Alma 53:20–21 ²⁰And they were all young men, and they were exceedingly valiant for courage, and also for strength and activity; but behold, this was not all—they were men who were true at all times in whatsoever thing they were entrusted. ²¹Yea, they were men of truth and soberness, for they had been taught to keep the commandments of God and to walk uprightly before him.

Alma 56:47–48 ⁴⁷Now they never had fought, yet they did not fear death; and they did think more upon the liberty of their fathers than they did upon their lives; yea, they had been taught by their mothers, that if they did not doubt, God would deliver them. ⁴⁸And they rehearsed unto me the words of their mothers, saying: We do not doubt our mothers knew it.

Alma 57:21 ²¹Yea, and they did obey and observe to perform every word of command with exactness; yea, and even according to their faith it was done unto them; and I did remember the words which they said unto me that their mothers had taught them.

Alma 57:26–27 ²⁶And now, their preservation was astonishing to our whole army, yea, that they should be spared while there was a thousand of our brethren who were slain. And we do justly ascribe it to the miraculous power of God, because of their exceeding faith in that which they had been taught to believe—that there was a just God, and whosoever did not doubt, that they should be preserved by his marvelous power. ²⁷Now this was the faith of these of whom I have spoken; they are young, and their minds are firm, and they do put their trust in God continually.

Discuss & reflect

1. They were “true at all times in whatsoever thing they were entrusted” (53:20). What would it take for someone to describe you that way?
2. Their faith came from their mothers. Which of your beliefs came from someone who taught you, and which have you tested for yourself?
3. They obeyed “with exactness” (57:21). Is exact obedience different from mostly obeying? Why might it matter?
4. Their fathers had covenanted never to fight again, so the sons stepped up in their place. What does that teach about covenants and family?

Cross-reference

Joshua 1:9 “Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.”

Proverbs 22:6 “Train up a child in the way he should go: and when he is old, he will not depart from it.”

✍ Mark it

Mark Alma 53:20 and underline “true at all times.” Write one area where you want to be more trustworthy.

What I learned

One thing I'll do this week:

Sketch notes doodle, map, or diagram

Family discussion

What do you want to be sure our family “knows,” the way the stripling warriors' mothers' teaching stuck with them?

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

“...they are young, and their minds are firm, and they do put their trust in God continually.”

Alma 57:27

Episode 9: Samuel the Lamanite

Helaman 13–16

Name: _____

Principle: Prophets speak what the Lord puts in their hearts, even when it's unpopular. Signs strengthen faith; they don't replace it.

Read Helaman 13:4; Helaman 14:2–3; Helaman 14:5; Helaman 14:12–13; Helaman 16:2

Helaman 13:4 ⁴And it came to pass that they would not suffer that he should enter into the city; therefore he went and got upon the wall thereof, and stretched forth his hand and cried with a loud voice, and prophesied unto the people whatsoever things the Lord put into his heart.

Helaman 14:2–3 ²And behold, he said unto them: Behold, I give unto you a sign; for five years more cometh, and behold, then cometh the Son of God to redeem all those who shall believe on his name. ³And behold, this will I give unto you for a sign at the time of his coming; for behold, there shall be great lights in heaven, insomuch that in the night before he cometh there shall be no darkness, insomuch that it shall appear unto man as if it was day.

Helaman 14:5 ⁵And behold, there shall a new star arise, such an one as ye never have beheld; and this also shall be a sign unto you.

Helaman 14:12–13 ¹²And also that ye might know of the coming of Jesus Christ, the Son of God, the Father of heaven and of earth, the Creator of all things from the beginning; and that ye might know of the signs of his coming, to the intent that ye might believe on his name. ¹³And if ye believe on his name ye will repent of all your sins, that thereby ye may have a remission of them through his merits.

Helaman 16:2 ²But as many as there were who did not believe in the words of Samuel were angry with him; and they cast stones at him upon the wall, and also many shot arrows at him as he stood upon the wall; but the Spirit of the Lord was with him, insomuch that they could not hit him with their stones neither with their arrows.

Discuss & reflect

1. The Nephites “did cast him out” (13:2), but Samuel came back and preached from the wall. What do you think made him return?
2. He prophesied “whatsoever things the Lord put into his heart” (13:4). How can you tell when a prompting is from the Lord?
3. Many believed and sought baptism (16:1); others threw stones and shot arrows. Same message, opposite reactions. Why?
4. Signs were given “to the intent that ye might believe” (14:12). Do signs create faith, or confirm it?

What I learned

One thing I'll do this week:

Cross-reference

Amos 3:7 “Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets.”

Matthew 2:2 “Saying, Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him.”

✍ Mark it

Mark Helaman 14:12. Note in the margin one teaching from a living prophet you will act on.

Sketch notes

 doodle, map, or diagram

Family discussion

What has a living prophet taught recently that our family could act on together?

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

“And if ye believe on his name ye will repent of all your sins, that thereby ye may have a remission of them through his merits.”

Helaman 14:13

Episode 10: The Savior in America

3 Nephi 11–17

Name: _____

Principle: The resurrected Christ ministered one by one. He knows you personally and invites you to come and know Him for yourself.

Read 3 Nephi 11:10–11; 3 Nephi 11:14–15; 3 Nephi 17:3; 3 Nephi 17:21

3 Nephi 11:10–11 ¹⁰Behold, I am Jesus Christ, whom the prophets testified shall come into the world. ¹¹And behold, I am the light and the life of the world; and I have drunk out of that bitter cup which the Father hath given me, and have glorified the Father in taking upon me the sins of the world, in the which I have suffered the will of the Father in all things from the beginning.

3 Nephi 11:14–15 ¹⁴Arise and come forth unto me, that ye may thrust your hands into my side, and also that ye may feel the prints of the nails in my hands and in my feet, that ye may know that I am the God of Israel, and the God of the whole earth, and have been slain for the sins of the world. ¹⁵And it came to pass that the multitude went forth, and thrust their hands into his side, and did feel the prints of the nails in his hands and in his feet; and this they did do, going forth one by one until they had all gone forth, and did see with their eyes and did feel with their hands, and did know of a surety and did bear record, that it was he, of whom it was written by the prophets, that should come.

3 Nephi 17:3 ³Therefore, go ye unto your homes, and ponder upon the things which I have said, and ask of the Father, in my name, that ye may understand, and prepare your minds for the morrow, and I come unto you again.

3 Nephi 17:21 ²¹And when he had said these words, he wept, and the multitude bare record of it, and he took their little children, one by one, and blessed them, and prayed unto the Father for them.

Discuss & reflect

1. About 2,500 people were there (3 Nephi 17:25), and they came forward “one by one” (11:15). Why do you think Jesus took that time instead of addressing them as a group?
2. Jesus invited them to feel the prints of the nails. What does it mean to you that He kept those wounds?
3. He told them to go home, “ponder,” and “ask of the Father” so they could understand (17:3). What’s your process for understanding something spiritual?
4. Jesus wept and blessed the children one by one (17:21). What does that show about how He sees you?

Cross-reference

John 10:14 “I am the good shepherd, and know my sheep, and am known of mine.”

1 John 4:19 “We love him, because he first loved us.”

✍ Mark it

Mark 3 Nephi 11:15 and underline “one by one.” Write how you are coming to know Him personally.

What I learned

One thing I'll do this week:

Sketch notes

 doodle, map, or diagram

Family discussion

If you could ask the Savior one question in person, what would it be?

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

“I am the light and the life of the world”

3 Nephi 11:11

Episode 11: The Brother of Jared

Ether 1–6

Name: _____

Principle: The Lord often invites us to think, work, and come with a plan. Then He adds what only He can do.

Read Ether 2:23; Ether 2:25; Ether 3:4; Ether 3:6; Ether 3:12

Ether 2:23 ²³And the Lord said unto the brother of Jared: What will ye that I should do that ye may have light in your vessels? For behold, ye cannot have windows, for they will be dashed in pieces; neither shall ye take fire with you, for ye shall not go by the light of fire.

Ether 2:25 ²⁵And behold, I prepare you against these things; for ye cannot cross this great deep save I prepare you against the waves of the sea, and the winds which have gone forth, and the floods which shall come. Therefore what will ye that I should prepare for you that ye may have light when ye are swallowed up in the depths of the sea?

Ether 3:4 ⁴And I know, O Lord, that thou hast all power, and can do whatsoever thou wilt for the benefit of man; therefore touch these stones, O Lord, with thy finger, and prepare them that they may shine forth in darkness; and they shall shine forth unto us in the vessels which we have prepared, that we may have light while we shall cross the sea.

Ether 3:6 ⁶And it came to pass that when the brother of Jared had said these words, behold, the Lord stretched forth his hand and touched the stones one by one with his finger. And the veil was taken from off the eyes of the brother of Jared, and he saw the finger of the Lord; and it was as the finger of a man, like unto flesh and blood; and the brother of Jared fell down before the Lord, for he was struck with fear.

Ether 3:12 ¹²And he answered: Yea, Lord, I know that thou speakest the truth, for thou art a God of truth, and canst not lie.

Discuss & reflect

1. The Lord asked, “What will ye that I should do...?” (2:23). Why do you think He asked instead of simply solving the problem?
2. The brother of Jared did the work of making sixteen stones (3:1) before asking the Lord to touch them. What “stones” could you prepare before asking for help?
3. The Lord didn’t remove the waves and winds; He prepared them for them (2:25). How does that change the way you pray about trials?
4. His faith let him see the finger of the Lord (3:6). What’s the connection between faith and seeing more?

Cross-reference

Doctrine and Covenants 9:8 “But, behold, I say unto you, that you must study it out in your mind; then you must ask me if it be right, and if it is right I will cause that your bosom shall burn within you; therefore, you shall feel that it is right.”

James 2:17 “Even so faith, if it hath not works, is dead, being alone.”

✍ Mark it

Mark Ether 2:23. Write a current problem in the margin and one idea you’ll bring to the Lord.

What I learned

One thing I’ll do this week:

Sketch notes

 doodle, map, or diagram

Family discussion

What problem is our family facing that we could study out, make a plan for, and then pray about together?

✂ cut out · keep in your scriptures as a bookmark

MEMORY VERSE

“I know, O Lord, that thou hast all power, and can do whatsoever thou wilt for the benefit of man”

Ether 3:4

Episode 12: Mormon and Moroni

Mormon 1–8, Moroni 10

Name: _____

Principle: Faithfulness doesn't depend on the people around you. Mormon and Moroni stayed true when almost no one else did, and they wrote for us.

Read Mormon 1:2; Mormon 1:15; Mormon 2:1; Mormon 8:1; Mormon 8:35; Moroni 10:32

Mormon 1:2 ²And about the time that Ammaron hid up the records unto the Lord, he came unto me, (I being about ten years of age, and I began to be learned somewhat after the manner of the learning of my people) and Ammaron said unto me: I perceive that thou art a sober child, and art quick to observe;

Mormon 1:15 ¹⁵And I, being fifteen years of age and being somewhat of a sober mind, therefore I was visited of the Lord, and tasted and knew of the goodness of Jesus.

Mormon 2:1 ¹And it came to pass in that same year there began to be a war again between the Nephites and the Lamanites. And notwithstanding I being young, was large in stature; therefore the people of Nephi appointed me that I should be their leader, or the leader of their armies.

Mormon 8:1 ¹Behold I, Moroni, do finish the record of my father, Mormon. Behold, I have but few things to write, which things I have been commanded by my father.

Mormon 8:35 ³⁵Behold, I speak unto you as if ye were present, and yet ye are not. But behold, Jesus Christ hath shown you unto me, and I know your doing.

Moroni 10:32 ³²Yea, come unto Christ, and be perfected in him, and deny yourselves of all ungodliness; and if ye shall deny yourselves of all ungodliness, and love God with all your might, mind and strength, then is his grace sufficient for you, that by his grace ye may be perfect in Christ; and if by the grace of God ye are perfect in Christ, ye can in nowise deny the power of God.

Discuss & reflect

1. Ammaron called ten-year-old Mormon “a sober child” and “quick to observe” (Mormon 1:2). Which of those traits do you want to build, and how?
2. Mormon stayed faithful while his whole society fell apart. What helps you stay true when the people around you don't?
3. Moroni wrote to us “as if ye were present” (Mormon 8:35). If he could see our day, what would he want you to know?
4. Moroni 10:32 invites us to “come unto Christ, and be perfected in him.” Is that something we achieve, or something we receive through His grace?

What I learned

One thing I'll do this week:

Cross-reference

1 Timothy 4:12 “Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.”

Joshua 24:15 “choose you this day whom ye will serve”

✍ Mark it

Mark Mormon 8:35. In the margin write: “He saw my day.”

Sketch notes

 doodle, map, or diagram

Family discussion

What would we want to write down from our generation for our great-grandchildren to read?

✂ cut out · keep in your scriptures as a bookmark

MEMORY VERSE

“Yea, come unto Christ, and be perfected in him, and deny yourselves of all ungodliness”

Moroni 10:32

Episode 13: The Joseph Smith Story

Joseph Smith—History 1:15–17; Moroni 10:4–5

Name: _____

Principle: God answers sincere questions. Joseph asked, acted, and pressed through opposition; you can ask Him too.

Read Joseph Smith—History 1:15–17; Moroni 10:4–5

Joseph Smith—History 1:15–17 ¹⁵After I had retired to the place where I had previously designed to go, having looked around me, and finding myself alone, I kneeled down and began to offer up the desires of my heart to God. I had scarcely done so, when immediately I was seized upon by some power which entirely overcame me, and had such an astonishing influence over me as to bind my tongue so that I could not speak. Thick darkness gathered around me, and it seemed to me for a time as if I were doomed to sudden destruction. ¹⁶But, exerting all my powers to call upon God to deliver me out of the power of this enemy which had seized upon me, and at the very moment when I was ready to sink into despair and abandon myself to destruction—not to an imaginary ruin, but to the power of some actual being from the unseen world, who had such marvelous power as I had never before felt in any being—just at this moment of great alarm, I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me. ¹⁷It no sooner appeared than I found myself delivered from the enemy which held me bound. When the light rested upon me I saw two Personages, whose brightness and glory defy all description, standing above me in the air. One of them spake unto me, calling me by name and said, pointing to the other—This is My Beloved Son. Hear Him!

Moroni 10:4–5 ⁴And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost. ⁵And by the power of the Holy Ghost ye may know the truth of all things.

Discuss & reflect

1. Joseph faced real opposition right before the vision (JS—H 1:15–16). Why do you think opposition often comes right before light?
2. It was the first time Joseph had tried to pray out loud (JS—H 1:14). What question would you take to God right now?
3. Moroni 10:4 asks for “a sincere heart, with real intent, having faith in Christ.” What does praying with real intent mean to you?
4. Heavenly Father introduced His Son and said, “Hear Him!” How do you hear Him in your life right now?

What I learned

One thing I'll do this week:

Cross-reference

James 1:5 “If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

Doctrine and Covenants 8:2 “Yea, behold, I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart.”

✍ Mark it

Mark Moroni 10:4–5. Write today's date and one question you will ask Heavenly Father this week.

Sketch notes

 doodle, map, or diagram

Family discussion

Share an experience when you felt Heavenly Father answer a prayer.

✂ cut out • keep in your scriptures as a bookmark

MEMORY VERSE

“And by the power of the Holy Ghost ye may know the truth of all things.”

Moroni 10:5