

# ALMA 5-7



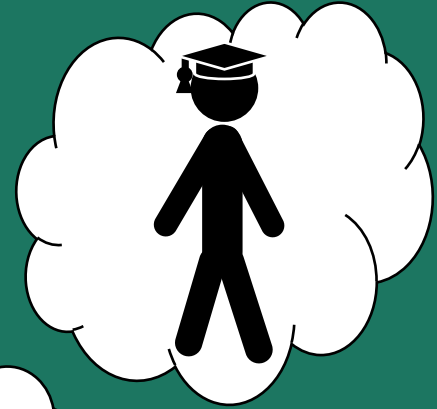
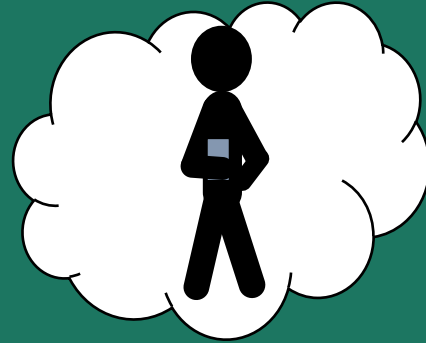
# CHARACTERISTICS OF SPIRITUAL BIRTH

ALMA 5:1-36



# Change

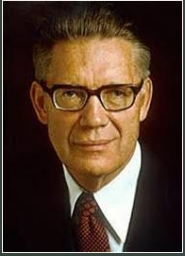
Why can it sometimes be difficult to make the changes that the Lord would like us to make in our lives?



# REMEMBER WHEN?

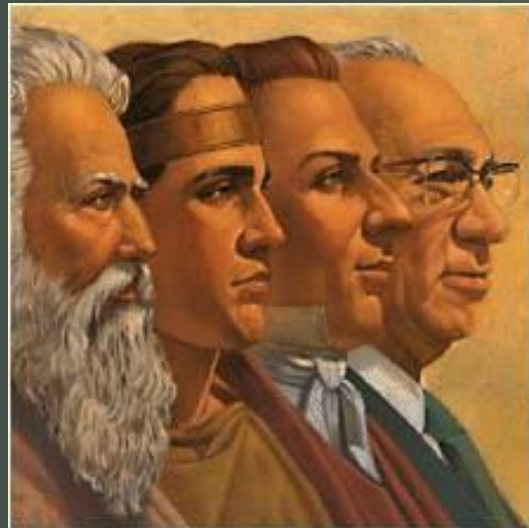
Alma delivers a message to his people to:

Remember he had been consecrated as their High Priest



“God’s chief representative on earth, the one who holds the highest spiritual position in his kingdom in any age, is called the high priest. This special designation of the chief spiritual officer of the Church has reference to the administrative position which he holds rather than to the office to which he is ordained in the priesthood.”

Bruce R. McConkie



Out of the bondage of King Noah:

Alma, the elder, and his followers---baptized in the waters of Mormon

Ammon, King Limhi, and his people

# CHANGE OF HEART

*heart often refers to the “real, inward person”*



**When we believe in the word of God and exercise faith in Jesus Christ, we can experience a mighty change of heart**

“Becoming Christlike is a lifetime pursuit and very often involves growth and change that is slow, almost imperceptible. The scriptures record remarkable accounts of men whose lives changed dramatically, in an instant, as it were: Alma the Younger, Paul on the road to Damascus, Enos praying far into the night, King Lamoni.

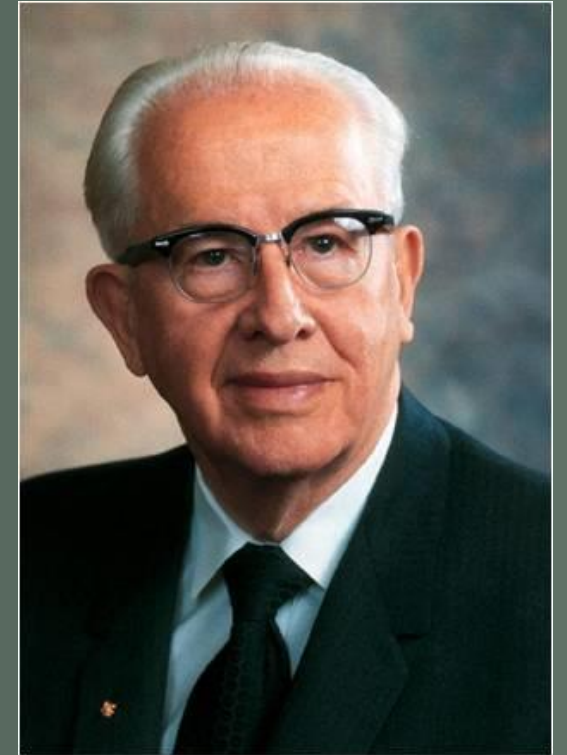
Such astonishing examples of the power to change even those steeped in sin give confidence that the Atonement can reach even those deepest in despair.

But we must be cautious as we discuss these remarkable examples. Though they are real and powerful, they are the exception more than the rule.

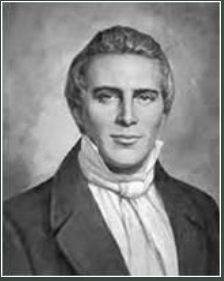
For every Paul, for every Enos, and for every King Lamoni, there are hundreds and thousands of people who find the process of repentance much more subtle, much more imperceptible.

Day by day they move closer to the Lord, little realizing they are building a godlike life. They live quiet lives of goodness, service, and commitment.

They are like the Lamanites, who the Lord said ‘were baptized with fire and with the Holy Ghost, *and they knew it not*’ ” Ezra Taft Benson



# COMPLETE SALVATION



“Salvation is for a man to be saved from all his enemies; for until a man can triumph over death, he is not saved. A knowledge of the priesthood alone will do this.”

Joseph Smith



“One can obtain the promise of salvation in this life, but one must pass through death and resurrection to receive completer salvation. Salvation, or exaltation come to the faithful in the life beyond.”

JFM and RLM



# CONDITIONS OF SALVATION

People must believe the word **verse 11**

People must experience the mighty change, the new birth **verse 12**

One must humble themselves and put their trust in God **verse 13**

One must remain steadfast and faithful to the end of their mortal lives **verse 13**

**When we believe in the word of God  
and exercise faith in Jesus Christ, we can  
experience a mighty change of heart.**





# BORN AGAIN

Being “born of God” or “born again” refers to the change that a person experiences when they accept Jesus Christ and begin a new life as His disciple.



“You may ask, Why doesn’t this mighty change happen more quickly with me? ... For most of us, the changes are more gradual and occur over time. Being born again ... is more a process than an event. And engaging in that process is the central purpose of mortality”  
Elder D. Todd Christofferson



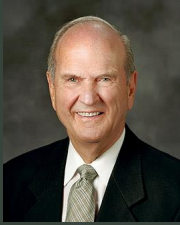
# COUNTENANCE



“the general appearance of a person’s face, which often reflects spiritual attitude or state of mind.”



# BRIGHT RECOLLECTION AND PERFECT REMEMBRANCE

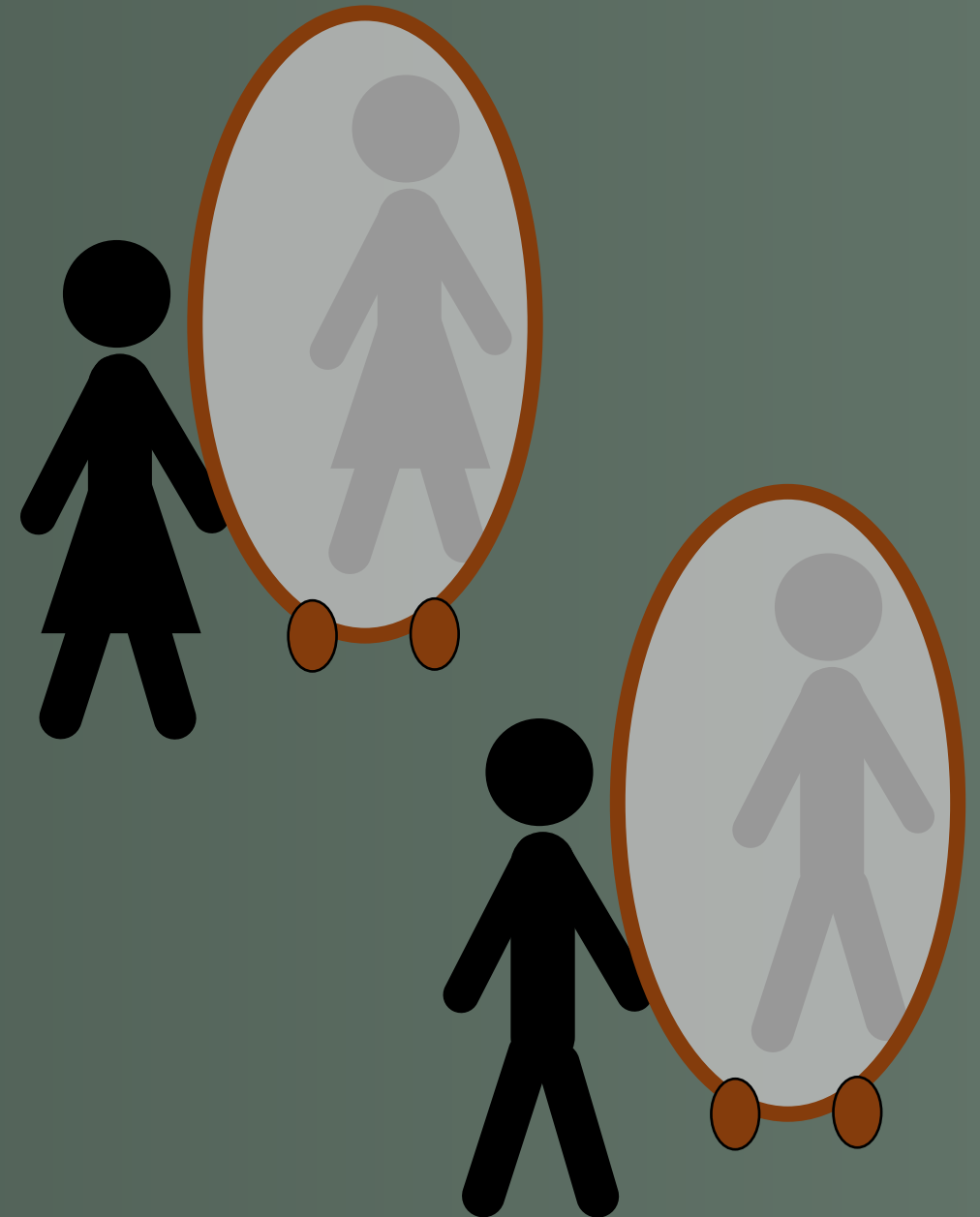


“As all will be resurrected, your physical body will then be restore to its proper and perfect frame. The day of your resurrection will be a day of judgment that will determine the kind of life you shall have hereafter.

“That judgment will consider not only your actions, but also your innermost intent and heartfelt desires. Your everyday thoughts have not been lost.

“Scriptures speak of the ‘bright recollection’ and ‘perfect remembrance’ that your mind will provide in times of divine judgment”

Russell M. Nelson



# QUESTIONS



Have ye spiritually been born of God?

Have ye received his image in your countenances?

Have ye experienced this mighty change in your hearts?

Do ye exercise faith in the redemption of him who created you?

Do you look forward with an eye of faith, and view this mortal body raised in immortality, and this corruption raised in incorruption, to stand before God to be judged according to the deeds which have been done in the mortal body?

Can you imagine to yourselves that ye hear the voice of the Lord, saying unto you, in that day: Come unto me ye blessed, for behold, your works have been the works of righteousness upon the face of the earth?

Or do ye imagine to yourselves that ye can lie unto the Lord in that day, and say—Lord, our works have been righteous works upon the face of the earth—and that he will save you?

Can ye look up to God at that day with a pure heart and clean hands?

Can you look up, having the image of God engraven upon your countenances?

Can ye think of being saved when you have yielded yourselves to become subjects to the devil?



**By experiencing a  
change of heart,  
we prepare  
ourselves to stand  
before God to be  
judged**

# KNOW OF THAT DAY

Garments stained with blood—a soul spoiled by the effects of sin

*Ye are murderers—not to take a life by killing, but a destruction of the soul...the killing of spiritual sensitivities (Alma 36:14)*



The Creator can not be a liar—  
Those who are unclean may not enter into  
His presence without repentance, using  
the atonement of the Savior

Sit down at the kingdom of with the Prophets—  
Salvation has little or nothing to do with offices or  
callings...it is not dependent upon prominence in  
the earthly kingdom—Salvation is the result of  
living in a manner that we are clean and spotless  
before God



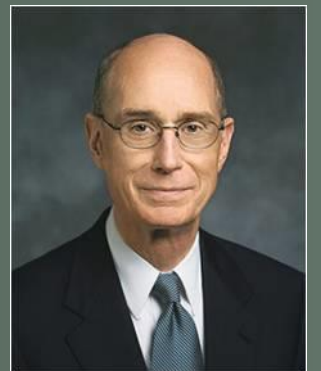
Blameless— “...and let virtue garnish thy  
thoughts unceasingly; then shall  
thy confidence wax strong in the presence  
of God; and the doctrine of the priesthood  
shall distil upon thy soul as the dews from  
heaven.” D&C 121:45

# ARE YOU PREPARED FOR KINGDOM OF HEAVEN?



“You will have put yourself so often in the Master’s service, bringing the cleansing companionship of the Holy Ghost, that you will be on the front row, early, whenever and wherever the Master calls.”

Henry B. Eyring





# ALMA SPEAKS OF:

Redeeming his people from their sins—Christ did not come to redeem them in their sins...he came to redeem them of their sins

Pride—“God resisteth the proud, but giveth grace unto the humble”  
James 4:6; 1 Peter 5:5

The Kingdom of heaven is soon at hand--to the Nephites Christ will soon visit them...it also means that we soon will face that time of death that we must reckon ourselves in regard to the commandments of God

Stripped of envy—Charity is the antidote—they should be filled with love for their fellow men and seek to build the kingdom of God together

Mock of his brother—They (we) should not make fun of, gossip, or speak ill of others.



# ALL ARE CALLED

## A Just and Living God

Those who are born on the earth since Adam will have the opportunity to hear the gospel.

Those who die before they hear the word will have the opportunity to be taught the gospel in the spirit world.

It will be up to them to reject or accept the Savior as the redeemer.  
D&C 137



## An Invitation:

“and he inviteth them all to come unto him and partake of his goodness; and he denieth none that come unto him, black and white, bond and free, male and female; and he remembereth the heathen; and all are alike unto God, both Jew and Gentile.”

2 Nephi 26:33



# THE FRUIT OF THE TREE

Christ is the tree of life



To partake of that fruit is to partake of the cleansing powers of Christ and to receive the blessing of His spirit

## Sources:

Bruce R. McConkie *Mormon Doctrine* pg 355-356

Joseph Smith *Teachings* p 305, 297, 301

Joseph Fielding McConkie and Robert L. Millet *Doctrinal Commentary on the Book of Mormon*  
Vol. 3 pg 27

Elder D. Todd Christofferson (“Born Again,” *Ensign* or *Liahona*, May 2008, 78).

Ezra Taft Benson (“A Mighty Change of Heart,” *Ensign*, Oct. 1989, 5).

Elder Russell M. Nelson “Choices” General Conference April 7, 2015

Henry B. Eyring “To Draw Closer to God” A Collection of Discourses P. 58

Spiritual Cardiogram	Always	Almost Always	Usually	Sometimes	Seldom if ever	Spiritual Cardiogram	Always	Almost Always	Usually	Sometimes	Seldom if ever
Alma 5:15						Alma 5:15					
Alma 5:16						Alma 5:16					
Alma 5:19						Alma 5:19					
Alma 5:27						Alma 5:27					
Alma 5:28						Alma 5:28					

### Spiritual Cardiogram handouts

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Alma 5:27						Alma 5:27					
Alma 5:28						Alma 5:28					

## Stripping Ourselves of Envy: Alma 5:29

It has been said that envy is the one sin to which no one readily confesses, but just how widespread that tendency can be is suggested in the old Danish proverb, “If envy were a fever, all the world would be ill.” The parson in Chaucer’s *Canterbury Tales* laments it because it is so far-reaching—it can resent anything, including any virtue and talent, and it can be offended by everything, including every goodness and joy.<sup>5</sup> As others seem to grow larger in our sight, we think we must therefore be smaller. So, unfortunately, we occasionally act that way.

How does this happen, especially when we wish so much that it would not? I think one of the reasons is that every day we see allurements of one kind or another that tell us what we have is not enough. Someone or something is forever telling us we need to be more handsome or more wealthy, more applauded or more admired than we see ourselves as being. We are told we haven’t collected enough possessions or gone to enough fun places. We are bombarded with the message that on the *world’s* scale of things we have been weighed in the balance and found wanting.<sup>6</sup> Some days it is as if we have been locked in a cubicle of a great and spacious building where the only thing on the TV is a never-ending soap opera entitled *Vain Imaginations*.

How can we overcome such a tendency so common in almost everyone? For one thing, we can do as these two sons did and start making our way back to the Father. We should do so with as much haste and humility as we can summon. Along the way we can count our many blessings and we can applaud the accomplishments of others. Best of all, we can serve others, the finest exercise for the heart ever prescribed. But finally, these will not be enough. When we are lost, we can “come to ourselves,” but we may not always be able to “find ourselves,” and, worlds without end, we cannot “save ourselves.” Only the Father and His Only Begotten Son can do that. Salvation is in Them only. So, we pray that They will help us, that They will “come out” to meet and embrace us and bring us into the feast They have prepared.

They will do this! The scriptures are replete with the promise that God’s grace is sufficient.<sup>9</sup> This is one arena where no one has to claw or compete. Nephi declares that the Lord “loveth the [whole] world” and has given salvation freely.

sisters, I testify that no one of us is less treasured or cherished of God than another. I testify that He loves each of us—insecurities, anxieties, self-image, and all. He doesn’t measure our talents or our looks; He doesn’t measure our professions or our possessions. He cheers on *every* runner, calling out that the race is against sin, *not* against each other. I know that if we will be faithful, there is a perfectly tailored robe of righteousness ready and waiting for *everyone*, “robes ... made ... white in the blood of the Lamb.”

Jeffrey R. Holland April 2002 Sat. Morning General Conference

**Maintaining a Change of Heart: Alma 5:9, 26**

When we receive the gift of the Holy Ghost after baptism, we are filled with the heavenly music that accompanies conversion. Our hearts are changed, and we “have no more disposition to do evil, but to do good continually” (Mosiah 5:2). But the Spirit will not endure unkindness or pride or envy. If we lose that delicate influence in our lives, the rich harmonies of the gospel can quickly become dissonant and can ultimately be silenced. Alma asked the poignant question: “If ye have felt to sing the song of redeeming love, I would ask, can ye feel so now?” (Alma 5:26). (Wilford W. Andersen, “The Music of the Gospel,” *Ensign or Liahona*, May 2015, 55)

**Spiritually Born Again: Alma 5:14**

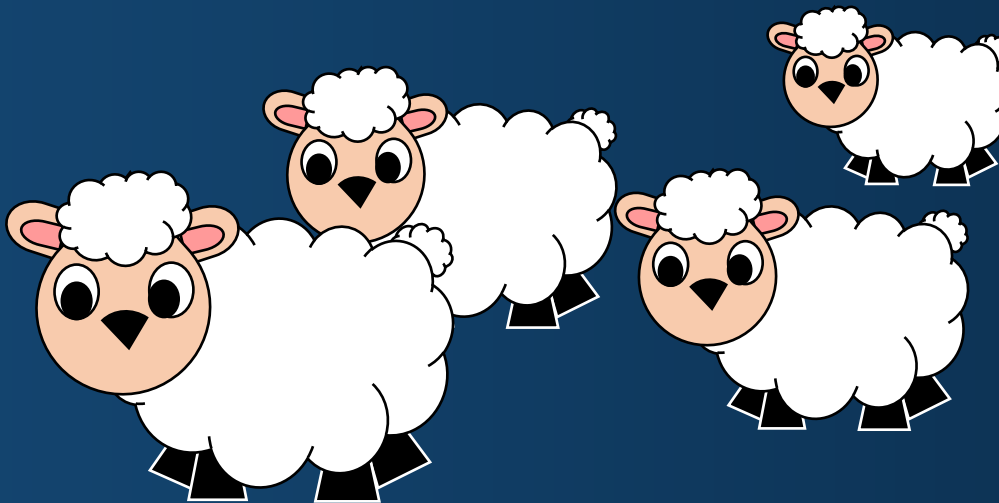
The Lord’s authorized servants repeatedly teach that one of the principal purposes of our mortal existence is to be spiritually changed and transformed through the Atonement of Jesus Christ. ...

We are instructed to “come unto Christ, and be perfected in him, and deny [ourselves] of all ungodliness” (Moroni 10:32), to become “new creature[s]” in Christ (see 2 Corinthians 5:17), to put off “the natural man” (Mosiah 3:19), and to experience “a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually” (Mosiah 5:2). Please note that the conversion described in these verses is mighty, not minor—a spiritual rebirth and fundamental change of what we feel and desire, what we think and do, and what we are. Indeed, the essence of the gospel of Jesus Christ entails a fundamental and permanent change in our very nature made possible through our reliance upon “the merits, and mercy, and grace of the Holy Messiah” (2 Nephi 2:8). As we choose to follow the Master, we choose to be changed—to be spiritually reborn. (David A. Bednar, “Ye Must Be Born Again,” *Ensign or Liahona*, May 2007, 19–20)

# The Good Shepherd Calleth

## Alma 5:37-42

Alma's Teachings to the members  
of the Church in Zarahemla





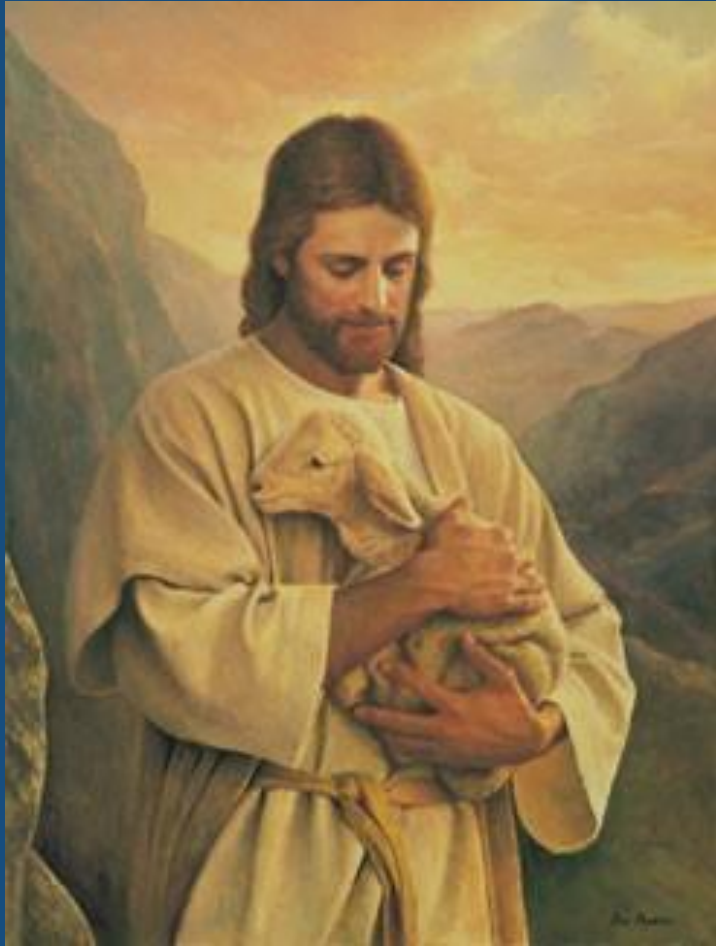
# A Shepherd Has Called

*“O ye workers of iniquity; ye that are puffed up in the vain things of the world, ye that have professed to have known the ways of righteousness nevertheless have gone astray, as sheep having no shepherd, notwithstanding a shepherd hath called after you and is still calling after you, but ye will not hearken unto his voice!”*



*“Behold, I say unto you, that the good shepherd doth call you; yea, and in his own name he doth call you, which is the name of Christ; and if ye will not hearken unto the voice of the good shepherd, to the name by which ye are called, behold, ye are not the sheep of the good shepherd.”*

# What Fold Are Ye?



“The LORD *is* my shepherd; I shall not want.  
He maketh me to lie down in green pastures: he leadeth  
me beside the still waters.

He restoreth my soul: he leadeth me in the paths of  
righteousness for his name’s sake.

Yea, though I walk through the valley of the shadow of  
death, I will fear no evil: for thou *art* with me; thy rod and  
thy staff they comfort me.

Thou preparest a table before me in the presence of mine  
enemies: thou anointest my head with oil; my cup runneth  
over.

Surely goodness and mercy shall follow me all the days of  
my life: and I will dwell in the house of the LORD for ever.”

Psalm 37



# The Ancient Prophets

“He shall feed his flock like a shepherd: he shall gather the lambs with his arm, and carry *them* in his bosom, *and* shall gently lead those that are with young.”

Isaiah 40:11



“Son of man, prophesy against the shepherds of Israel, prophesy, and say unto them, Thus saith the Lord GOD unto the shepherds; Woe *be* to the shepherds of Israel that do feed themselves! should not the shepherds feed the flocks?”

Ezekiel 34:2

“I am the good shepherd, and know my *sheep*, and am known of mine.”

John 10:14

# The Good Shepherd



In Jesus' time, the Palestinian shepherd was noted for his protection of his sheep. Unlike modern shepherders, the shepherd always walked ahead of his flock.

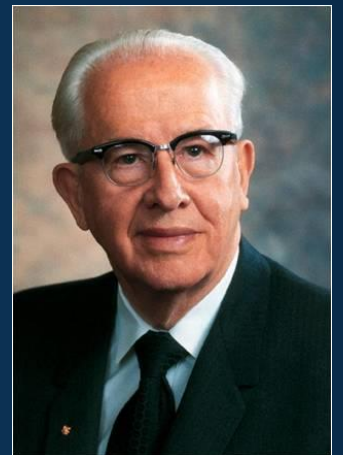
He led them.

The shepherd knew each of the sheep and usually had a name for each.

The sheep knew his voice and trusted him and would not follow a stranger.

Thus, when called, the sheep would come to him. (See John 10:14, 16.) ...

“Jesus used this common illustration of his day to declare that He was the Good Shepherd, the True Shepherd. Because of His love for His brothers and sisters, He would willingly and voluntarily lay down His life for them” President Ezra Taft Benson



# Do We Need a Shepherd?



How are people like sheep in need of a shepherd?



How does the Good Shepherd show His love and concern for the sheep?


(He continues to call after them in His own name.)



How can we tell if we are hearkening to the voice of the Good Shepherd?



What are some works that might indicate that a person is following the Good Shepherd?



We must  
hearken to the  
voice of the  
Good Shepherd  
in order to be  
His sheep.

## Those who are committed to following Jesus Christ:

“When you choose to follow Christ, you choose to be changed. ...

“Men [and women] changed for Christ will be captained by Christ. ...

“Their will is swallowed up in His will. (See John 5:30.)

“They do always those things that please the Lord. (See John 8:29.)

“Not only would they die for the Lord, but more important they want to live for Him.

“Enter their homes, and the pictures on their walls, the books on their shelves, the music in the air, their words and acts reveal them as Christians.

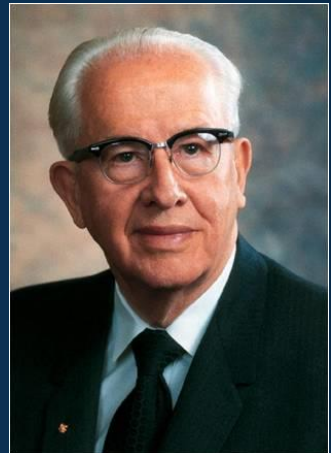
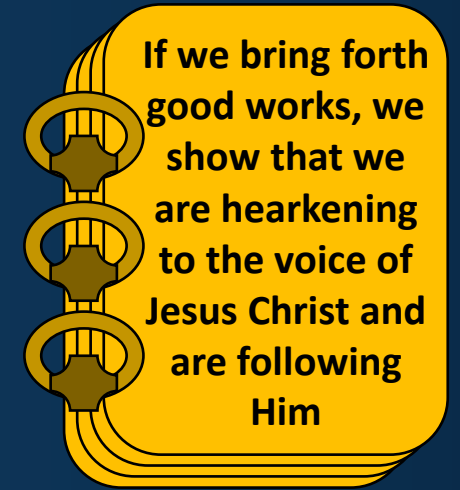
“They stand as witnesses of God at all times, and in all things, and in all places. (See Mosiah 18:9.)

“They have Christ on their minds, as they look unto Him in every thought. (See D&C 6:36.)

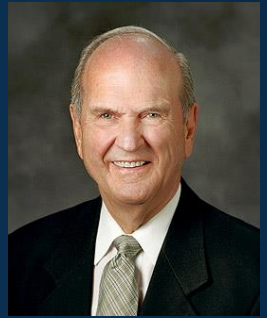
“They have Christ in their hearts as their affections are placed on Him forever. (See Alma 37:36.)

“Almost every week they partake of the sacrament and witness anew to their Eternal Father that they are willing to take upon them the name of His Son, always remember Him, and keep His commandments. (See Moro. 4:3.)”

President Ezra Taft Benson



# Hearken



...“to listen with the intent to obey.”

To hearken means to “hear Him”

—to *hear* what the Savior says and then to *heed* His counsel.



# Those not included in “the fold”

“All who refuse to receive the fulness of the truth or bide by the principles and ordinances of the everlasting gospel.



They may have received a testimony; they may be able to testify that they know that Jesus is the Christ, but in their lives, they have refused to accept ordinances which are essential to entrance into the celestial kingdom

They have refused to live the gospel, when they knew it to be true; or have been blinded by tradition; or for other cause have not been willing to walk in the light.

Joseph Fielding Smith



# In His Name

Entrance to the kingdom of God requires us to take upon ourselves the name of Christ

Salvation is found in no other name

“Having been commissioned of Jesus Christ, I baptize you in the name of the Father, and of the Son, and of the Holy Ghost. Amen.”  
D&C 20:73



“Every member of the church of Christ having children is to bring them unto the elders before the church, who are to lay their hands upon them in the name of Jesus Christ, and bless them in his name.”  
D&C 20:70

“O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this bread...this water...”  
D&C 20:77,79



# The Other Name

No Man Can Serve Two Masters:  
Matthew 6:24 (scripture mastery)

Cain takes upon himself the name of  
Perdition—  
Moses 5:24

The Other Name is Satan,  
a child of the devil



Like many others Cain received  
the fullness of the gospel then  
chose to deny it... making a  
bargain with Satan

“Thus saith the Lord concerning all those who know my power, and have been made partakers thereof, and suffered themselves through the power of the devil to be overcome, and to deny the truth and defy my power— They are they who are the sons of perdition, of whom I say that it had been better for them never to have been born;”

D&C 76:31-32



# By the Spirit of Prophecy

Alma speaks in the 'energy of my soul'

Alma speaks plainly (2 Nephi 25:28)

Alma speaks according to the Holy Order of God  
Alma is commanded to be a witness and bear testimony of the 'things which are to come'

Alma testifies of fasting and prayer

Alma Speaks through the spirit of prophecy

Alma testifies of Jesus the Christ—coming to take away the sins of the world

Alma preaches of repentance



# Fasting and Prayer

Through  
fasting and  
prayer, we can  
invite the Holy  
Spirit to reveal  
truth to us.



“When a man has the manifestation from the Holy Ghost, it leaves an indelible impression on his soul, one that is not easily erased. It is Spirit speaking to spirit, and it comes with convincing force. A manifestation of an angel, or even of the Son of God himself, would impress the eye and mind, and eventually become dimmed, but the impressions of the Holy Ghost sink deeper into the soul and are more difficult to erase” Joseph Fielding Smith

# Alma's Testimony

"...and I say unto you, that I know that Jesus Christ shall come, yea, the Son, the Only Begotten of the Father, full of grace, and mercy, and truth. And behold, it is he that cometh to take away the sins of the world, yea, the sins of every man who steadfastly believeth on his name."



"Individual, personal testimony of gospel truth, particularly the divine life and mission of the Lord Jesus Christ, is essential to our eternal life. ... In other words, life eternal is predicated upon our own individual, personal knowledge of our Father in Heaven and His Holy Son. Simply knowing about them is not enough.

We must have personal, spiritual experiences to anchor us. These come through seeking them in the same intense, single-minded way that a hungry person seeks food"

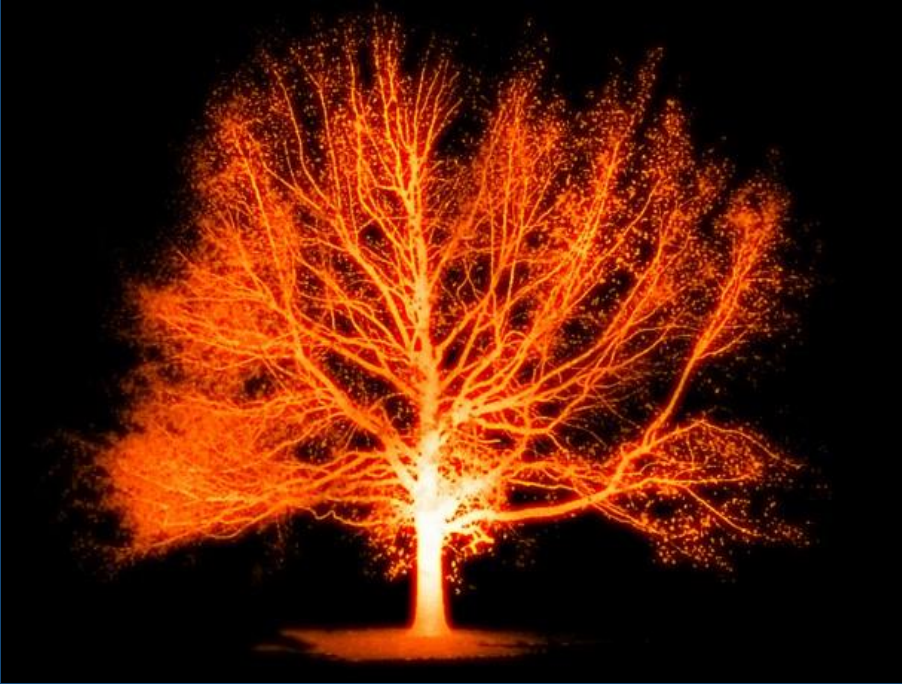
Elder M. Russell Ballard





# Unquenchable Fire

“Only sons of Perdition are damned forever in darkness.”



“Those who will eventually inherit the telestial kingdom suffer and repent in hell after death”

“Nevertheless, it is not written that there shall be no end to this torment, but it is written *endless torment*.

Again, it is written *eternal damnation*; wherefore it is more express than other scriptures, that it might work upon the hearts of the children of men, altogether for my name’s glory.”

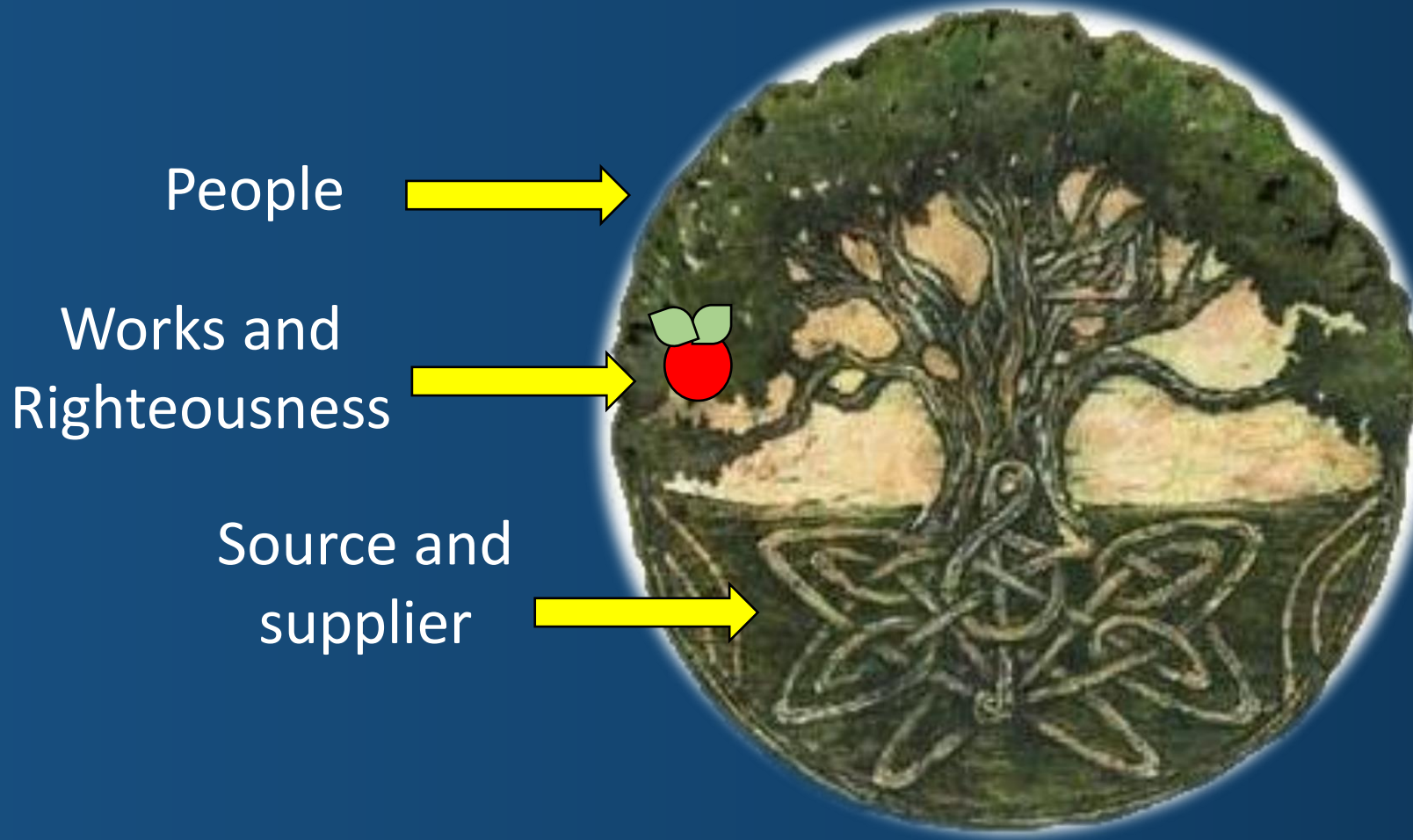
D&C 19:6-7

“A man is his own tormentor and his own condemner....The torment in disappointment in the mind of man is as exquisite as a lake with fire and brimstone...”

Joseph Smith



# Tree-Metaphor



“If the root be holy, so are the branches, but if the root system becomes corrupted by absorbing poisonous elements from its environment, then ‘the ax is laid at the root of the tree’ and it will have to be cut down and cast into the fire.”

Ogden and Skinner

# Touch Not

Touch not unclean things—  
we cannot partake of  
forbidden fruit unless we  
first touch them



“Many a bitter tear is shed by  
those who thought it cute to flirt  
with sin or nibble at that which  
is forbidden”

JFM and RLM

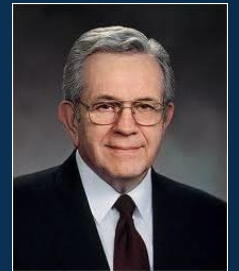
“...leave it alone. Turn it off,  
walk away from it, burn it,  
erase it, destroy it...”

H. Burke Peterson



Throughout your life there may be times when you  
have gone places you never should have gone and  
done things you never should have done. If you will  
turn away from sin, you will be able one day to know  
the peace that comes from following the pathway of  
complete repentance.

Pres. Boyd K. Packer



# The Book of Life

Lamb's book of Life—a record kept in heaven which contains the names of the faithful and an account of their righteous covenants, and deeds.

*Revelations 20:12 John the Revelator*

*“And I saw the dead, small and great, stand before God; and the books were opened; and another book was opened, which is the book of life; and the dead were judged out of those things which were written in the books, according to their works.”*

*D&C 128:6*



You will discover in this quotation that the books were opened; and another book was opened, which was the book of life; but the dead were judged out of those things which were written in the books, according to their works; consequently, the books spoken of must be the books which contained the record of their works, and refer to the records which are kept on the earth. And the book which was the book of life is the record which is kept in heaven; the principle agreeing precisely with the doctrine which is commanded you in the revelation contained in the letter which I wrote to you previous to my leaving my place—that in all your recordings it may be recorded in heaven.

*D&C 128:7*



# Bring Unto His Fold

Suffer no ravenous wolf to enter among you—The honest and sincere truth-seekers are always welcome in the congregation of the Saints.



“...and ye shall not forbid any man from coming unto you when ye shall meet together, but suffer them that they may come unto you and forbid them not; But ye shall pray for them, and shall not cast them out; and if it so be that they come unto you oft ye shall pray for them unto the Father, in my name.”

3 Nephi 18:22-23

Partakers of the tree of life



Christ is the tree of life. To be a partaker of the fruit of the tree of life is to feast upon the principle of salvation is taught and reveled by Him



## Sources:

President Ezra Taft Benson (“A Call to the Priesthood: ‘Feed My Sheep,’” *Ensign*, May 1983, 43; see also John R. Lasater, “Shepherds of Israel,” *Ensign*, May 1988, 74–75).

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H. Burke Peterson “Touch Not the Evil Gift, nor the Unclean Thing” General Conf. Oct 1993

President Boyd K. Packer The Atonement Gen. Conf. October 2012

Joseph Fielding Smith *Doctrines of Salvation*, 2:28-29

D. Kelly Ogden and Andrew Skinner *Book of Mormon* 1:395

Russell M. Nelson, “Hear Him,” *Ensign* or *Liahona*, May 2020, 89

## Those who are committed to following Jesus Christ:

“When you choose to follow Christ, you choose to be changed. ...

“Men [and women] changed for Christ will be captained by Christ. ...

“Their will is swallowed up in His will. (See John 5:30.)

“They do always those things that please the Lord. (See John 8:29.)

“Not only would they die for the Lord, but more important they want to live for Him.

“Enter their homes, and the pictures on their walls, the books on their shelves, the music in the air, their words and acts reveal them as Christians.

“They stand as witnesses of God at all times, and in all things, and in all places. (See Mosiah 18:9.)

“They have Christ on their minds, as they look unto Him in every thought. (See D&C 6:36.)

“They have Christ in their hearts as their affections are placed on Him forever. (See Alma 37:36.)

“Almost every week they partake of the sacrament and witness anew to their Eternal Father that they are willing to take upon them the name of His Son, always remember Him, and keep His commandments. (See Moro. 4:3.)”

President Ezra Taft Benson (“Born of God,” *Ensign*, Nov. 1985, 5, 6–7).

## **How can the world's uncleanness lead Church members away from their covenants? Alma 5:57-60**

“Drifting away from the course of life marked out by the Lord has occurred as individuals begin to make compromises with the Lord’s standards. This is particularly true when the transgression is willful and no repentance occurs. ...

It begins as individual members of the Church knowingly begin to make compromises with the Lord’s standard.

They seek justification for their diversions in the knowledge that others are compromising as well.

Those who willfully sin soon seek to establish a standard of their own with which they can feel more comfortable and which justifies their misconduct.

They also seek the association of those who are willing to drift with them along this path of self-delusion”

Dean L. Larsen “Likening the Scriptures unto Us” 8

**The Good Shepherd: Alma 5:37-42**

As we look through a gospel lens, we recognize that we too are under the watchcare of a compassionate caregiver, who extends Himself in kindness and a nurturing spirit. The Good Shepherd knows each one of us by name and has a personal interest in us. The Lord Jesus Christ Himself said: “I am the good shepherd and know my sheep. ... And I [will] lay down my life for the sheep” [John 10:14, 15].

... I find abiding peace in knowing that “the Lord is my shepherd” [Psalm 23:1] and that each of us is known by Him and under His kind watchcare. When we confront life’s wind and rainstorms, sickness and injuries, the Lord—our Shepherd, our Caregiver—will nourish us with love and kindness. He will heal our hearts and restore our souls. (Gary E. Stevenson, “Hearts Knit Together,” *Liahona*, May 2021, 23)

**Listening to the Voice of Jesus Christ:**

Our Father knows that when we are surrounded by uncertainty and fear, what will help us the very most is to hear His Son.

Because when we seek to hear—truly hear—His Son, we will be guided to know what to do in any circumstance.

... God gives us the pattern for success, happiness, and joy in this life. We are to *hear* the words of the Lord, *hearken* to them, and *heed* what He has told us! As we seek to be disciples of Jesus Christ, our efforts to *hear Him* need to be ever more intentional. It takes conscious and consistent effort to fill our daily lives with His words, His teachings, His truths. (Russell M. Nelson, “Hear Him,” *Ensign or Liahona*, May 2020, 89)

**Unclean Things in Our Lives:**

Since God uses disease as a metaphor for sin throughout the scriptures, it is reasonable to ask, “How does Jesus Christ react when faced with our metaphorical diseases—our sins?” After all, the Savior said that He “cannot look upon sin with the least degree of allowance” [Doctrine and Covenants 1:31]; so how can He look at us, imperfect as we are, without recoiling in horror and disgust?

The answer is simple and clear. As the Good Shepherd, Jesus Christ views disease in His sheep as a condition that needs treatment, care, and compassion. This shepherd, our Good Shepherd, finds joy in seeing His diseased sheep progress toward healing.

The Savior foretold that He would “feed his flock like a shepherd” [Isaiah 40:11], “seek [out] that which [is] lost, ... bring again that which [is] driven away, ... bind up that which [is] broken, and ... strengthen that which [is] sick” [Ezekiel 34:16]. Though apostate Israel was depicted as being consumed with sinful “wounds, and bruises, and putrifying sores” [Isaiah 1:6], the Savior encouraged, exhorted, and promised healing [see Isaiah 1:18]. (Dale G. Renlund, “Our Good Shepherd,” *Ensign or Liahona*, May 2017, 30)

*City of Gideon—  
A More Righteous  
People*

*Alma 6-7*





# The Order of Heaven

## Ordination

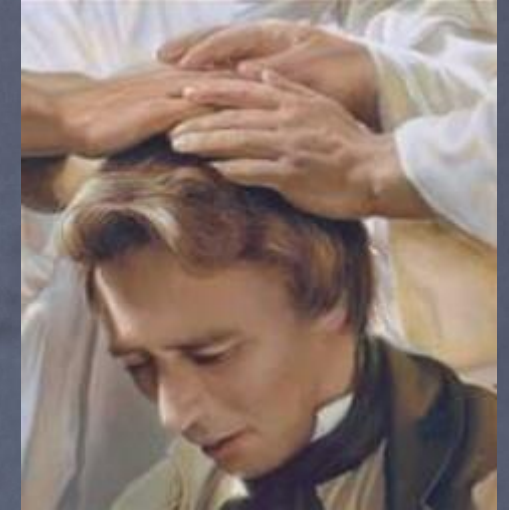
A formal ritual by which the priesthood, offices and rights of the presidency are conferred upon

Alma ordains priests and elders



Can only be done by the laying on of hands

Laying on of hands is a symbolic representation of the Lord's hands.



Authority can be traced back to the Lord whence it comes.

JFM and RLM





# *Establishing An Order of God*

Those who repented were baptized

Those who did not repent—  
names blotted out..not to be  
numbered among the righteous



In teaching the gospel there  
should be not distinction  
between the rich and the poor

“For if there come unto your assembly a man with a gold ring, in goodly apparel, and there come in also a poor man in vile raiment; And ye have respect to him that weareth the gay clothing, and say unto him, Sit thou here in a good place; and say to the poor, Stand thou there, or sit here under my footstool: Are ye not then partial in yourselves, and are become judges of evil thoughts?”

James 2:2-4



Alma 6:1-5

# Children of God

## The Baptismal Covenant



“And now, because of the covenant which ye have made ye shall be called the children of Christ, his sons, and his daughters; for behold, this day he hath spiritually begotten you; for ye say that your hearts are changed through faith on his name; therefore, ye are born of him and have become his sons and his daughters.”

Mosiah 5:7



Gather oft:  
Prayer and fasting

“Also, I give unto you a commandment that ye shall continue in prayer and fasting from this time forth.”  
D&C 88:76





“*Everyone* prays for the missionaries. May it ever be so. In that same spirit, we should also pray for those who are (or who need to be) meeting the missionaries. In Zarahemla, members were commanded to ‘join in fasting and mighty prayer’ [Alma 6:6] for those who had not yet joined the Church of God. We can do the same.

“We can also pray daily for our own personal missionary experiences. Pray that under the divine management of such things, the missionary opportunity you want is already being prepared in the heart of someone who longs for and looks for what you have. ‘There are many yet on the earth ... who are only kept from the truth because they know not where to find it.’ [D&C 123:12.]

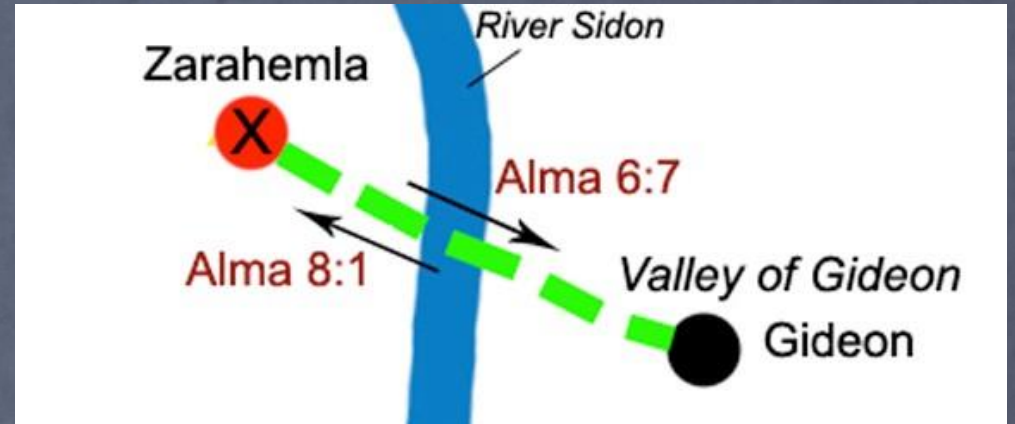
Pray that they will find you! And then be alert, because there are multitudes in your world who feel a famine in their lives”

Elder Jeffrey R. Holland



# Alma's Departure

Alma goes to the Valley of Gideon...called after Gideon whom Nehor slew.



Alma's desire was for those that lived in the Valley of Gideon maintain their trust in the mercy and grace of their Lord

Alma discerns by the power of the Holy Spirit that the people of this valley are more righteous than those in Zarahemla.



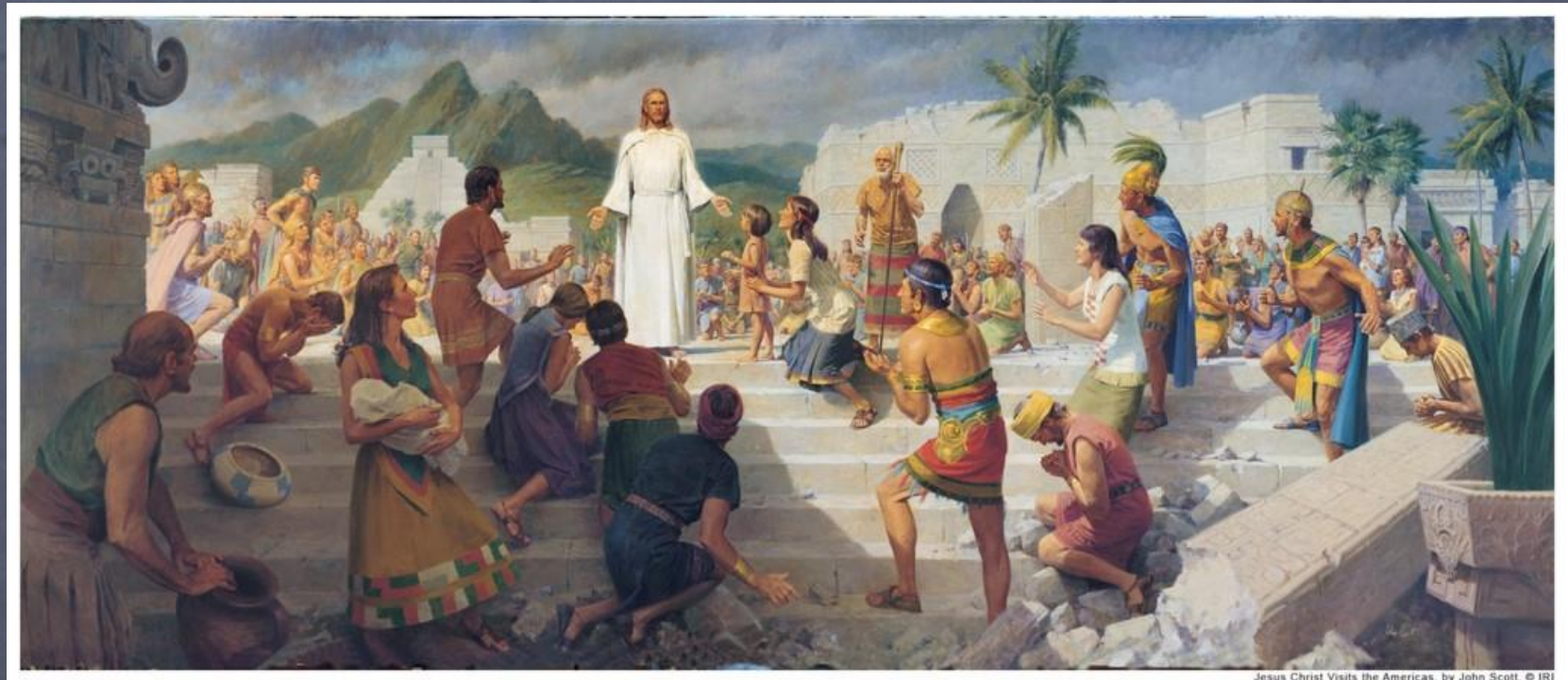


# Jesus Would Come

*Alma knows of the  
testimony of Nephi*

*“And after Christ shall have risen from the dead he shall show himself unto you, my children, and my beloved brethren; and the words which he shall speak unto you shall be the law which ye shall do.”*

*2 Nephi 26:1*



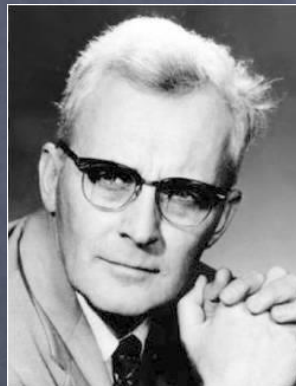
Jesus Christ Visits the Americas, by John Scott, © IRI

Alma 7:7-10; 1 Nephi 12:4-6



“There is no conflict or contradiction in the Book of Mormon with any truth recorded in the Bible. A careful reading of what Alma said will show that he had no intention of declaring that Jesus would be born *in* Jerusalem. Alma knew better. So did Joseph Smith and those who were associated with him in the bringing forth of the Book of Mormon. Had Alma said, ‘born *in* Jerusalem, the *city* of our fathers,’ it would have made all the difference in the world. Then we would have said he made an error. Alma made no mistake, and what he said is true.

Joseph Fielding Smith



“... One of the favorite points of attack on the Book of Mormon has been the statement in Alma 7:10 that the Savior would be born “at Jerusalem which is the *land* of our forefathers.” Here Jerusalem is not the city “*in* the land of our forefathers,” it *is* the land. Christ was born in a village some six miles from the city of Jerusalem; it was not in the city, but it was in what we now know the ancients themselves designated as “the land of Jerusalem”

Dr. Hugh Nibley

# Challenges--Temptations



***Jesus Christ suffered to save us from sin and death and to help us through the challenges of mortality.***

“Are you battling a demon of addiction—tobacco or drugs or gambling, or the pernicious contemporary plague of pornography? ... Are you confused with gender identity or searching for self-esteem? Do you—or someone you love—face disease or depression or death? Whatever other steps you may need to take to resolve these concerns, come *first* to the gospel of Jesus Christ. Trust in heaven’s promises. ...

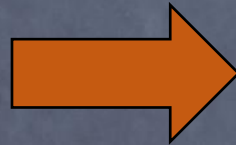
“This reliance upon the merciful nature of God is at the very center of the gospel Christ taught. I testify that the Savior’s Atonement lifts from us not only the burden of our sins but also the burden of our disappointments and sorrows, our heartaches and our despair. [See Alma 7:11–12.] From the beginning, trust in such help was to give us both a reason and a way to improve, an incentive to lay down our burdens and take up our salvation”  
Elder Jeffrey R. Holland





# *Doctrinal Mastery*

*Alma 7:11-13*



11. “And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him the pains and the sicknesses of his people.

12. And he will take upon him death, that he may loose the bands of death which bind his people; and he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities.

13. Now the Spirit knoweth all things; nevertheless the Son of God suffereth according to the flesh that he might take upon him the sins of his people, that he might blot out their transgressions according to the power of his deliverance; and now behold, this is the testimony which is in me.”

## *The Atonement is not just for sinners*



“The Spirit of the Lord ... hath anointed me to preach good tidings unto the meek; ... to bind up the brokenhearted, to proclaim liberty to the captives, ... to appoint unto them that mourn in Zion ... *beauty for ashes.*” (Isa. 61:1, 3; italics added.)

The Savior’s atonement is thus portrayed as the healing power not only for sin, but also for carelessness, inadequacy, and all mortal bitterness. The Atonement is not just for sinners...

The Savior desires to save us from our inadequacies as well as from our sins. Inadequacy is not the same as sinfulness...

**The Lord will not save us *in our sins*, but *from them*.** However, he can save us *in* our inadequacies as well as *from* them. A sense of falling short or falling down is not only natural, but essential to the mortal experience. But, after all we can do, the Atonement can fill that which is empty, straighten our bent parts, and make strong that which is weak.”

Bruce C. Hafen



### The comfort we can receive because of the Savior's Atonement:

"It will comfort us when we must wait in distress for the Savior's promised relief that He knows, from experience, how to heal and help us. The Book of Mormon gives us the certain assurance of His power to comfort. And faith in that power will give us patience as we pray and work and wait for help. He could have known how to succor us simply by revelation, but He chose to learn by His own personal Experience."

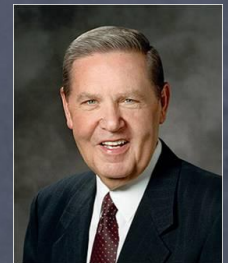
President Henry B. Eyring



### Christ's Empathy and Ability to help us:

"Christ walked the path every mortal is called to walk so that he would know how to succor and strengthen us in our most difficult times. He knows the deepest and most personal burdens we carry. He knows the most public and poignant pains we bear. He descended below all such grief in order that he might lift us above it. There is no anguish or sorrow or sadness in life that he has not suffered in our behalf and borne away upon his own valiant and compassionate shoulders."

Elder Jeffrey R. Holland

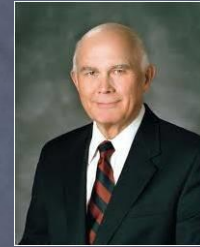


### The Challenges We Face:

"Many carry heavy burdens. Some have lost a loved one to death or care for one who is disabled. Some have been wounded by divorce. Others yearn for an eternal marriage. Some are caught in the grip of addictive substances or practices like alcohol, tobacco, drugs, or pornography. Others have crippling physical or mental impairments. Some are challenged by same-gender attraction. Some have terrible feelings of depression or inadequacy. ...

"The healing power of the Lord Jesus Christ—whether it removes our burdens or strengthens us to endure and live with them ... —is available for every affliction in mortality."

Elder Dallin H. Oaks





# Lay Aside Every Sin



Demons of addiction:

Tobacco or drugs

Gambling

Pornography

Confusion with:

Gender identity

Self esteem

Depression or suicide



Whatever other steps you may need to take to resolve these concerns, come *first* to the gospel of Jesus Christ. Trust in heaven's promises. ...”

The merciful nature of God:

Lifting us not only the burden of our sins but also the burden of our disappointments and sorrow

Our heartaches and despair

# On the Path of Righteousness

Alma sees that the people of Gideon are not perfect...but they are striving through their allegiance to and trust in Christ



Like the people of Paul: “And that, knowing the time, that now *it* is high time to awake out of sleep: for now *is* our salvation nearer than when we believed.” (Roman 13:11)

They are on the right track, their course is approved by God

Righteousness prepares the way for the Lord

By living the principles of the gospel, we follow the path to the kingdom of God



# Unholy Places

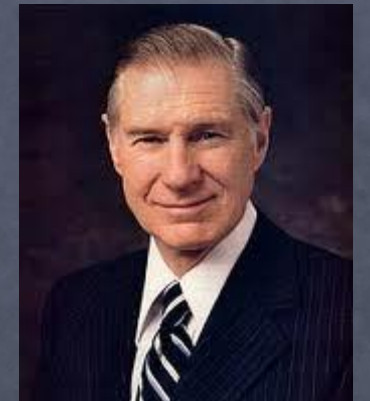
The Spirit can not abide in those who have not kept their covenants or broken the commandments and remain unrepentant

Those who die in their sins shall remain in their sins



“We unavoidably stand in so many unholy places and are subjected to so much that is vulgar, profane, and destructive of the Spirit of the Lord that I encourage our Saints all over the world, wherever possible, to strive to stand more often in holy places. Our most holy places are our sacred temples. Within them is a feeling of sacred comfort. We should seek to be worthy to take our families to the temple to be sealed together for eternity. We should also search for the records of our kindred dead so that they too can be sealed to us in one of the temples. We must strive for holiness by being “an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

” In this way we can maintain and Strengthen our own individual relationship with our God.”  
James E. Faust



# *Walk Blameless*

Alma counsels the people of Gideon to live worthy of the companionship of the Holy Spirit



Be humble

Be submissive and gentle

Easy to be entreated

Full of patience and long-suffering

Temperate in all things

Diligent in keeping commandments at all times

Prayer for things of need, spiritual and temporal

Giving thanks unto God

Faith, hope and charity, and abound in good works



# Sit Down With The Patriarchs

**Abraham**—the Father of Faith

“Go ye, therefore, and do the works of Abraham; enter ye into my law and ye shall be saved.”

D&C 132:32

“Thus I, Abraham, talked with the Lord, face to face, as one man talketh with another; and he told me of the works which his hands had made;”

Abraham 3:11



**Isaac** did not become an Abraham or a Jacob. He did not reach the heights of Abraham, called the “father of the faithful.” Nor was he as impressive as his son Israel, father of the twelve tribes. Yet Isaac is loved and revered. He worshiped God, cared for his home, and pursued his work. He is remembered simply as a man of peace. The eloquent simplicity of his life and his unique ability to lend importance to the commonplace made him great.

A. Theodore Tuttle

It was through **Jacob** that the covenant of Abraham continued; it was then passed on to Joseph and Ephraim.

He is today exalted upon a throne in heaven, in company with Abraham and Isaac

Bible Dictionary

**To be qualified in their presence**

# *A Farewell of Peace*



“And now, may the peace of God rest upon you, and upon your houses and lands, and upon your flocks and herds, and all that you possess, your women and your children, according to your faith and good works, from this time forth and forever. And thus I have spoken. Amen.”

“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

Philippians 4:7

Alma 7:25

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

John 14:27



“And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”

Colossians 3:5



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James E. Faust *Standing in Holy Places* April Conf. 2005

A. Theodore Tuttle *Altar, Tent, Well* Oct. 1972 General Conf

# humble pie chart

