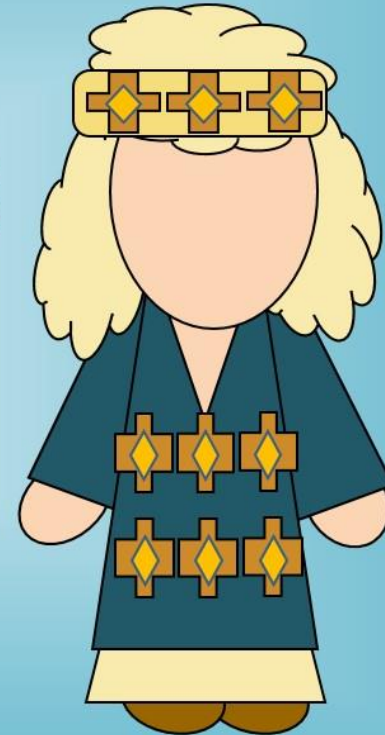


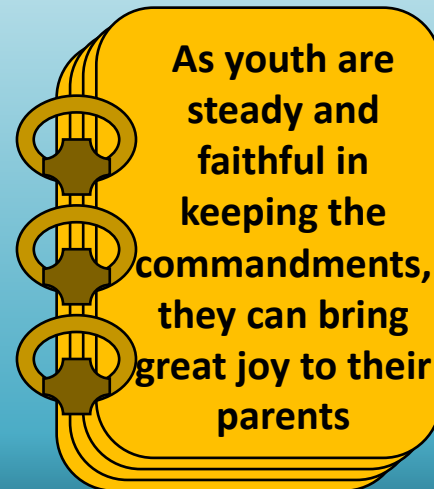
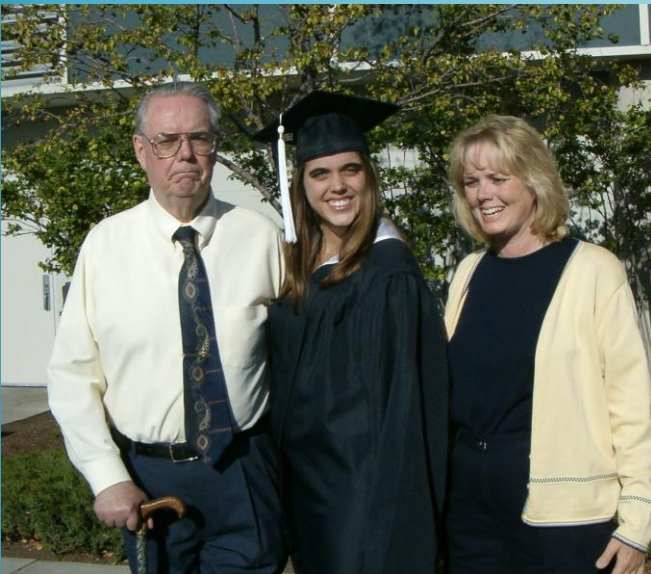
# Alma Counsels Shiblon



Alma 38



# What are some ways in which our actions can affect our relationships with family members?



# Shiblon

He was the son of Alma, grandson of Alma the Elder

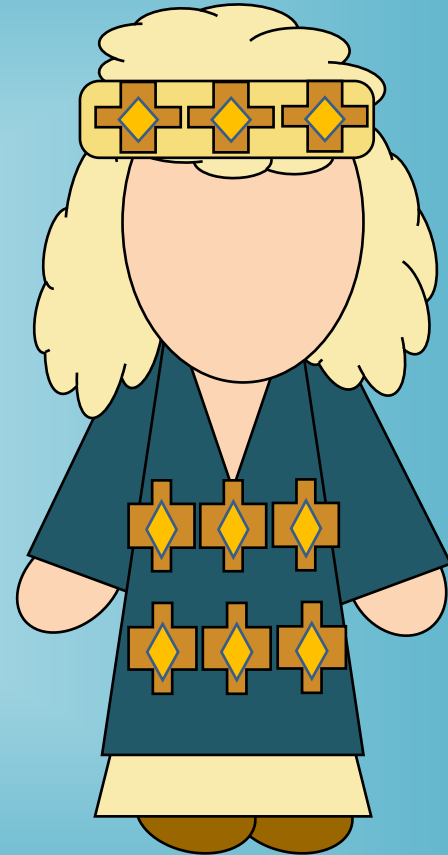
He was described by Mormon as a “just man and he did walk uprightly before God” (Alma 63:2)

He went with his father on his mission to the Zoramites in about 74 BC along with his brother Corianton, Amulek, Zeezrom, Ammon, Aaron, and Omner (Alma 31:6-7)

He suffered long and was patient on his mission to the Zoramites (Alma 38:5)

He received the sacred records from his older brother, Helaman in about 56 BC

He conveyed the records to his nephew, Helaman, son of Helaman in 53 BC and died shortly thereafter (Alma 63:11)



# Words to Shiblon

- 
1. If you keep the commandments... a...you will be cut off from the Lord's presence
2. If you do not keep the commandments... b....you will be blessed if you endure to the end
3. Because of your steadfastness... c....you will prosper in the land
4. I had great joy in you because... d...an angel I have seen face to face
5. Because you were in bonds and were stoned... g....of your faithfulness, patience, long suffering
6. Because you have trusted in the Lord... e...you will be lifted up in the last days
7. I know these things because... f...you did bare them and knew the Lord was with you
- The diagram uses colored arrows to connect the numbered statements to the outcomes: a yellow arrow from 1 to a, a blue arrow from 2 to b, a red arrow from 3 to c, an orange arrow from 4 to d, a green arrow from 5 to g, a purple arrow from 6 to e, and a yellow arrow from 7 to f. A red 'X' is drawn over the arrows connecting 1 to a and 2 to b.

# Shiblon's Experience



**If we bear all things with patience and trust in God,  
He will deliver us from trials, troubles, and afflictions  
and lift us up at the last day**

# No Other Way

Alma tells Shiblon of his torment and remission of sins



Salvation: Alma tells Shiblon that there is no other way that a man can be saved except through the atonement of Christ



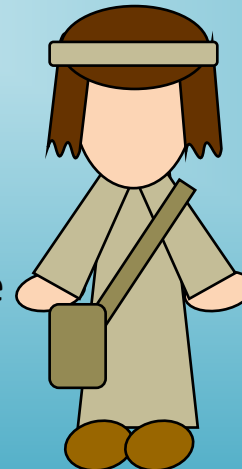
“One Lord, one faith, one baptism”  
(Ephesian 4:5)

“...and that there could be no redemption for mankind save it were through the death and sufferings of Christ, and the atonement of his blood.”

Alma 21:9

To receive a remission of our sins and find peace to our souls, we must exercise faith in Jesus Christ and seek His mercy.

“...and as the Lord God liveth, there is none other name given under heaven save it be this Jesus Christ, of which I have spoken, whereby man can be saved.”  
2 Nephi 25:20



We can be saved only in and through Jesus Christ. Jesus Christ is the Life and the Light of the World

Alma 38:8-9

# He is the Light



6 He that ascended up on high, as also he descended below all things, in that he comprehended all things, that he might be in all and through all things, the light of truth;



7 Which truth shineth. This is the light of Christ. As also he is in the sun, and the light of the sun, and the power thereof by which it was made.



8 As also he is in the moon, and is the light of the moon, and the power thereof by which it was made;



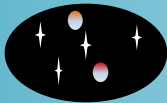
9 As also the light of the stars, and the power thereof by which they were made;



10 And the earth also, and the power thereof, even the earth upon which you stand.



11 And the light which shineth, which giveth you light, is through him who enlighteneth your eyes, which is the same light that quickeneth your understandings;



12 Which light proceedeth forth from the presence of God to fill the immensity of space—



13 The light which is in all things, which giveth life to all things, which is the law by which all things are governed, even the power of God who sitteth upon his throne, who is in the bosom of eternity, who is in the midst of all things.

D&C 88:6-13

# Salvation

“For I the Lord cannot look upon sin with the least degree of allowance...



...Nevertheless, he that repents and does the commandments of the Lord shall be forgiven.”

D&C 1:31-32

**Salvation requires a perfect relationship between truth and righteousness. Surely there can be no salvation in ignorance and sin.”**

JFM and RLM

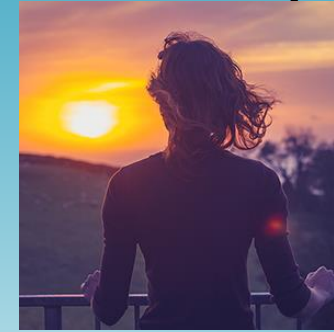




# Temperate In All Things

Diligence is consistent, careful, and conscientious effort. To be temperate is to “use moderation in all things or to exercise self-control.”

Kent D. Watson



Wise teachers will confine themselves to that which they understand, or that for which they are reliable witnesses.

“Exaggerations, stretching of the truth, and embellished stories and quotations bring no dignity to the gospel or to the teacher. Indeed, such practices are offensive to the Spirit.”

JFM and RLM

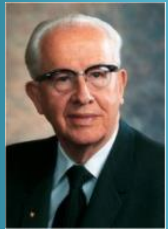


# Not Lifted in Pride



“He that speaketh of himself seeketh his own glory; but he that seeketh his glory that sent him, the same is true, and no unrighteousness is in him”  
(John 7:18)

“Pride is a very misunderstood sin, and many are sinning in ignorance. In the scriptures there is no such thing as righteous pride—it is always considered a sin. Therefore, no matter how the world uses the term, we must understand how God uses the term so we can understand the language of holy writ and profit thereby.



“The central feature of pride is enmity—enmity toward God and enmity toward our fellowmen.

*Enmity* means “hatred toward, hostility to, or a state of opposition.” It is the power by which Satan wishes to reign over us.

Pride is essentially competitive in nature. We pit our will against God’s.

When we direct our pride toward God...

Our will in competition to God’s will allows desires, appetites, and passions to go unbridled.”

President Ezra Taft Benson



# Use Boldness—Not Overbearance

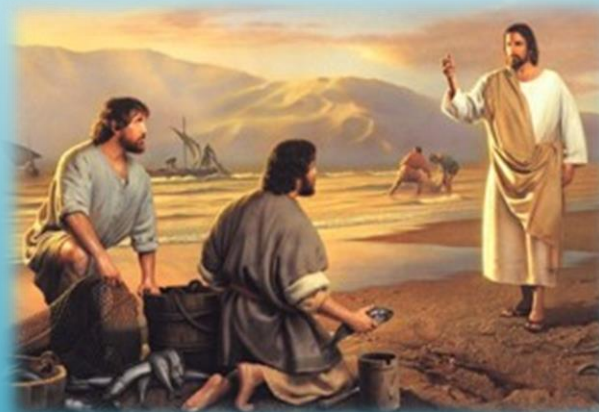
“Those who teach by the Spirit teach with confidence, for the Spirit does not lack confidence. They teach, as did the master, as one having authority, and not as the scribes.



Yet they teach with kindness, love, patience, and understanding. Their purpose is to teach, not impress; to edify, not overwhelm.”

JFM and RLM

“For he taught them as *one* having authority, and not as the scribes.”  
Matthew 7:29



**Our efforts to  
develop  
righteous  
attributes  
prepare us to  
teach and  
serve others**



# Bridle All Your Passions

To bridle means to restrain, guide, or control.  
A passion is a strong emotion.



“Passions are to be bridled in order that one may be filled with love.

Passions, in the sense that we most often use the word—excessive emotion of a negative sort—are antagonistic to patience, kindness, and virtue.”

JFM and RLM



Speaking on the Men and Women of Christ:

“Whereas the natural man vents his anger, the men and women of Christ are “not easily provoked.” (1 Cor. 13:5.) Whereas the natural man is filled with greed, the men and women of Christ “seeketh not [their] own.” (1 Cor. 13:5.)

Whereas the natural man seldom denies himself worldly pleasures, the men and women of Christ seek to bridle all their passions.

Neal A. Maxwell

# Refrain From Idleness

“are idlers ... and [our] children are also growing up in wickedness; they also seek not earnestly the riches of eternity, but their eyes are full of greediness.” (D&C 68:31.)



***“Cease to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated.”  
D&C 88:124***

“If these words are clearly understood, we have been told where the roots of all evil are to be found. Our children have not been properly taught by parents in the home. Our communities have adopted policies which encourage idleness instead of work for those who want to work for what they need, and have failed to adopt measures to see that idleness and unemployment are reduced to the absolute minimum.”

Harold B. Lee



# Forgive Me



“Do not say: O God, I thank thee that we are better than our brethren; but rather say: O Lord, forgive my unworthiness, and remember my brethren in mercy—yea, acknowledge your unworthiness before God at all times.”

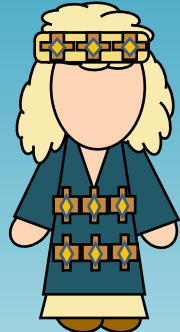


“Of all the necessary steps to repentance, I testify that the most critically important is for you to have a conviction that forgiveness comes because of the redeemer.” Richard G. Scott

# To Sit Down In Peace



Alma blesses Shiblon and request that he teach the people

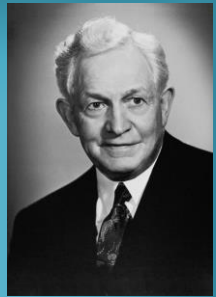


“The peace of Christ does not come by seeking the superficial things of life, neither does it come except as it springs from the individual’s heart.” He said further that this peace is “conditioned upon obedience to the principles of the Gospel of Jesus Christ. ...

No man is at peace with himself or his God who is untrue to his better self, who transgresses the law of what is right either in dealing with himself by indulging in passion, in appetite, yielding to temptations against his accusing conscience, or in dealing with his fellowmen, being untrue to their trust.

Peace does not come to the transgressor of law; peace comes by obedience to law, and it is that message which Jesus would have us proclaim among men.”

President David O. McKay



## Sources:

*Book of Mormon Who's Who* Ed J. Pinegar and Richard J. Allen pg 171-172

Joseph Fielding McConkie and Robert L. Millet *Doctrinal Commentary on the Book of Mormon*  
Vol. 3 pg. 286

(Kent D. Watson, "Being Temperate in All Things," *Ensign* or *Liahona*, Nov. 2009, 38).

President Ezra Taft Benson *Beware of Pride* April Conf. 1989 **READ OR DOWNLOAD THIS MESSAGE....** <http://www.lds.org/general-conference/1989/04/beware-of-pride?lang=eng>

Neal A. Maxwell *Put Off the Natural Man, and Come Off Conqueror* Oct. Conf. 1990

Harold B. Lee *Teach the Gospel of Salvation* Oct. Conf. 1972

Richard G. Scott (*Ensign*, May 1995 pp. 76-77)

President David O. McKay (in Conference Report, Oct. 1938, p. 133.)

# Study Guide for Alma 38:10–12

Examine different parts of Alma's counsel listed below, and choose one that you would like to improve in. Complete the corresponding learning activity to help you apply this counsel in your life.

Alma's Counsel	Learning Activities
"Be diligent and temperate in all things" (Alma 38:10).	<p>Diligence is consistent, careful, and conscientious effort. To be temperate is to "use moderation in all things or to exercise self-control" (Kent D. Watson, "Being Temperate in All Things," <i>Ensign</i> or <i>Liahona</i>, Nov. 2009, 38).</p> <p>Write your answers to the following questions in your class notebook or study journal:</p> <ul style="list-style-type: none"> <li>• Why do you think diligence and temperance are needed when a person teaches the gospel and serves others?</li> <li>• What are some areas of your life in which you could be more diligent or temperate?</li> <li>• How might improving in those areas help you teach and serve others more effectively?</li> </ul>
"See that ye are not lifted up unto pride; . . . do not boast" (Alma 38:11).	<p>One aspect of pride is putting greater trust in oneself than in God. Pride is also evident when a person thinks he or she is superior to or more important than others. Elder Robert D. Hales of the Quorum of the Twelve Apostles taught, "True disciples speak with quiet confidence, not boastful pride" (Robert D. Hales, "Christian Courage: The Price of Discipleship," <i>Ensign</i> or <i>Liahona</i>, Nov. 2008, 73).</p> <p>Write your answers to the following questions in your class notebook or study journal:</p> <ul style="list-style-type: none"> <li>• What might happen if a Church member is prideful in his or her calling?</li> <li>• Think of someone you know who teaches the gospel "with quiet confidence." What effect have this person's example and teachings had on you?</li> <li>• What are some ways you will seek to avoid pride?</li> </ul>
"Use boldness, but not overbearing" (Alma 38:12).	<p>Alma's counsel to "use boldness" means to teach the word of God without fear (see Philippians 1:14). President James E. Faust (1920–2007) of the First Presidency taught how we can avoid being overbearing: "I do not believe that we need to be . . . loud, pushy, or insensitive in our approach [to missionary work]" (in James P. Bell, <i>In the Strength of the Lord: The Life and Teachings of James E. Faust</i> [1999], 373).</p> <p>Write your answers to the following questions in your class notebook or study journal:</p> <ul style="list-style-type: none"> <li>• How can a person be bold without being overbearing?</li> <li>• How could being bold but not overbearing help you be successful in teaching and serving others?</li> <li>• How will you specifically apply the counsel to be bold but not overbearing as you teach and serve others?</li> </ul>

# Study Guide for Alma 38:10–12

Examine different parts of Alma's counsel listed below, and choose one that you would like to improve in. Complete the corresponding learning activity to help you apply this counsel in your life.

Alma's Counsel	Learning Activities
"Be diligent and temperate in all things" (Alma 38:10).	<p>Diligence is consistent, careful, and conscientious effort. To be temperate is to "use moderation in all things or to exercise self-control" (Kent D. Watson, "Being Temperate in All Things," <i>Ensign</i> or <i>Liahona</i>, Nov. 2009, 38).</p> <p>Write your answers to the following questions in your class notebook or study journal:</p> <ul style="list-style-type: none"> <li>• Why do you think diligence and temperance are needed when a person teaches the gospel and serves others?</li> <li>• What are some areas of your life in which you could be more diligent or temperate?</li> <li>• How might improving in those areas help you teach and serve others more effectively?</li> </ul>
"See that ye are not lifted up unto pride; . . . do not boast" (Alma 38:11).	<p>One aspect of pride is putting greater trust in oneself than in God. Pride is also evident when a person thinks he or she is superior to or more important than others. Elder Robert D. Hales of the Quorum of the Twelve Apostles taught, "True disciples speak with quiet confidence, not boastful pride" (Robert D. Hales, "Christian Courage: The Price of Discipleship," <i>Ensign</i> or <i>Liahona</i>, Nov. 2008, 73).</p> <p>Write your answers to the following questions in your class notebook or study journal:</p> <ul style="list-style-type: none"> <li>• What might happen if a Church member is prideful in his or her calling?</li> <li>• Think of someone you know who teaches the gospel "with quiet confidence." What effect have this person's example and teachings had on you?</li> <li>• What are some ways you will seek to avoid pride?</li> </ul>
"Use boldness, but not overbearing" (Alma 38:12).	<p>Alma's counsel to "use boldness" means to teach the word of God without fear (see Philippians 1:14). President James E. Faust (1920–2007) of the First Presidency taught how we can avoid being overbearing: "I do not believe that we need to be . . . loud, pushy, or insensitive in our approach [to missionary work]" (in James P. Bell, <i>In the Strength of the Lord: The Life and Teachings of James E. Faust</i> [1999], 373).</p> <p>Write your answers to the following questions in your class notebook or study journal:</p> <ul style="list-style-type: none"> <li>• How can a person be bold without being overbearing?</li> <li>• How could being bold but not overbearing help you be successful in teaching and serving others?</li> <li>• How will you specifically apply the counsel to be bold but not overbearing as you teach and serve others?</li> </ul>