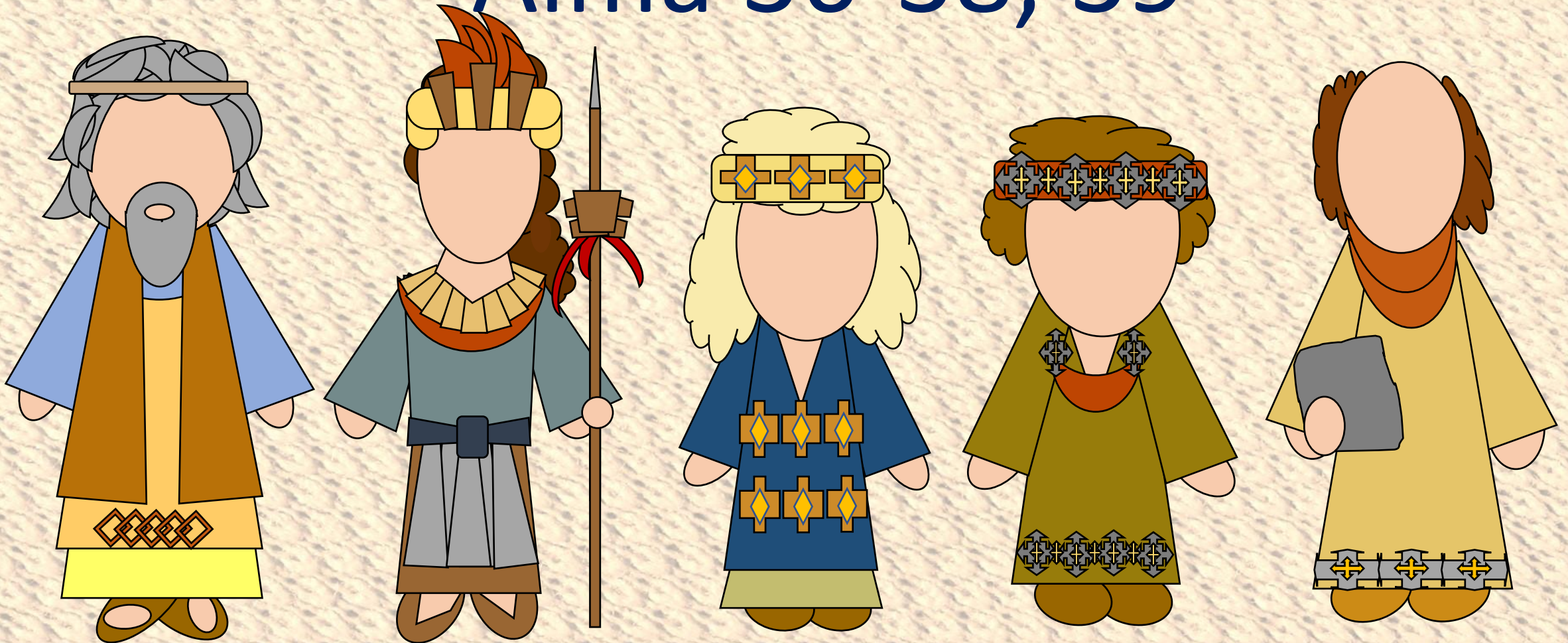
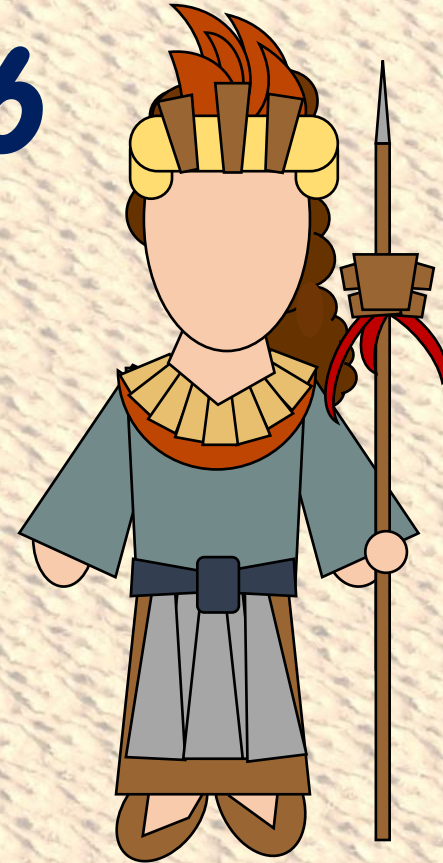


# Alma 36-38, 39



# *A Message to Helaman*

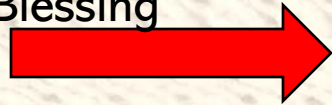
## *Alma 36*



- a. My son, give ear to my words (1)
- b. Keep the commandments (and) ye shall prosper in the land (1)
- c. Captivity of our fathers—bondage (2)
- d. Surely God did deliver them (2)
- e. Trust in God (3)
- f. Support in trials, trouble, and afflictions (3)
- g. I know this not of myself, but of God (4)
- h. Born of God (5)
- i. Seek no more to destroy the church of God (9)
- j. Fell to earth (10)
- k. Limbs paralyzed (10)
- l. The agony of conversion: destroyed, torment, harrowed up, racked, the pains of hell, inexpressible horror, banished and extinct, the pains of a damned soul
- m. I remember... the coming of one Jesus Christ, a Son of God, to atone for the sins of the world (11-16)**
- m. I cried within my heart: O Jesus, thou Son of God, have mercy on me (17)**
- l. The Joy of conversion: no more pain, what joy, marvelous light, exquisite, nothing as sweet, sing and praising god, longing to be with God (19-22)
- k. Limbs received their strength again (23)
- j. Stood upon my feet (23)
- i. Labored without ceasing to bring souls unto repentance (24)
- h. Many have been born of God (26)
- g. Knowledge is of God (26)
- f. Supported under trials and troubles, yea afflictions (27)
- e. Trust in Him (27)
- d. He will still deliver me (27)
- c. Egypt—captivity (28-29)
- b. Keep the commandments and ye shall prosper in the land (30)
- a. This according to His word (30)

**Chiasmus—Alma 36: 1-30**  
**Alma gives his son Helaman a blessing**

The main message of the  
 Blessing



# Previously...

Earlier Alma and the sons of Mosiah went about seeking to destroy the Church. (Mosiah 27:8-9)

Alma described his experience years earlier when he was delivered from the pain of his sins through the Atonement of Jesus Christ to Helaman.



An angel of the Lord and spake with a voice of thunder' and 'cause the earth to shake' for 3 days and nights (Mosiah 27:11-19)

**Sin leads to great pain, regret, and sadness.**

# Helaman

**He was the eldest son of Alma**

**He lived around 100 BC to 57 BC**

**He was a leading high priest and a military hero**

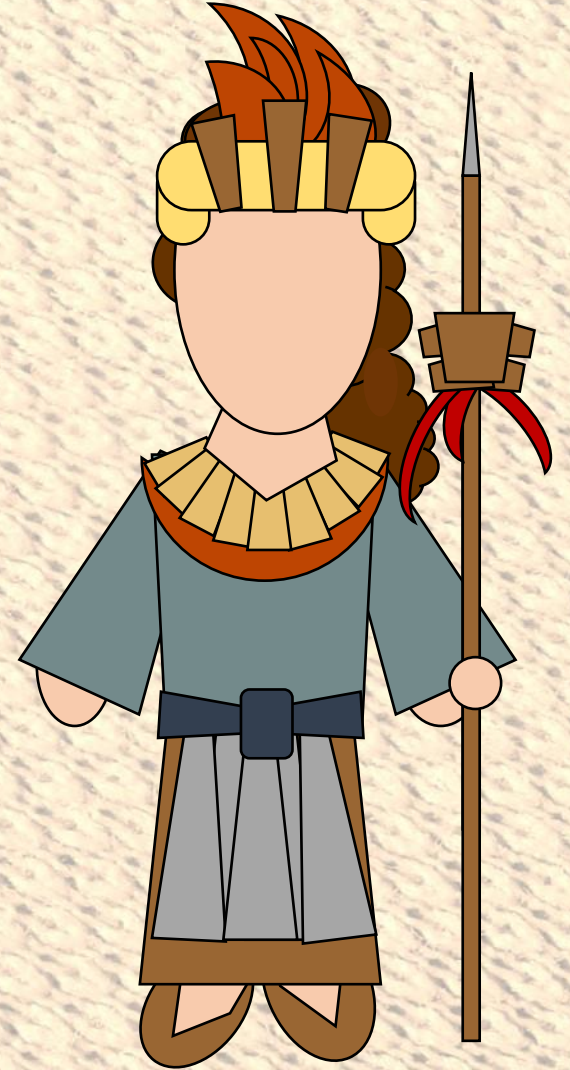
**Alma gave him charge over “the sacred plates” including the plates of brass, the Nephite records, the 24 Jaredite plates, the “interpreters” (Urim and Thummin) – Alma 37:24**

**He was the spiritual leader among the people**

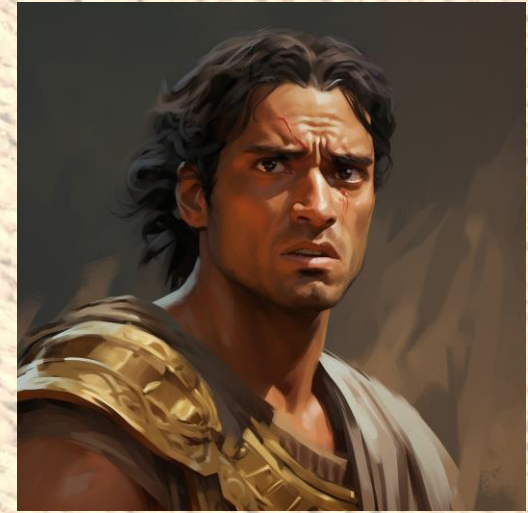
**He supported Captain Moroni in withstanding attacks from traitors such as Amalickiah and Ammoron**

**He became the leader of the legendary 2,000 stripling warriors to defend the liberty of the people**

**Alma shared with him prophecies of the Nephites’ future**



# God's Power to Deliver



Keep the  
Commandments

Remember the  
prophets of old

Remember that I  
have been 'born of  
God' by a visitation  
from an angel

## Alma's testimony to Helaman

Hear the words and  
learn of me

Think on the spiritual  
things of God

Put your trust in God  
and endure to the  
end

# *Alma's Rebellion and Conversion*



**Reborn—  
remembered sins  
no more**

**Struck with eternal  
torment**

**Three days and nights—  
could not speak or walk**

**The angel tells  
him to stop  
destroying the  
church of God**

**An angle visited him  
with power (earth  
trembled)**

**Rebellion along with the  
sons of Mosiah**

**“And oh, what joy, and  
what marvelous light I did  
behold; yea, my soul was  
filled with joy as exceeding  
as was my pain!”**

# *Racked and Tormented*



**“*Racked* means ‘tortured.’ Anciently a rack was a framework on which the victim was laid with each ankle and wrist tied to a spindle which could then be turned to cause unbearable pain.**

**“A harrow is a frame with spikes through it. When pulled across the ground, it rips and tears into the soil. The scriptures frequently speak of souls and minds being ‘harrowed up’ with guilt.**

**“*Torment* means ‘to twist,’ a means of torture so painful that even the innocent would confess”  
President Boyd K. Packer**



**Alma experienced pain  
and regret for his sins**





# The Cure

**“Every one of us has at least tasted the pain of conscience which follows our mistakes. ...**

**“If you are burdened with depressing feelings of guilt or disappointment, of failure or shame, there is a cure”**

**President Boyd K. Packer**



**“...I remembered also to have heard my father prophesy unto the people concerning the coming of one Jesus Christ, a Son of God, to atone for the sins of the world.”**

**Now, as my mind caught hold upon this thought, I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death.”**

**Jesus Christ has power to deliver us from the pain of our sins and fill us with joy**

# *Are They Really Listening?*

**Alma must have heard his father and what he said to his people while preaching.**

**Parents should continue to teach even though they think their children may not listening.**



**“Alma had been touched by the teaching of his father, but it is particularly important that the prophecy he remembered was one regarding ‘the coming of one Jesus Christ, a Son of God, to atone for the sins of the world.**

**That is the name and that is the message that every person must hear. ...**

**Whatever other prayers we offer, whatever other needs we have, all somehow depends on that plea: ‘O Jesus, thou Son of God, have mercy on me.’ He is prepared to provide that mercy. He paid with his very life in order to give it.”**

**Elder Jeffrey R. Holland**



# *Bitter and Sweet--Anguish and Peace*

***“Yea, I say unto you, my son, that there could be nothing so exquisite and so bitter as were my pains. Yea, and again I say unto you, my son, that on the other hand, there can be nothing so exquisite and sweet as was my joy.”***



**“As we honestly confess our sins, restore what we can to the offended, and forsake our sins by keeping the commandments, we are in the process of receiving forgiveness. With time, we will feel the anguish of our sorrow subside, taking “away the guilt from our hearts” and bringing “peace of conscience.”**

**Neil A. Andersen**

**If we exercise faith in Jesus Christ and His Atonement, then He will deliver us from the pain of our sins and fill us with joy.**



János Huszti

**What can we do to exercise faith in Jesus Christ so that we can be delivered from the feelings of pain or remorse caused by our sins?**



János Huszti

## A Situation:

Your friend asks you, “If I can remember my sins and still feel sorry for them, does it mean I haven’t been forgiven?”

“Satan will try to make us believe that our sins are not forgiven because we can remember them. Satan is a liar; he tries to blur our vision and lead us away from the path of repentance and forgiveness.

God did not promise that we would not remember our sins. Remembering will help us avoid making the same mistakes again. But if we stay true and faithful, the memory of our sins will be softened over time. This will be part of the needed healing and sanctification process. Alma testified that after he cried out to Jesus for mercy, he could still remember his sins, but the memory of his sins no longer distressed and tortured him, because he knew he had been forgiven.



**“It is our responsibility to avoid anything that would bring back old sinful memories. When we continue to have a ‘broken heart and a contrite spirit’, we may trust that God will ‘remember [our sins] no more.’”**

President Dieter F. Uchtdorf



# *Laboring Continually*

**“...that I might bring souls unto repentance; that I might bring them to taste of the exceeding joy of which I did taste; that they might also be born of God, and be filled with the Holy Ghost.**

**“Yea, and now behold, O my son, the Lord doth give me exceedingly great joy in the fruit of my labors;”**



*Sharing Your  
Treat*

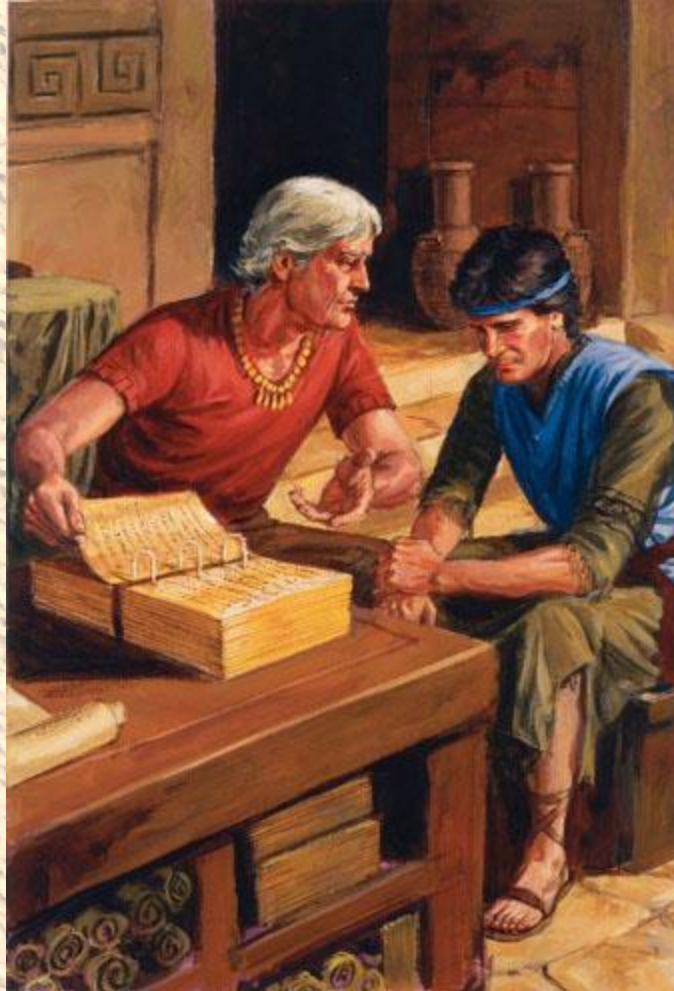
**Now that you are all hungry, did your teacher bring treats?**

**We can receive great joy as we seek to bring others to Christ**





# *Trust in the Lord*



**Sources:**

**Chiasmus** From, "Chiasmus in the Book of Mormon,"  
by John W. Welch, *BYU Studies*, Autumn 1969

**Who's Who** Book of Mormon Ed J. Pinegar and Richard J. Allen pg. 63-64

President Boyd K. Packer ("The Touch of the Master's Hand," *Ensign*, May 2001, 23) and ("The Touch of the Master's Hand," 22).

Neil A. Andersen "Repent ... That I May Heal You" Oct. 2009 Gen Conf.

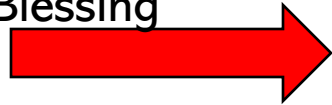
Elder Jeffrey R. Holland (*However Long and Hard the Road*[1985], 85).

President Dieter F. Uchtdorf ("Point of Safe Return," *Ensign* or *Liahona*, May 2007, 101).

- a. My son, give ear to my words (1)
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Chiasmus—Alma 36: 1-30  
Alma gives his son  
Helaman a blessing

The main message of the  
Blessing



Elder Dallin H. Oaks:

“Justice requires that the *unrepentant* transgressor suffer for his own sins [see D&C 19:16–19]. ...

“... What about *repentant* transgressors? Are they punished? Must they suffer? ...

“... The person who repents does not need to suffer ‘even as’ the Savior suffered for that sin. Sinners who are repenting will experience some suffering, but, because of their repentance and because of the Atonement, they will not experience the full ‘exquisite’ extent of eternal torment the Savior suffered for that sin.”

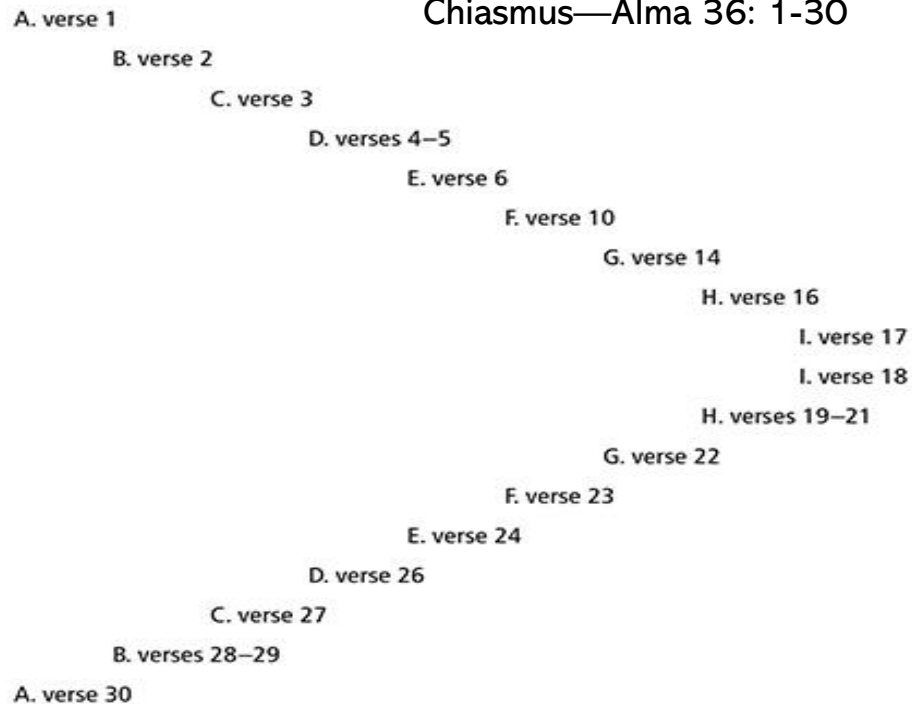
“President Spencer W. Kimball, who gave such comprehensive teachings on repentance and forgiveness, said that personal suffering ‘is a very important part of repentance. One has not begun to repent until he has suffered intensely for his sins’ (*Teachings of Spencer W. Kimball*, p. 88).

“‘If a person hasn’t suffered, he hasn’t repented. ... He has got to go through a change in his system whereby he suffers and then forgiveness is a possibility’ (*Teachings of Spencer W. Kimball*, p. 99). ...

“All of our experience confirms the fact that we must endure personal suffering in the process of repentance—and for serious transgressions that suffering can be severe and prolonged. I believe that every one of us who is truly honest with himself or herself recognizes the truth of this principle. We have felt it in our own lives, and we have seen it in the lives of others.

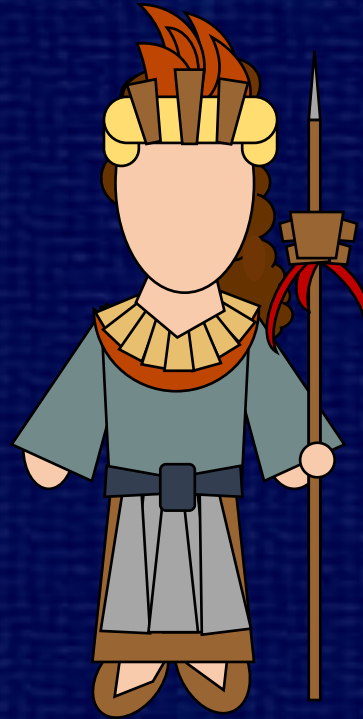
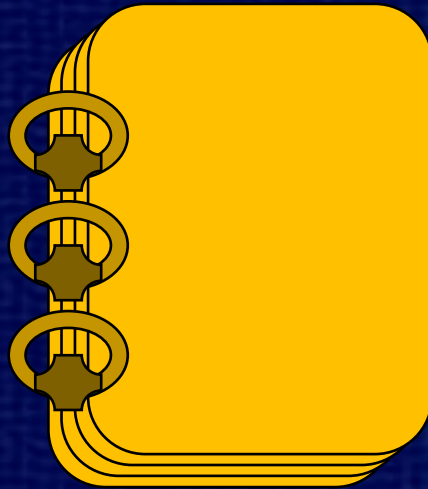
“We should also observe that our personal suffering for sin is private, not public. Often only the sinner and the Lord and the Lord’s servant know what is happening. In contrast to the public nature of the punishment inflicted by the laws of man, the suffering that leads to mercy under the laws of God is intensely personal” Dallin H. Oaks (“Sins, Crimes, and Atonement” [address to CES religious educators, Feb. 7, 1992], 4–6, [si.lds.org](http://si.lds.org)).

Chiasmus—Alma 36: 1-30



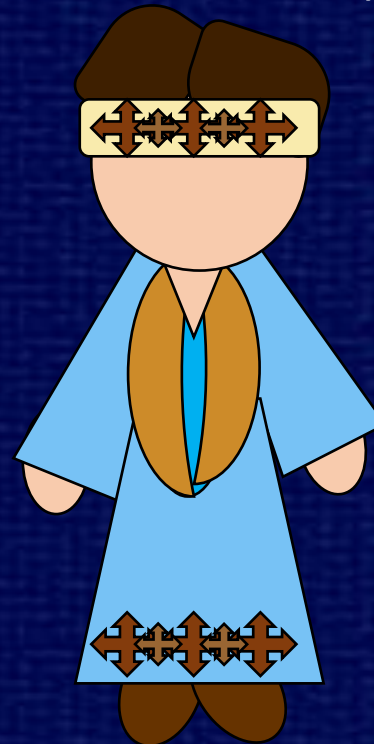
# Helaman and the Sacred Records

## Alma 37



# The Sacred Records

Alma's successor in the  
judgment seat refused  
to assume responsibility  
for the sacred records  
(Alma 50:37-38)



Nephiah



Helaman

# Instructions to Helaman

Keep them  
(scriptures) according  
to as I have done

For a wise  
purpose

Records of  
Holy scriptures

They must retain  
their brightness



Genealogy of the  
forefathers—even  
the beginning

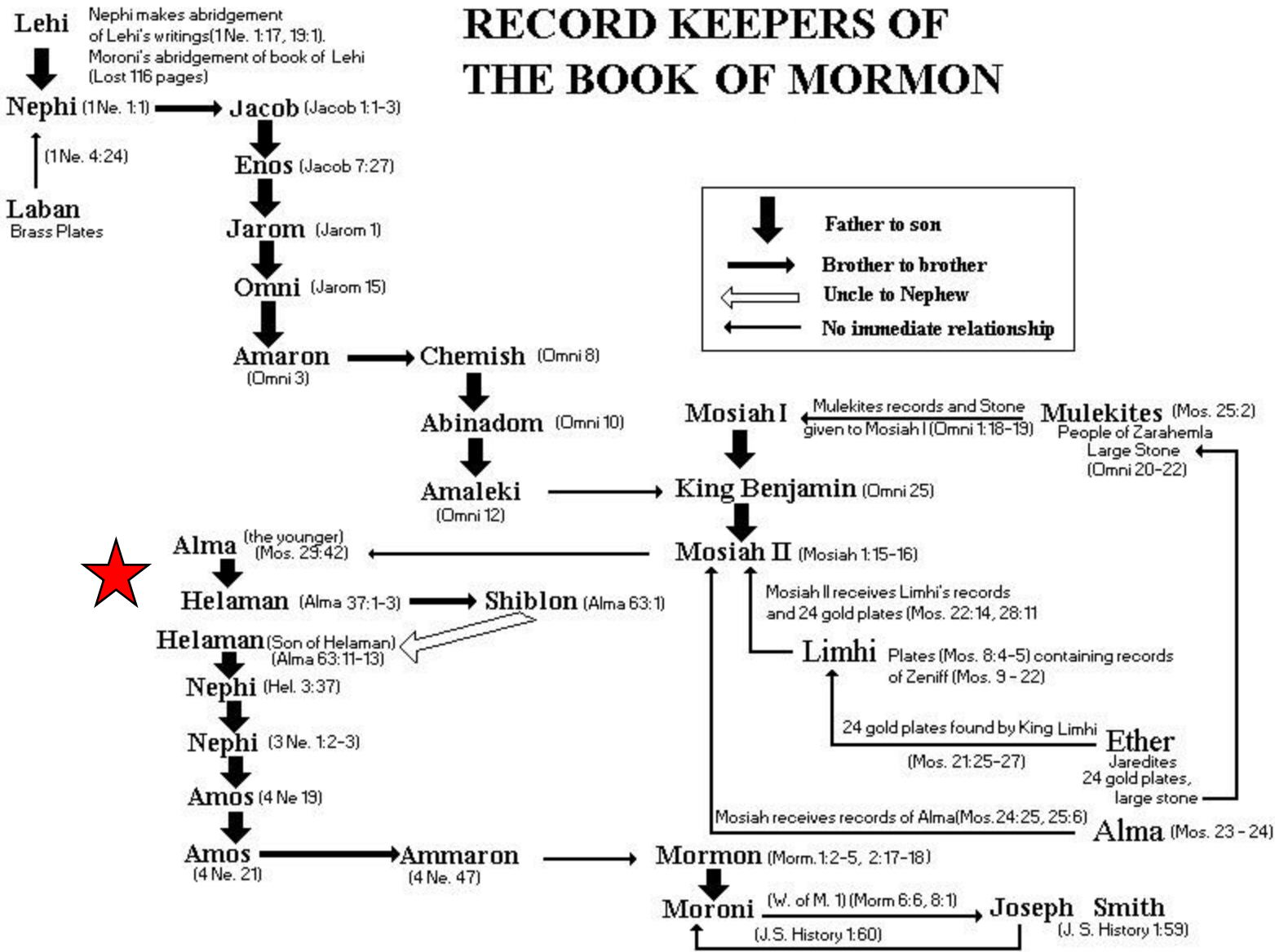
Containing the  
mysteries of God

Prophecies of  
the forefathers

Kept and preserved until  
they go forth to every  
nation, kindred, tongue,  
and people

Handed down  
from generation to  
generation

# RECORD KEEPERS OF THE BOOK OF MORMON



Joel Hardy





# Small and Simple Things

“...our purposes of the Lord in our personal lives generally are fulfilled through the small and simple things, and not the momentous and spectacular.”  
M. Russell Ballard

“Wherefore, be not weary in well-doing, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great.”  
D&C 63:33



**By small and simple things are great things brought to pass.  
The Lord works by very small means to bring about the  
salvation of many souls**

“Many years ago, I worked for a railroad in the central offices in Denver. I was in charge of what is called head-end traffic.

That was in the days when nearly everyone rode passenger trains.

One morning I received a call from my counterpart in Newark, New Jersey. He said, ‘Train number such-and-such has arrived, but it has no baggage car. Somewhere, 300 passengers have lost their baggage, and they are mad.’



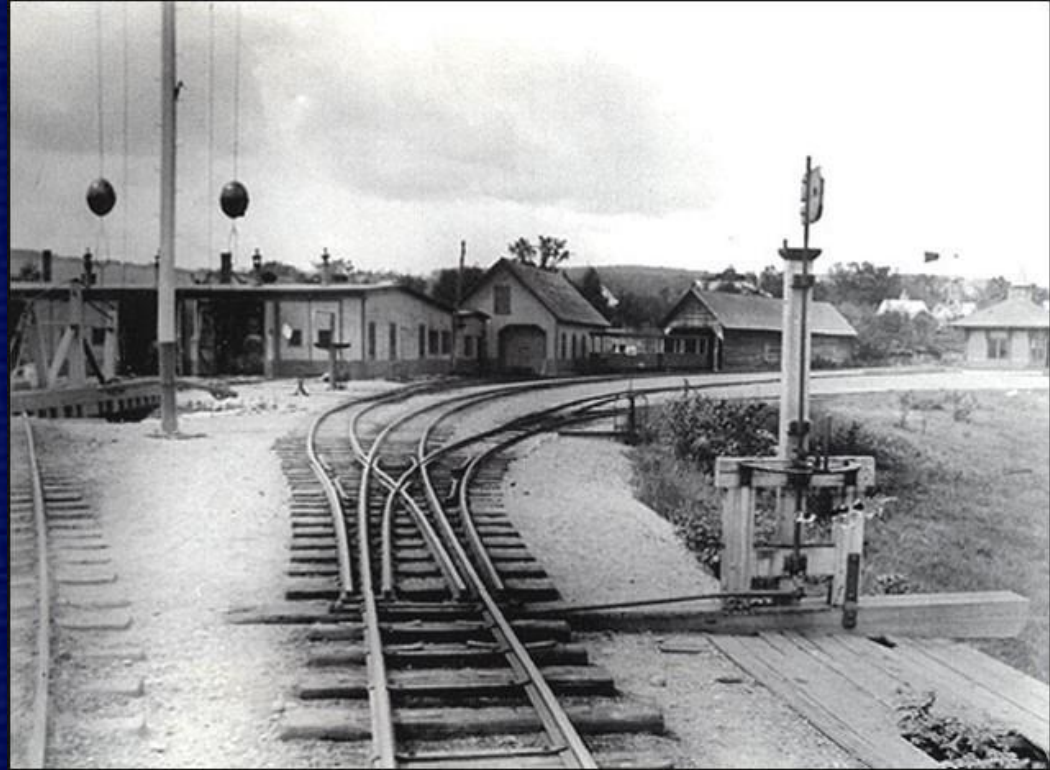


“I went immediately to work to find out where it may have gone. I found it had been properly loaded and properly trained in Oakland, California. It had been moved to our railroad in Salt Lake City, been carried to Denver, down to Pueblo, put on another line, and moved to St. Louis.

There it was to be handled by another railroad which would take it to Newark, New Jersey.

But some thoughtless switchman in the St. Louis yards moved a small piece of steel just three inches, a switch point, then pulled the lever to uncouple the car.

We discovered that a baggage car that belonged in Newark, New Jersey, was in fact in New Orleans, Louisiana—1,500 miles from its destination.



Just the three-inch movement of the switch in the St. Louis yard by a careless employee had started it on the wrong track, and the distance from its true destination increased dramatically.”

“That is the way it is with our lives. Instead of following a steady course, we are pulled by some mistaken idea in another direction.

The movement away from our original destination may be ever so small, but, if continued, that very small movement becomes a great gap and we find ourselves far from where we intended to go.”





“Have you ever looked at one of those 16-foot farm gates?

When it is opened, it swings very wide. The end at the hinges moves ever so slightly, while out at the perimeter the movement is great.

It is the little things upon which life turns that make the big difference in our lives, my dear young friends.”

Gordon B. Hinckley

# The Big Impact

Enlarging your memory—scripture reading reminds us of:

Our duty to God

The obligation of doing good

Remembering our  
covenants

Holding true to our  
standards



***“All scripture given by inspiration of god is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, thoroughly furnished unto all good works.”  
(JST 2 Timothy 3:16-17)***

“Ammon and his brethren taught from the scriptures. They bore witness of the truth and sustained their testimonies through the power of holy writ.”

JFM and RLM

The scriptures enlarge our memory by helping us always to remember the Lord and our relationship to Him and the Father.

They remind us of what we knew in our premortal life.

And they expand our memory in another sense by teaching us about epochs, people, and events that we did not experience personally.

D. Todd Christofferson







# The Mysteries

“Alma has not been granted a specific vision of the future so as to tell the impact of the brass plates, the scriptures, on generation upon generation of his people”

JFM and RLM



Council in His wisdom—Heavenly Father knows what is to come and what is best for us in order to bring about His eternal purposes.

“The works, and the designs, and the purposes of God cannot be frustrated, neither can they come to naught.  
For God doth not walk in crooked paths, neither doth he turn to the right hand nor to the left, neither doth he vary from that which he hath said, therefore his paths are straight, and his course is one eternal round.”  
D&C 3:1-2

# Strict Obedience

Alma entrusts the scriptures to Helaman

He is to remember that God has entrusted him also with the scriptures

He is to remember to keep a strict obedience to the commandments

If he breaks the commandments the sacred records will be taken away



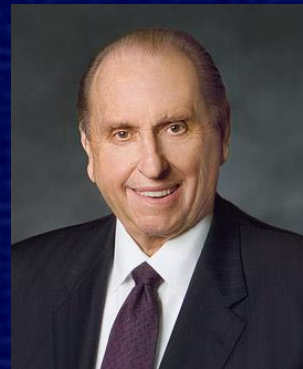
**Satan's sift---The spirit will no longer be with Helaman**



# Must Appeal All Things

“The power of fervent prayer—if he will petition the heavens for direction and deliverance from evil, there is no power—whether men or demons—that can remove them from his hands. God has all power.”

JFM and RLM

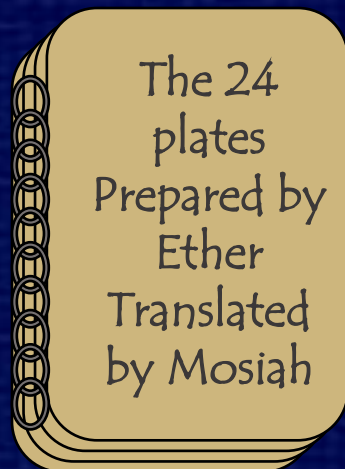
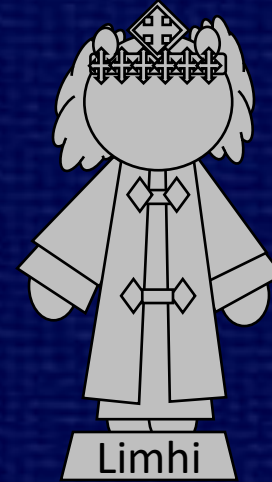


“We learn to pray by praying. One can devote countless hours to examining the experiences of others, but nothing penetrates the human heart as does a personal, fervent prayer and its heaven-sent response.”

Thomas S. Monson

# Lessons of the Jaradites

Alma teaches Helaman about the 24 plates from the Jaradite records from the land of Desolation...discovered by the people of Limhi who were searching for Zarahemla.



There were certain things Alma wanted to expose of this group and some he did not want to be made known.

The things he didn't want to be made know were the secret combinations.



# Secret Combinations

Secret Oaths— Gadianton Robbers--  
An organization of people bound  
together by oaths to carry out the  
evil purposes of the group.

Their plunderings

Their wicked dealings

Their secret murders

Their secret oaths

The first secret  
combination was between  
Cain and the Devil  
Moses 5:51



# Gazelem

*name given to servant of God*

the Lord will prepare unto his servant Gazelem a stone

“He is a seer or a servant God commissioned to apply the sacred interpreters so as to expose the wickedness of past societies and nations, thus providing a warning to future generations to live according to the principles of the gospel.”



“And now, my son, these interpreters were prepared that the word of God might be fulfilled, ...” (Alma 37:24)

# Instructions

Do not let the people know about:

The secret combinations of the  
Jaradite people



There is a curse upon the land of Desolation

Why would Alma want these  
things kept secret from the  
people?

# Giving Ideas

Why is it that we teach our children and ourselves to not watch inappropriate or evil movies...or read inappropriate books or magazines...or listen to inappropriate music?



There is a lesson that Alma was teaching his son, that if they read and talked about these wicked things it might give others' ideas to experiment with wickedness.



# Teach Them



Alma instructs Helaman to teach the people a hatred against sin



“It is not enough to teach the people of God about the gift of repentance; we must teach the awful consequences of transgression and must, to be sure, teach them to hate sin.”

JFM and RLM

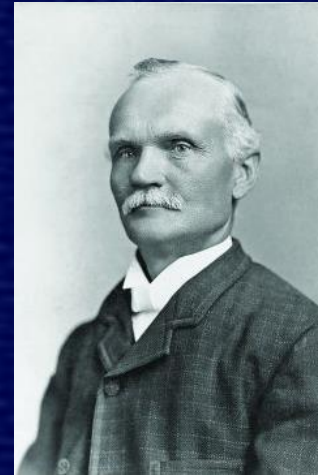
“Each one of us has the Light of Christ, or a conscience. It constantly prompts us to choose good. Good choices yield good consequences. On the other hand, delaying repentance and continuing to commit sin is like continuing to kick the skunk. The stench will become stronger with each sin, alienating us further and further from God and those we love.”

JFM and RLM



# Sticks in the Snow

“[A Church member named Karl G. Maeser] was going with a group of young missionaries across the alps. They were crossing a high mountain pass on foot. There were long sticks stuck into the snow of the glacier to mark the path so that travelers could find their way safely across the glacier and down the mountain on the other side.



Jura Alps



“When they reached the summit, Brother Maeser ... pointed to those sticks that they had followed [and compared them to priesthood leaders in the Church, saying,] ‘They are just common old sticks, but it’s the position that counts. Follow them and you will surely be safe. Stray from them and you will surely be lost.’”

Boyd K. Packer


Learn Wisdom  
in thy youth

Learn to keep  
the  
commandments

Pray for  
support

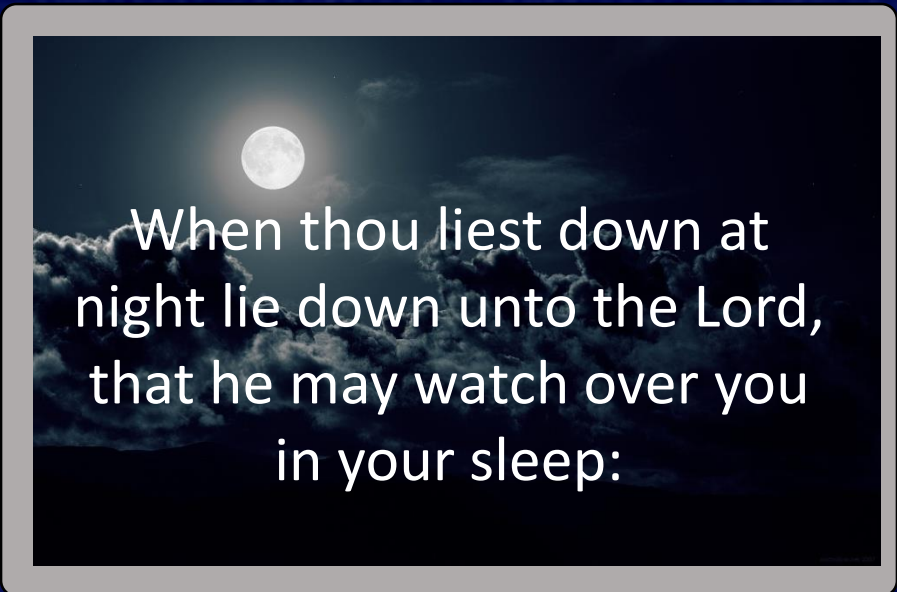
Let thy thoughts  
be always  
directed of the  
Lord

Let the affections of  
thy heart be placed  
upon the Lord  
forever




**By following  
the teachings  
of Church  
leaders, we  
can find rest  
to our souls**

Counsel with  
the Lord



When thou liest down at  
night lie down unto the Lord,  
that he may watch over you  
in your sleep:



**When thou risest  
in the morning let  
thy heart be full of  
thanks unto God...**



# The Tree

President Gordon B. Hinckley planted a young tree near his home soon after he was married. He “paid little attention to it as the years passed.” One day he noticed the tree was misshapen and leaning to the west. He tried to push it upright, but the trunk was too thick. He tried using a rope and pulleys to straighten it, but it would not bend. Finally, he took his saw and cut off the heavy branch on the west side, leaving an ugly scar. He later said of the tree:



“The other day I looked again at the tree. It is large. Its shape is better. It is a great asset to the home. But how serious was the trauma of its youth and how brutal the treatment I used to straighten it.

“When it was first planted, a piece of string would have held it in place against the forces of the wind. I could have and should have supplied that string with ever so little effort. But I did not, and it bent to the forces that came against it.”





What difference do you think it makes in a person's life to learn to keep the commandments of God while still young?



What are some ways you feel you have been or will be blessed because of your efforts to obey the commandments while you are young?

# The Ball—or Director



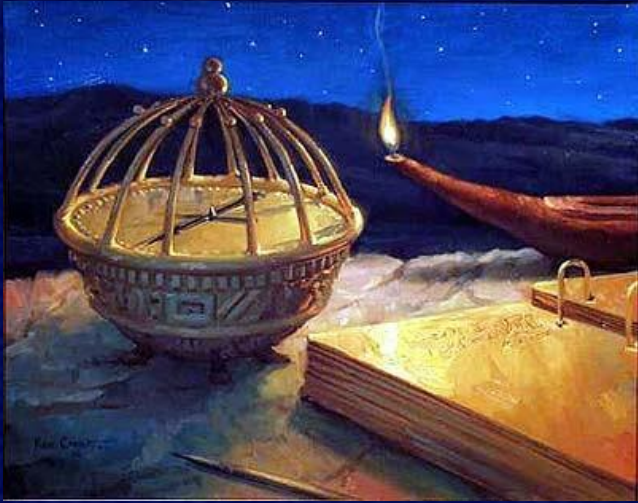
Liahona—worked according to their faith

A symbol of their faithfulness—a visible evidence of their standing before God



**If we follow the words of Jesus Christ, they will direct us to receive eternal life.**

# Not without Shadow



A shadow is not the object itself but rather a reflection, an evidence of the nearness of the object.

Types or shadows—like animal sacrifice, the brazen serpent, or the Liahona are not Christ himself, but a reflection of Christ, a representation of the Redeemer.





“As we each press forward along the pathway of life, we receive direction from the Holy Ghost just as Lehi was directed through the Liahona. ...

“The Holy Ghost operates in our lives precisely as the Liahona did for Lehi and his family, according to our faith and diligence and heed. ...

“And the Holy Ghost provides for us today the means whereby we can receive, ‘by small and simple things’ (Alma 37:6), increased understanding about the ways of the Lord. ...

“The Spirit of the Lord can be our guide and will bless us with direction, instruction, and spiritual protection during our mortal journey. We invite the Holy Ghost into our lives through meaningful personal and family prayer, feasting upon the words of Christ, diligent and exacting obedience, faithfulness and honoring of covenants, and through virtue, humility, and service.

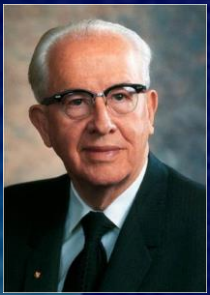
And we steadfastly should avoid things that are immodest, coarse, crude, sinful, or evil that cause us to withdraw ourselves from the Holy Ghost.

“We also invite the ongoing companionship of the Holy Ghost as we worthily partake of the sacrament each Sabbath day.”



**Elder David A. Bednar**

## Lesson 92



“Give me a young man who has kept himself morally clean and has faithfully attended his Church meeting.

Give me a young man who has magnified his priesthood and has earned his duty to God Award and is an Eagle Scout.

Give me a young man who is a seminary graduate and has a burning testimony of the Book of Mormon.

Give me such a young man and I will give you a young man who can perform miracles for the Lord in the mission field and throughout his life.”



# Go and Declare

The gospel message is a voice of gladness, a declaration of good news, a proclamation of peace.



Sources:

M. Russell Ballard *Ensign* May 1990 p. 6

*Gordon B. Hinckley* (“A Prophet’s Counsel and Prayer for Youth,” *Ensign*, Jan. 2001, 5–7); “Bring Up a Child in the Way He Should Go,” *Ensign*, Nov. 1993, 59

Joseph Fielding McConkie and Robert L. Millet *Doctrinal Commentary on the Book of Mormon* Vol. 3 pg. 274, 279

Thomas S. Monson *Teach the Children* Oct. 1997 Gen. Conf

*Who’s Who of the Book of Mormon* Ed J. Pinegar and Richard J. Allen p. 56

Boyd K. Packer, “It Is the Position That Counts,” *New Era*, June 1977, 51

Spencer V. Jones *Overcoming the Stench of Sin* April 2003 Gen. Conf

Elder David A. Bednar (“That We May Always Have His Spirit to Be with Us,” *Ensign or Liahona*, May 2006, 30–31).

*Teachings of Ezra Taft Benson* p. 197

<https://rsc.byu.edu/archived/called-teach-legacy-karl-g-maeser/mission-fatherland-1867-70>

D. Todd Christofferson, “The Blessing of Scripture,” *Ensign or Liahona*, May 2010, 33)

“You can put it down in your little black book...That if you will not be loyal in the small things you will not be loyal in the large things. If you will not respond to the so-called insignificant or menial tasks which need to be performed in the Church and Kingdom, there will be no opportunity for service in the so-called greater challenges.”

Boyd K. Packer- *Follow the Brethren BYU Speeches of the Year* 1965 PP. 4-5

Interesting thought:

Gazelem—”this may well be a play on words. Is Gazelem the seer stone or the servant? It is difficult to tell from the passage and depends very much on the placement of a comma in the sentence. Perhaps it could refer to both. Though this name or title of Gazelem may be used in regard to any seer who utilizes seer stones, it seems in this instance to be a direct reference to Joseph Smith the Prophet.” by Joseph Fielding McConkie and Robert L. Millet...see (JST John 1:42)

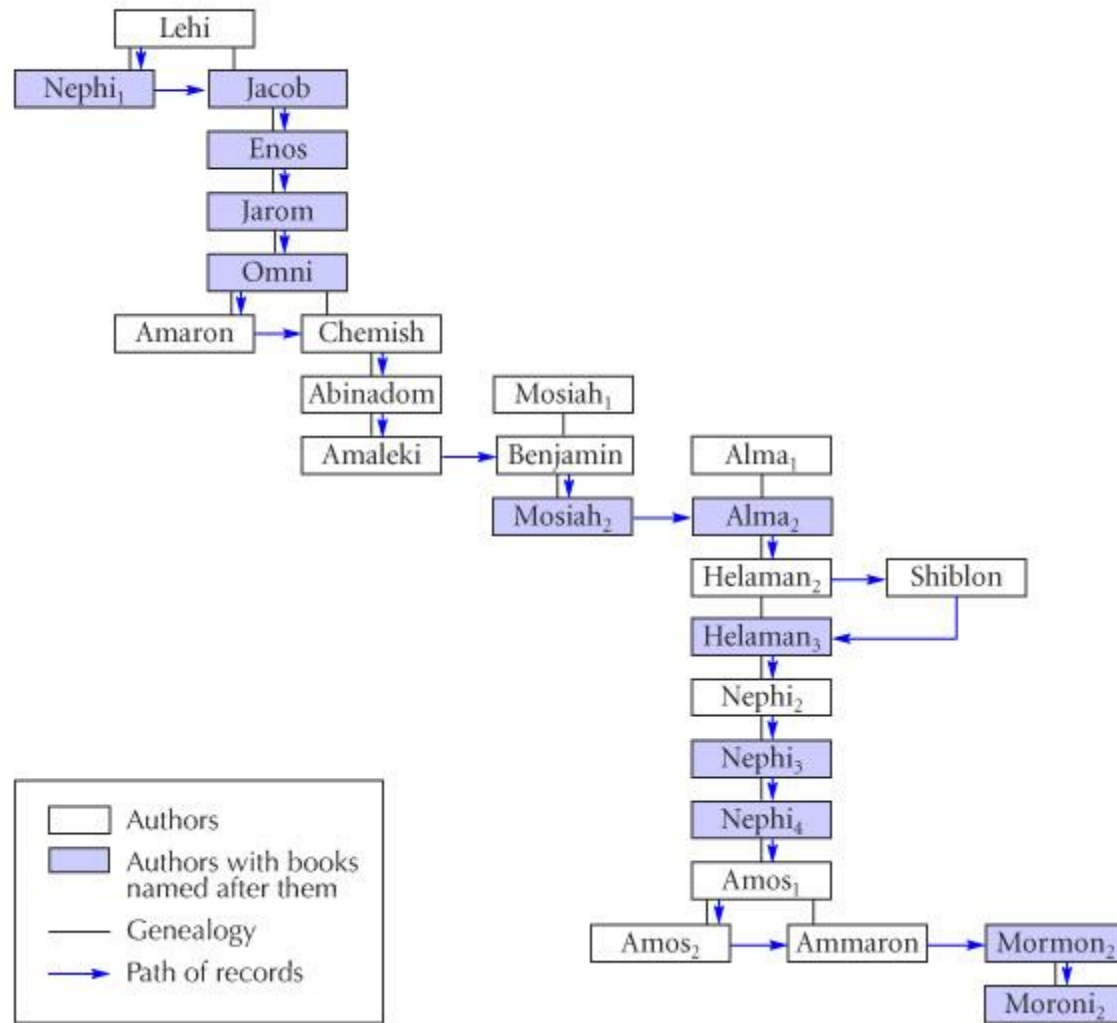
Liahona...This interesting word is Hebrew with an Egyptian ending. It is the name which Lehi gave to the ball or director he found outside his tent...L is a Hebrew preposition meaning ‘to,’ and sometimes used to express the possessive case. **lah** is a Hebrew abbreviated form of ‘Jehovah,’ common in Hebrew names. **On** is the Hebrew name of the Egyptian ‘City of the Sun.’...**L-iah-on** means, therefore, literally, ‘To God is Light’; or, ‘of God is Light.’ That is to say God gives light, as does the Sun. The final **a** reminds us that the Egyptian form of the Hebrew name **On** is **Annu**, and this seems to be the form Lehi used.”

G. Reynolds and J. Sjodahl (Commentary on the Book of Mormon, 4:162, 178)

“It is not necessary that our young people should know of the wickedness carried on in anyplace. Such knowledge is not elevating and it is quite likely that more than one young man (or woman) can trace the first step of his downfall to a curiosity which led him (her) into questionable places”

Joseph F. Smith (Gospel Doctrine pp. 373-374)

# Who Kept the Records in the Book of Mormon?



# Nephite Chief Priests

CHIEF PRIESTS	BOOK DATES	NEPHITE HISTORIANS
Alma II (Mos 29:44)	91 B.C.	Alma II
Nephihah (Alma 4:17, 20)	83	
	73	Helaman I
Pahoran I (Alma 50:38-40)	67	
	56	Shiblon
	53	Helaman II
Pahoran II (Hel 1:1, 5)	52	
Pachumen (Hel 1:19)	51	
Helaman II (Hel 2:1-2)	50	
Nephi II (Hel 3:37)	39	Nephi II
Cezoram I (Hel 5:1)	30	
Cezoram II (Hel 6:15)	26	
Seezoram (Hel 9:23)	26	
Unnamed (maybe Lachoneus I)	23 B.C. - 1 A.D.	
Lachoneus I (3 Ne 1:1)	1 A.D.	Nephi III
Lachoneus II (3 Ne 6:19)	29-30 A.D.	

## Something of Interest--Gazelam

**Gazelam** is a name mentioned in the scriptures and appears only once in a reference found in Alma 37:23 of the Book of Mormon. Some writings and scholars have rendered the spelling "Gazalem" and "Gazelam". As with most semetic words vowels are often not written and thus when translated into English can take on different spellings and pronunciations. The Scripture reads, "And the Lord said: I will prepare unto my servant Gazelem, a stone, which shall shine forth in darkness unto light, that I may discover unto my people who serve me, that I may discover unto them the works of their brethren, yea, their secret works, their works of darkness, and their wickedness and abominations." Alma 37:23.

Here in Alma the name "Gazalem" refers to a "servant" or a prophet who would have the use a "stone" whose function is bring to light the covert events and happenings of the people of Ether, a group who inhabited the Americas at the time of the tower of Babel. (see Alma 37:21, Ether 1:1-43)

The person Gazelem referred to here is the Prophet, Joseph Smith. From March of 1832 to sometime after April of 1834 certain revelations given through the Joseph Smith used pseudonyms or code names to refer to individuals as a way of protecting their identity. During that time of persecution Joseph was identified in sections 78, 82, and 104 of the D&C as "Gazelem" rather than by his given name. Elder Bruce R. McConkie said, "Strange and unusual names were placed by the Prophet in some of the early revelations so that the individuals whom the Lord was then addressing would not be known to the world. The purpose for keeping these identities secret from their enemies having long since passed, the true names are now found in the Doctrine and Covenants. Two of the names, which identified the Prophet himself, were Gazelam and Enoch. (D. & C. 78:9; 82:11; 104:26, 43, 45, 46.) Presumptively these and other names used at the same time have particular meanings, which are not now known to us. With reference to the name Gazelam, it is interesting to note that Alma in directing Helaman to preserve both the Urim and Thummim and the plates containing the Book of Ether, says that such record will be brought to light by the Lord's servant Gazelem, who will use "a stone" in his translation work. (Alma 37:21-23.) It may be that Gazelem is a variant spelling of Gazelam and that Alma's reference is to the Prophet Joseph Smith who did in fact bring forth part at least of the Ether record. Or it could be that the name Gazelem (Gazelam) is a title having to do with power to translate ancient records and that Alma's reference was to some Nephite prophet who brought the Book of Ether to light in the golden era of Nephite history." Bruce R. McConkie Mormon Doctrine, p.307

Hugh Nibley teaches that the name, while having a connection to the term 'stone' is the name of a person not the name of the stone as some have surmised. He says quoting the verse, "That's a person he [Alma] is talking about; Gazelem is not the stone. His servant Gazelem has the stone; he is preparing it for him. Incidentally, that word Gazelem is a very interesting one. It's an Aramaic word, and it has definitely to do with the shining stone. "...yea, their secret works, their works of darkness, and their wickedness and abominations." Now that's what the story is going to be. That's not very nice. These interpreters were prepared for that reason, the whole idea being this horrible story I'm telling you that "except they repent I will destroy them from off the face of the earth; and I will bring to light all their secrets [just as I did of the Jaredites] and abominations, unto every nation that shall hereafter possess the land."

George Reynolds in his book "The Story of the Book of Mormon", p.293 says that the word "Gazelem appears to have its roots in Gaz--a stone, and Aleim, a name of God as a revelator or interposer in the affairs of men. If this suggestion be correct, its roots admirably agree with its apparent meaning--a seer. The text reads: And the Lord said. I will prepare unto my servant Gazelem, a stone, which shall shine forth in darkness unto light, that I may discover unto my people who serve me, that I may discover unto them the works of their brethren: yea, their secret works, their works of darkness, and their wickedness and abominations." Reynolds explanation would indicate that the name Gazelem has been applied to Joseph Smith as a sort of nickname indicating an attribute the prophet possesses much the same as we might use a nickname like "Blondie" or "Slim" when applied to a person having those attributes.

B. H. Roberts in the book New Witnesses for God, Vol.3, p.145 also says the word is from the Nephite vocabulary. "The word "Gazelem" is also a Nephite word, meaning "a stone," that is, a seer stone, since it is spoken of as a means of ascertaining knowledge through it by revelation."

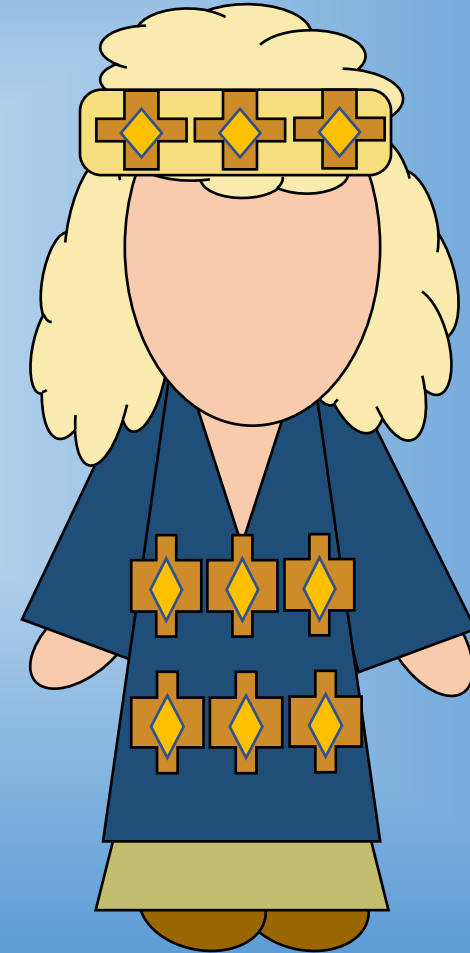
In a sermon delivered in 1873 Orson Hyde said Joseph was called Gazelam, "being a person to whom the Lord had given the Urim and Thummim" and so was known to many by that name in the early days of the Church. (Discourse by Orson Pratt, 16 August 1873, Journal of Discourses, 16:156.)



# Alma Counsels Shiblon



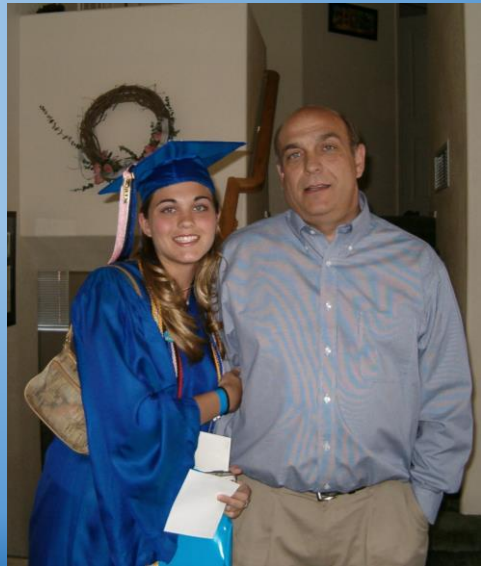
Alma 38



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



As youth are steady and faithful in keeping the commandments, they can bring great joy to their parents



# Shiblon

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

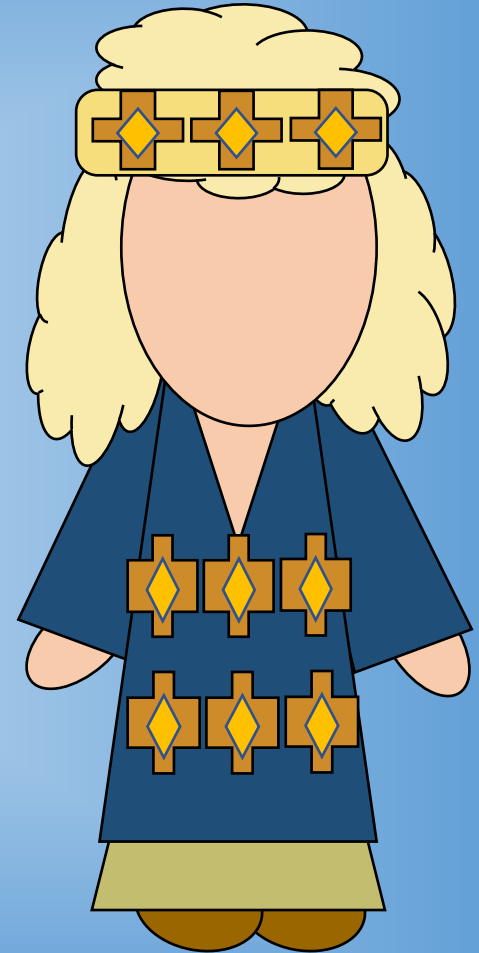
He was described by Mormon as a “just man and he did walk uprightly before God” (Alma 63:2)

He went with his father on his mission to the Zoramites in about 74 BC along with, Amulek, Zeezrom, Ammon, Aaron, Omner, and his brother Corianton (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

# 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



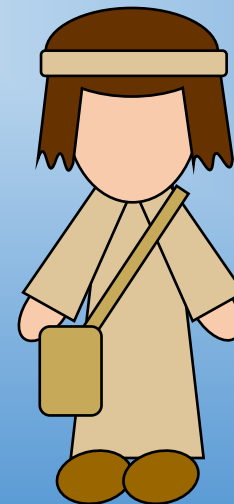
Salvation: Alma tells Shiblon that there is no other way that a man can be saved except through the atonement of Christ



“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



“...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

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

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;**



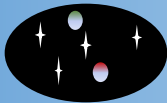
**9 As also the light of the stars, and the power thereof by which they were made;**



**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



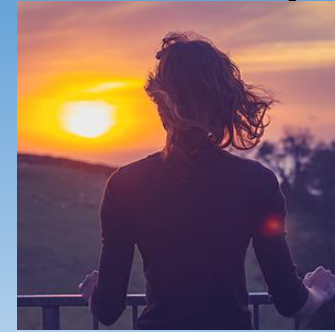




# Temperate In All Things

“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

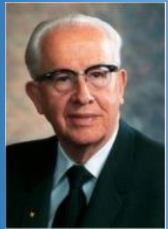


# Not Lifted in Pride



“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 or 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 or 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 overbearance" (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>

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# Alma Reproves Corianton Alma 39



# Corianton

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

He accompanied his father along with Ammon, Aaron, Omner, Amulek and Zeezrom, his brother Shiblon in about 74 BC to the Zoramites in the city of Antionum

Alma had firm word of reproof and admonition for him because of his sinful conduct

He also received instructions from Alma about the coming of the Messiah, the nature of the resurrection, and the state of the soul between death and the resurrection

He humbly repented and served a mission

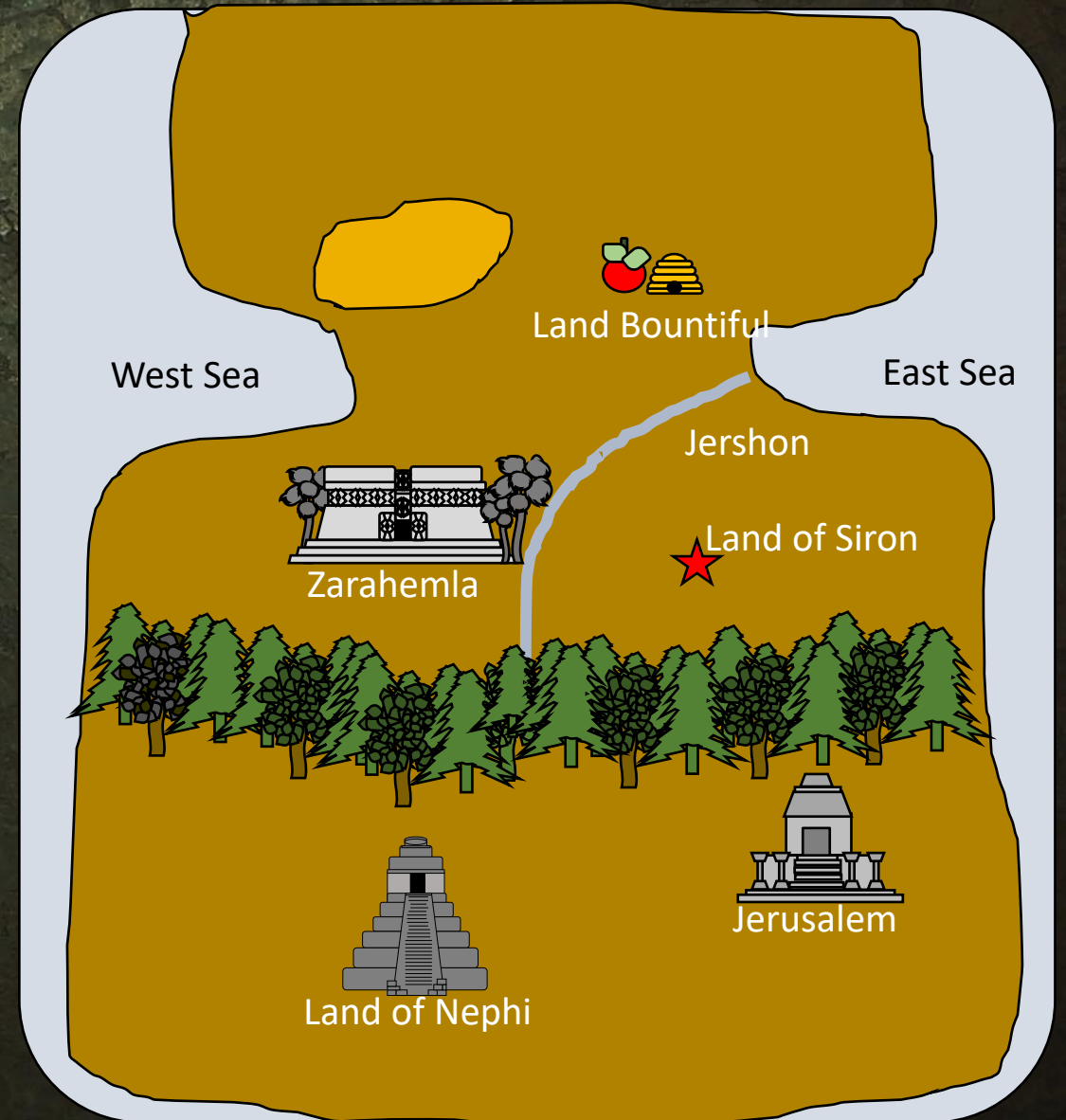
In 72 BC he was in good standing among the leading brethren of the Church

He sailed into the north countries around 56 BC to 54 BC to carry provisions to a large number of people who had migrated northward (Alma 63:9-10)



# Disobedience

While the group was on their mission  
Corianton went over to the land of Siron and  
associated himself with the harlot Isabel



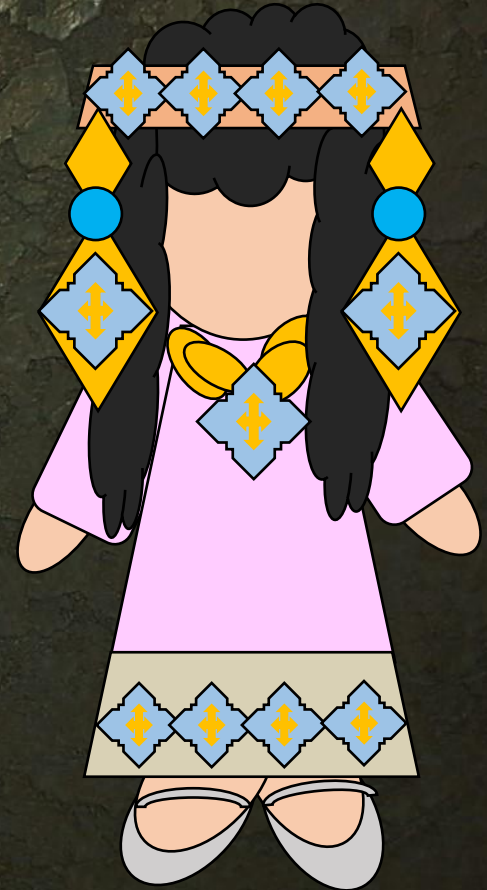
# Isabel

She was a prostitute in the land of Siron that was among the borders of the Lamanites

She did 'steal away the hearts of many'

Corianton forsook the ministry to be with her around 74 BC

Because of her seductive ways Corianton's reputation was at stake

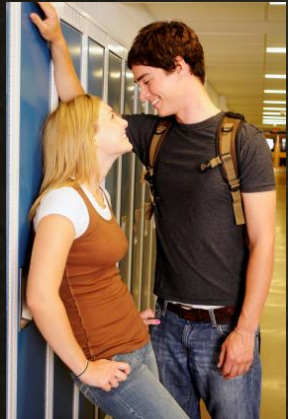


# 5 Lies About the Law of Chastity

1. I know a lot of people who don't keep the law of chastity, so I shouldn't have to obey the law of chastity either.



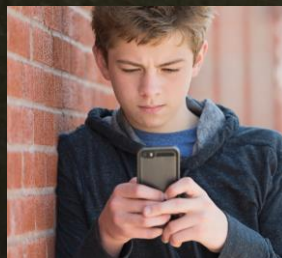
2. Committing sexual sin is not very serious.



3. I can commit sexual sin and no one will know.

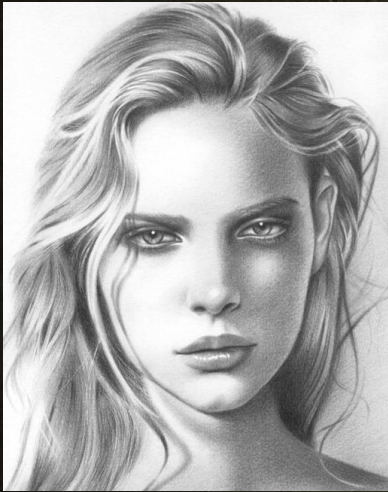


4. Because of all the temptations around me, it isn't possible to stay sexually pure.



5. If I have committed sexual sin, I can't be forgiven.

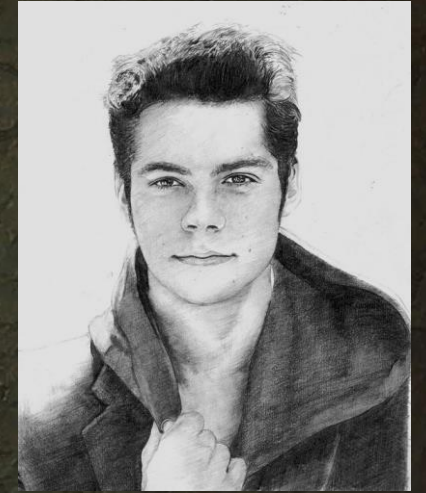




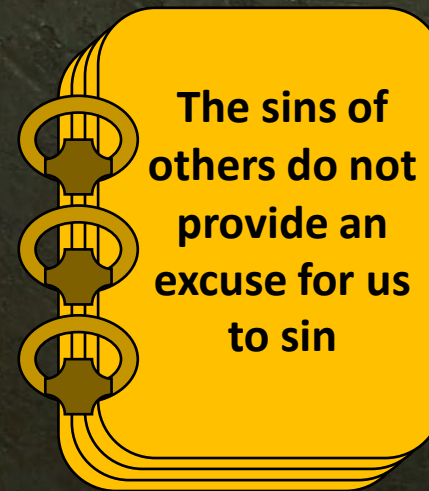
Why do  
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*she did steal away the hearts of many*



The sins of  
others do not  
provide an  
excuse for us  
to sin



The Lord's commandments and expectations for us do not change because of other people's choices.

# A Formula For A Fall

## 1. He Boasted in Strength

He thought he could 'handle it'. He didn't place enough trust in the power of the Lord

He felt he had enough confidence and willpower to deal with the situation himself



## 2. He left his duty station

Missionaries who disobey the mission rules or members failing to attend their meetings have forsaken their ministry



# A Formula For A Fall

## 3. He associated with the wrong type of person

There are certain people and places the missionaries are to stay away from, likewise there are certain people and places we should avoid



## 4. He yielded to pressure from others

He knew that others had indulged in the sin, so he justified it to himself. Committing sin because everyone else is doing it is wrong. There is no safety nor security in following a crowd

# The Three Most Serious Sins

Why are some sins more serious than others?

Denying the Holy Ghost---unpardonable

Judgment by God

Murder—not easy to obtain forgiveness

Judgment by God and the law

Sexual Sin—abominable in the sight of the Lord—not easy to obtain forgiveness..but possible

Judgment by God and sometimes the law



Sexual sin is  
an  
abomination  
in the sight of  
the Lord.

# Abomination

something that is  
sinful, wicked, or awful



“Perhaps there is a common element in those two things—unchastity and murder.

Both have to do with life, which touches upon the highest of divine powers.

Murder involves the wrongful taking of life; sexual transgression may involve the wrongful giving of life, or the wrongful tampering with the sacred fountains of life-giving power.”



**We cannot hide our sins from God.**

“All sins shall be forgiven, except the sin against the Holy Ghost; for Jesus will save all except the sons of perdition.

What must a man do to commit the unpardonable sin?

He must receive the Holy Ghost, have the heavens opened unto him, and know God, and then sin against him.

After a man has sinned against the Holy Ghost, there is no repentance for him. He has got to say that the sun does not shine while he sees it; he has got to deny Jesus Christ when the heavens have been opened unto him, and to deny the plan of salvation with his eyes open to the truth of it; and from that time he begins to be an enemy.

This is the case with many apostates of the Church of Jesus Christ of Latter-day Saints”  
Joseph Smith



An individual who receives a witness of the Holy Ghost and then falls away or becomes less active in the Church is not guilty of the unpardonable sin.

# Sexual Purity

The Lord's standard regarding sexual purity is clear and unchanging.

Do not have any sexual relations before marriage and be completely faithful to your spouse after marriage.

Do not allow the media, your peers, or others to persuade you that sexual intimacy before marriage is acceptable. It is not.

In God's sight, sexual sins are extremely serious.

They defile the sacred power God has given us to create life.



# Sensitive Issues

## Alma's Counsel to his son:

Do not dwell on your crimes

You can not hide from of crimes

But you can repent and forsake of your sins

Take advice from your elder brothers

Do not be led away by any vain or foolish things

Do not let Satan take a hold of your heart



“The invitation to repent is an expression of love. ... If we do not invite others to change or if we do not demand repentance of ourselves, we fail in a fundamental duty we owe to one another and to ourselves.

A permissive parent, an indulgent friend, a fearful Church leader are in reality more concerned about themselves than the welfare and happiness of those they could help.

Yes, the call to repentance is at times regarded as intolerant or offensive and may even be resented, but guided by the Spirit, it is in reality an act of genuine caring.”

Elder D. Todd Christofferson



# Doctrinal Mastery

*Alma 39:9*



“Now my son, I would that ye should repent and forsake your sins, and go no more after the lusts of your eyes, but cross yourself in all these things; for except ye do this ye can in nowise inherit the kingdom of God. Oh, remember, and take it upon you, and cross yourself in these things.”



# Do's and Don'ts



“Never do anything that could lead to sexual transgression.



Treat others with respect, not as objects used to satisfy lustful and selfish desires. Before marriage, do not participate in passionate kissing, lie on top of another person, or touch the private, sacred parts of another person's body, with or without clothing.



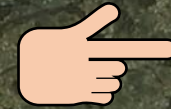
Do not do anything else that arouses sexual feelings.



Do not arouse those emotions in your own body. Pay attention to the promptings of the Spirit so that you can be clean and virtuous.



The Spirit of the Lord will withdraw from one who is in sexual transgression.



“Avoid situations that invite increased temptation, such as late-night or overnight activities away from home or activities where there is a lack of adult supervision.



Do not participate in discussions or any media that arouse sexual feelings.



Do not participate in any type of pornography.



The Spirit can help you know when you are at risk and give you the strength to remove yourself from the situation.



Have faith in and be obedient to the righteous counsel of your parents and leaders.”

# Overcome

Forsaking Your Sins

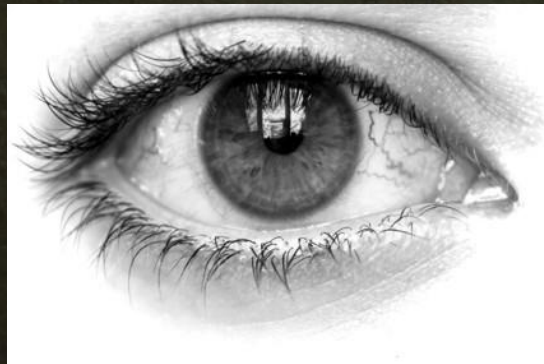
Going no more after the lusts of your eyes

Crossing yourself in all these things

To stop committing them

One's who eyes are not focused on Christ...Lusting after those things of the world

Exercise self control



**We can overcome temptation and forsake our sins by exercising self-control**

# Repentance Includes:

In what ways can seeking spiritual nourishment—possibly from parents, Church leaders, siblings, or trusted friends—help us to repent?

What does it mean to “suffer not yourself to be led away”? (Suffer means to allow)

What are some “vain or foolish” things that you see people being led away by today?

What does it mean to refrain from iniquity? (To avoid sin.)

What do you think it means to “turn to the Lord with all your mind, might, and strength”?

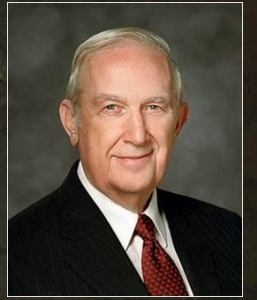
Turn to the Lord---  
usually denotes  
Repentance



## Sorrow for sin

“Study and ponder to determine how serious the Lord defines your transgression to be. That will bring healing sorrow and remorse.

It will also bring a sincere desire for change and a willingness to submit to every requirement for forgiveness.

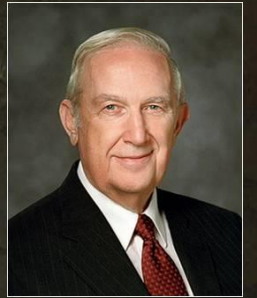


## Abandonment of sin

This is an unyielding, permanent resolve to not repeat the transgression.

By keeping this commitment, the bitter aftertaste of that sin need not be experienced again.

Remember: “But unto that soul who sinneth shall the former sins return.



## Confession of sin

You always need to confess your sins to the Lord. If they are serious transgressions, such as immorality, they need to be confessed to a bishop or stake president.

Please understand that confession is not repentance. It is an essential step, but is not of itself adequate.

Partial confession by mentioning lesser mistakes will not help you resolve a more serious, undisclosed transgression.

Essential to forgiveness is a willingness to fully disclose to the Lord and, where necessary, His priesthood judge *all* that you have done.





## Restitution for sin

You must restore as far as possible all that which is stolen, damaged, or defiled.

Willing restitution is concrete evidence to the Lord that you are committed to do all you can to repent.



## Obedience to *all* the commandments

Full obedience brings the complete power of the gospel into your life with strength to focus on the abandonment of specific sins.

It includes things you might not initially consider part of repentance, such as attending meetings, paying tithing, giving service, and forgiving others.



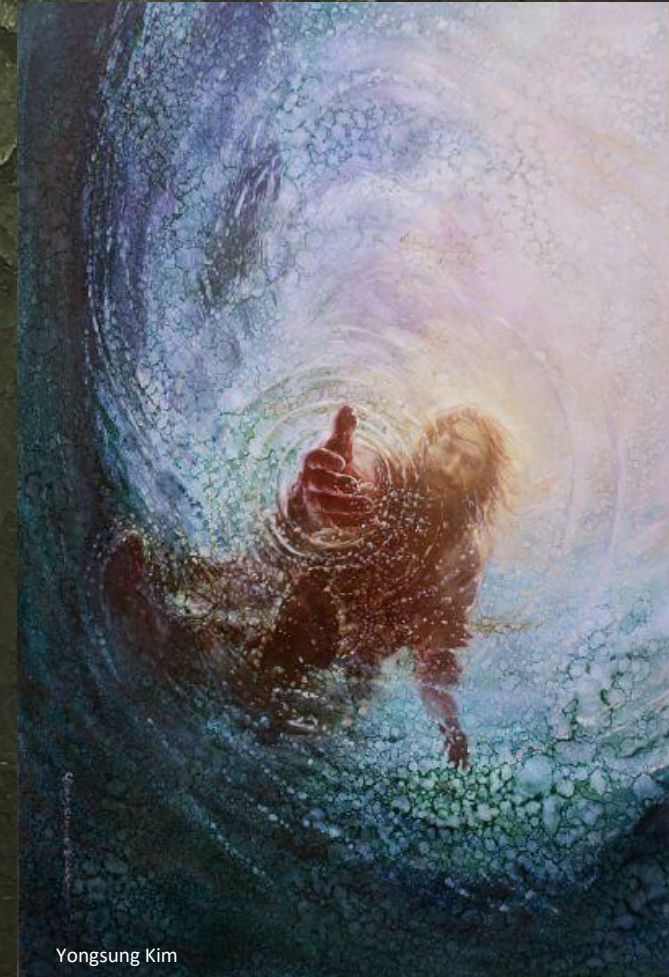


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Yongsung Kim



Elder Richard G. Scott

“Only repentance leads to the sunlit uplands of a better life. And, of course, only through repentance do we gain access to the atoning grace of Jesus Christ and salvation. Repentance is a divine gift, and there should be a smile on our faces when we speak of it. It points us to freedom, confidence, and peace. Rather than interrupting the celebration, the gift of repentance is the cause for true celebration.

“Repentance exists as an option only because of the Atonement of Jesus Christ. It is His infinite sacrifice that ‘bringeth about means unto men that they may have faith unto repentance’ (Alma 34:15). Repentance is the necessary condition, and the grace of Christ is the power by which ‘mercy can satisfy the demands of justice’ (Alma 34:16). ...

“... Repentance requires a seriousness of purpose and a willingness to persevere, even through pain. Attempts to create a list of specific steps of repentance may be helpful to some, but it may also lead to a mechanical, check-off-the-boxes approach with no real feeling or change. True repentance is not superficial.

The Lord gives two overarching requirements: ‘By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them’ (D&C 58:43)”

Elder D. Todd Christofferson



## Sources:

The Book of Mormon Who's Who Ed J. Pinegar and Richard J. Allen pg. 93-94,68-69

Bruce C. Hafen, "The Gospel and Romantic Love," *New Era*, Feb. 2002, 10

Joseph Smith in *History of the Church*, 6:314

Joseph Fielding McConkie and Robert L. Millet Doctrinal Commentary on the Book of Mormon Vol. 3 pg. 288

For the Strength of Youth Booklet (2011) p. 36

Elder D. Todd Christofferson ("The Divine Gift of Repentance," *Ensign or Liahona*, Nov. 2011, 39).

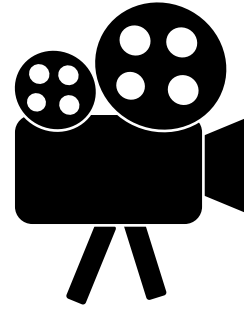
Elder Richard G. Scott *Finding Forgiveness* May 1995 Gen. Conf.

Elder D. Todd Christofferson ("The Divine Gift of Repentance," *Ensign or Liahona*, Nov. 2011, 38, 40).

# Other Materials

## Sexual Sin

(Alma 39:3) Elder Jeffrey R. Holland teaches the spiritual dangers and damages caused by sexual sin. (1:46)



If you can find this video....It is very good

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles spoke of the seriousness and the consequences of sexual sin:

“By assigning such seriousness to a physical appetite so universally bestowed, what is God trying to tell us about its place in His plan for all men and women? I submit to you He is doing precisely that—commenting about the very plan of life itself. Clearly among His greatest concerns regarding mortality are how one gets into this world and how one gets out of it. He has set very strict limits in these matters. ...

*“The body is an essential part of the soul.* This distinctive and very important Latter-day Saint doctrine underscores why sexual sin is so serious. We declare that one who uses the God-given body of another without divine sanction abuses the very soul of that individual, abuses the central purpose and processes of life, ‘the very key’ to life, as President Boyd K. Packer once called it [see *Ensign*, July 1972, 113]. In exploiting the body of another—which means exploiting his or her soul—one desecrates the Atonement of Christ, which saved that soul and which makes possible the gift of eternal life. And when one mocks the Son of Righteousness, one steps into a realm of heat hotter and holier than the noonday sun. You cannot do so and not be burned.

“Please, never say: ‘Who does it hurt? Why not a little freedom? I can transgress now and repent later.’ Please don’t be so foolish and so cruel. You cannot with impunity ‘crucify Christ afresh.’ [See Hebrews 6:6.] ‘Flee fornication,’ Paul cries [see 1 Corinthians 6:18], and flee *‘anything like unto it,’* the Doctrine and Covenants adds [see D&C 59:6; emphasis added]. Why? Well, for one reason because of the incalculable suffering in both body and spirit endured by the Savior of the world so that we *could* flee [see especially D&C 19:15–20]. We owe Him something for that. Indeed, we owe Him everything for that. ‘Ye are not your own,’ Paul says. ‘Ye [have been] bought with a price: therefore *glorify God in your body, and in your spirit, which are God’s.*’ [1 Corinthians 6:19–20; emphasis added; see also vv. 13–18.] In sexual transgression the soul is at stake—the body and the spirit. ...

*“In matters of human intimacy, you must wait!* You must wait until you can give everything, and you cannot give everything until you are legally and lawfully married. To give illicitly that which is not yours to give (remember, ‘you are not your own’) and to give only part of that which cannot be followed with the gift of your whole self is emotional Russian roulette. If you persist in pursuing physical satisfaction without the sanction of heaven, you run the terrible risk of such spiritual, psychic damage that you may undermine *both* your longing for physical intimacy *and* your ability to give wholehearted devotion to a later, truer love. You may come to that truer moment of ordained love, of real union, only to discover to your horror that what you should have saved you have spent, and that only God’s grace can recover the piecemeal dissipation of the virtue you so casually gave away. On your wedding day the very best gift you can give your eternal companion is your very best self—clean and pure and worthy of such purity in return”

Jeffrey R. Holland (“Personal Purity,” *Ensign*, Nov. 1998, 76–77).