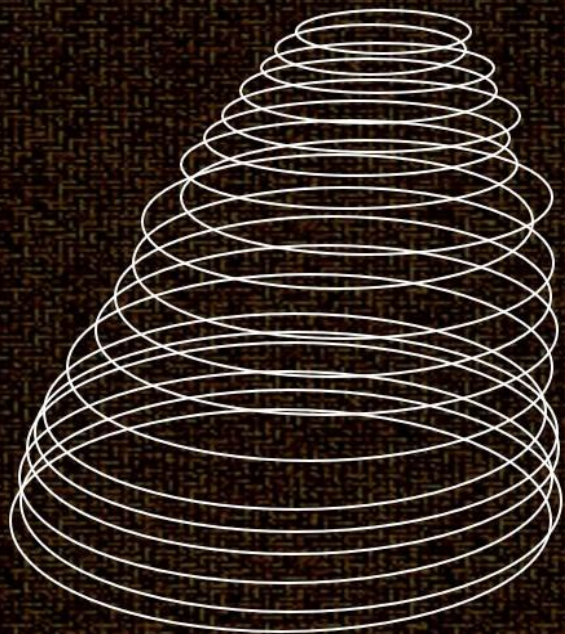


Lesson 112

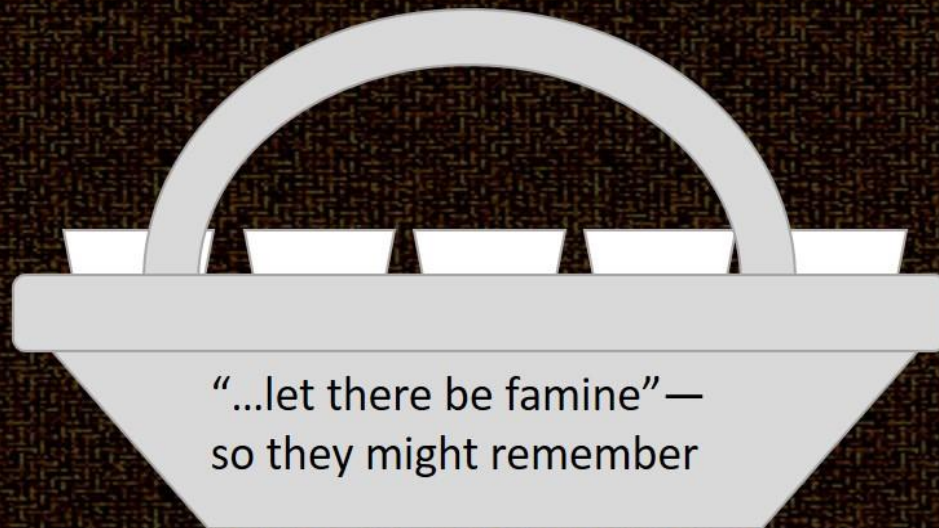
Suggested Hymn:  
#138 In Remembrance  
of Thy Suffering

# Let Us Remember

## Helaman 11-12



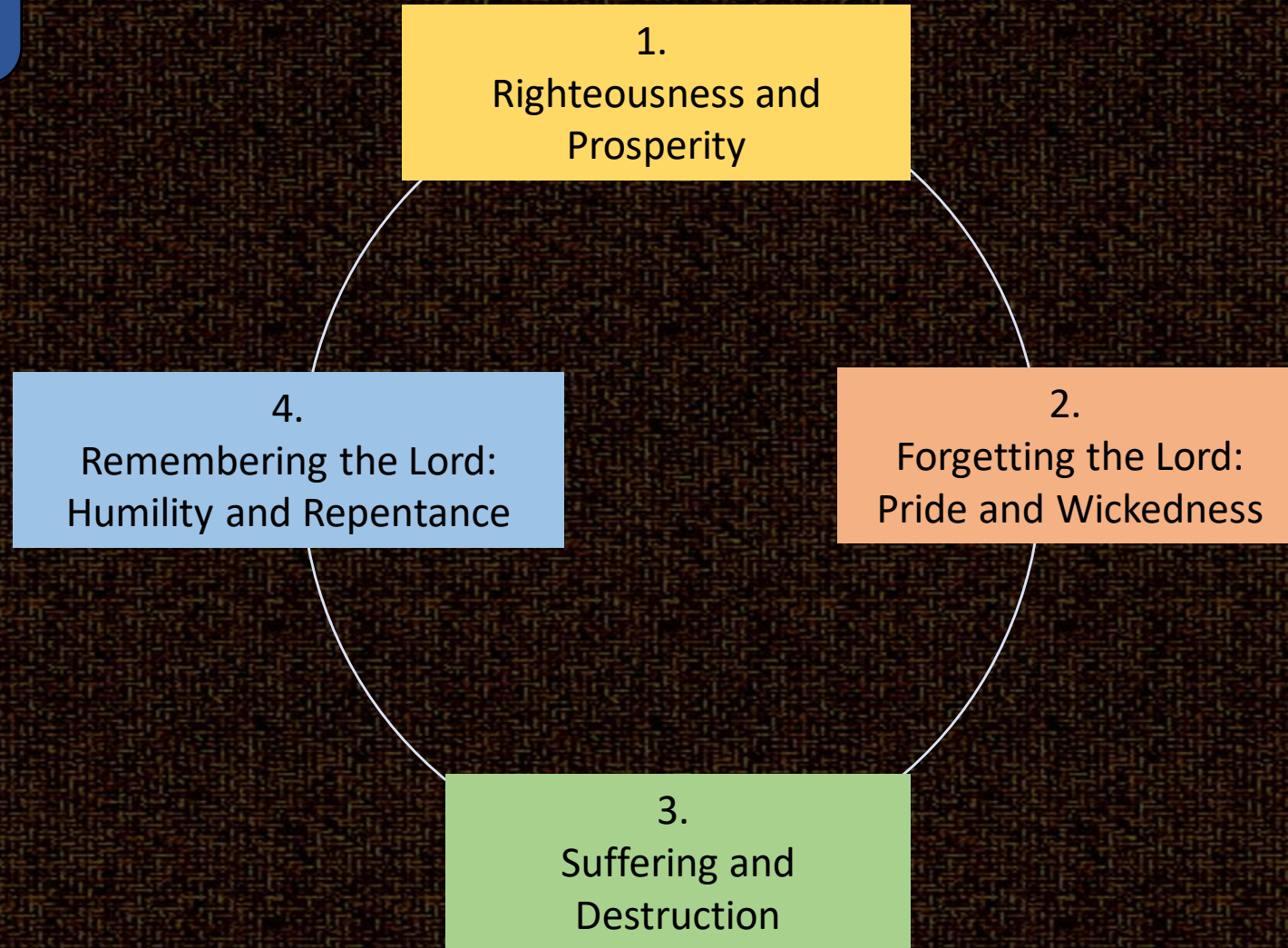
“Recurring Cycles of Wickedness”



“...let there be famine” —  
so they might remember

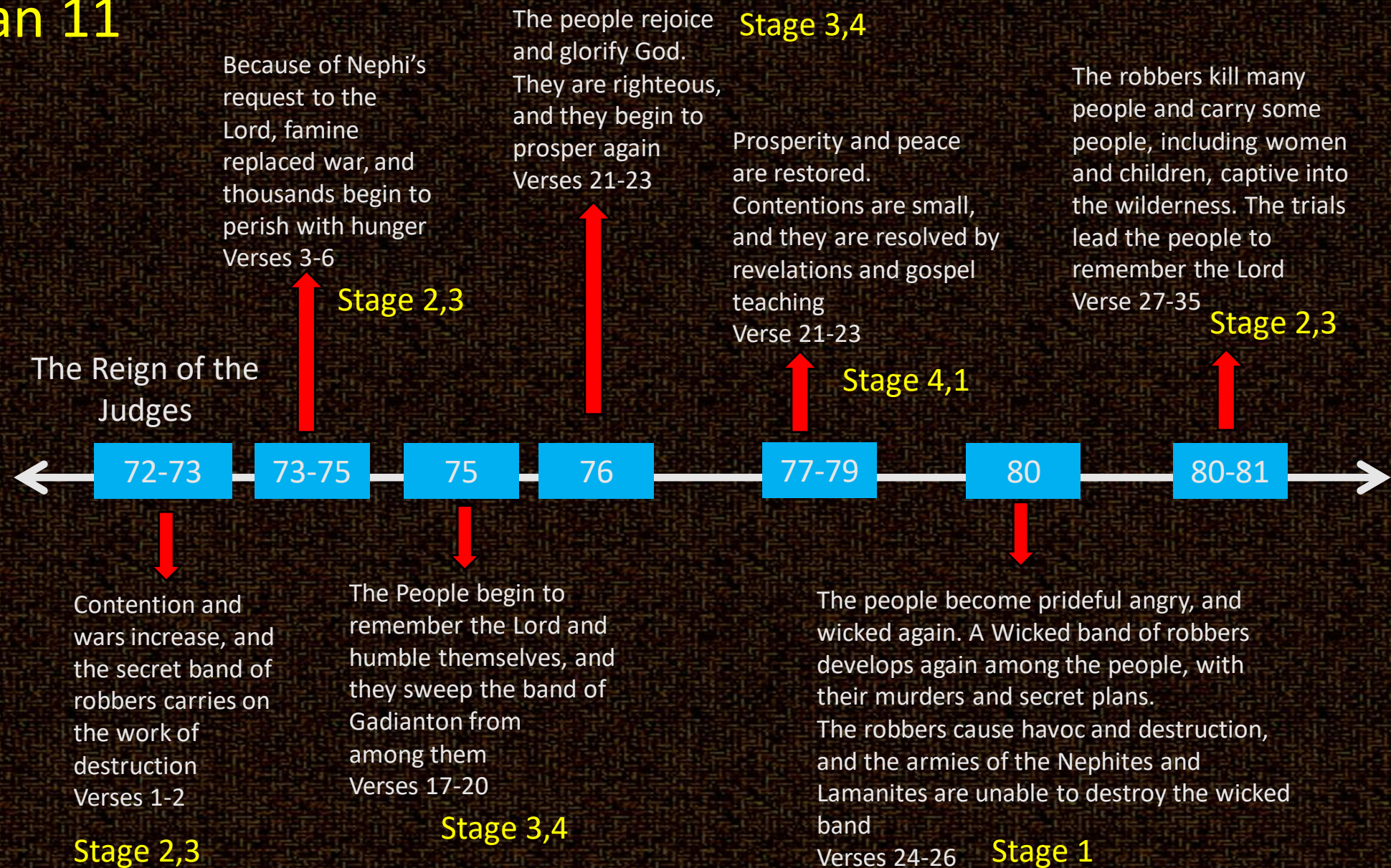


# The Cycle





# Helaman 11



## Description of the People's Condition



# Recurring Cycles of Nations

“Great nations rise and fall—the people go from  
bondage to spiritual faith,

from spiritual faith to great courage,

from courage to liberty,

from liberty to abundance,

from abundance to selfishness,

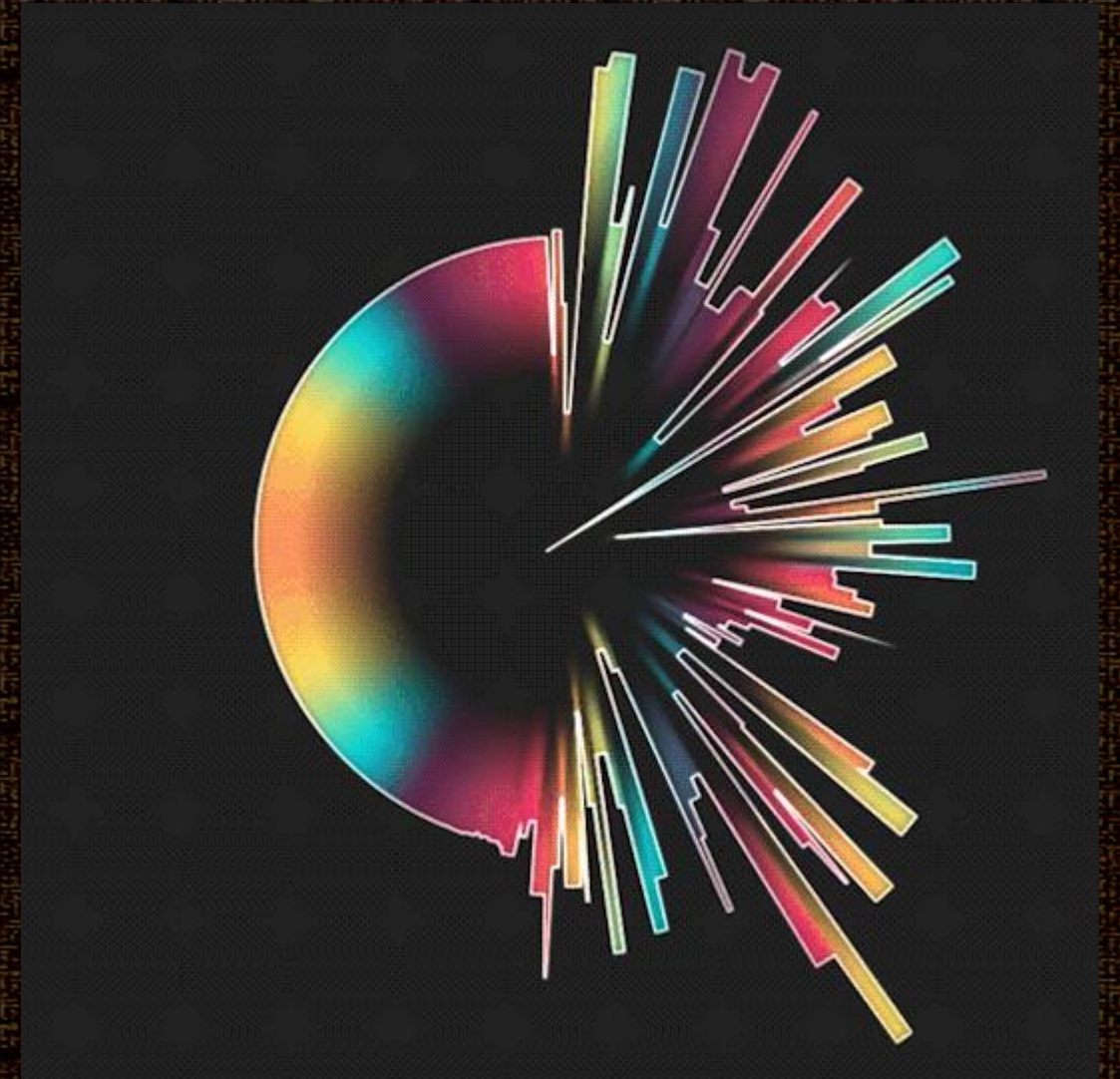
from selfishness to complacency,

from complacency to apathy,

from apathy to dependency,

from dependency back again into bondage.”

Robert Muntzel





# Famine—Getting the Attention of the Rebellious

A **famine** is a widespread scarcity of food, caused by several factors including crop failure, population unbalance, or government policies. This phenomenon is usually accompanied or followed by regional malnutrition, starvation, epidemic, and increased mortality.

Nearly every continent in the world has experienced a period of famine throughout history. Some countries, particularly in sub-Saharan Africa, continue to have extreme cases of famine.



**Nephi had the power from God to send  
famine among the people**

“Behold I speak for mine elect’s sake; for nation shall rise against nation, and kingdom against kingdom; there shall be famines, and pestilences, and earthquakes, in divers places”  
Joseph Smith—Matthew 1:29



**Read D&C 43:25**



# Getting Back on Track

Through humility and repentance, we can avoid pride and destruction.



The Nephites could have lived righteously and humbly always, repenting without delay whenever they sinned. If they had lived this way, they still would have experienced some trials, but they would not have needed to endure the terrible suffering and destruction that came as a result of their wickedness.

How long after remembering the Lord did it take for the Nephites to be “ripening again for destruction”?

4 years



# Nations Decline

Worship of money

Loss of idealism

Good men staying away from politics

The lessening of national pride as people become concerned with only their private affairs

A preponderance of the great cities

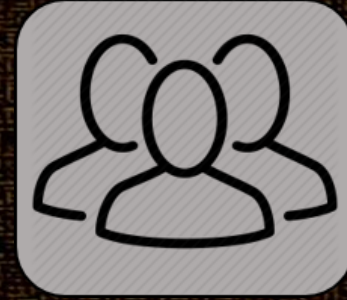
A general desire to limit the number of children

The loss of respect for representative government

The substitution of 'unparliamentary methods' such as economic pressure

Above all—anti-national peace movements which mean the abdication of the nation not in favor of everlasting peace

Oswald Spengler





# Chasten

*Chasten* means to correct someone through punishment or suffering of some kind

If we are not careful, our prosperity can lead us to forget the Lord; the Lord chastens His people to stir them up in remembrance of Him



“Divine chastening has at least three purposes:

- (1) to persuade us to repent,
- (2) to refine and sanctify us, and
- (3) at times to redirect our course in life to what God knows is a better path”

Elder D. Todd Christofferson

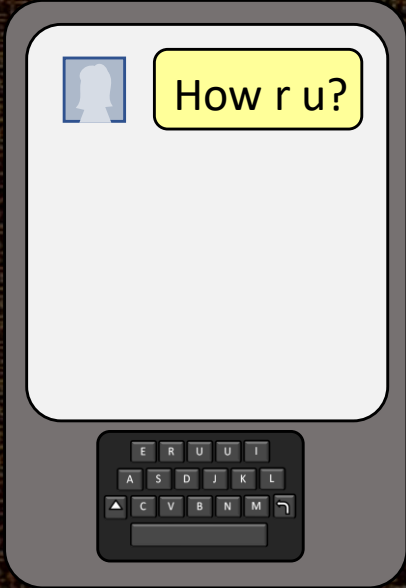
Why do you think people who are prosperous sometimes forget the Lord?

Why do you think people sometimes need to be chastened before they remember the Lord?





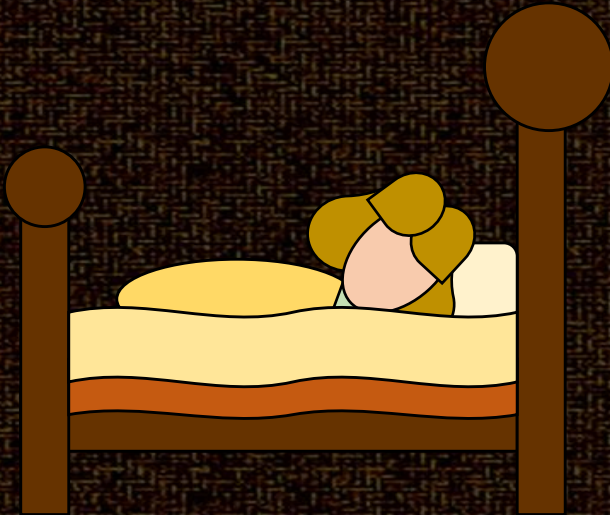
# Quick or Slow



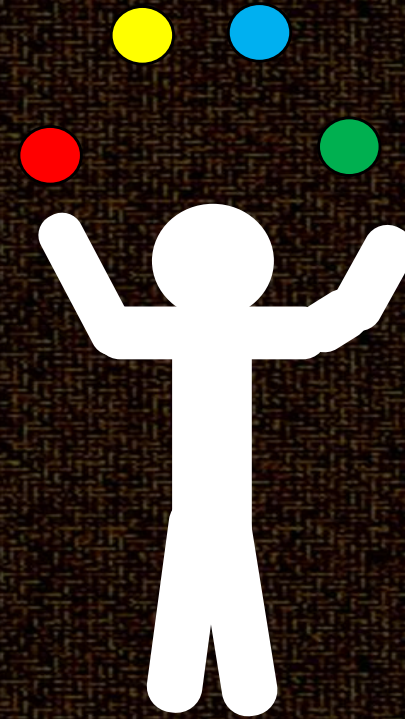
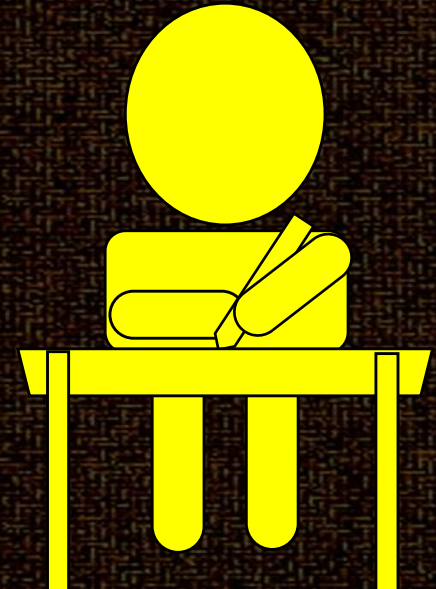
How quick are you to reply a text from a friend?

How quick are you at trying something new?

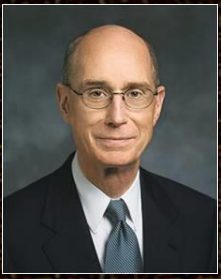
How quick are you at getting up in the morning?



How quick are you at completing an assignment?







# Easy to Forget



“Confronting death and difficulty does return memory and therefore gratitude to righteous people as well as the wicked. But there must be another way to remember, one we can choose. ...

“You can choose to remember the greatest gift of all.



“We so easily forget that we came into life with nothing. Whatever we get soon seems our natural right, not a gift. And we forget the giver. Then our gaze shifts from what we have been given to what we don’t have yet. ...



Next week, you can go to a meeting where the sacrament is administered. You will hear the words, ‘Always remember him.’ You can pledge to do that, and the Holy Ghost will help you”  
Henry B. Eyring



# Less Than the Dust

Why could such people be considered “less than the dust of the earth”?

Mormon was not teaching that people are of less worth to Heavenly Father than the dust of the earth. Rather, he was drawing attention to the fact that dust always obeys God’s commands, but people often do not.



“For behold, if the knowledge of the goodness of God at this time has awakened you to a sense of your nothingness, and your worthless and fallen state—”

Mosiah 4:5



# The Power of God

Mormon reminds us of the Lord's great power—that the Lord can command physical elements to move or change and that He can cause a sinful person to be cut off from His presence.



“And it shall be a voice as the voice of many waters, and as the voice of a great thunder, which shall break down the mountains, and the valleys shall not be found.

He shall command the great deep, and it shall be driven back into the north countries, and the islands shall become one land;

And the land of Jerusalem and the land of Zion shall be turned back into their own place, and the earth shall be like as it was in the days before it was divided.”

D&C 133:22-24



“Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain:”

Isaiah 40:4



# All Men Might Be Saved

“No person came into this life incapable of gaining salvation”

JFM and RLM



“We believe that through the Atonement of Christ all mankind may be saved by obedience to the laws and ordinances of the Gospel.”  
Articles of Faith 1:3



“The contention in heaven was—Jesus said there would be certain souls that would not be saved; and the devil said he could save them all.”

Joseph Smith

*“And I pray the Father in the name of Christ that many of us, if not all, may be saved in his kingdom at that great and last day.”*

*2 Nephi 33:12*



# Everlasting Damnation



“The phrase “everlasting life” describes more than a life that does not end; it is descriptive of the kind and quality of life enjoyed by the obedient and faithful, the life of exalted and glorified beings.

Conversely, “everlasting damnation” is not properly understood to mean an endless stint in hell, but rather is descriptive of the kind of punishment—Gods’ punishment—which will be meted out to the defiant”

JFM and RLM

**Read D&C 19:4-12**





# Let Us Remember Our God

“...be not faithless, but believing” John 20:27

“Let us not personally be diverted from our course

Let us seek the Lord to establish his righteousness (D&C 1:16)

Let us prove worthy to live with him eternally in the heavens.

Let us not be deceived by the learning and sophistries and the wickedness of this world

Let us not forget that God lives, that we are his children, that his purpose is to bring us to immortality and eternal life.

Let us love the Lord our God with all our heart, soul, mind, and strength.

Let us be constantly aware that we are living in the last gospel dispensation and that Satan has all his forces for war in this final premillennium stage

Let us understand that the Church of Jesus Christ of latter-day Saints is the literal kingdom of God in the earth”

Excerpts from Romney





Sources:



Video: Power in the Priesthood (1:37)

Robert Muntzel (Manage Magazine, January, 1961) from Student Manual Religion 121-122 pg 369

<http://en.wikipedia.org/wiki/Famine>

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Oswald Spengler (Today and Destiny: vital Excerpts from Decline of the West of Oswald Spengler, arranged by Edward F. Dakin.) (Ernest L. Wilkinson, BYU commencement address, 21 Aug. 1970, p. 6.) from Student Manual Religion 121-122 pg. 370

Excerpts from Romney, *Look to God and Live* pp. 12-13---from Student Manual Religion 121-122 pg. 371

Joseph Smith McConkie and Robert L. Millet *Doctrinal Commentary on the Book of Mormon* Vol. 3 pg. 397

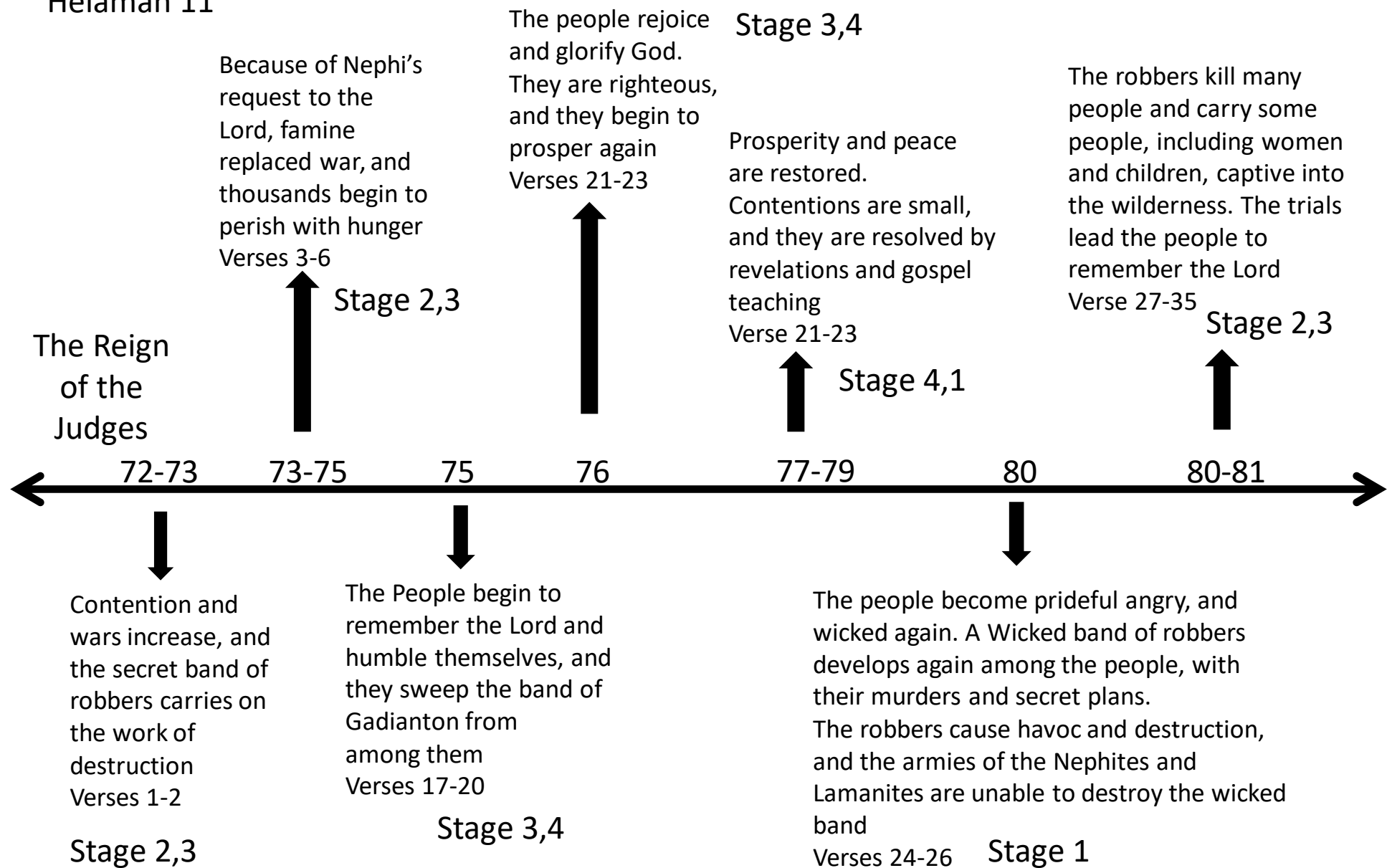
Henry B. Eyring, “Remembrance and Gratitude,” *Ensign*, Nov. 1989, 12, 13).

Joseph Smith *Teachings* pg. 357

Ladder of Divine Ascent Sinai 12th century.jpg



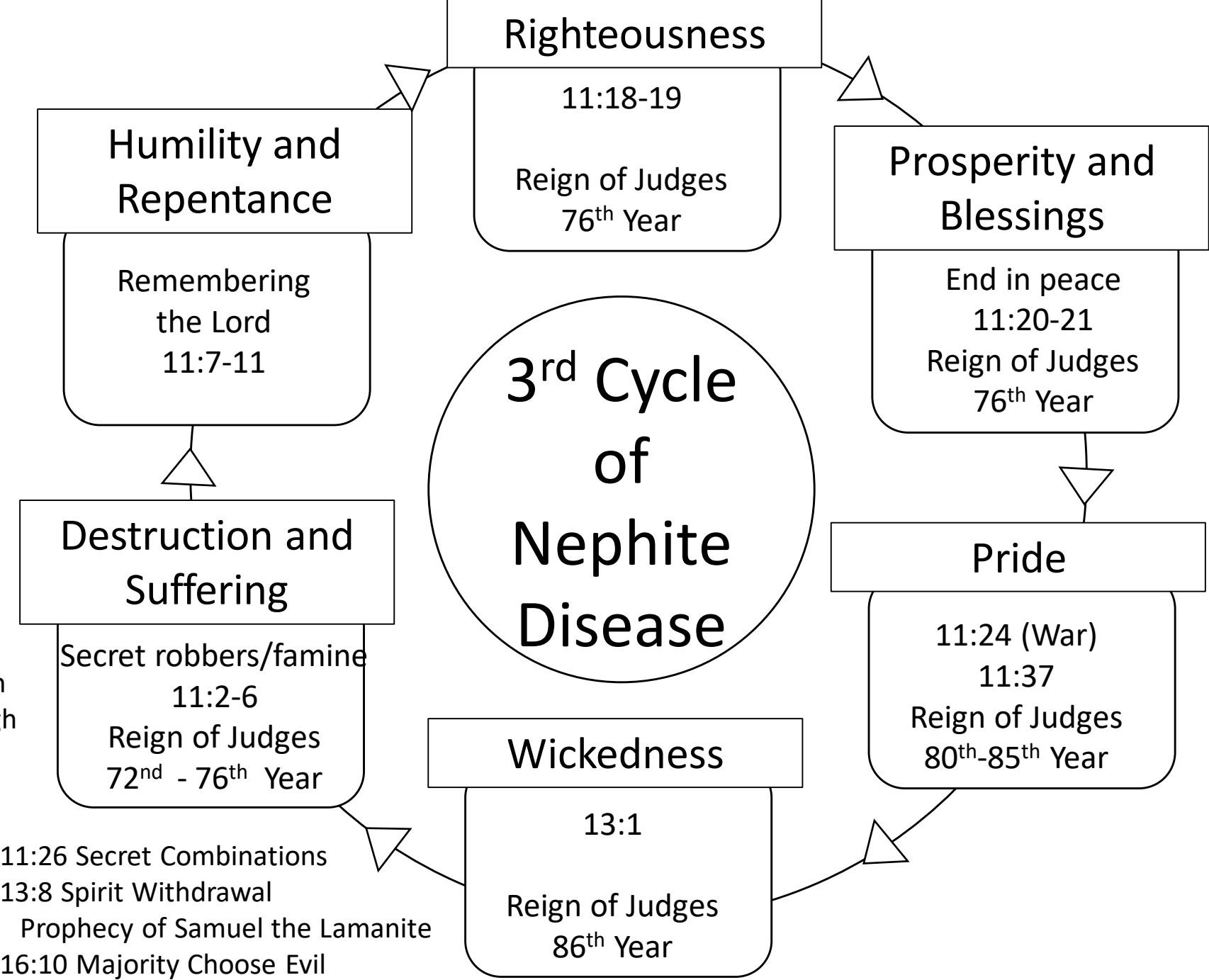
## Helaman 11



Description of the People's condition



Start  
11:6 earth smitten  
11:6 death toll high





“In 1787 Edward Gibbon completed his noble work *The Decline and Fall of the Roman Empire*. Here is the way he accounted for the fall.

1. The undermining of the dignity and sanctity of the home, which is the basis of human society.
2. Higher and higher taxes and the spending of public monies for free bread and circuses for the populace.
3. The mad craze for pleasure, sports becoming every year more and more exciting and brutal.
4. The building of gigantic armaments when the real enemy was within the decadence of the people.
5. The decay of religion—faith fading into mere form, losing touch with life, and becoming impotent to warn and guide the people.

Is there a parallel for us in America today? Could the same reasons that destroyed Rome destroy America?...The lessons of history, many of them very sobering, ought to be turned to during this hour of our great achievements, because during the hour of our success is our greatest danger. Even during the hour of our great prosperity, a nation may sow the seeds of its own destruction. History reveals that rarely is a great civilization conquered from without unless it has weakened or destroyed itself within.”

--Ezra Taft Benson (God, Family, Country, pp. 363-364)