

2 NEPHII 1-2



WHAT IS IN 2 NEPHI ?

The Fall of Adam and Eve



The Atonement of Jesus Christ

Agency

Filled with prophecies from Nephi, Jacob, and Isaiah, who were special witnesses of the Savior.



Prophecies of the Restoration of the gospel in the latter days, the scattering and gathering of God's covenant people, the Second Coming of Jesus Christ, the coming forth of the Book of Mormon, and the Millennium.



Also contains:

Nephi's explanation of the doctrine of Christ

Nephi's testimony of the Savior.

AUTHOR OF THE BOOK

Lehi's son Nephi wrote this book.

Nephi was a prophet and the first great leader of the Nephite people after their separation from the Lamanites.

His writings reveal that he experienced the Lord's redeeming power (see 2 Nephi 4:15–35; 33:6) and desired with his whole soul to bring salvation to his people (see 2 Nephi 33:3–4).

To accomplish this purpose, he taught his people to believe in Jesus Christ and established a temple.

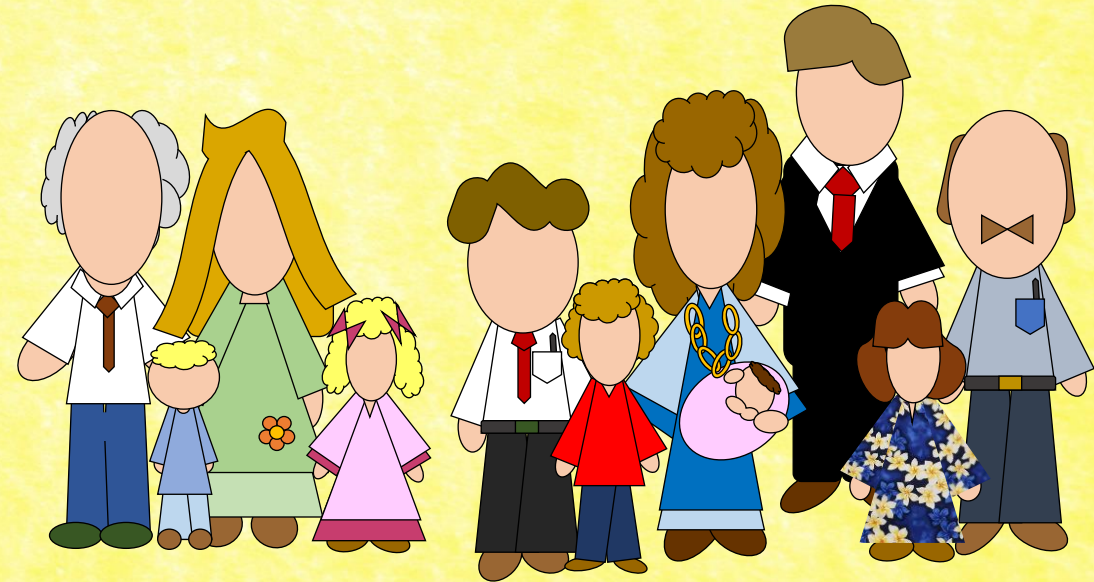
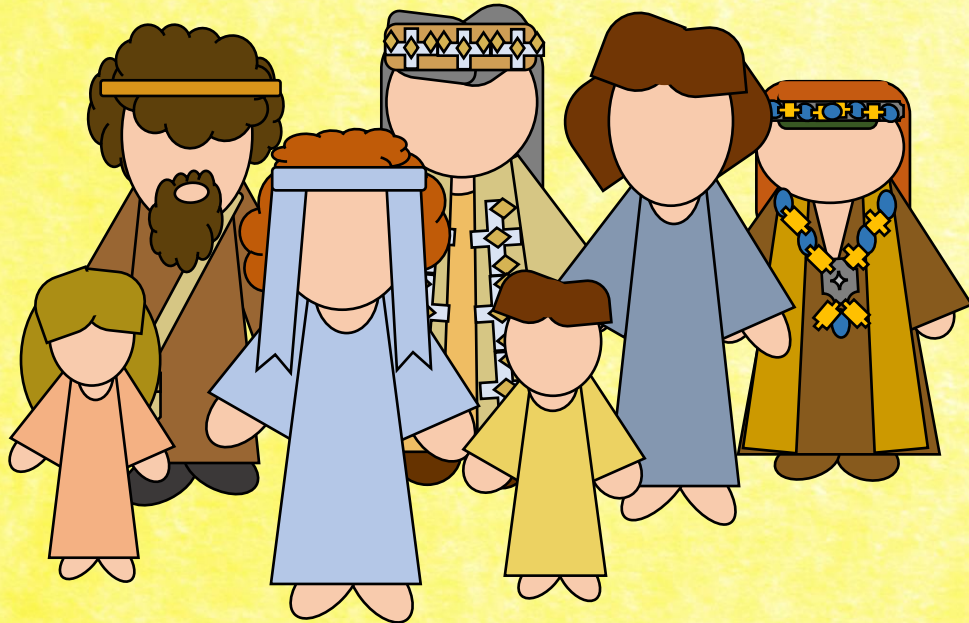
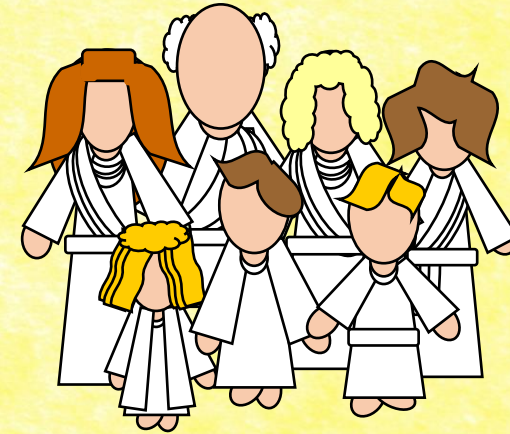


THE AUDIENCE

His father's descendants

The Lord's covenant people in the last days

All the people in the world (see 2 Nephi 33:3, 13).



THE BOOK OF 2 NEPHI WAS WRITTEN ON THE SMALL PLATES OF NEPHI



Designated by the Lord to be a record of the “ministry and the prophecies” of Nephi and his descendants (1 Nephi 19:3–5).

On these plates, Nephi recorded “**the things of [his] soul**, and many of the scriptures which [were] engraven upon the plates of brass.”

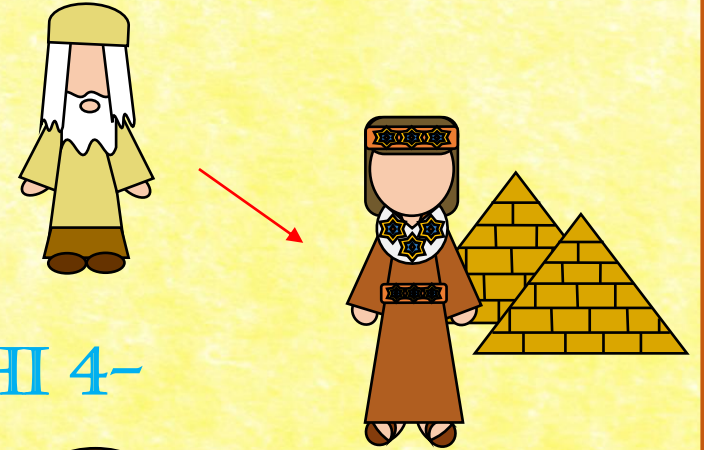
He explained that he wrote “for the learning and the profit of [his] children” (2 Nephi 4:15).

He declared, “We talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for a remission of their sins” (2 Nephi 25:26).

He concluded his record by inviting all people to “**hearken unto [his] words** and believe in Christ” (2 Nephi 33:10).

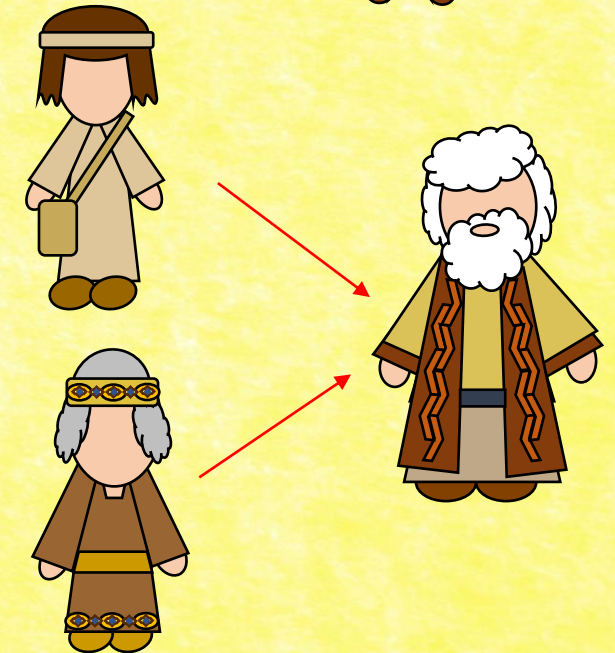
LEHI'S TEACHINGS—RECORDED IN 2 NEPHI 1-4 AND 2 NEPHI 3:6-21

Lehi also quotes Joseph of Egypt.



NEPHI'S TEACHINGS—RECORDED IN 2 NEPHI 4-5 AND 2 NEPHI 11-13

Nephi quotes Isaiah extensively in 2 Nephi 12-24 and 2 Nephi 27.



JACOB'S TEACHINGS—RECORDED IN 2 NEPHI 6-10 AND 2 NEPHI 6:6-7 AND 2 NEPHI 7-8

Jacob quotes Isaiah.

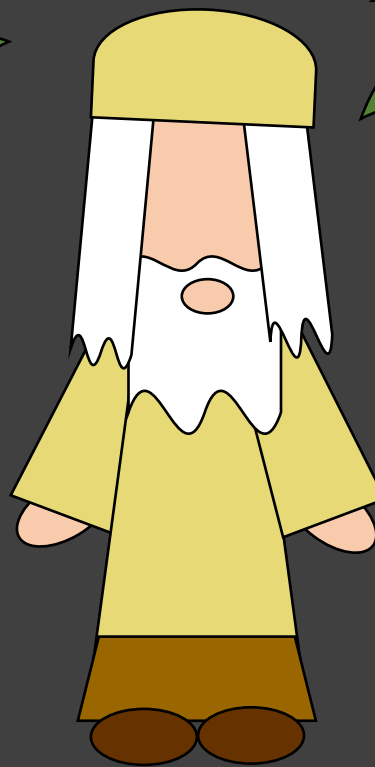
From

Lehi

Words

2 Nephi 1

Final



Which items were
easy for you to find?

Which required more
effort?



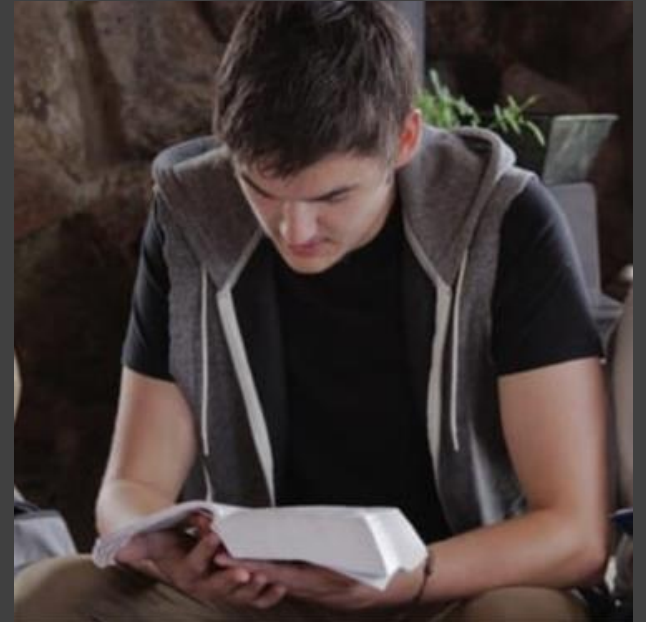
How might your
ability to find the
hidden objects have
changed if you had
not known what to
look for?

Studying the Scriptures



Your experiences with the scriptures can be enhanced when you look for principles as you study.

If you know what to look for it will be easier to learn and profit from them.



If we keep our covenants, we will be armed with righteousness and with the power of God and as we liken the scripture to ourselves, we will learn and profit from them.

Study Helps



Author's notes:

What words or phrases were repeated or seem significant?

What warnings or promises were included in these verses?

What might be the main idea or point the author was trying to convey?

What did the Holy Ghost emphasize to you?

Let's examine 2 Nephi 1-4:

Author's conclusion which might be different from yours:

God is merciful and He has done great things for me including warning me through the Holy Spirit.

1. And now it came to pass that after I, Nephi, had made an end of teaching my brethren, our father, Lehi, also spake many things unto them, and rehearsed unto them, how great things the Lord had done for them in bringing them out of the land of Jerusalem.

2 And he spake unto them concerning their rebellions upon the waters, and the mercies of God in sparing their lives, that they were not swallowed up in the sea.

3 And he also spake unto them concerning the land of promise, which they had obtained—how merciful the Lord had been in warning us that we should flee out of the land of Jerusalem.

4 For, behold, said he, I have seen a vision, in which I know that Jerusalem is destroyed; and had we remained in Jerusalem we should also have perished.

Selecting a Truth



2 Nephi 1:13–15, 23



Chaz Walgamott

2 Nephi 1:16–20



2 Nephi 1:24–29



- 1.The principle you found and the verse or verses you found it in
- 2.An explanation of what you think this principle means
- 3.Ways you feel the truth might guide you and bring significant blessings to your life
- 4.What you learn about Heavenly Father and Jesus Christ from this principle

The Story Continues: Rebellion and Mercy

Laman and Lemuel rebelled on the waters



However :
The Lord spared their lives

The Lord had warned Lehi and
his family of the destruction of
Jerusalem



2 Nephi
2-4



Confirmed in a vision:
Lehi knew he and his family would have perished

Covenant of 'this' Land

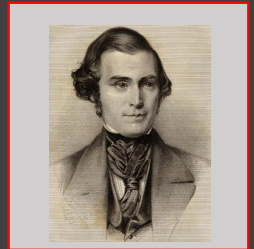
"A land which is choice above
all other lands"



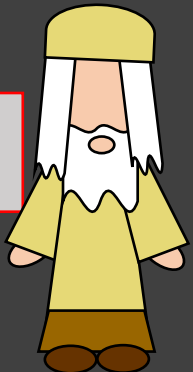
"A land of inheritance of my seed"
Forever

"And to those led out of other countries by
the hand of the lord."

"Different portions of the earth have
been pointed by the Almighty, from time
to time, to His Children, as their
everlasting inheritance."
Orson Pratt



2 Nephi 5



*The Covenants of the Lord are eternal and the promise
that the meek shall inherit the earth is understood by
the Latter-day Saints to be literal
(D&C 88:17)*

Led out by the Hand of the Lord

Jaradites

Mulekites

Nephites

The Lord chooses those
who will be a covenant
people



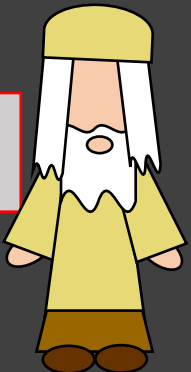
Notwithstanding that some of the groups
individuals were unworthy of this
inheritance in the promised land
for instance:

Pilgrims

Puritans



2 Nephi 6



If it so be... Prophecy

Unconditional prophecies:

Divine proclamations of that which will be irrespective of what men or nations do.

Examples:

The first and second comings of Christ, resurrection, and the day of judgment



JS and
RM

Conditional prophecies:

Prophetic assurances or warnings of what will or will not be, dependant upon the obedience or disobedience of those to whom the prophecy is given.

Example:

The promise of liberty to the inhabitants of the American continent



Desire Protection

“Those desiring the protection of heaven must clothe themselves in the robes of righteousness. Where they are, the protection hand of the Lord will be also.



*“Arise and shine forth, that thy light may be a standard for the nations; and that the gathering together upon the land of Zion, and upon her stakes, may be for a defense, and for a refuge from the storm, and from wrath when it shall be poured out without mixture upon the whole earth.”
(D&C 115: 5-6)*

JS and
RM



This Land is Your Land

“Columbus’s courageous discovery of America at the close of the 15th century has compelled the generous and just admiration of the world.

The reader of the Book of Mormon is aware that Columbus was directed in his enterprise by the Spirit of God (see Nephi 13:12), as he himself attested.

As Columbus was destined in the providence of God to establish the union between the Old and the New worlds, others by that same providence were prohibited from doing so or from making known that they had done so. The heavens have their timetable, and it is not for man to hurry the season of harvest.”

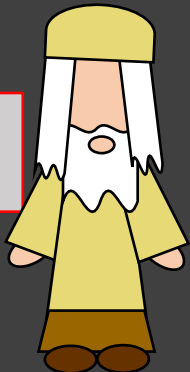


“Had the knowledge of the Americas been made known even a century earlier, the religion transplanted to the Western World would have been that of the church of Europe at its lowest state of decadence. The period closing with the fifteenth century was that of the dense darkness that goes before the dawn.”



Sebastiano del Piombo,

JS and
RM



Blessings or Withdrawal of Blessing

Actions

Serve Him
Keep commandments
Iniquity
Reject the Holy One

Consequences

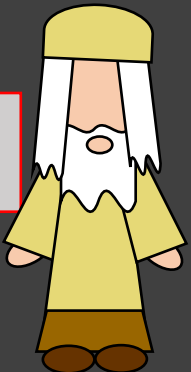
Have Liberty
Prosper in the land
The land will be cursed
“judgments of him that is just shall rest upon them”
Never brought to captivity
Land not take from them
Dwell in Safety
Take away the land and cause them to be scattered
Bloodshed, and great visitations

2 Nephi
6-12



**The Lord blesses us
when we keep His
commandments, and He
withholds blessings
when we do not keep His
commandments.**

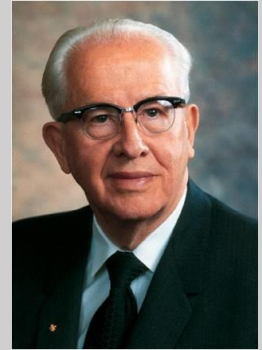
2 Nephi
6-12



“It is also my firm conviction that His protective hand is still over the United States of America. I know, too, that if we will keep the commandments of God—live as He has directed and does now direct, through his prophets—we will continue to have His protecting hand over us. But we must be true to the eternal verities, the great Christian virtues that God has reveled.

Then, only then, will we be safe as a nation and as individuals.”

Ezra Taft Benson



“We are free to choose, but we are not free to alter the consequences of those choices.”



Metaphors

DEEP

“Awake from
a Deep
Sleep”

2 Nephi
13-14



Satan rejoices in the spirit
that sleeps, for the
sleeping soul cannot march
in the army of the Lord.
Alma 12:10-12

“Shake off
the awful
chains”

Someone who needs to
overcome bad habits, even
the seemingly little habits
that grow into strong
'chains of hell'
Carlos E. Asay



“Arise from
the Dust”

Lehi exhorts his sons to
repent and change
their ways

Eternal Destruction of Both Soul and Body

“Destruction does not mean annihilation. We know, because we are taught in the revelations of the Lord, that a soul cannot be destroyed.

“Every soul born into this world shall receive the resurrection and immortality and shall endure forever. Destruction does not mean, then, annihilation.

When the Lord says they shall be destroyed, he means that they shall be banished from his presence, that they shall be cut off from the presence of light and truth, and shall not have the privilege of gaining this exaltation; and that is destruction” Joseph Fielding Smith



2 Nephi
22



Armor of Righteousness

This imagery had been used by Isaiah and part of the brass plates

“Awake, my sons; put on the armor of righteousness. Shake off the chains with which ye are bound, and come forth out of obscurity, and arise from the dust.”



2 Nephi
23



D&C 27:
15–18

*Come out of obscurity—
Lehi invited his wayward sons to abandon
those places in which they sought to hide, as
it were from the responsibilities of full
citizenship in the church and kingdom of God.*

A Leader

What qualities did Lehi emphasize when he spoke of Nephi's leadership?

Why would you trust a leader with these qualities?

When have you seen Church leaders exemplify these qualities?

"...And if ye will hearken unto him (Nephi) I leave unto you a blessing, yea, even my first blessing"

Hope for Zoram—
... "I know that thou art a true friend unto my son, Nephi, forever."

"shall be blessed with his seed, that they dwell in prosperity long upon the face of this land..."



2 Nephi
25–30



Spiritual Promises to All

As we follow those whom
God has called to lead us,
we are blessed with
spiritual *prosperity and
security*.

It takes the spirit to understand the
things of the Spirit

It takes revelation to understand
revelation

It takes scripture to understand scripture

It takes godliness to understand God

“The Lord’s servants are inspired to help us avoid
obstacles that are spiritually life threatening and to
help us pass safely through mortality to our final,
ultimate, heavenly destination”

Elder M. Russell Ballard



2 Nephi
25–30



Sources:

Orson Pratt Journal of Discourses 1:332-333

JS and RM Joseph Fielding McConkie and Robert L. Millet *Doctrinal Commentary of the Book of Mormon* p 183-185

Carlos E. Asay “Be Men” Ensign May 1992

Joseph Fielding Smith (*Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. [1954–56], 2:227–28).

M. Russell Ballard, “God Is at the Helm,” *Ensign* or *Liahona*, Nov. 2015, 24

Author’s notes on scriptures



2 Nephi 1-4	2 Nephi 4–8	2 Nephi 9–10	2 Nephi 11–24	2 Nephi 25–27	2 Nephi 28–30	2 Nephi 31–33
Shortly before his death, Lehi counsels and blesses his posterity.	<p>Nephi glories in the Lord. He leads his followers into a land they call Nephi. He records Jacob’s teachings on the scattering and gathering of Israel.</p> <p>The death of Lehi (2 Nephi 4:12)</p> <p>The division of Lehi’s posterity into two peoples—the Lamanites and the Nephites (2 Nephi 5)</p>	Jacob teaches about the Atonement of Jesus Christ. He also prophesies of the Jews’ rejection of Jesus Christ and the future gathering of Jews and Gentiles in the promised land.	Nephi expresses his delight in testifying of Jesus Christ. He quotes Isaiah’s prophecies regarding the scattering and gathering of Israel, the humbling of the proud and wicked before the Second Coming, and the birth, mission, and millennial reign of the Messiah.	Nephi prophesies of the Savior’s Crucifixion, Resurrection, and visit to the Nephites; the scattering and gathering of the Jews; the destruction of the Nephites; the Apostasy; the coming forth of the Book of Mormon; and the Restoration.	Nephi warns against the wickedness of the last days, explains the future role of the Book of Mormon, and prophesies of the gathering of souls into the covenant.	Nephi exhorts us to follow Christ, feast upon His words, and endure to the end. He testifies that he has written the words of Christ.

The Bucket List

2 Nephi 2



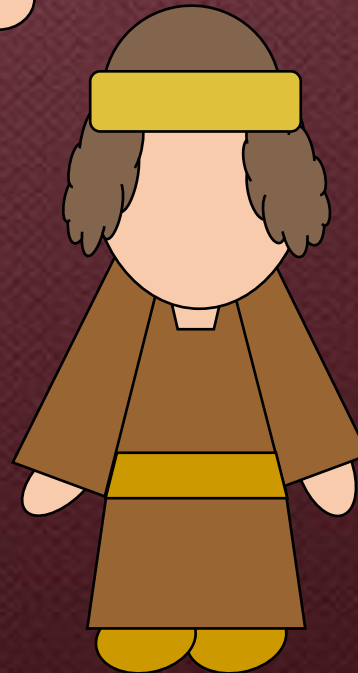
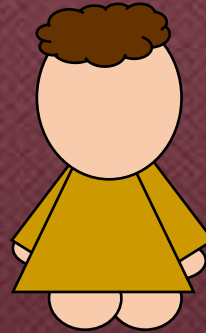
Lehi Blesses and Counsels

Jacob

Born in the wilderness not long after Lehi and his family fled Jerusalem in 600 BC (1 Nephi 18:7)

While young he felt the affects of his brothers' wickedness

In the land of promise he is given a blessing and wise counsel from his father



*“And Jacob and Joseph also being young, having need of much nourishment, were grieved because of the afflictions of their mother;...”
(1 Nephi 18:19)*

Consecrate Our Afflictions

For thy gain

consecrate = to dedicate or make holy

“It is in our extremities that we become acquainted with God, which is life’s greatest blessing.

The soul of the righteous is sanctified through suffering.”

Joseph Fielding McConkie and Robert L. Millet

2 Nephi 2:2



Liz Lemon Swindle

*“All these things shall give thee experience, and shall be for thy good.”
(D&C 122:7)*

When have you seen that the Lord can consecrate our afflictions for our gain?



Salvation



“Your salvation is sure, through both your righteousness and the merits of the great mediator.”

Fullness of Time—The day of Christ’s mortal ministry—designated “the meridian of time”

Paul wrote:

*“...the dispensation of the fulness of times.”
as the day in which we live—the day in
which all things are to be restored
(Ephesians 1:10)*



Yesterday, today, and
forever

To know how the spirit of the Lord operates in one dispensation is to know how it operates in all dispensations, hence the operations of the spirit are forever the same.

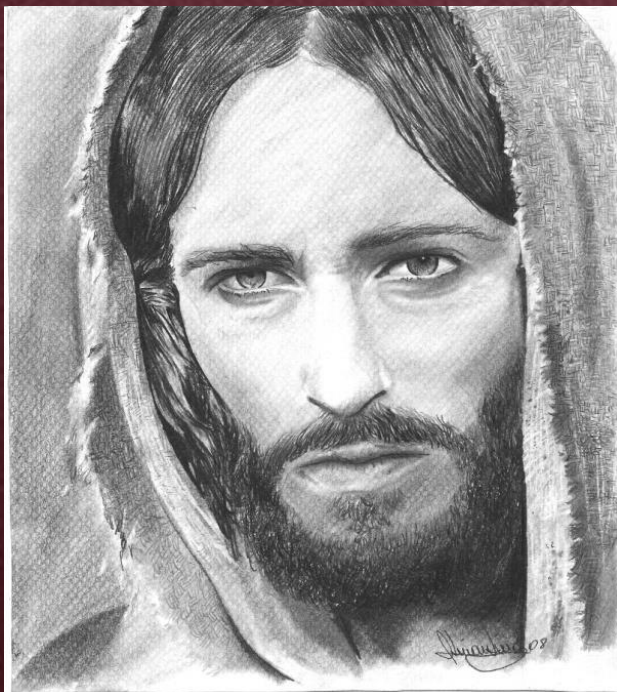




Merits, Mercy, and Grace



"...unto the inhabitants of the earth, that they may know that there is no flesh that can dwell in the presence of God, save it be through the merits, and mercy, and grace of the Holy Messiah..."



Relying on Christ:

Obedience, righteousness, acceptance of the truth—all are essential to salvation, yet with them all we have nothing save it be for the merit, mercy, and grace of Christ. As there is none other name by which men can be saved.

Joseph Fielding McConkie and
Robert L. Millet



Intercession for All



The Mosaic code required the Israelites to consecrate the firstfruits of their harvest to God. These were to be brought to the temple and given to the priests for their support.



Firstfruits—those dedicated to him and his service (D&C 88:98)

Christ is spoken of as “the firstfruits” thus conveying the idea that the fruits or labors of his life were fully consecrated to his Father.

Joseph Fielding McConkie and
Robert L. Millet



Opposition in All Things

No virtue can exist without its corresponding evil

Without danger there could be no courage

Without suffering there could be no sympathy

Without poverty there could be no generosity (charity)

Without darkness there could be no light

Therefore:
There must be wickedness so
there might be righteousness





In Heaven and In Earth

"The knowledge and power of God are not limited to earthly things.

He has complete knowledge and power over us

All are subject to the mind and will of God.

"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." (1 Nephi 17:50)





Adam and Eve are the mortal
parents of all
Adam—The father of all
(D&C 138:8)



2 Nephi 2:15

Eternal Purposes

*“For behold, this is my work and my glory – to bring to
pass the immortality and eternal life of man.”
(Moses 1:39)*

Adam took upon him an appropriate body, the body of a
man, and so became a ‘living soul.’ ...All who have inhabited
the earth since Adam have taken bodies and become souls
in like manner...Man began life as a human being, in the
likeness of our Heavenly Father.

First Presidency of the Church



President Joseph F. Smith with counselors John R. Winder and Anthon H. Lund

The Fall



Choice

“the Fall” refers to the conditions that came to Adam and Eve and their descendants because of Adam and Eve’s choice to partake of the forbidden fruit in the Garden of Eden.

What choice did the Lord give to Adam and Eve in the Garden of Eden?

He allowed them to choose whether or not to eat the forbidden fruit.



“Agency, which embraces the right of choice, is fundamental to the plan of salvation. There can be no forced righteousness.”

Joseph Fielding McConkie and
Robert L. Millet

“If there is no opportunity for wickedness there can be no opportunity for righteousness.” (2 Nephi 10:23)

WITHOUT THE FALL

All things would have remained as they were when they were created

Adam and Eve would have had no children

Adam and Eve would have remained in a state of innocence, unable to know joy or misery, good or sin



BECAUSE OF THE FALL

Adam and Eve were driven out of the garden to till the earth

Adam and Eve brought forth children—the family of all the earth

Adam and Eve and their descendants would experience mortal life, including misery, joy, and the ability to do good and to sin

We are subject to physical and spiritual death

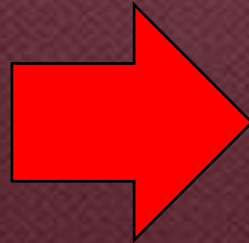
“Were it not for our transgression we never should have had seed, and never should have known good and evil, and the joy of our redemption, and the eternal life which God giveth unto all the obedient.” (Moses 5:11)



Mike Frank

**The Fall of
Adam and Eve
is an essential
part of
Heavenly
Father's plan
of happiness.**

Doctrinal Mastery



Adam fell that men might
be; and men are, that they
might have joy.

The Forbidden Fruit



Delilah Smith

The Lord honored the agency of Adam and Eve after teaching them the consequences of partaking of the forbidden fruit. God said, **“Thou mayest choose for thyself” (Moses 3:17).**

“Just why the Lord would say to Adam that he forbade him to partake of the fruit of that tree is not made clear in the Bible account, but in the original as it comes to us in the Book of Moses it is made definitely clear.

It is that the Lord said to Adam that if he wished to remain as he was in the garden, then he was not to eat the fruit, but if he desired to eat it and partake of death he was at liberty to do so”
Joseph Fielding Smith



The Three Pillars of Eternity

The most transcendent event in all history was the atoning sacrifice of Christ.

The Atonement came in answer to the Fall.

Understanding **The Fall** one must understand the nature of **The Creation**, for it is from the original state in which things were created that they have fallen, and to which, through the Atonement, they are in large measure intended to return.

Important to understand:

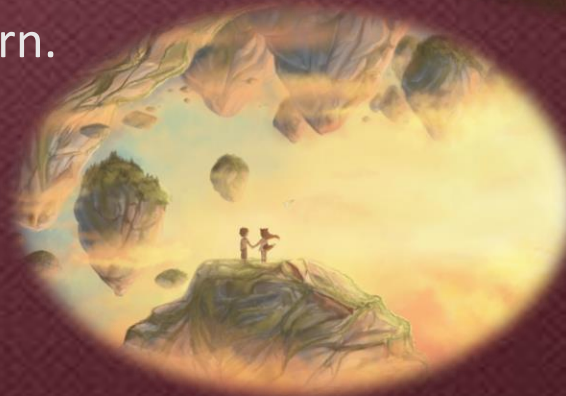
Why things were created as they were

Why it was essential to the eternal plan for the salvation of man that Adam fall

Why the blood of Christ needed to be shed in an infinite sacrifice



Kirk Richards



Rurouni Kenshin



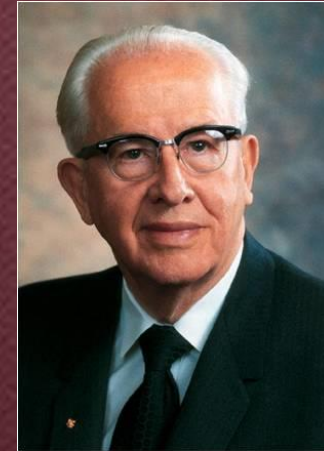
Elena Hopsu

The Need For Christ

“Just as a man does not really desire food until he is hungry, so he does not desire the salvation of Christ until he knows why he needs Christ.

“No one adequately and properly knows why he needs Christ until he understands and accepts the doctrine of the Fall and its effect upon all mankind. And no other book in the world explains this vital doctrine nearly as well as the Book of Mormon”

Ezra Taft Benson



The Atonement

Adam and Eve's choice allowed us to come to earth (see 2 Nephi 2:25), where we experience sorrow, pain, and death.

Through the Atonement, Jesus Christ redeems us from the Fall and offers redemption from our sins (see 2 Nephi 2:26).



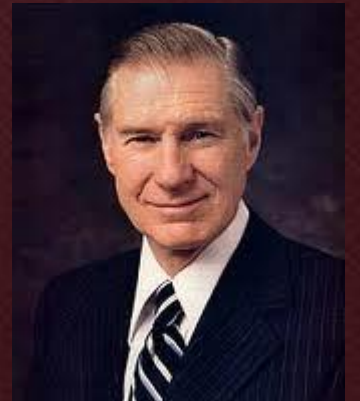
Because of the Atonement, **we are free to choose liberty and eternal life or captivity and death** (see 2 Nephi 2:27).

Not to Be Acted Upon

“Being acted upon means somebody else is pulling the string...Many of you worry about your future...After a lifetime of dealing with human affairs, I am persuaded that your future will be beyond your dreams if you observe the following:

1. Do not live on the edge.
2. Avoid not only evil, but even the appearance of evil
3. Follow the counsel of Nephi to act for yourselves and not be acted upon.
4. Seek first the kingdom of God and receive the great promise that all else will be added upon you.
5. Follow the counsel of Church leaders.”

James E. Faust





Agency

Power to act for ourselves

Liberty and eternal
life—through the
Mediator of all men

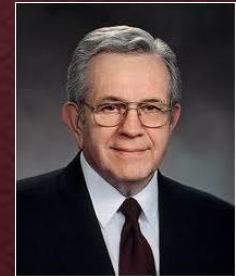
Or

Captivity and death—
according to the power
of the devil

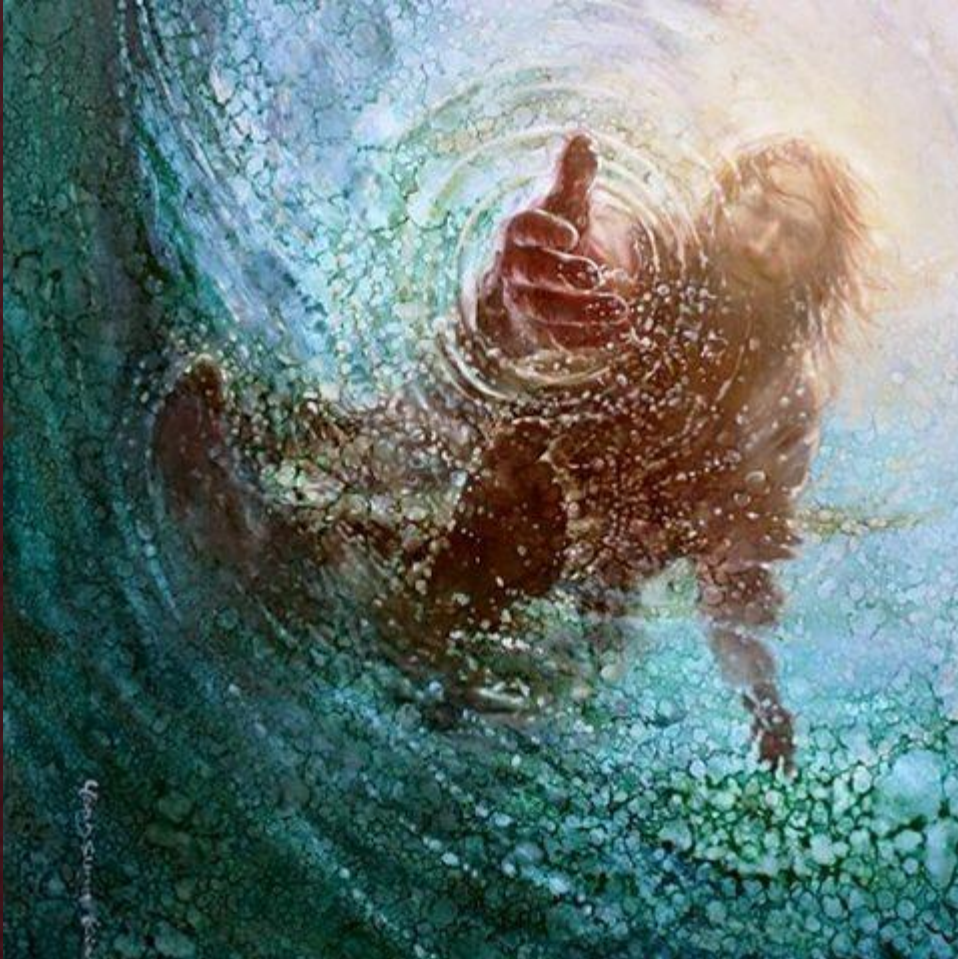


“Our destiny is not
based on *chance*. It
is based on *choice*!”

Boyd K. Packer



Agency

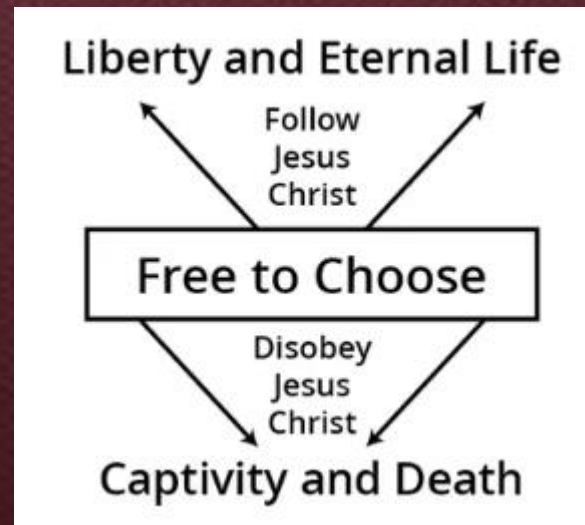


Yongsung Kim

We have enough knowledge of the mysteries of heaven to save ourselves, yet not enough to deny mortality as a time and place of trial and testing.

It is not necessary to have all the answers to all things or to be able to see the end from the beginning.

Student Manual



We are free to choose liberty and eternal life through Jesus Christ or to choose captivity and death.

“Difficulty comes when agency is used to make choices that are inconsistent with ...covenants.

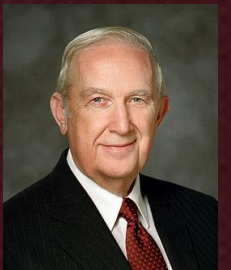
Study the things you do in your discretionary time, that time that you are free to control.

Do you find it is centered in those things that are of highest priority and of greatest importance?

Or do you unconsciously, consistently fill it with trivia and activities that are not of enduring value nor help you accomplish the purpose for which you came to earth?

Think of the long view of life, not just what's going to happen today or tomorrow.
Don't give up what you most want in life for something you think you want now."

Richard G. Scott





Men Might Be Miserable

Godly:
Intelligence
Wisdom
Truth
Virtue
Light

That which is of God
exalts

Ungodly:
Foolishness
Carnality
Darkness

That which of
Satan corrupts

The Will of the Flesh

Our fallen condition

“In this fallen condition, we have a conflict within us. We are spirit children of God, with the potential to be ‘partakers of the divine nature’

However, ‘we are unworthy before [God]; because of the fall our natures have become evil continually’ (Ether 3:2).

We need to strive continually to overcome unrighteous passions and desires”

True to the Faith



“Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.” (2 Peter 1:4)



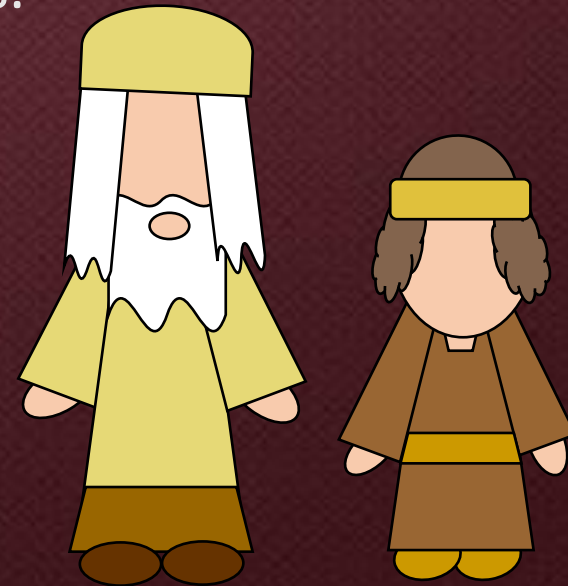
“...and that we are unworthy before thee; because of the fall our natures have become evil continually; nevertheless, O Lord, thou hast given us a commandment that we must call upon thee, that from thee we may receive according to our desires.”



The Last Days of Probation

Mortality is the time of probation.

“For those with a knowledge of the gospel, probation ends at death. For those who have not had the opportunity to hear the gospel in mortality, the day of probation continues into the world of spirits.



Sources:

Joseph Fielding McConkie and Robert L. Millet Doctrinal Commentary of the Book of Mormon pg. 190, 202
First Presidency of the Church (Joseph F. Smith, John R. Winder, and Anthon H. Lund) in an official statement titled “The Origin of Man”

Ezra Taft Benson (“The Book of Mormon and the Doctrine and Covenants,” *Ensign*, May 1987, 85).

Joseph Fielding Smith Jr. (*Answers to Gospel Questions*, comp., 5 vols. [1957–66], 4:81).

Boyd K. Packer (CES Religious Educators Symposium, Aug. 10, 1993 p. 9)

Richard G. Scott *Ensign* May 1996

James E. Faust *Ensign* Nov 1995

(*True to the Faith: A Gospel Reference* [2004], 57).

2013 Book of Mormon Seminary Student Manual Lesson 22-23 lds.org

<p>2 Nephi 2:15, The Fall: The simple truth is that we cannot fully comprehend the Atonement and Resurrection of Christ and we will not adequately appreciate the unique purpose of His birth or His death ... without understanding that there was an actual Adam and Eve who fell from an actual Eden, with all the consequences that fall carried with it. (Jeffrey R. Holland, “Where Justice, Love, and Mercy Meet,” <i>Ensign</i> or <i>Liahona</i>, May 2015, 105)</p>	<p>2 Nephi 2:27, Agency: Satan ... promotes conduct and choices that limit our freedom to choose by replacing the influence of the Holy Spirit with his own domination (see D&C 29:40; 93:38–39). Yielding to his temptations leads to a narrower and narrower range of choices until none remains and to addictions that leave us powerless to resist.</p>
<p>Some Christians condemn Eve for her act, concluding that she and her daughters are somehow flawed by it. Not the Latter-day Saints! Informed by revelation, we celebrate Eve’s act and honor her wisdom and courage in the great episode called the Fall. (Dallin H. Oaks, “The Great Plan of Happiness,” <i>Ensign</i>, Nov. 1993, 73)</p>	<p>Using our agency to choose God’s will, and not slackening even when the going gets hard, will not make us God’s puppet; it will make us like Him. God gave us agency, and Jesus showed us how to use it so that we could eventually learn what They know, do what They do, and become what They are.) (D. Todd Christofferson, “Moral Agency,” <i>Ensign</i>, June 2009, 49)</p>
<p>2 Nephi 2:25: The prophet Lehi taught, “Men [and women] are, that they might have joy”. There are many reasons why peace, joy, and happiness may elude us in this life, including poverty, war, natural disasters, and unexpected setbacks in employment, health, and family relationships. But even though we cannot control those external forces that impact our lives here on earth, as we strive to become faithful disciples of the Lord Jesus Christ, we can find peace, joy, and happiness despite the worldly troubles that swirl around us. Brothers and sisters, do the best you can do day after day, and before you know it, you will come to realize that your Heavenly Father knows you and that He loves you. And when you know that—really know it—your life will have real purpose and meaning, and you will be filled with joy and peace. (M. Russell Ballard, “The True, Pure, and Simple Gospel of Jesus Christ,” <i>Ensign</i> or <i>Liahona</i>, May 2019, 28)</p>	<p>“You are responsible for the choices you make. God is mindful of you and will help you make good choices, even if your family and friends use their agency in ways that are not right. Have the moral courage to stand firm in obeying God’s will, even if you have to stand alone. As you do this, you set an example for others to follow. “While you are free to choose your course of action, you are not free to choose the consequences. Whether for good or bad, consequences follow as a natural result of the choices you make” (<i>For the Strength of Youth</i> [booklet, 2011], 2).</p>
	<p>The commandments are not a burden or a restriction. Every commandment of the Lord is given for our development, progress, and growth. The Prophet Joseph Smith taught: “God has designed our happiness. ... He never will institute an ordinance or give a commandment to His people that is not calculated in its nature to promote that happiness which He has designed” (<i>Teachings of the Prophet Joseph Smith</i>, sel. Joseph Fielding Smith [1976], 256). (Robert D. Hales, “If Thou Wilt Enter into Life, Keep the Commandments,” <i>Ensign</i>, May 1996, 36)</p>

The Fall

2 Nephi 2:19	Adam and Eve were driven out of the Garden of Eden
2 Nephi 2:19	Adam and Eve had to “till the earth” and work for their food
2 Nephi 2:20, 23	Adam and Eve were able to have children
2 Nephi 2:21	All mankind are temporarily lost or separated from God (spiritual death)
2 Nephi 2:22	Adam and Eve would experience physical death
2 Nephi 2:23	They were able to experience joy
2 Nephi 2:23	They were able to experience misery
2 Nephi 2:23	They were able to do good
2 Nephi 2:23	They received knowledge of sin

The Fall

2 Nephi 2:19	Adam and Eve were driven out of the Garden of Eden
2 Nephi 2:19	Adam and Eve had to “till the earth” and work for their food
2 Nephi 2:20, 23	Adam and Eve were able to have children
2 Nephi 2:21	All mankind are temporarily lost or separated from God (spiritual death)
2 Nephi 2:22	Adam and Eve would experience physical death
2 Nephi 2:23	They were able to experience joy
2 Nephi 2:23	They were able to experience misery
2 Nephi 2:23	They were able to do good
2 Nephi 2:23	They received knowledge of sin

Another Lesson Idea:

Have the students teach from the Seminary Manual 2017 The Book of Mormon

The following charts are the sheets to hand out to 4 groups...printed in the manual.

Each set of instructions contains five assignments. Encourage all students to participate by ensuring that each person in each group receives an assignment. In groups of more than five, students may share assignments. In groups with fewer than five students, some individuals will need to do more than one assignment. Inform students that they will have about three minutes to prepare and that each group will have about five minutes to teach.

Group 1: Opposition

1. Write the word opposition on the board. Invite a student to read 2 Nephi 2:11 aloud. Encourage the class to look for all the pairs of opposites in this verse. Invite students to report what they find. List their responses on the board in a chart like this:

OPPOSITION	
Righteousness	Wickedness
Holiness	Misery
Good	Bad

2. Read 2 Nephi 2:12, 15–16 aloud. Before you read, encourage students to look for phrases that emphasize the importance of having “an opposition in all things” (2 Nephi 2:11). After you read, invite students to report what they have found. 3. Invite students to think about Heavenly Father’s purposes for placing us on earth, where opposition exists, as you read aloud the following statement by Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles: “God’s premortal children could not become like him and enjoy his breadth of blessings unless they obtained both a physical body and temporal experience in an arena where both good and evil were present. . . . “ . . . We wanted the chance to become like our heavenly parents, to face suffering and overcome it, to endure sorrow and still live rejoicingly, to confront good and evil and be strong enough to choose the good” (Jeffrey R. Holland, Christ and the New Covenant: The Messianic Message of the Book of Mormon [1997], 200, 204). 4. Ask the class the following question: • What were God’s purposes in placing us on earth, where opposition exists?

Group 2: Laws

1. Point to the vertical line separating the list of opposites on the board (or draw a line if the previous group did not do so). Explain that this line represents God's law, or His commandments. Invite students to silently read 2 Nephi 2:13 and to look for the consequences that would come if there were no law, or commandments. Ask students to report what they learn.
2. Ask the class the following questions: • How do God's commandments help us distinguish between right and wrong? • What are some examples of commandments that have helped you recognize the difference between righteousness and wickedness?
3. Give an example of a commandment that has helped you recognize the difference between righteousness and wickedness. Explain why you are grateful for this commandment.
4. Tell about a time when you faced a choice between righteousness and wickedness and you made the right choice. Explain how you were blessed for obeying God's law.

Group 3: Knowledge of Good and Evil

1. Invite a student to read 2 Nephi 2:5 aloud. Then ask the class the following question: • How do you think all people can be instructed sufficiently that they know good from evil? (You might explain that the “law” spoken of in verse 5 is the gospel of Jesus Christ, which includes all the Lord’s commandments.)
2. To help students understand how all people can know good from evil, point out the cross-reference to Moroni 7:16 in footnote a of 2 Nephi 2:5. Invite a student to read Moroni 7:16 aloud. Then ask the following question: • According to this verse, what has God given to all people that allows us to know good from evil?
3. Explain that the “Spirit of Christ” referred to in Moroni 7:16 is also called the Light of Christ. Read the following statement aloud: “The Light of Christ is the divine energy, power, or influence that proceeds from God through Christ and gives life and light to all things. The Light of Christ influences people for good and prepares them to receive the Holy Ghost. One manifestation of the Light of Christ is what we call a conscience” (“Light of Christ,” Gospel Topics, [topics.lds.org](https://www.lds.org/topics/light-of-christ)).
4. Ask the class the following question: • Why do you think it is important for every accountable person to have a basic knowledge of good and evil through the Light of Christ?

Group 4: Power to Choose

1. Invite a student to read 2 Nephi 2:26 aloud. Ask the class to follow along, looking for what resulted from Jesus Christ performing the Atonement and redeeming all mankind from the Fall. Then ask the class the following question: • What do you think it means that we became “free forever . . . to act for ourselves and not be acted upon, save it be by the punishment of the law at the great and last day”?
2. Read the following statement to the class: “You are free to choose and act, but you are not free to choose the consequences of your actions. The consequences may not be immediate, but they will always follow” (True to the Faith: A Gospel Reference [2004], 12). Ask the following question: • What are some examples of consequences that may not be immediate but that will certainly follow a person’s actions?
3. Invite students to read 2 Nephi 2:27 silently, looking for words and phrases that show future consequences of choices we make now. Ask students to report what they find. (Answers may include “liberty,” “eternal life,” “captivity,” “death,” and “miserable.”) Then ask the following questions: • Why do you think it is important for us to understand the consequences of our choices in this life? • How can knowing these consequences motivate us to make righteous choices? Share your testimony that we are accountable to God for our choices and that consequences always follow our choices.
4. Point out that in 2 Nephi 2:27, Lehi says that we “are free to choose liberty.” Then ask the class the following questions: • In your experience, how do righteous choices help us remain free to choose? • What are some examples of how the righteous use of our agency results in additional freedom? (Be prepared to share an example of your own.)