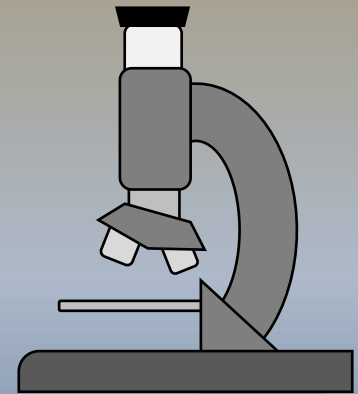
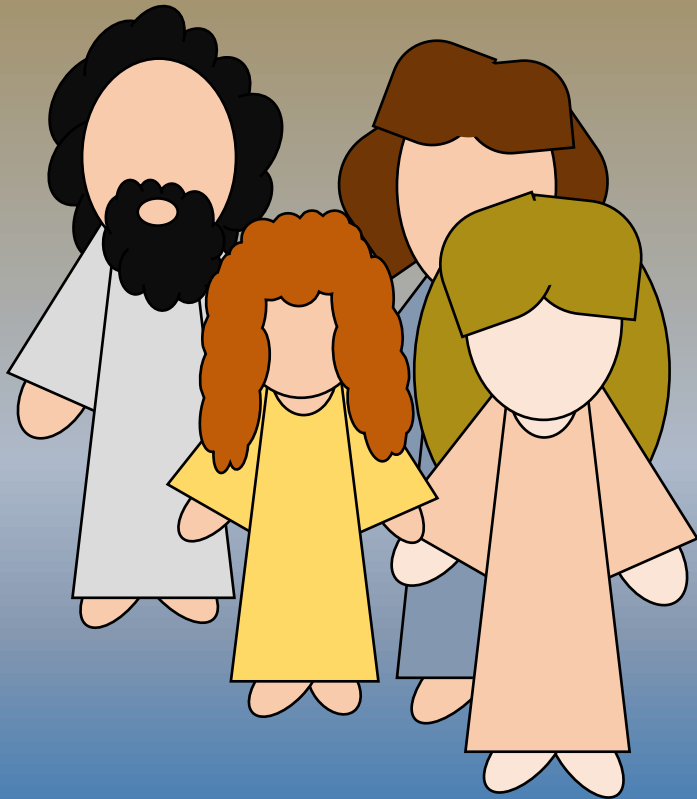


# Alma 32-35



# Receiving and Strengthening a Testimony

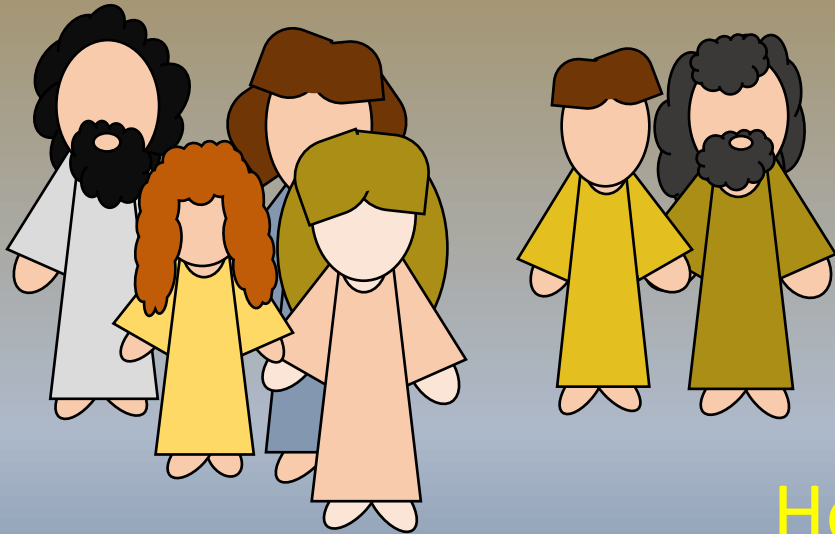
Alma 32



# Poor, and Poor in Spirit

The poor had been cast out of the synagogues because of their apparel

They could not worship God...having been esteemed filthy



Dross—The scum thrown off in the smelting process

**However:**

They were in a state ready to receive to the word of God...a state of humility

# A Humble Group

“Wherefore, I call upon the weak things of the world, those who are unlearned and despised, to thresh the nations by the power of my Spirit

And the poor and the meek shall have the gospel preached unto them...”

D&C 35:13, 15

“Hearken, my beloved brethren, Hath not God chosen the poor of this world rich in faith and heirs of the kingdom which he hath promised to them that love him?  
James 2:5

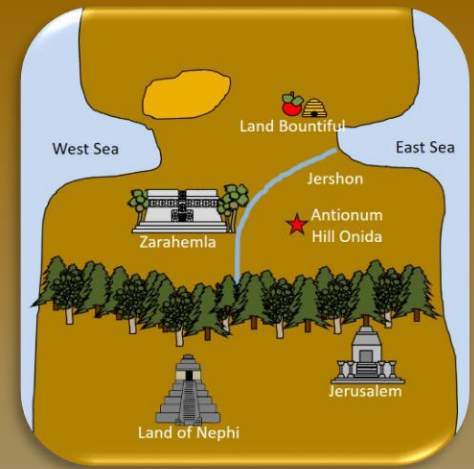
“The meek also shall increase their joy in the LORD, and the poor among men shall rejoice in the Holy One of Israel.”  
Isaiah 29:19



# Hill Onidah

The poor ask Alma what they should do because they could not worship in the synagogues

Alma knew they were prepared to hear the word



**Humility prepares us to receive the word of God**

“In order to receive or accept the word of truth, the person must be prepared to hear it.”

JFM and RLM



# Blessed Are They

*“And now, because ye are compelled to be humble blessed are ye; for a man sometimes, if he is compelled to be humble, seeketh repentance; and now surely, whosoever repenteth shall find mercy; and he that findeth mercy and endureth to the end the same shall be saved.”*



**We are more blessed when we choose to be humble than when we are compelled to be humble**

# Therefore:

“Therefore, blessed are they who humble themselves without being compelled to be humble; or rather, in other words, blessed is he that believeth in the word of God, and is baptized without stubbornness of heart, yea, without being brought to know the word, or even compelled to know, before they will believe.”



“...those who respond most readily to the message of the missionaries continue after baptism to grow in the things of the Spirit more rapidly, and sink their spiritual roots deeper, than those who confused intellect and independence of thought with stubbornness of heart.”

JFM and RLM



# Sign Seekers

Sherem in Jacob 7:13-16



“And he that seeketh signs shall see signs, but not unto salvation...

But, behold, faith cometh not by signs, but signs follow those that believe...

Yea, signs come by faith, not by the will of men, nor as they please, but by the will of God.”  
D&C 63:7,9,10

Korihor in Alma 30:43-52



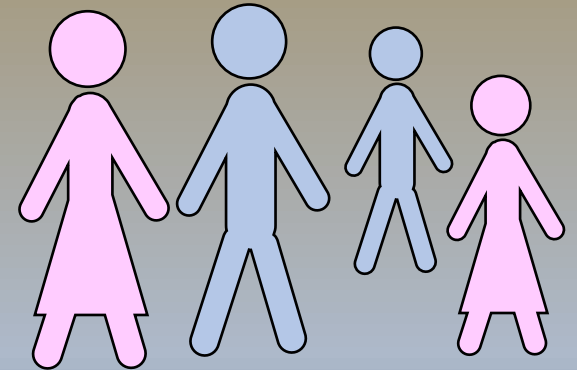
***Signs are a product of faith, not something we should demand before we have faith***



# Faith is Built On:

1. The idea of the Existence of God
2. A correct idea of his character, perfections, and attributes
3. An actual knowledge that the course in life one is pursuing is according to God's will

Through:  
Studying, searching,  
pondering the words of  
the Lord, and through  
testimonies of others



Ourselves:  
A person may have the assurance  
that they are on the course only if  
they are "on the course"



“Because of the conflicts and challenges we face in today’s world, I wish to suggest a single choice— a choice of peace and protection and a choice that is appropriate for all. That choice is faith.

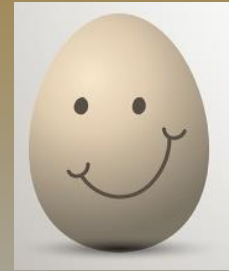
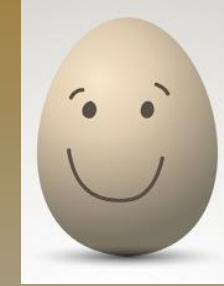
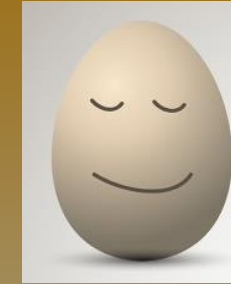
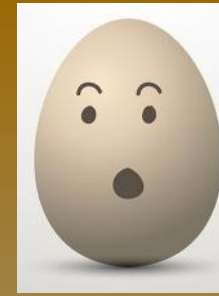
Be aware that faith is not a free gift given without thought, desire, or effort. It does not come as the dew falls from heaven.

The Savior said, ‘Come unto me’ (Matthew 11:28) and ‘Knock, and it shall be [given] you’ (Matthew 7:7). These are action verbs—*come*, *knock*. They are choices. So I say, choose faith. Choose faith over doubt, choose faith over fear, choose faith over the unknown and the unseen, and choose faith over pessimism...



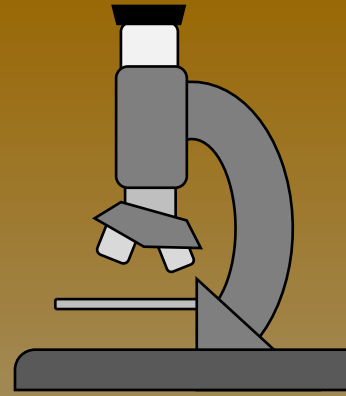
...Alma gave us a directive to choose. His were words of action initiated by choosing. He used the words *awake*, *arouse*, *experiment*, *exercise*, *desire*, *work*, and *plant*. Then Alma explained that if we make these choices and do not cast the seed out by unbelief, then ‘it will begin to swell within [our] breasts’...

Faith is a Choice; it is our responsibility



Richard C. Edgley

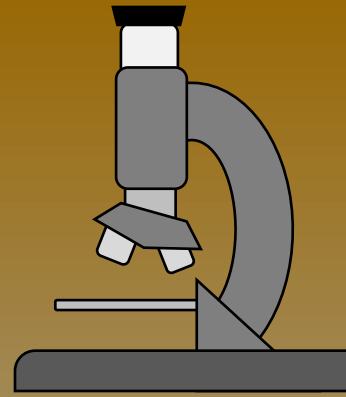
# The Hypothesis



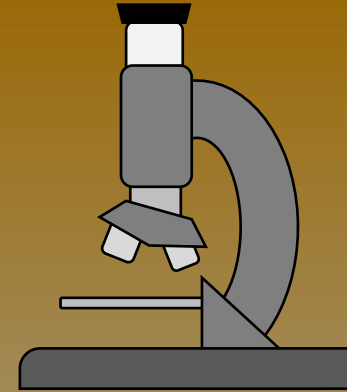
1. There are unseen realities, things not seen which are true (vs. 21)
2. Faith is a hope in the truth of unseen things rather than a perfect knowledge (vs. 21)  
This is a person who refuses to believe in something unless he can “know of a surety” ...something he can see or hear or feel.
3. One cannot know of a surety at first the truth of unseen realities any more than faith itself constitutes perfect knowledge (vs. 26)
4. A particle of faith (even a desire to believe), if planted in the heart and nourished properly, will bring one to know the unseen (vs. 27)

# The Experiment

1. Compare the word of God unto a seed (vs. 28)
2. Plant the seed in your heart, not just in your head (vs. 28)
3. Neither cast it out by unbelief nor resist the Spirit of the Lord which accompanies it (vs. 38)
4. If it begins to swell within you and enlarges your soul and enlightens your understanding, it is good: if it does not, it is bad and should be cast away.



# The Conclusion



1. Your faith is now dormant, and your knowledge is perfect in one thing: the fact that the seed was good or bad (vss. 33-35)
2. If the seed is good and begins to grow, additional nourishment and care will cause the seed to become a tree which brings forth fruit (added knowledge of the truth of other things). (vss. 36-37)
3. If the seed or the tree is neglected, it will wither; but this does not mean that the seed was not good. It means that one's spiritual ground is barren and unproductive. In other words, the experiment did not fail; you failed the experiment! (vss. 38-40)
4. On the other hand, diligence, patience, and a continuance of faith will cause the tree to spring up "unto everlasting life" (vs. 41) and enable you to "pluck the fruit thereof, which is most precious,...sweet above all that is sweet,...white above all that is white,...pure above all that is pure" (vs. 42)

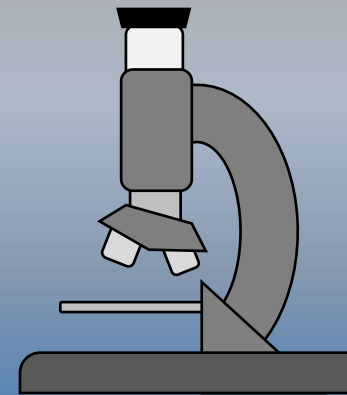
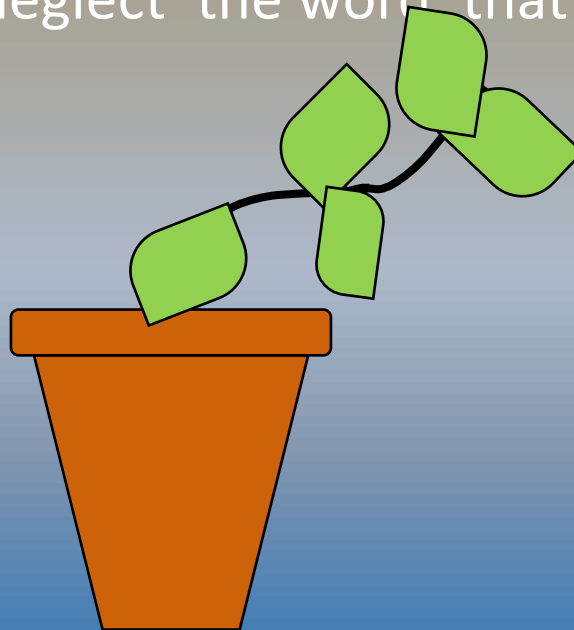
# Your Experiment

Will your faith be perfect after performing this experiment?

What more do you need to do to receive a lasting testimony of the gospel?

What do you need to do to have your faith continue to grow?

What happens when you neglect 'the word' that had been planted in your heart?



# Who Has Exercised Their Faith?

1. A young woman wants physical evidence that the Book of Mormon is true before she will believe it.



2. A young man hears that all worthy young men should serve a full-time mission. Though his family is poor, he is determined to serve and make preparations to serve.



3. A young woman wants to become clean from her sins through the Atonement of Jesus Christ. She knows she needs to confess some transgressions to her bishop in order to fully repent. She makes an appointment to see her bishop



## Sources:

Joseph Fielding McConkie and Robert L. Millet Doctrinal Commentary on the Book of Mormon Vol. 3 pg. 224-225

Joseph Smith Lectures on Faith 3:2-5

Richard C. Edgley, “Faith—the Choice Is Yours,” *Ensign or Liahona*, Nov. 2010, 31–32

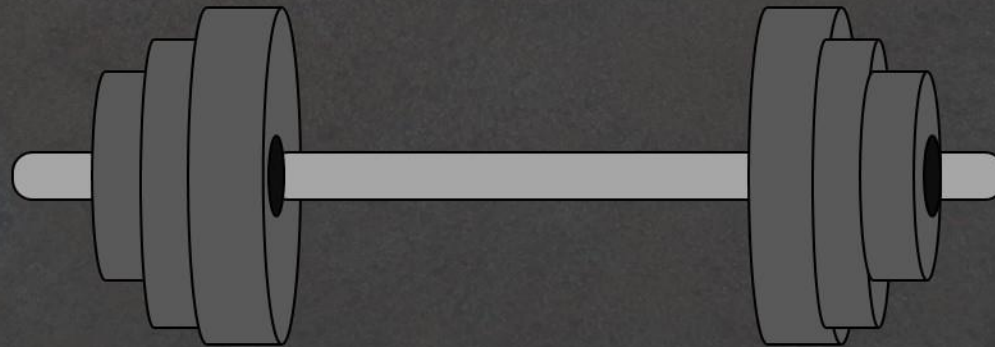
Student Manual Religion 121-122 Book of Mormon pg. 300



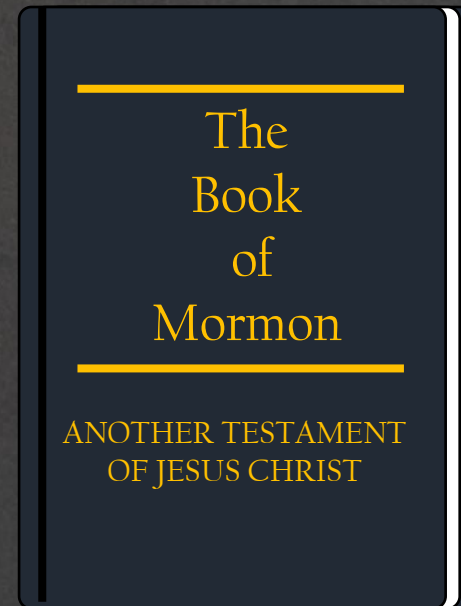
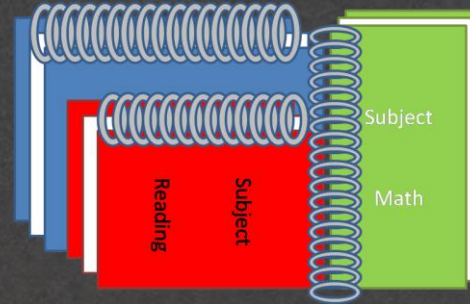
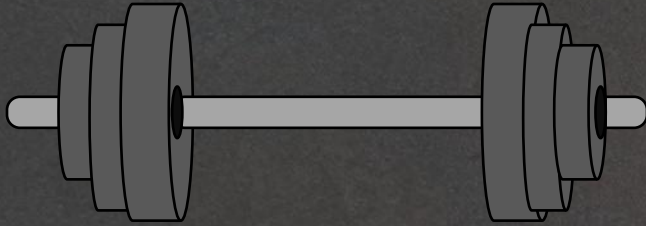
<b>EXPERIMENTING ON THE WORD</b>	WHAT DID ALMA INSTRUCT US TO DO WITH THE WORD?	WHAT DID ALMA SAY THE RESULTS WILL BE?	<b>EXPERIMENTING ON THE WORD</b>	WHAT DID ALMA INSTRUCT US TO DO WITH THE WORD?	WHAT DID ALMA SAY THE RESULTS WILL BE?
Phase 1 (Alma 32:28–34)			Phase 1 (Alma 32:28–34)		
Phase 2 (Alma 32:37–43)			Phase 2 (Alma 32:37–43)		
<b>EXPERIMENTING ON THE WORD</b>	WHAT DID ALMA INSTRUCT US TO DO WITH THE WORD?	WHAT DID ALMA SAY THE RESULTS WILL BE?	<b>EXPERIMENTING ON THE WORD</b>	WHAT DID ALMA INSTRUCT US TO DO WITH THE WORD?	WHAT DID ALMA SAY THE RESULTS WILL BE?
Phase 1 (Alma 32:28–34)			Phase 1 (Alma 32:28–34)		
Phase 2 (Alma 32:37–43)			Phase 2 (Alma 32:37–43)		

# Exercise in Faith

## Alma 33

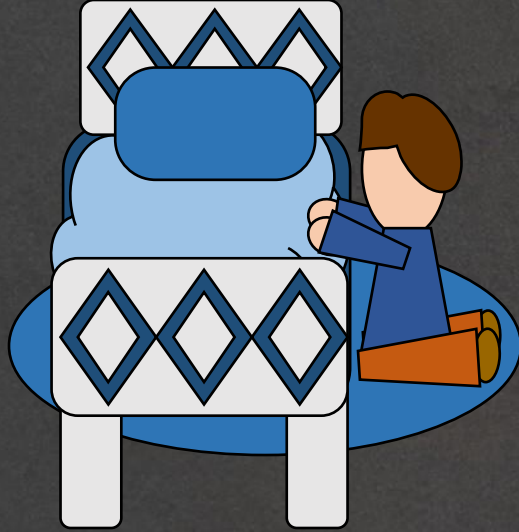


# Exercise



How Do You Exercise?

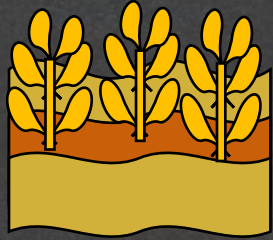
# How Do You Exercise in Faith?



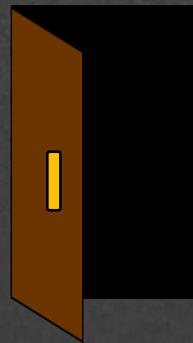
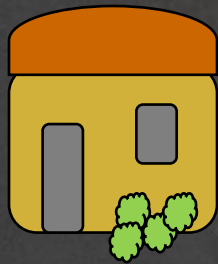
Zenos

*“For he said: Thou art merciful, O God, for thou hast heard my prayer, even when I was in the wilderness; yea, thou wast merciful when I prayed concerning those who were mine enemies, and thou didst turn them to me.”*

# Where Can We Pray?

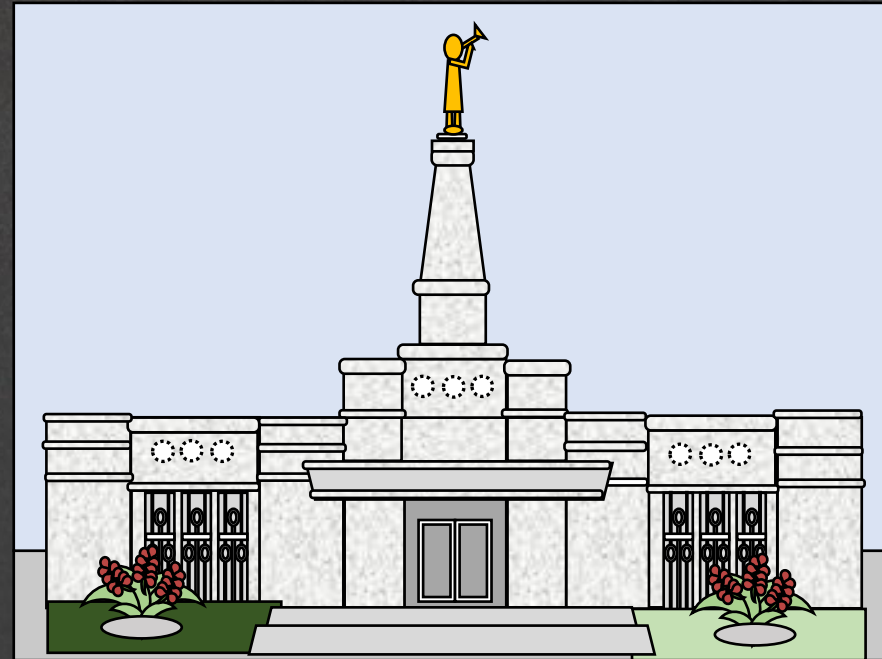
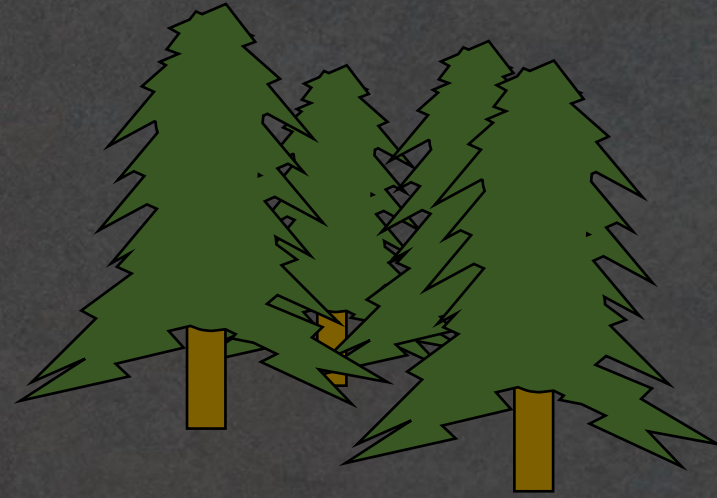
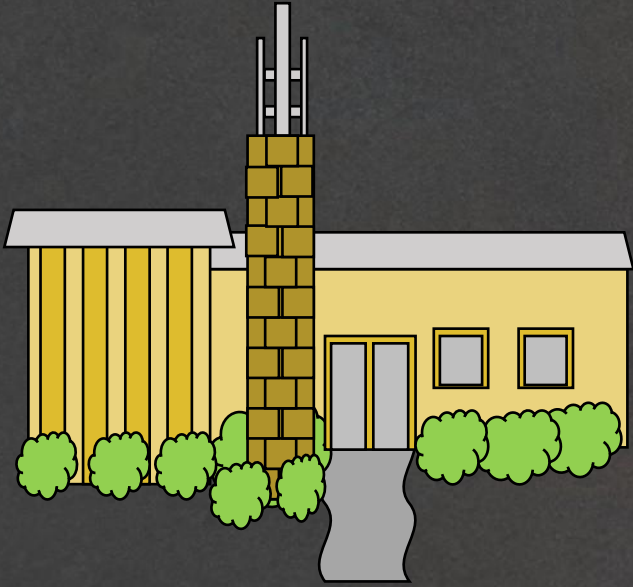


**We can  
exercise faith  
in God by  
sincerely  
praying to  
Him at any  
time and in  
any place**



**Read Alma 33:5-7**

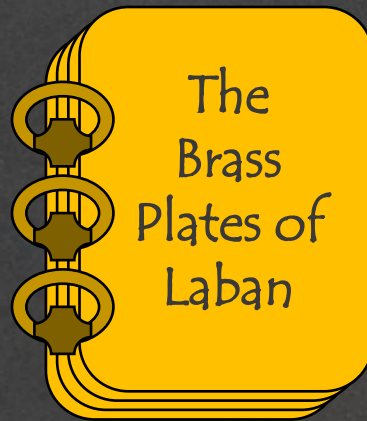
# Where Can We Worship?



# Do You Believe in the Scriptures?

Alma is familiar with the words of Zenock and Zenos...

Alma suggests that the Zoramites were also familiar with these prophets...hence, they had the scriptures.



# Prayer, an Exercise of Faith



“We must not imagine that any kind of prayer, no matter how sincere, will be very effective if all we do is to say the prayer. We must not only say our prayers; we must also live them. The Lord is much more pleased with the person who prays and then goes to work than with the person who only prays. Much like medicine, prayer works only when we use it as directed.”

J. Devn Cornish



“Secret prayer should have a place in every person’s life. Again the Savior gave us the pattern when he said: “... when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” (Matt. 6:6.)

The Prophet Joseph Smith, speaking on this subject, stated: “We would say to the brethren, seek to know God in your closets, call upon him in the fields. Follow the directions of the Book of Mormon, and pray over, and for your families, your cattle, your flocks, your herds, your corn, and all things that you possess; ask the blessing of God upon all your labors, and everything that you engage in.” (DHC, vol. 5, p. 31.)”

Franklin D. Richards





# Because of Thy Son

Prophets often emphasize truths through repetition.

Thou didst hear me

Thou hast turned thy  
judgment away from me



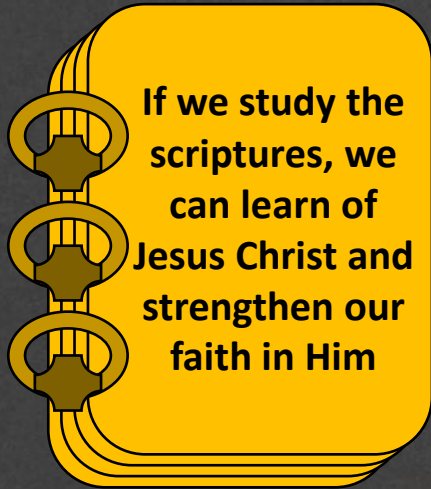
Wilson J. Ong

Thou hast been  
merciful

Mercies are bestowed  
upon them

**We receive  
Heavenly  
Father's mercy,  
including forgiv  
eness for our  
sins, because of  
the Atonement  
of Jesus Christ**

# Moses Exercised Faith



If we study the scriptures, we can learn of Jesus Christ and strengthen our faith in Him

*“And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live.*”

*And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.”*  
*Moses 21:8-9*



# Cast About Your Eyes

Anyone who is to be saved from his sins must “cast” his eye upon the saving power of the Master. As the children of Israel could be saved from the serpent’s deadly sting simply by looking upon the brazen serpent that Moses had fashioned and raised upon a rod, so a man may be saved from the sting of sin simply by looking to the Savior.



He who will open his eyes and look upon the Lord will find it easy to recognize him as the divine source from which relief of sin comes.

**The Healer—Medical Symbol**

# Symbol of Brass Serpent

The brass serpent on the pole was a “type”.

In other words, it was a symbol of something that was going to happen in the future.

It represented Jesus Christ on the cross.



*And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:  
John 3:14*

**The Healer—Atonement Symbol**

# “If Ye Will Do”

Casting about your eyes  
to be healed



Plant this word in your  
hearts, nourish by faith



That your burdens will  
be light through the joy  
of His Son



“Each child in each generation chooses faith or  
disbelief. Faith is not an inheritance; it is a choice”

President Henry B. Eyring

**We exercise  
faith by  
choosing to  
believe in  
Jesus Christ  
and His  
Atonement**



How has your choice to believe in the Savior influenced your everyday life?

How has personal scripture study strengthened your faith in Heavenly Father and Jesus Christ?

How has daily personal prayer and worship strengthened your faith in Heavenly Father and Jesus Christ?

What do you feel Heavenly Father would like you to do to exercise greater faith?



## Sources:

J. Devn Cornish *The Privilege of Prayer* Oct. 2011 Gen. Conf.

Franklin D. Richards *The Importance of Prayer* April 1972 Gen. Conf.

Jesus Art Work: Wilson Ong. (b. 1958) Oil on Canvas 1997

Student Manual Region 121-122 Book of Mormon pg. 301

Henry B. Eyring ---The statement is found in “Inquire of the Lord” [address to CES religious educators, Feb. 2, 2001], 1, si.lds.org.)

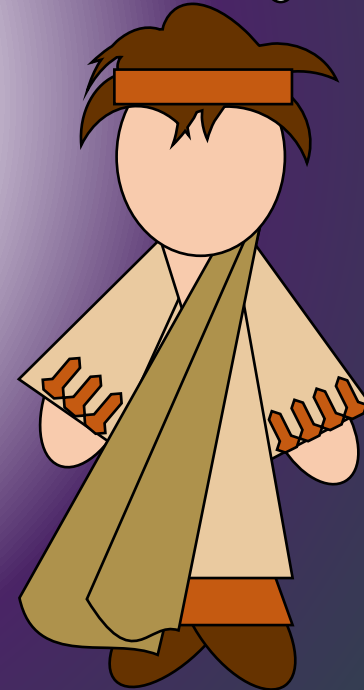
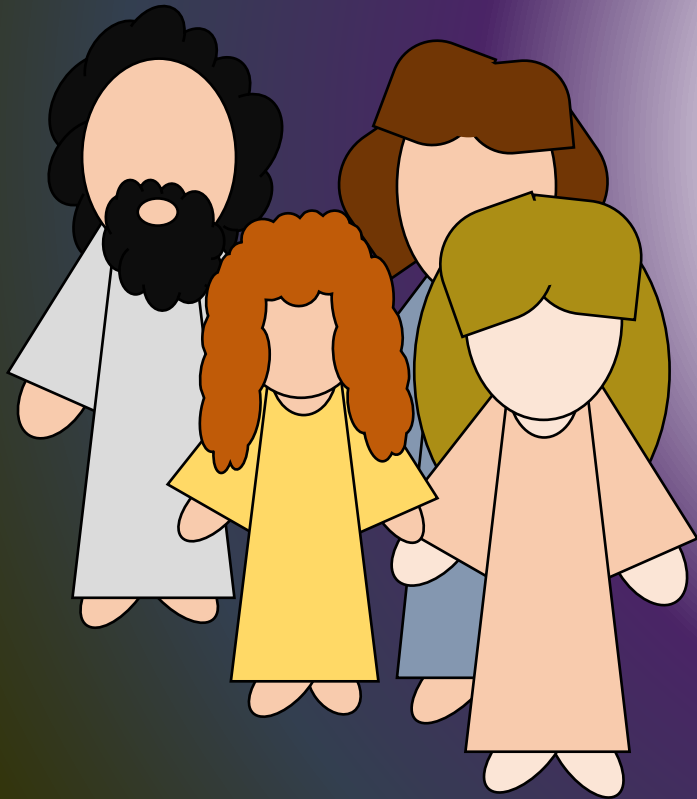
**A strong testimony** cannot be built upon a weak foundation. Therefore, don't pretend you believe something when you are not sure of it. Seek to receive a ratifying witness. Wrestle in mighty prayer, living righteously, and ask for a spiritual confirmation. ... Let your Father in Heaven know of your feelings, your needs, your concerns, your hopes and aspirations. Speak to Him with total confidence, knowing that He will hear and respond. Then patiently go forth in your life doing those things you know are correct, walking with confidence born of faith and righteousness, patiently waiting for the response that will come in the manner and at the time the Lord considers most appropriate. (Richard G. Scott, "The Power of a Strong Testimony," *Ensign*, Nov. 2001, 88)

**Testimony** requires the nurturing by the prayer of faith, the hungering for the word of God in the scriptures, and the obedience to the truth we have received. There is danger in neglecting prayer. There is danger to our testimony in only casual study and reading of the scriptures. They are necessary nutrients for our testimony. (Henry B. Eyring, "A Living Testimony," *Ensign or Liahona*, May 2011, 127)



# Amulek Teaches the Zoramites

Alma 34-35



# Imagine Life Without

What do you imagine life would be like without this object?



How would life be different without the Atonement of Jesus Christ?



What would life be like without this?



The Zoramites believed there would "be no Christ".

Alma encouraged them to try an experiment by choosing to believe in Jesus Christ.





# The Mouths of Two

“At the mouth of two witnesses, or three witnesses, shall he that is worthy of death be put to death; *but* at the mouth of one witness he shall not be put to death.”—referring to the binding of two or more witnesses has more validity than one.”

Deuteronomy 17:6



The Lord has said that in the mouths of two or three witnesses shall his every word be established

The Lord always sends his words through witnesses who testify of Him and His word

Two or more witnesses give a binding voice in the testimony of truth

# Amulek—the 2<sup>nd</sup> Witness

Amulek affirms that the Word is in Christ to the Zoramites

Alma sets the terms of faith in Alma 32 while

Amulek focuses on how those who are lacking in faith may, through the power of the Holy Spirit, come to a desire to believe, through a witness of the Holy Spirit, see a Christ...and eventually receive the gift of life.”



# True or False?

1. When Jesus Christ atoned for the sins of mankind, He suffered only for righteous people.

True  False

2. All people need to be baptized in order to be saved.

True False

3. Any person can atone for the sins of another.

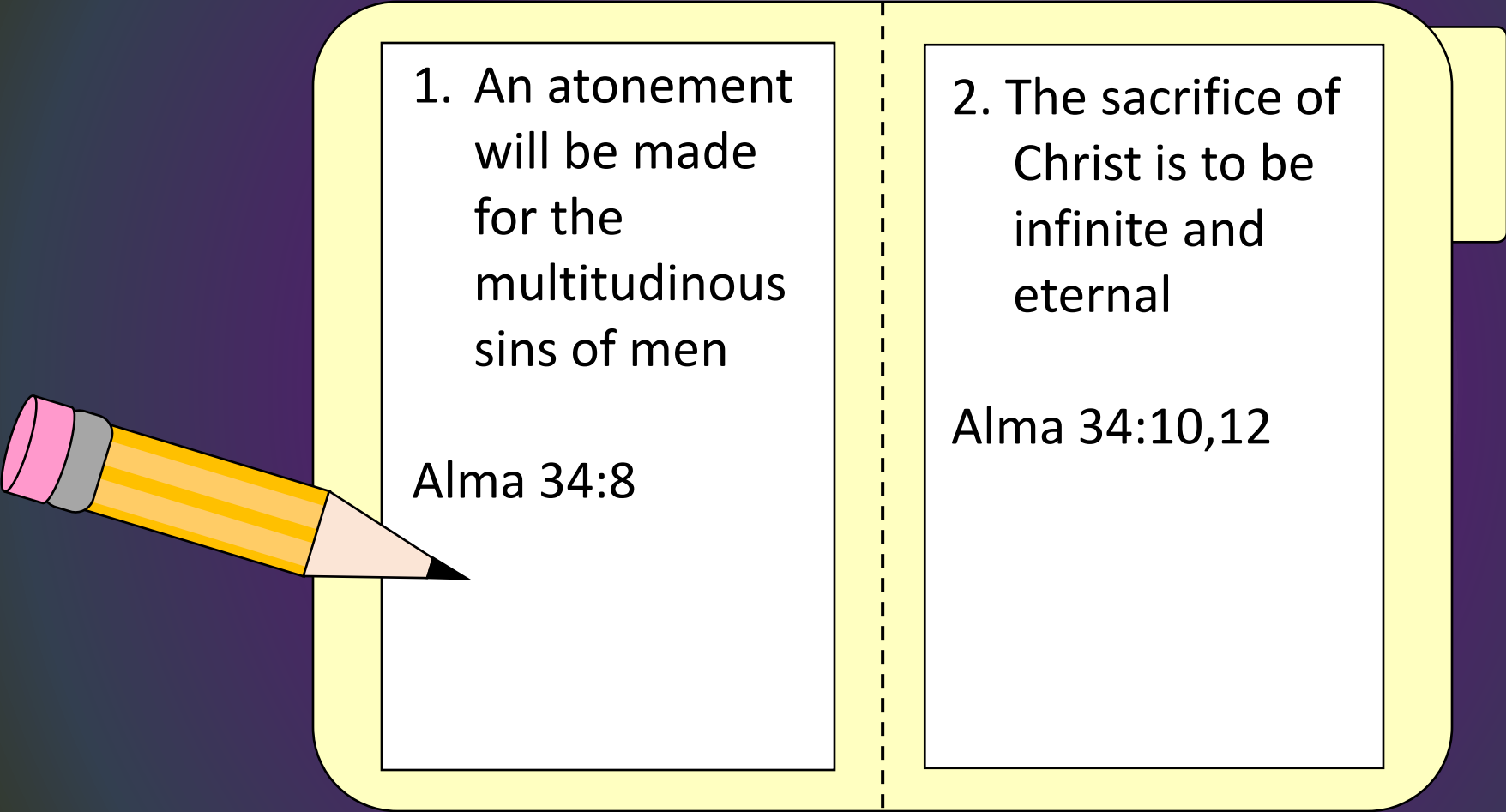
True  False

# The Plan of God



"Look what I found in the dumpster!  
A perfectly good ~~business plan!~~"

↑  
gospel



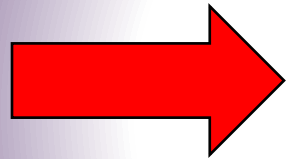
1. An atonement  
will be made  
for the  
multitudinous  
sins of men

Alma 34:8

2. The sacrifice of  
Christ is to be  
infinite and  
eternal

Alma 34:10,12

Alma  
34:9-10



For it is expedient that an atonement should be made; for according to the great plan of the Eternal God there must be an atonement made, or else all mankind must unavoidably perish; yea, all are hardened; yea, all their hearts are lost, and must perish because they have refused to repent of their iniquities, although the atonement which it should be made.

It is expedient that there should be a sacrifice of the most precious; yea, not a sacrifice of the blood of the son of man, neither of beast, neither of any manner of fowl; for it shall not be a human sacrifice; but it must be an infinite and eternal sacrifice.



“His Atonement is infinite—without an end. It was also infinite in that all humankind would be saved from never-ending death. It was infinite in terms of His immense suffering. ... It was infinite in scope—it was to be done once for all. And the mercy of the Father extends not only to an infinite number of children, but to an infinite number of worlds. His love is infinite beyond any human imagination or mortal comprehension.

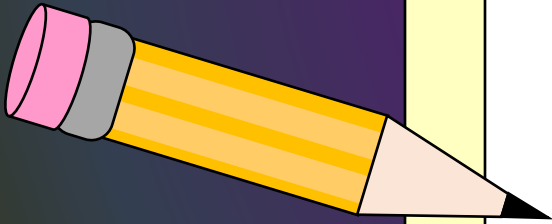


“Jesus was the only one who could perform the atonement, since He was born of a mortal woman and an immortal Father.

Because of that unique birthright, Jesus was an infinite Being.”



Liz Lemon Swindle

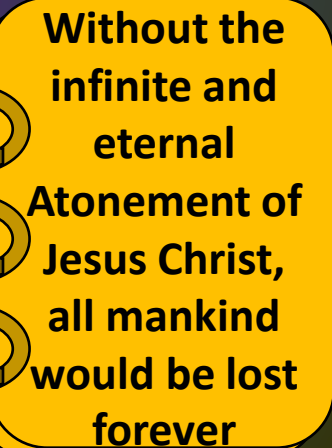


3. Each man must bear responsibility for his own sins, and one man cannot atone for the sins of someone else

Alma 34:11-12

4. The fulfillment of the law of Moses is to be through a “great and last sacrifice” by the “the Son of God, yea, infinite and eternal”

Alma 34: 13-14

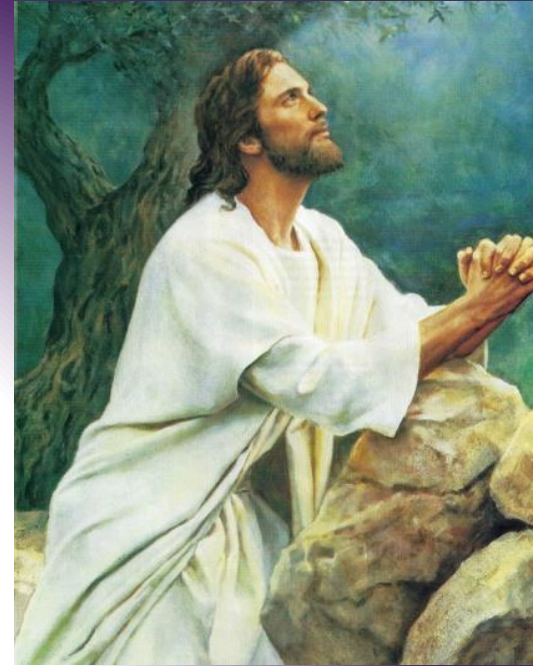


**Without the infinite and eternal Atonement of Jesus Christ, all mankind would be lost forever**



“According to eternal law, that atonement required a personal sacrifice by an immortal being not subject to death.

Yet He must die and take up His own cross again. The Savior was the only one who could accomplish this. From His mortal life He had the power to die. From His Father He had the power over death.”  
Elder Russell M. Nelson



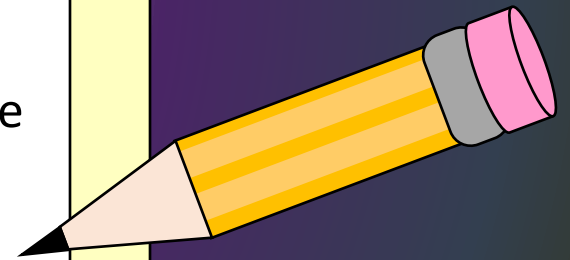
“Under the new covenant that came in with Christ, the sinner must offer the sacrifice out of his own life, not by offering the blood of some other creature...”  
Reuben Clark, Jr.

5. This sacrifice brings about mercy, which “overpowereth justice, and bringeth about means unto men that they may have faith unto repentance”

Alma 34:15

6. He who exercises “faith unto repentance” is encircled in the arms of mercy, while he who does not repent “is exposed to the whole law of the demands of justice”

Alma 34:16

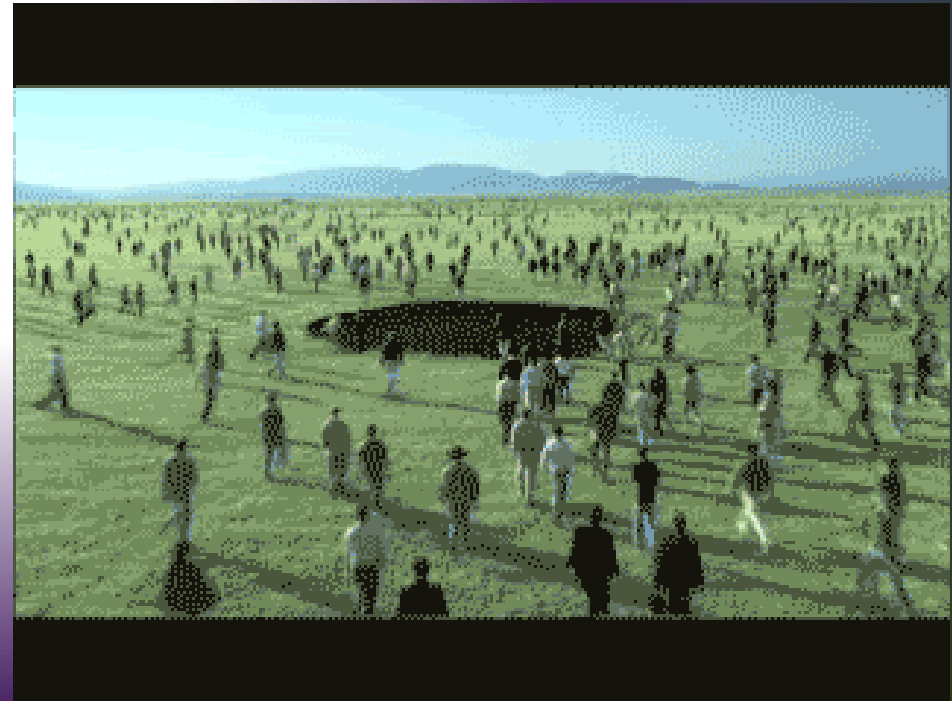


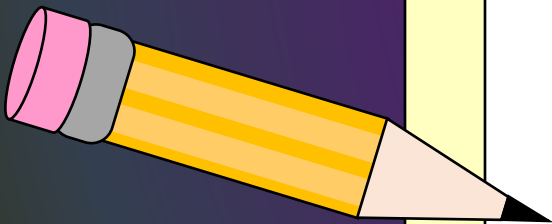
# Justice may be satisfied in two ways:

1. Keeping the law perfectly; or
2. Suffering the effects of a broken law.  
Christ satisfied the demands of justice in both of these ways; he kept the law perfectly for himself and suffered in the Garden of Gethsemane and on the cross for and in behalf of those of us who repent.

Those who refuse to repent are exposed to the “whole law of the demands of justice.”

JFM and RLM



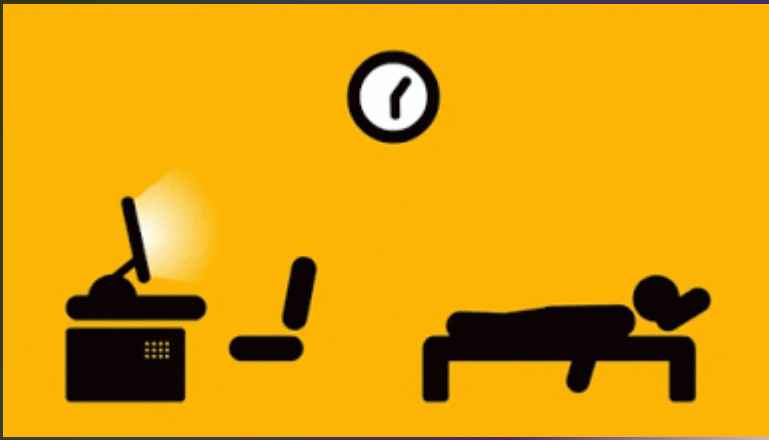


7. Men may call upon God in all places and under all conditions, both for themselves and for others

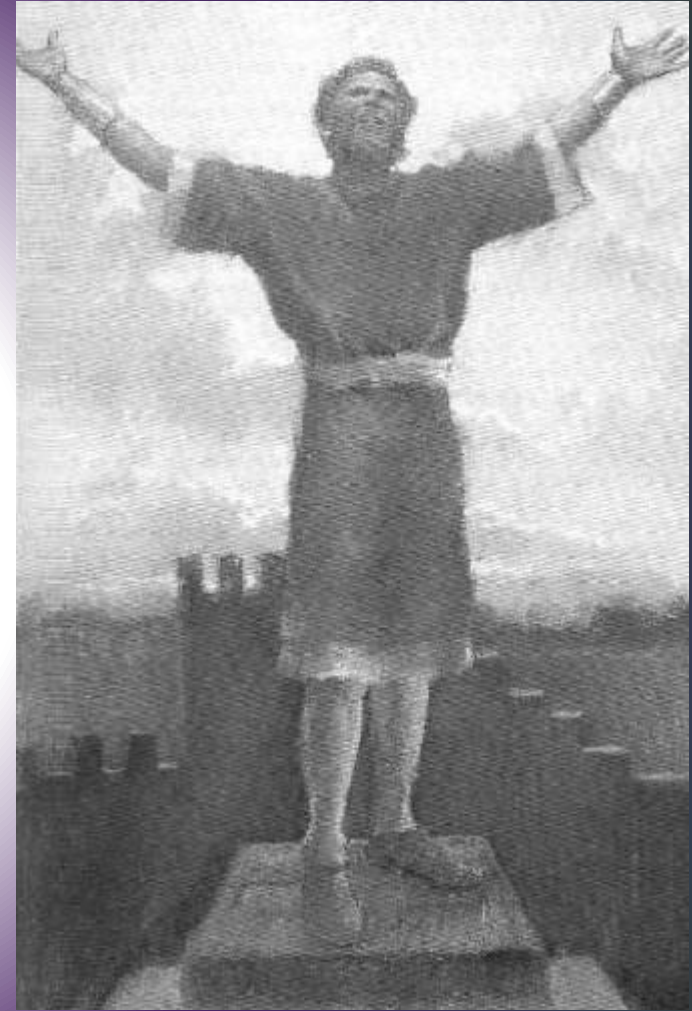
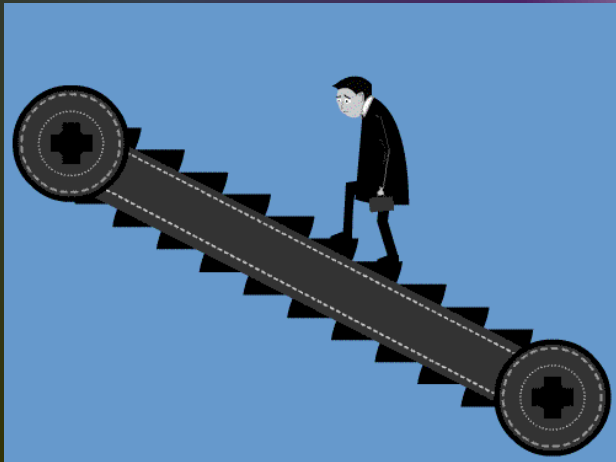
Alma 34:17-29

8. Men must repent when the opportunity is presented, for “now is the time and the day of your salvation” and “this life is the time for men to prepare to meet God” by performing all their labors

Alma 34:31-32



When one's prayers seem repetitive maybe it is a time to examine your testimony of Christ

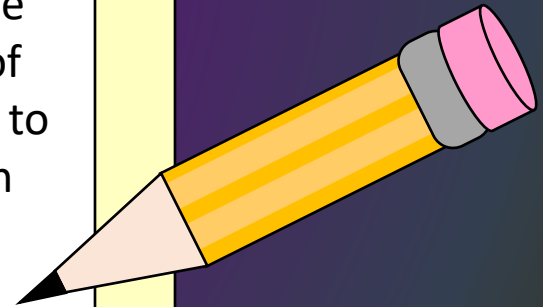


9. If men  
procrastinate  
their repentance  
and fail to  
“prepare for  
eternity,” the  
“night of darkness  
wherein there can  
be no labor  
performed”  
overtake them

Alma 34:33

10. Men cannot repent  
when “brought to  
that awful crisis”  
(death? judgment?)  
and return to God,  
because the “same  
spirit” that possesses  
a man’s body at the  
time he goes out of  
this life has power to  
possess his body in  
that eternal world

Alma 34:34





Procrastination is the thief of eternal life.

One may find that putting off repentance until later strengthens a poor habit and lessens the ability to change

“If we do not improve ourselves during this period of time, then it will be too late.”

This life is the time for us to prepare to meet God. If we procrastinate the day of our repentance, we will become subject to the spirit of the devil.



*...because your probation are past; ye have put off until ye have put your salvation until it is even, and ye have made your destruction is made sure; yea, for ye have sought all the days of your lives for that which ye could not obtain; and ye have sought for happiness in doing iniquity, which thing is contrary to the nature of that righteousness which is in our great and Eternal Head.”*

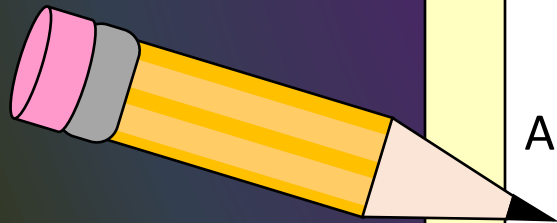
*Helaman 13:38*

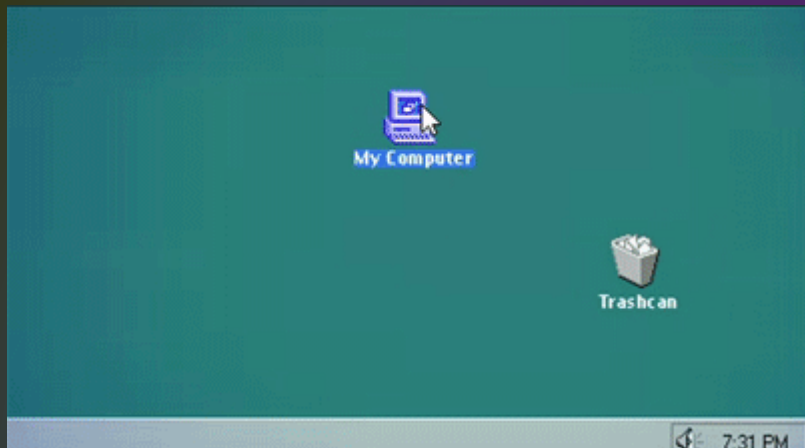
11. Procrastination of one's repentance until death is evidence that one has subjected himself to the devil and that the spirit of the Lord has withdrawn from him

Alma 34:35-36

12. Men should work out their salvation with fear before God, take upon themselves the name of Christ, humble themselves in worship before god, "live in thanksgiving daily" and "be watchful unto prayer continually" as a defense against the devil

Alma 34:38-39

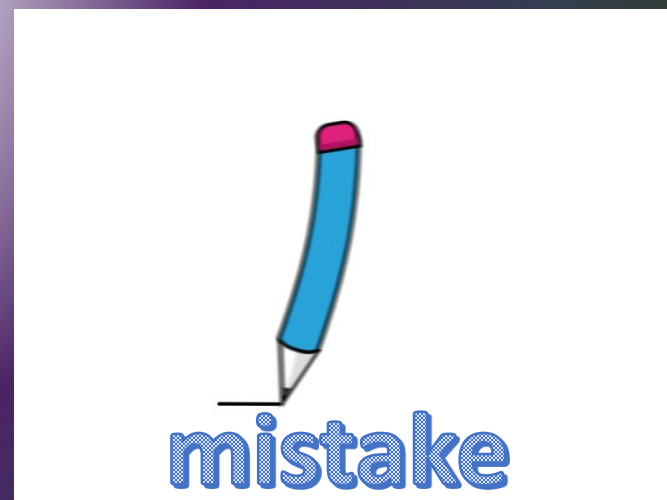




“Now, if you have made mistakes, make today the beginning of a change of your lives. Turn from the thing that you have been doing that is wrong. The most important of all the commandments of God is that one that you are unable to keep with the most difficulty keeping today.

If it is one of dishonesty, if it is one of lying, if it is one of falsifying, not telling the truth, or if it is one of weakness, work on that until you have been able to conquer that weakness. ... Put that aright and then you start on the next one that is most difficult for you to keep.”

Harold B. Lee



Jesus Christ  
brings salvation  
to all who  
believe on His  
name and  
exercise faith  
unto  
repentance

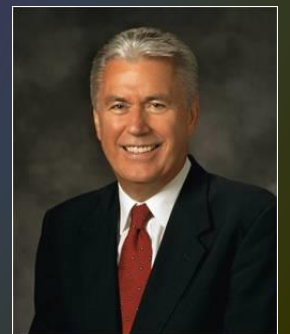


“We need to be able to change  
to be able to follow the will of God.”

Faith in Christ is the power that changes our thoughts, beliefs, and behaviors that are in harmony with God’s will. ...

Repentance means a change of mind and heart—we stop doing things that are wrong, and we start doing things that are right”

President F. Uchtdorf



# The Zoramites Were Told To:



Receive the Holy Ghost and take upon themselves the name of Christ



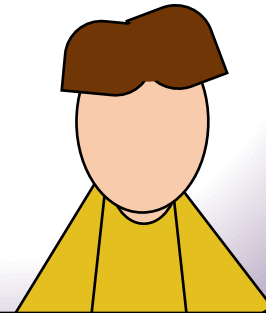
Humble themselves



Worship God wherever they were



Live in thanksgiving daily



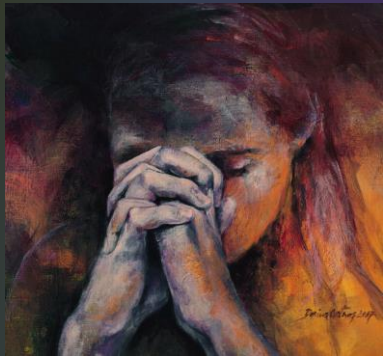
Pray continually



Bear their afflictions with patience

# Preparing to Meet God

Alma 34:17-27



Alma 34:28-29



Alma 34:30-31



Alma 34:33-34



Alma 34:37-39

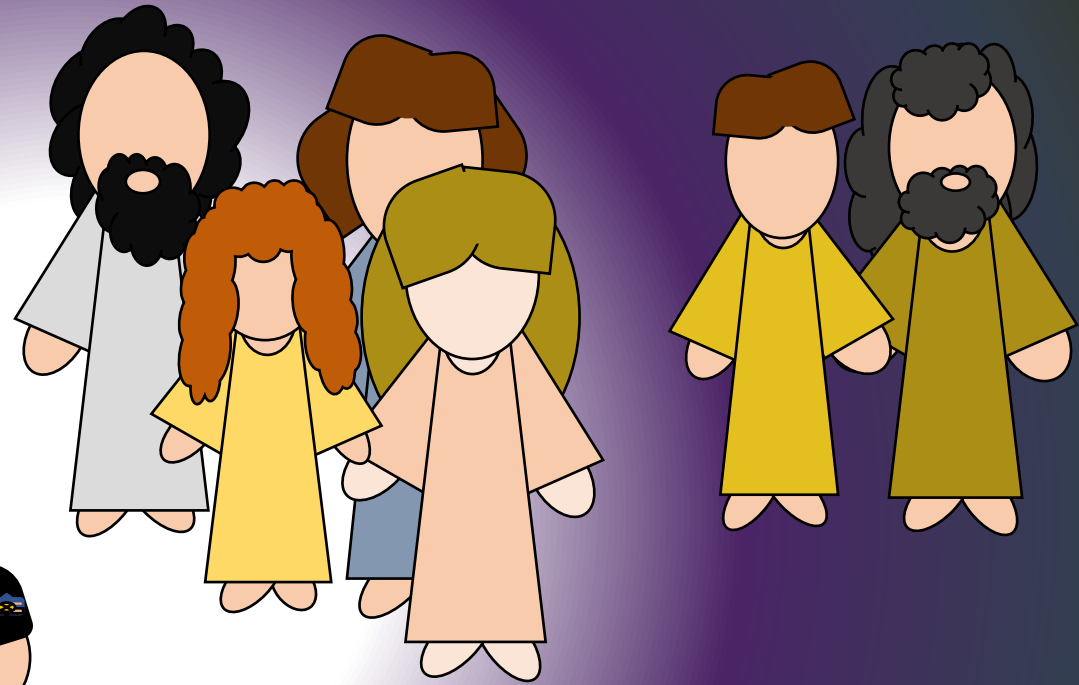


Alma 34:40-41



# The True Spirit of Christianity

The Zoramites who embraced the words of Amulek and Alma and were converted were cast out by the wicked rulers and priests and teachers



The people of Ammon who lived in the land of Jershon took them into their land, fed and clothed them, and gave them land



# Making Preparations For War

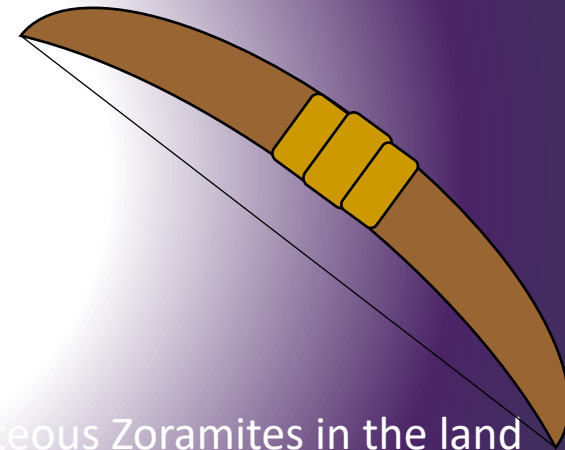
The Zoramites were angry with the people of Ammon and began to ally with the Lamanites

The Zoramites and Lamanites began to make preparations of war



At the end of the 17<sup>th</sup> year of the reign of the judges

Alma, Ammon, and their brethren and Shiblon and Corianton went to the land of Zarahemla



The righteous Zoramites in the land of Jershon began to take up arms for battle

The battle commenced in the 18<sup>th</sup> year of the reign of the judges





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(*Teachings of Presidents of the Church: Harold B. Lee*)

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