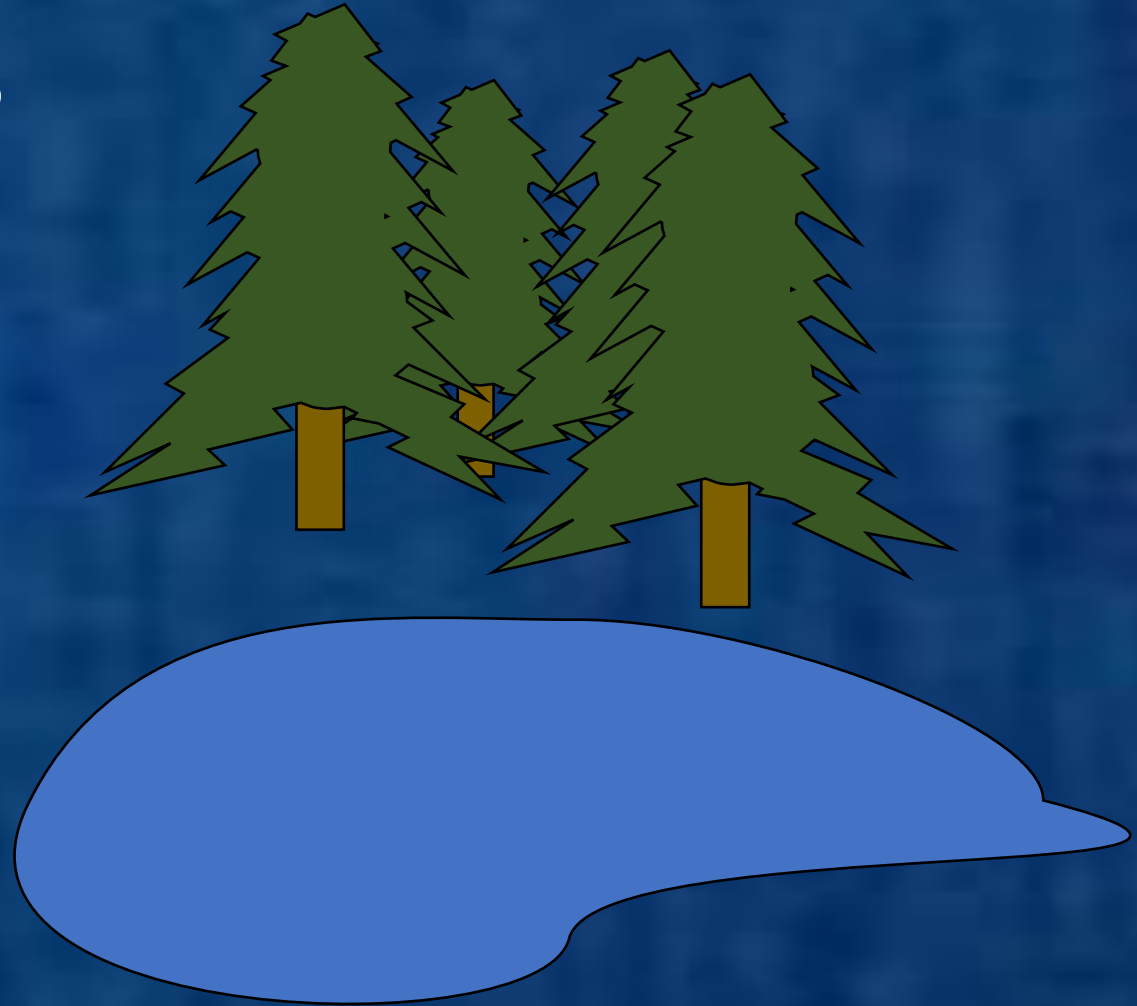
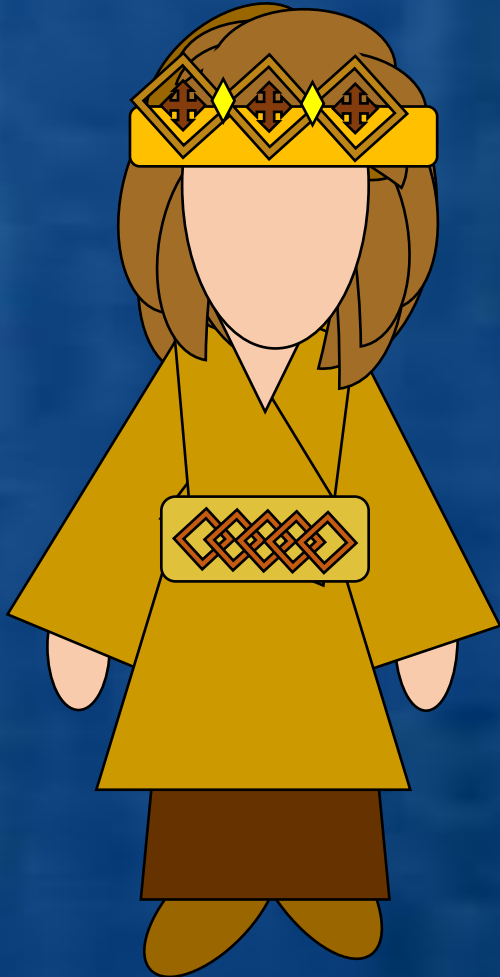


# Mosiah 18-24



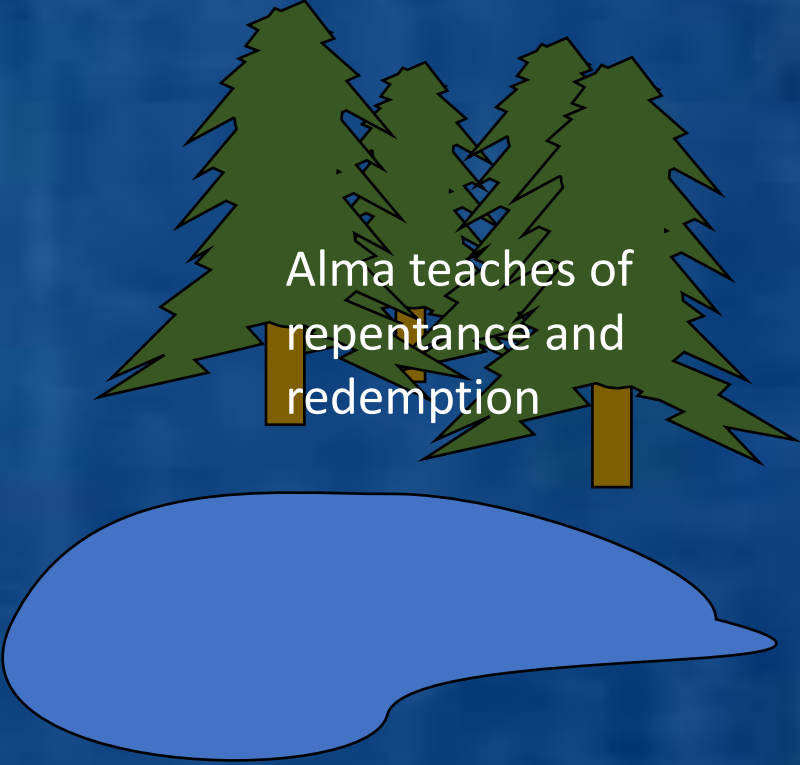
# Waters of Mormon

## Mosiah 18



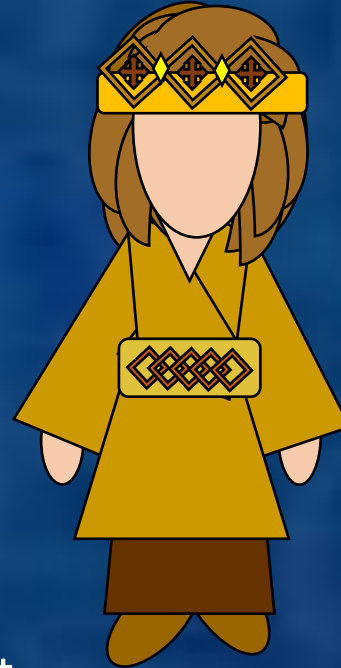
# As Many As Would Hear

Alma repents of his sins



Alma teaches of  
repentance and  
redemption

As many did believe they went  
to a place called “Mormon”



As many would hear, Alma  
teaches in secret, hiding  
himself in the daytime from  
the searches of King Noah

Alma teaches the words of  
Abinadi, of the power of Christ,  
his suffering, resurrection, and  
ascension to heaven

# Those That Are Willing To:

To bear one another's burdens

Mourn with those that mourn

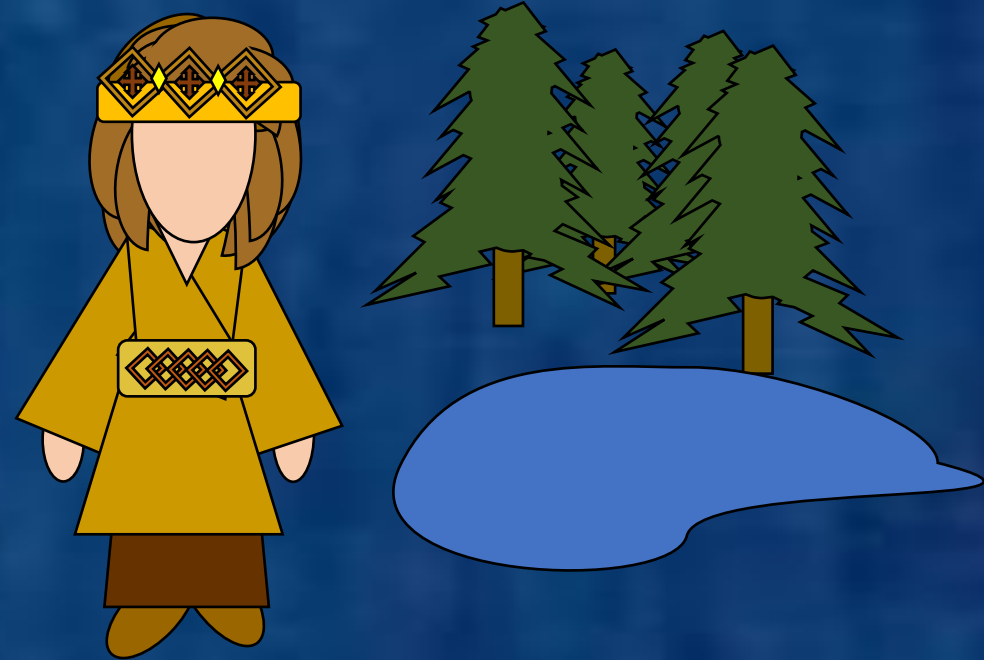
Comfort those that stand in  
need of comfort

Stand as witnesses of God, at all times, and  
in all things, and in all places

Be redeemed of God and be numbered with those of  
the first resurrection and have eternal life

Be baptized and enter into a covenant with the Lord

Willing to serve Him and keep His commandments



# Baptism is a Two-Way Promise

Baptism is the “first fruits of repentance”  
Moroni 8:25

God promises:

That I will be redeemed of God

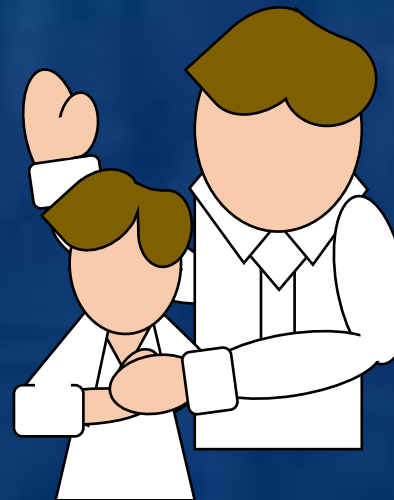
That I will be part of the first resurrection

That I will receive eternal life

That He will pour out His Spirit upon me

A covenant is an agreement between God and man but that God and man “do not act as equals in the agreement. God gives the conditions for the covenant, and men agree to do what he asks them to do. God then promises men certain blessings for their obedience”

[Guide to the Scriptures, “Covenant”]



When we are baptized, we enter into a covenant with God.

## I AM WILLING TO ...

## GOD PROMISES ...

Help bear others' burdens, that they may be light  
(see Mosiah 18:8).

That I will be redeemed of God  
(see Mosiah 18:9).

Mourn with those who mourn  
(see Mosiah 18:9).

That I will be part of the First Resurrection  
(see Mosiah 18:9).

Comfort those who stand in need of comfort  
(see Mosiah 18:9).

That I will receive eternal life  
(see Mosiah 18:9).

Stand as a witness of God at all times, in all things,  
and in all places  
(see Mosiah 18:9).

That He will pour out His Spirit upon me  
(see Mosiah 18:10).

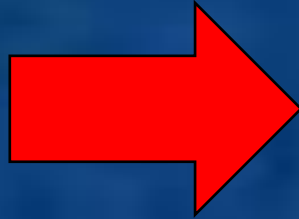
Serve God and keep His commandments  
(see Mosiah 18:10).

...that he may pour out his Spirit  
more abundantly upon you?

# Doctrinal Mastery



Mosiah 18:8-10



8. And it came to pass that he said unto them: Behold, here are the waters of Mormon (for thus were they called) and now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to bear one another's burdens, that they may be light;

9. Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, that ye may be redeemed of God, and be numbered with those of the first resurrection, that ye may have eternal life—

10. Now I say unto you, if this be the desire of your hearts, what have you against being baptized in the name of the Lord, as a witness before him that ye have entered into a covenant with him, that ye will serve him and keep his commandments, that he may pour out his Spirit more abundantly upon you?

# Baptizing Helam

Alma was filled with  
the Holy Spirit

“O Lord, pour out thy Spirit upon thy servant, that he may do this work with holiness of heart.”

They were both buried in the water.  
Alma held the priesthood—one who was ordained after the holy order of God.  
Thus, he would have been baptized previously...

“...therefore, when Alma baptized himself with Helam that was not a case of Alma baptizing himself, but merely as a token to the Lord of his humility and full repentance.”

Joseph Fielding Smith



Alma and Helam were  
filled with the Holy Spirit



# Did Alma Baptize Himself?



We may conclude that Alma held the priesthood before he, with others, became disturbed with King Noah. Whether this is so or not makes no difference because in the Book of Mosiah it is stated definitely that he had authority. If he had authority to baptize that is evidence that he had been baptized.

Therefore, when Alma baptized himself with Helam that was not a case of Alma baptizing himself, but merely as a token to the Lord of his humility and full repentance.

Joseph Fielding Smith Jr.



# Baptizing Everyone

**Alma baptizes about 204 souls**



And they were filled with the grace of God—filled with his blessings and his love, more specifically his Spirit.

# Establishing The Church of God

They were called the Church of God or the Church of Christ from that time forward

Those who were baptized from that time forward was added to His church

Alma ordained priests—50 and taught them things concerning the kingdom of God



# Teaching VS Preaching

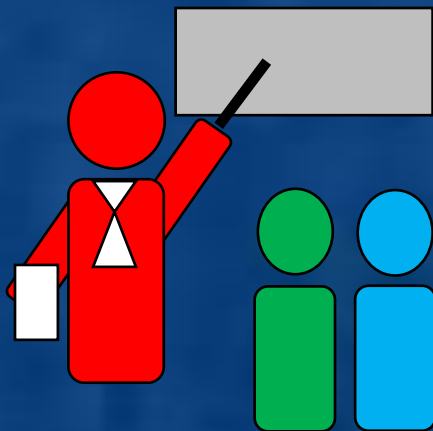
Alma commands the priests to **teach** the things spoken of by the holy prophets and to **preach** repentance and faith in God



“The words preaching and teaching are sometimes used interchangeably. Like peanut butter and jelly, chips and salsa... you can have one without the other, but they often go together.

...good preaching always involves some teaching. On the other hand, good teaching does not always involve preaching.”

Pastor Mark Driscoll



**Preaching—to the audience of believers and nonbelievers**

**Teaching—to the students or audience with the same focus**

# Unity of Faith

No contention among them



Looking forward with one eye—to be single minded, focused, and riveted on the cause of Christ.

“It is to be more concerned about building up the kingdom of God and establishing his righteousness in the earth than with personal achievement or self-aggrandizement.” See 3 Nephi 13:22 and D&C 88:67-68

JFM and RLM

Having one faith and one baptism, having their hearts knit together in unity and in love one towards another  
See D&C 82:19



# Alma Commanded

The People:

To observe the Sabbath Day and Keep it Holy

To give thanks to the Lord



The priests:

They are to labor with their own hands for support

One day a week they are to set apart to gather together to teach the people and worship God

They were not to depend on the people for their support

They were to teach with the power and authority from God

# According To Their Wants

To the People:

Of their substance—people should have what they need—the Law of Consecration—Law of Zion (D&C 105:3-5)

Impart of their own free will



“A religion that cannot save a people temporally has not the power to save them spiritually.

The society of Zion is made up of a people who have put their trust in the Spirit which leads to do good, to do justly, to walk humbly to judge righteously  
D&C 11:12

The people of such a holy commonwealth seek the interest of their neighbors.”

JFM and RLM



# A Long Time in the Forrest and 450 Souls

The People:

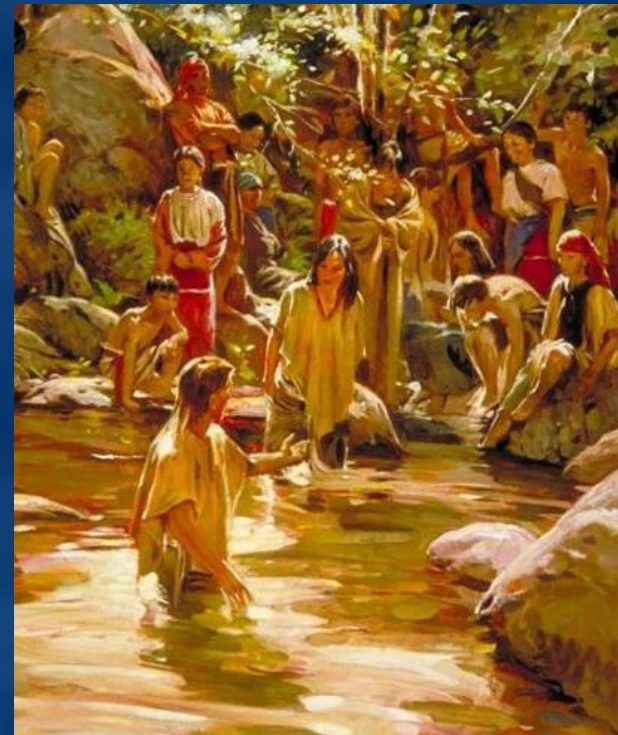
How beautiful are they to the eyes--There is peaceful excitement and joy associated with true conversion.

What Alma taught was new to them only because under King Noah the people were in a state of apostasy.



Noah:

A rebellious soul is never content to wallow in their own wickedness...they frequently tried to thwart, with zeal, the righteous from succeeding.



<<< **WARNING** >>>

The Lord can warn us when we are in danger



“Working as a special agent for the FBI, my friend investigated organized crime groups transporting illegal drugs into the United States.

“On one occasion, he and another agent approached an apartment where they believed a known drug dealer was distributing cocaine. My friend describes what happened:

““We knocked on the door of the drug dealer. The suspect opened the door, and upon seeing us, tried to block our view. But it was too late; we could see the cocaine on his table.

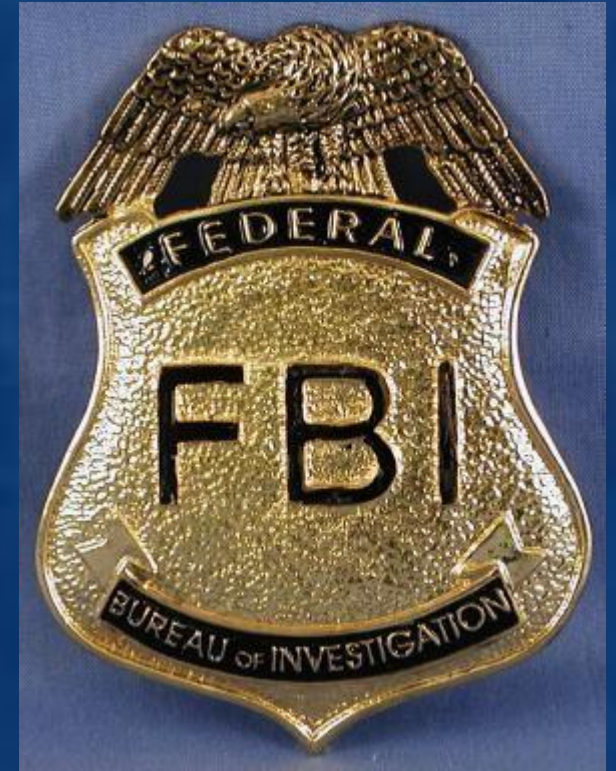
““A man and a woman who were at the table immediately began removing the cocaine. We had to prevent them from destroying the evidence, so I quickly pushed the drug suspect who was blocking the door to the side. As I pushed him, my eyes met his. Strangely, he did not appear angry or afraid. He was smiling at me.

““His eyes and disarming smile gave me the impression that he was harmless, so I quickly left him and started to move toward the table. The suspect was now behind me. At that instant, I had the distinct, powerful impression come into my mind: “Beware of the evil behind the smiling eyes.”

““I immediately turned back toward the suspect. His hand was in his large front pocket. Instinctively I grabbed his hand and pulled it from his pocket. Only then did I see, clutched in his hand, the semiautomatic pistol ready to fire. A flurry of activity followed, and I disarmed the man.’ ...

“... The Holy Ghost warned my friend of physical danger; the Holy Ghost will also warn you of spiritual danger”

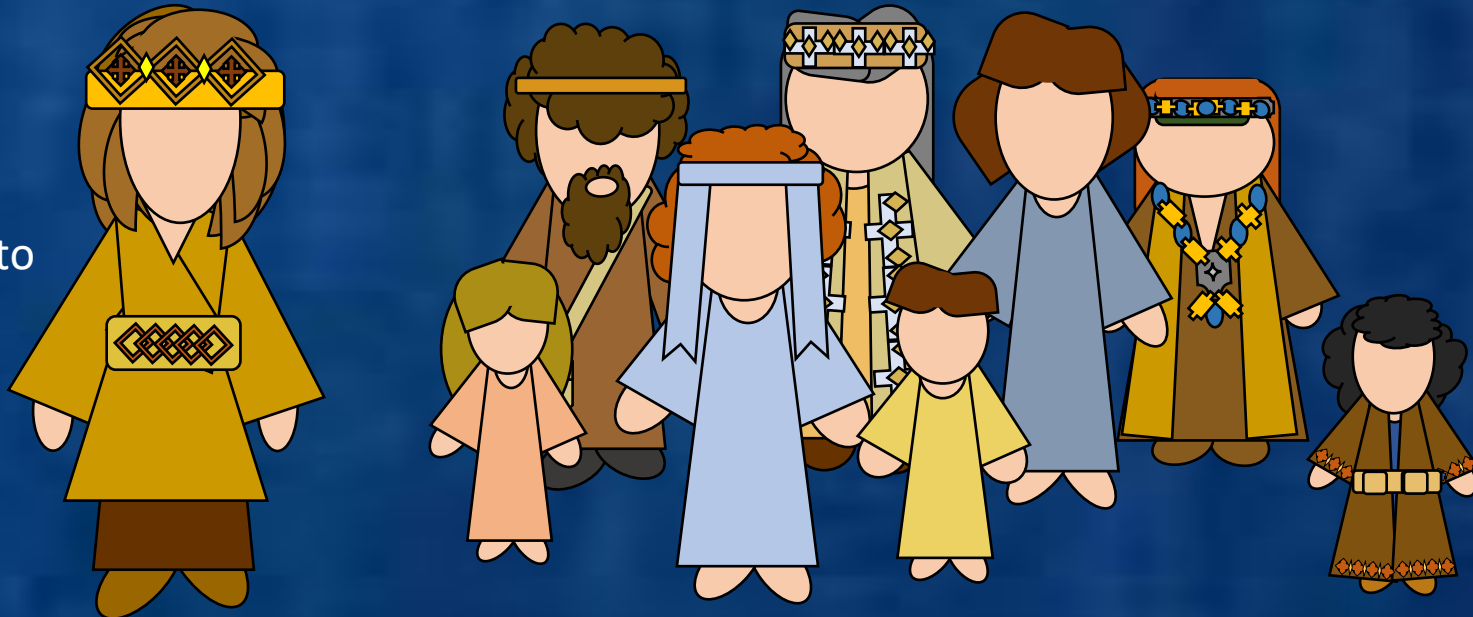
Elder Neil L. Andersen



*The Lord can warn the righteous  
when they are in danger.*



The people took their  
tents and departed into  
the wilderness



## Sources:

Joseph Fielding Smith *Answers to Gospel Questions* 3:203-204;

Pastor Mark Driscoll --<http://theresurgence.com/2013/04/23/what-s-the-difference-between-preaching-and-teaching>

Joseph Fielding McConkie and Robert L. Millet *Doctrinal Commentary on the Book of Mormon* vol. 2 p. 261, 263-264

Elder Neil L. Andersen (“Beware of the Evil Behind the Smiling Eyes,” *Ensign* or *Liahona*, May 2005, 46–47).

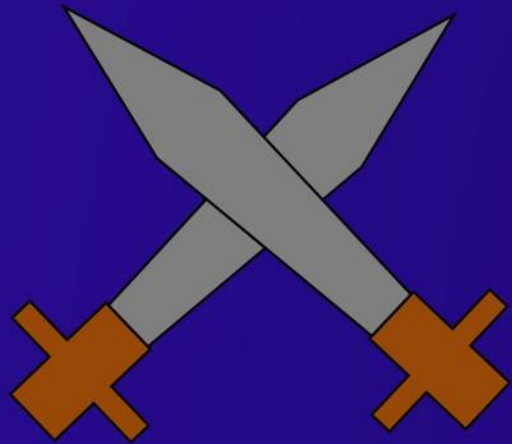
Differences Between the People of Limhi and the People of Alma adapted from: Book of Mormon Student Manual, Religion 121-122 pg 159-60

Time Period	People of Limhi	People of Alma
1. Abinadi's 2nd Visit	Noah's people rejected and killed Abinadi (Mosiah 17) Continue in Wickedness	Alma believed Abinadi, forced to flee (Mosiah 17:2-4)
2. Aftermath of Abinadi's 2 <sup>nd</sup> visit	Noah/Limhi's people continued in wickedness (19:2-20) They were divided, they were contentious, they were attacked by the Lamanites King Noah killed and the people were brought into Lamanite bondage and they must pay 50% tribute	A small group believed Alma (18:3-21) They travel to hear Alma preach They were taught to repent and have faith They covenanted with God They escaped the efforts of King Noah that wanted to destroy them
3. 2 years from Abinadi's death (19:29)	They endured bondage The Lamanites attacked (20:7) They fought back and they accepted bondage	Alma's people prospered (23:2-5) The Lord strengthened them They built a city
4. A period of time following the first two years (19:29)	Conditions of bondage intensified (21:3-6) Smitten on cheeks and heavy burden and murmuring Three wars end in defeat, and many killed, much sorrow (21:7-12)	Alma's people continued in peace and prosperity (23:19-20) They lived righteously and they prospered exceedingly
5. Continued after the first two years	Limhi's people repented (21:7-14, 25-26) Compelled to be humble Accepted bondage and abuse Cried mightily to the Lord Sent for help to Zarahemla	Alma's people continued in peace and prosperity
6. Continued after the first two years	Eventually delivered (21:16-31) Lord was slow to hear Prospered by degrees Covenanted with God Delivered. (22:11)	Alma's people continued in peace and prosperity
7. 121-120 BC Mosiah 22:24-25 footnotes	Arrived in Zarahemla (22:13-16) Lamanite army pursued Limhi's people	Alma's people experienced bondage and delivery from the Lord (Mosiah 23-24) The Lamanite army sent after Limhi's people discovered Alma's people in the land of Helam (24:8-10)

A stylized graphic of flames in shades of red, orange, and yellow, positioned behind the title text.

# Prophecy and Fulfillment

## Mosiah 19-20



“One Sunday morning ... we awoke to a beautiful day in Santo Domingo in the Dominican Republic. The Caribbean sun was shining, and the sky was clear. A gentle breeze was blowing, barely ruffling the leaves on the trees; it was warm and peaceful and still. But far out to sea, beyond the reach of our physical senses that day, the deadly destroyer was coming our way, implacable and irresistible.



The Hurricane Center, with responsibility to track and predict the path of Hurricane Georges, was constantly updating the information available on the Internet. In the peaceful, placid quiet of that morning, by virtue of those seeing eyes in the sky, I saw the predicted path of the storm, aimed like an arrow at the heart of Santo Domingo.



“Within 48 hours the storm struck the island with intense ... fury, leaving in its path destruction, desolation, and death.”



David R. Stone

What were the conditions preceding the storm?

How did Elder Stone know the storm was coming?



“Great as the damage and destruction and death from these awesome phenomena of physical force can be, there is even more desolation caused in people’s lives by spiritual hurricanes. These furious forces often cause far more devastating damage than physical cyclones, because they destroy our souls and rob us of our eternal perspective and promise.”



David R. Stone

# The Purpose of Warnings

**Have you ever had a time that someone tried to warn you about a danger that you could not foresee?**

Did you listen to this warning?

If you had listened, how were you blessed?

What is the purpose of a warning?

Who warns you about things you should avoid or things that might be harmful to you?



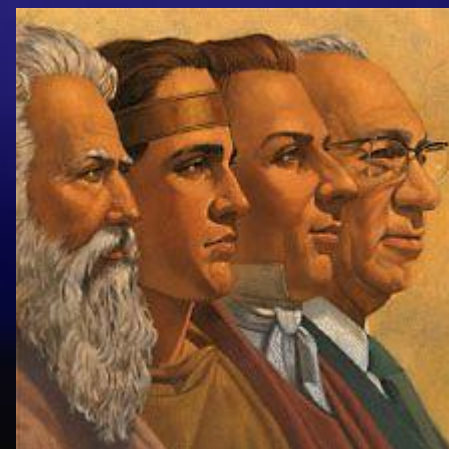
# Spiritual Warnings

To whom does God reveal spiritual warnings for His Church?



The Lord sent Abinadi to warn the Nephites of the consequences of their sins.

The Lord sends Prophets to warn us against the evils of the day



# Division Among the Remainder of the People

Those that were with Alma:

Were enjoying their peaceful life with their conversion



Those that stayed with King Noah:

Some began to breathe out threats against King Noah

There began to be contention among them

# Gideon

A strong military leader in the army of King Noah

He rose to take action against evil

Around 145 BC he led a revolt against the abuses of King Noah and attempted to slay him but was interrupted by the invasion of the Lamanites

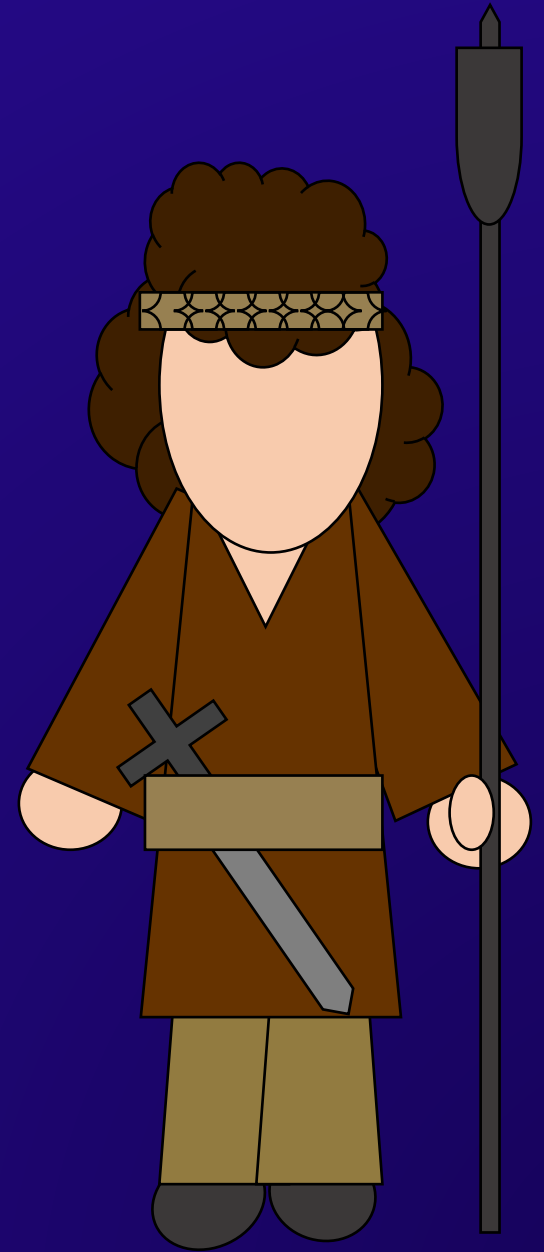
King Noah's son, Limhi, later heeded Gideon's advice to disable their Lamanite guards with drunkenness and gained freedom for the people to return to Zarahemla

He became a teacher of the people in the Church of God

Around 91 BC he challenged arrogant zealot Nehor "with the words of God" (Alma 1:9)

Nehor slew Gideon with the sword

He gave his life in defending the truth

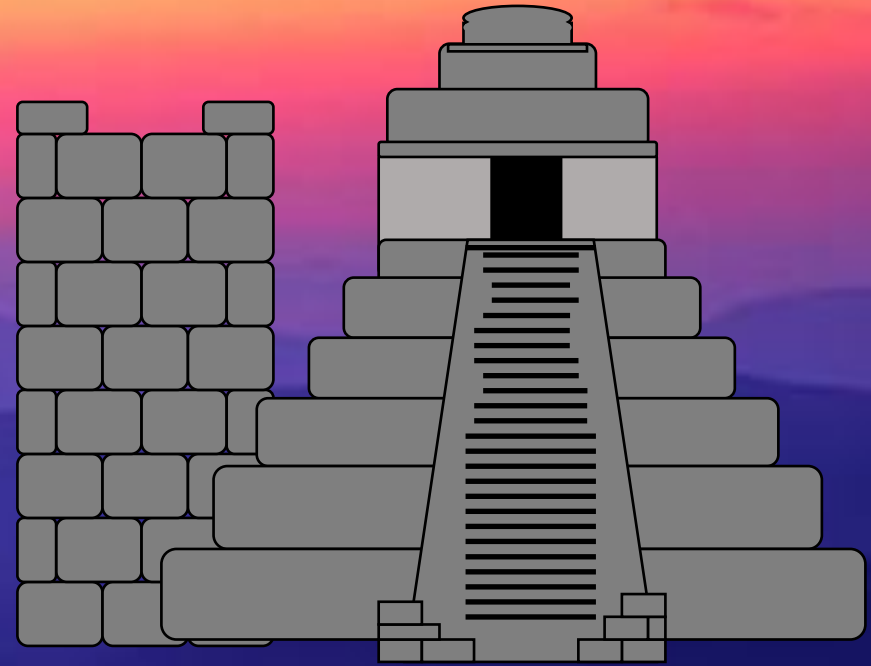


# The Story

Gideon drew sword to slay  
King Noah—

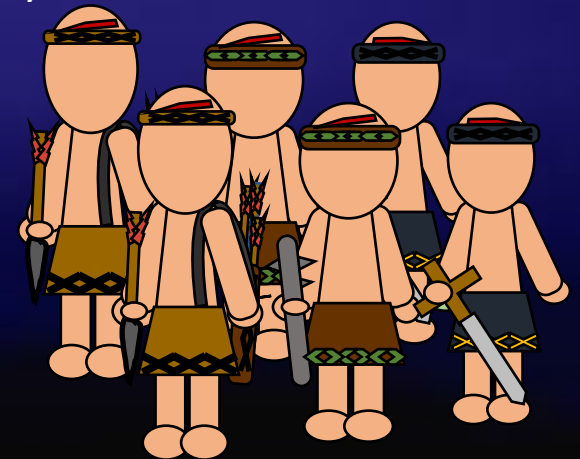
King Noah fled

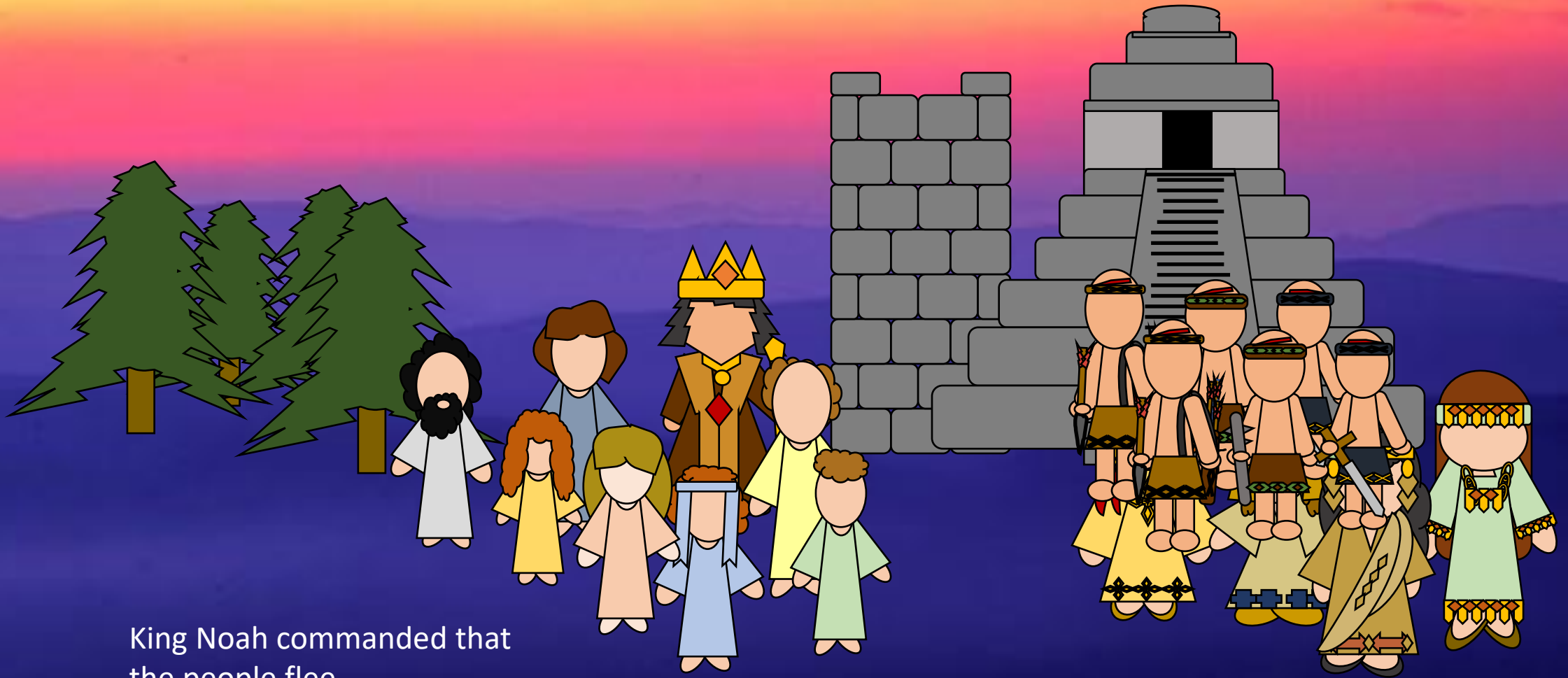
Gideon pursued him to the  
tower by the temple



King Noah saw the Lamanite army were on  
the borders of the land

Gideon spared the king's life



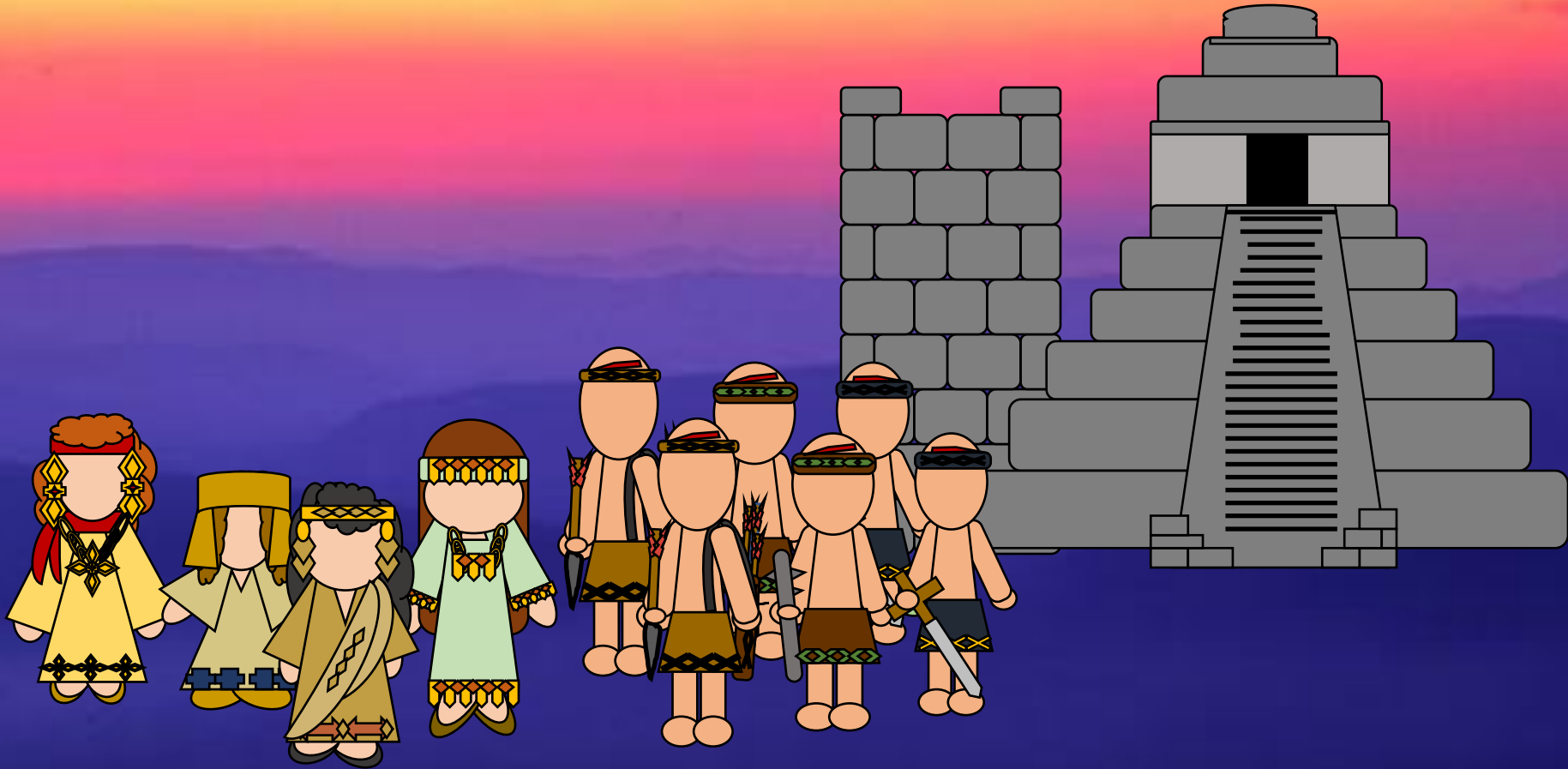


King Noah commanded that  
the people flee

He also fled before them

The Lamanites captured them and began to slay them

King Noah commanded that the women and children flee  
but many woman remained



Those who stayed had their fair daughters stand forth and plead with the Lamanites to not slay them

The Lamanites had compassion on them

They took them back to the Land of Nephi under the condition that they deliver up King Noah and their property—1/2 of what they had to pay tribute to the king of the Lamanites

# Limhi

Son of King Noah

Grandson of Zeniff

He was appointed king by the voice of the people around 145 BC, but ascension to power began around 150 BC

He was the last of the Nephite kings in the colony established by Zeniff among the Lamanites in the land of Nephi

He did not seek after the wicked ways of his father, Noah

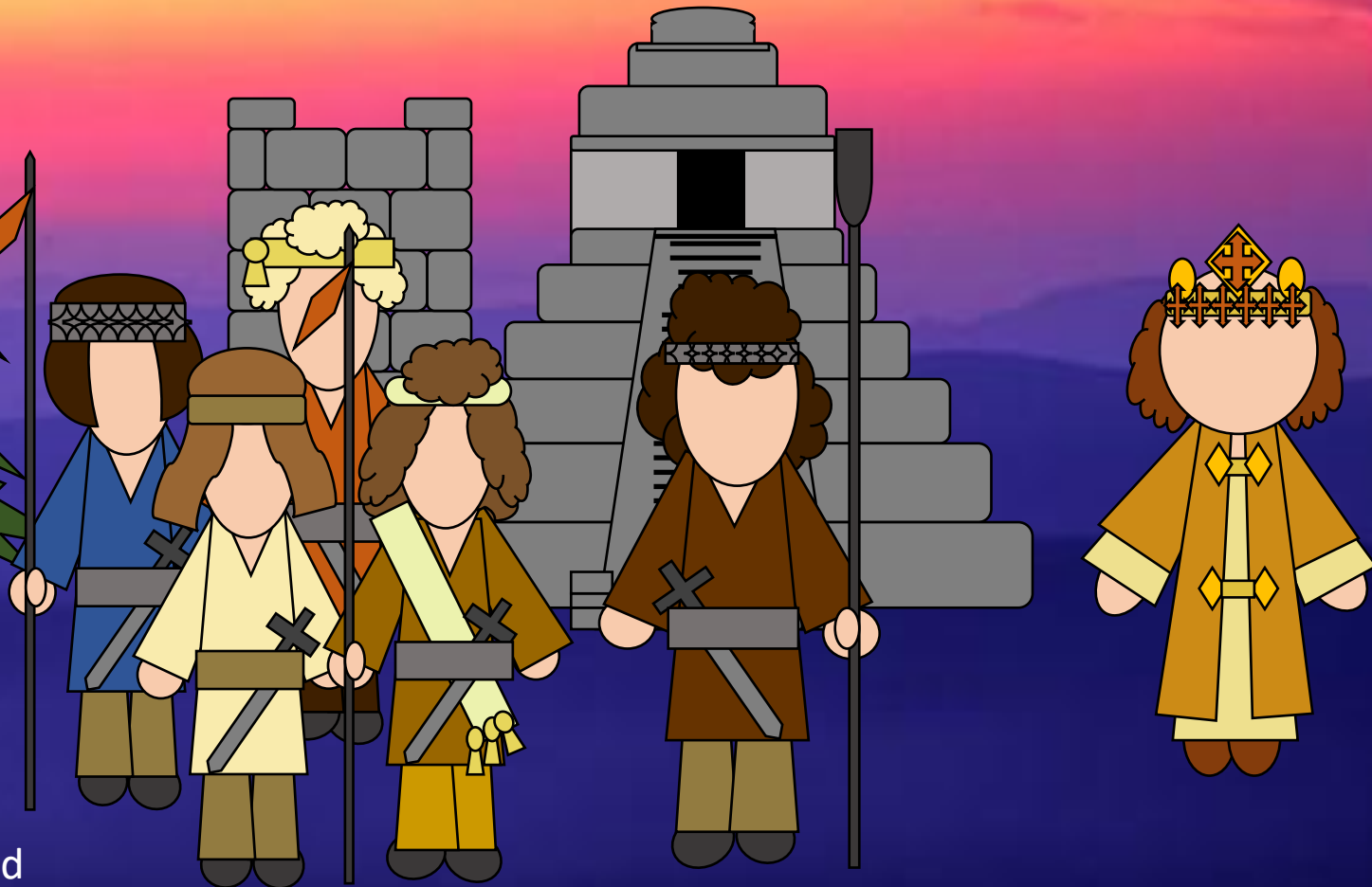
He served as a spiritual guide for his people

He sought to escape the bondage his people, where in with the Lamanites, and ruled in an atmosphere of constant fear of Lamanite attack and retribution





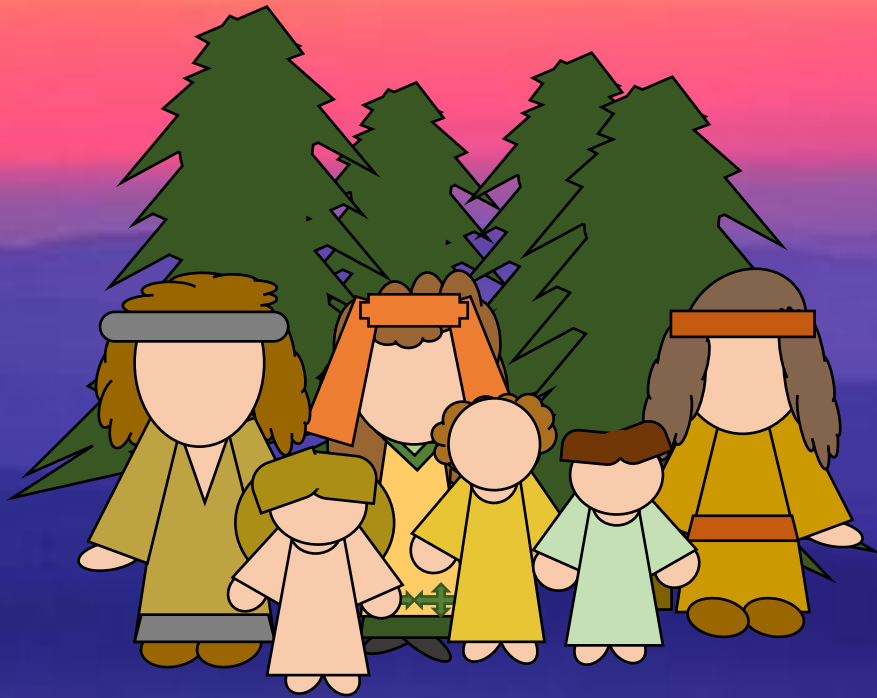
Limhi, the son of Noah, was also taken captive  
He was desirous to not have his father destroyed  
But he knew of his father's wickedness



Gideon sent men into the wilderness,  
secretly, to find the people and King Noah

They met the people in the wilderness, but  
King Noah and the priests were not there





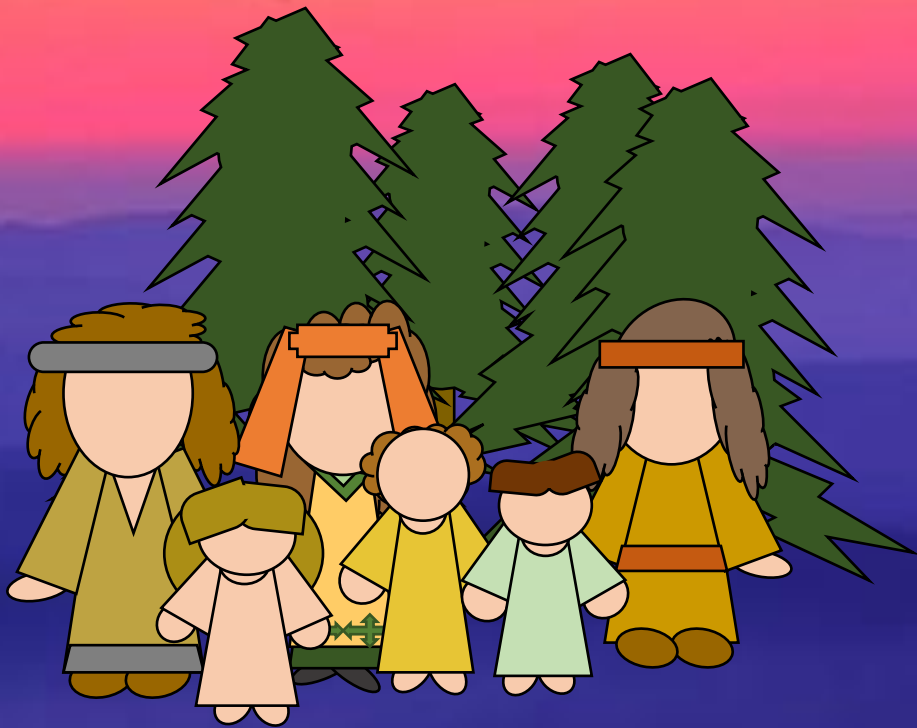
The people had sworn that if they return to the Land of Nephi and if their wives and their children were slain, they would seek revenge, and perish with them



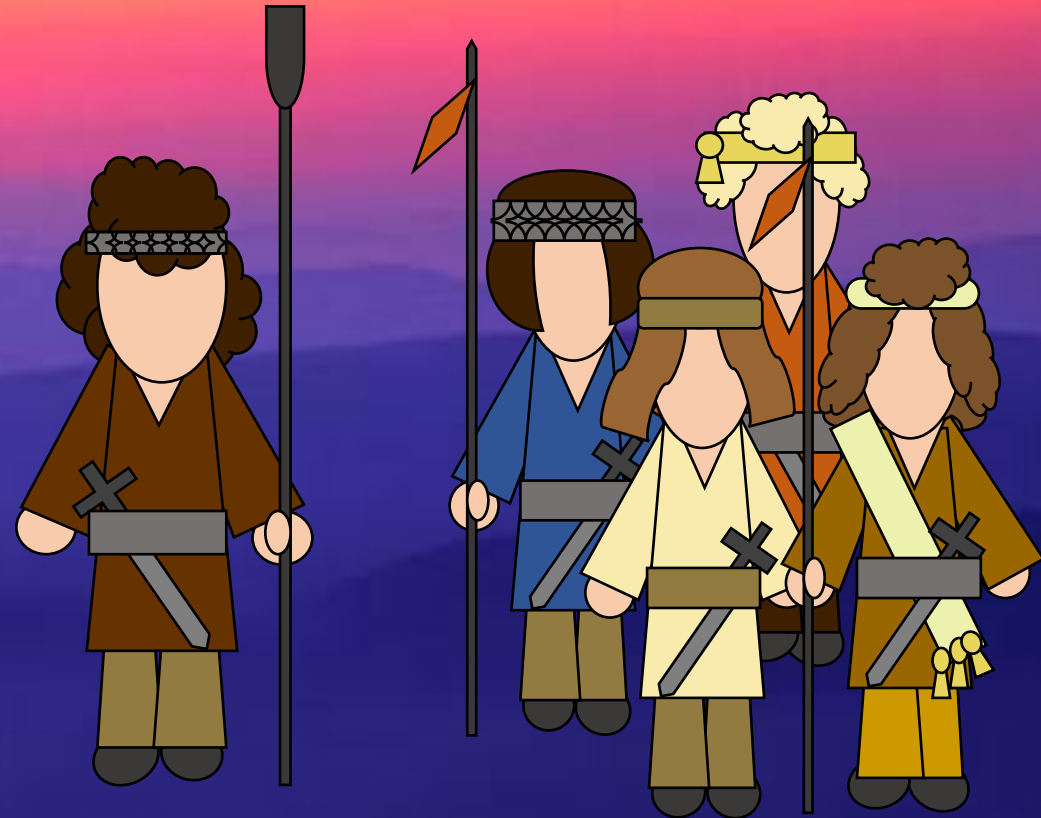
Earlier, King Noah commanded that they should not return, and they were angry with him, so they caused that he should suffer by fire

### Prophecy Fulfilled- Mosiah 12:3

The priests fled into the wilderness

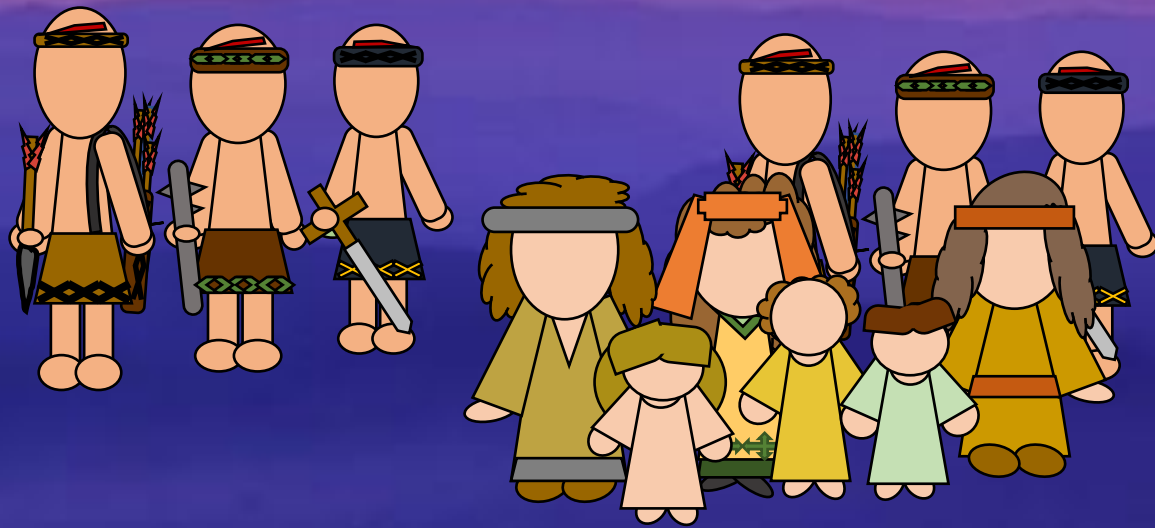


The people told Gideon that they had slain the king and the priests had fled further into the wilderness



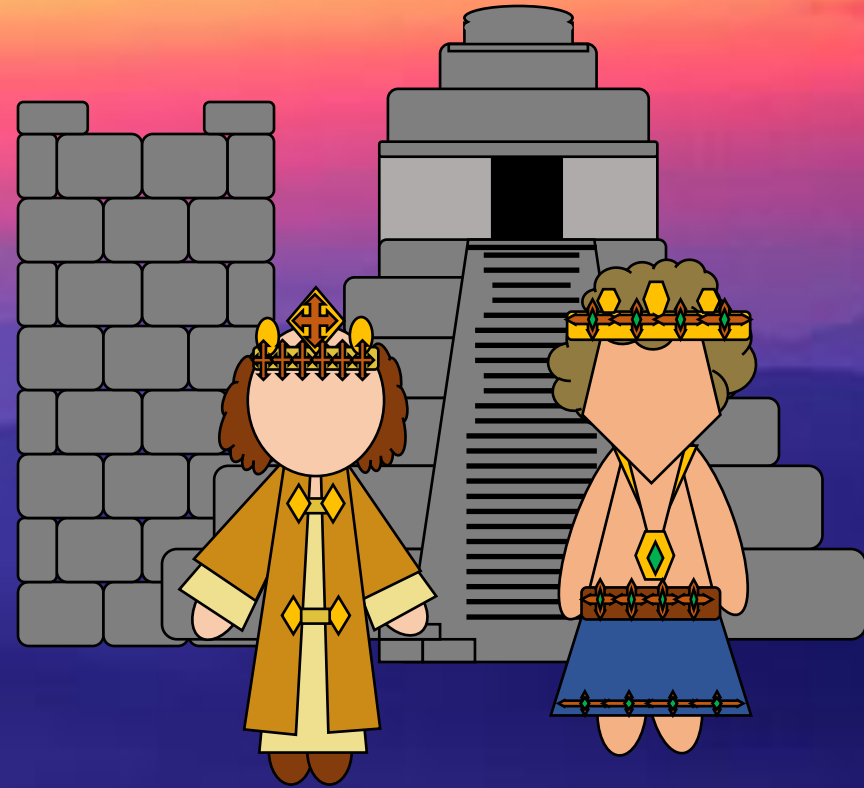
The men had told them what had happened to the people in the land of Nephi

And they rejoiced to hear that their loved ones were not slain



The King of the Lamanites made an oath to not slay them

The people made Limhi to be their king and he made an oath to the king of the Lamanites to pay tribute to him  $\frac{1}{2}$  of all they possessed



Limhi began to establish peace among his people

The king of the Lamanites set guards around the people so they would not escape

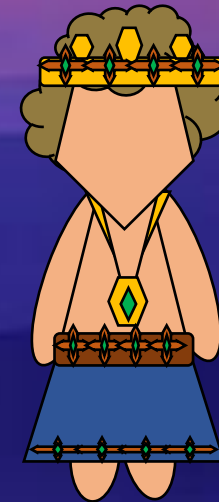
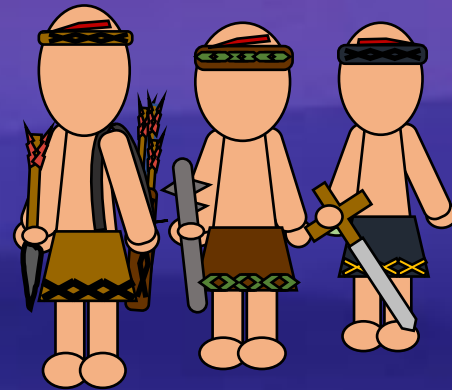
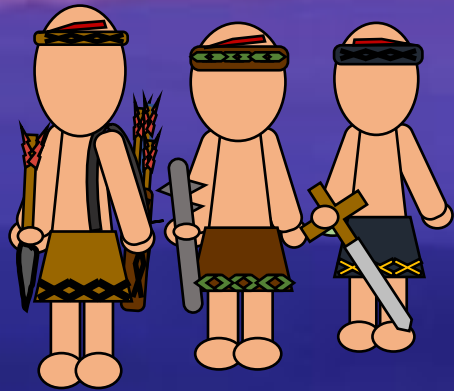
For 2 years they had peace

In a place called  
Shemion, the daughters  
of the Lamanites  
danced and sang

The priests of King  
Noah who had fled  
further into the  
wilderness came upon  
the daughters

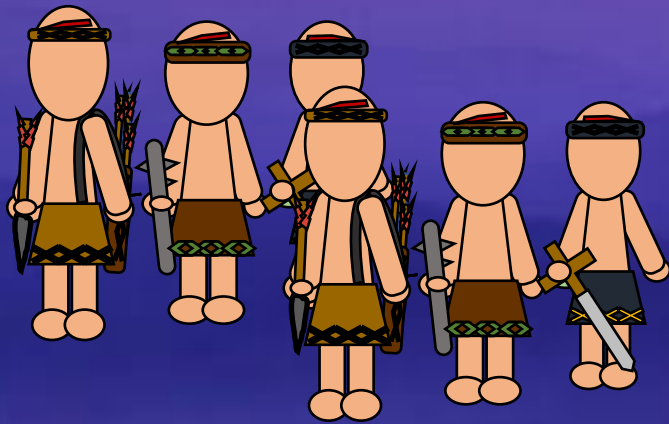
They took the  
daughters and went  
into the wilderness,  
there were 24 of them



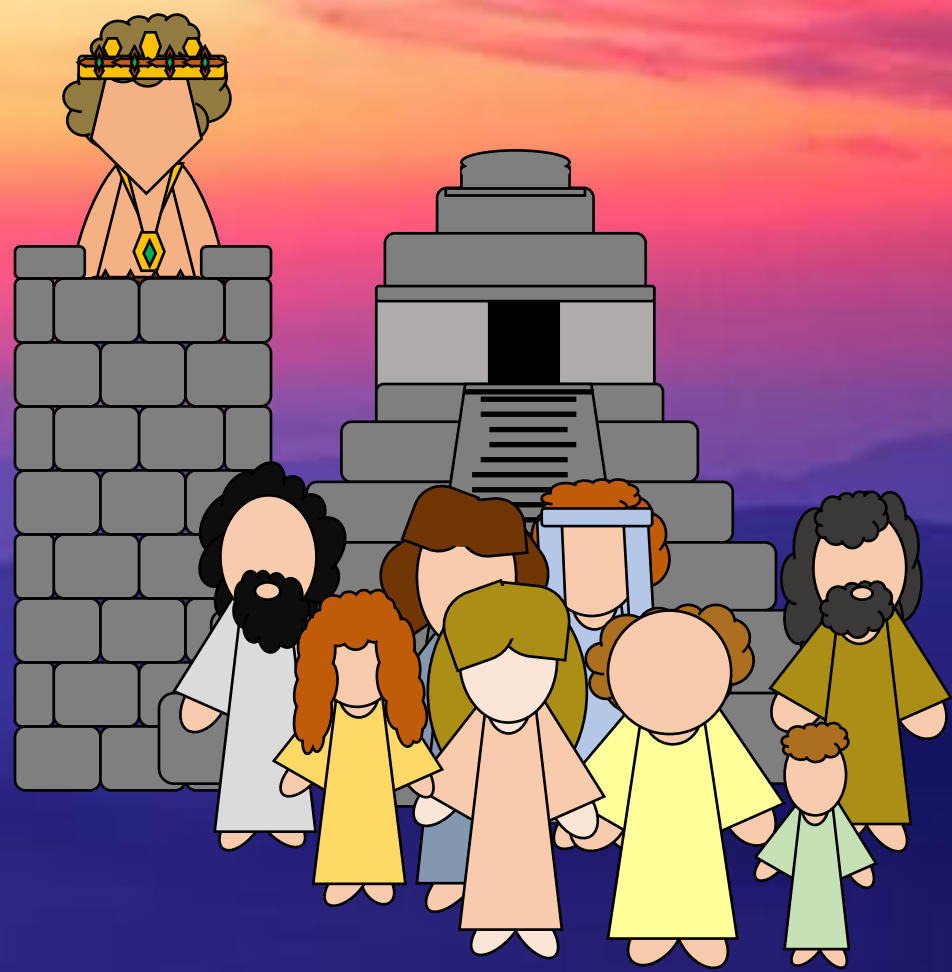


When the Lamanites found out about their daughters, they were angry with Limhi...they thought it was his people who had carried the daughters away

The king and his people went into the land of Nephi to destroy the people of Limhi



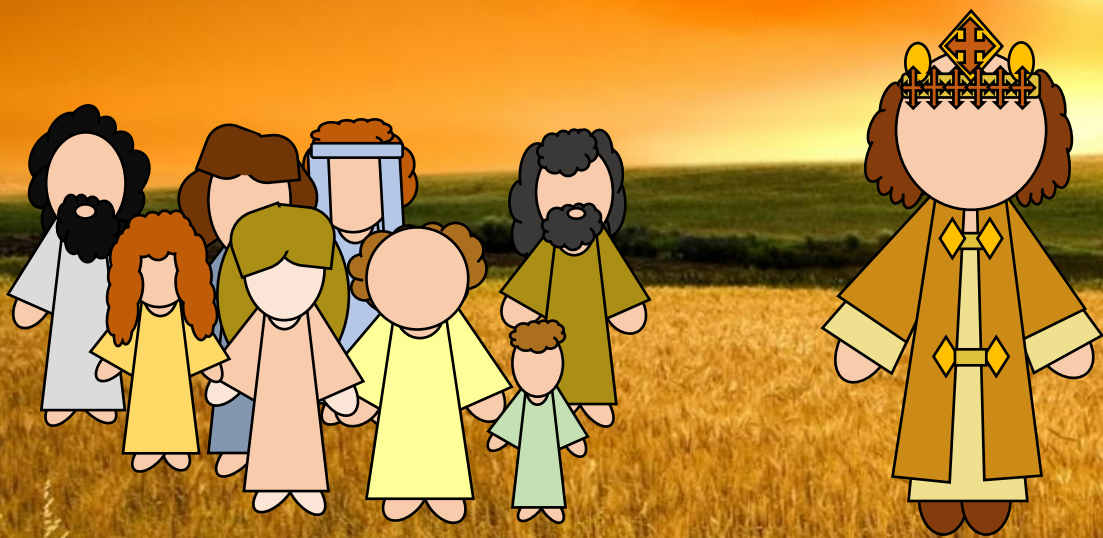
Limhi discovered them  
while in the tower



He also discovered that they  
were preparing for war.

Alma gathered his people...

And departed to the fields  
and forest and laid wait

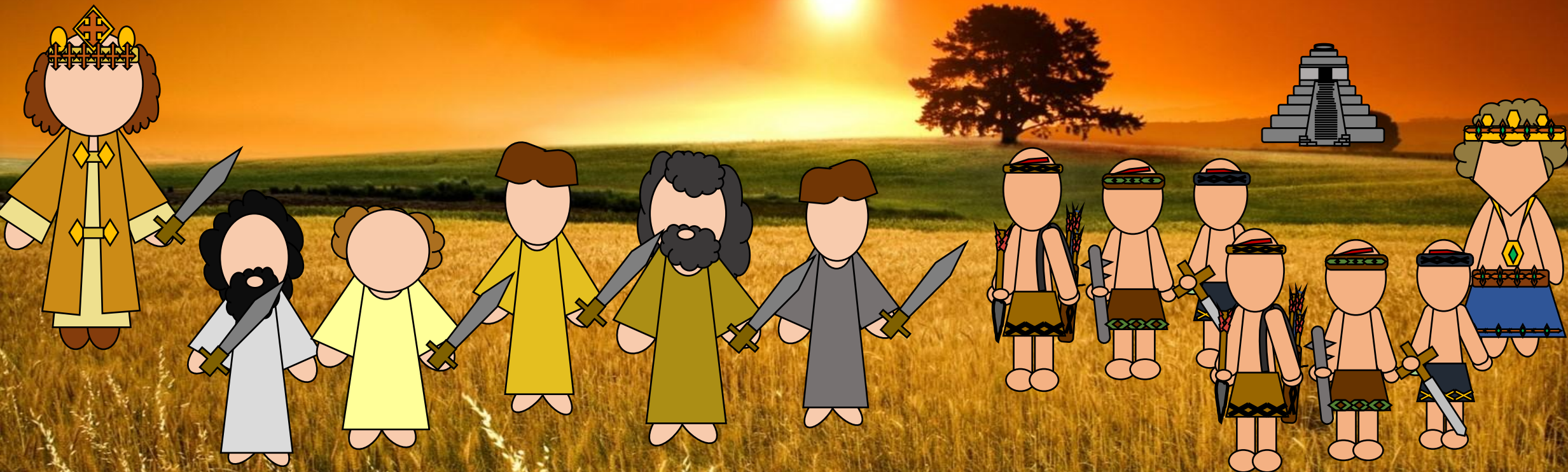


The Lamanites came upon them,  
and began to slay them for they  
fought like lions

The Lamanites thought  
their king was dead and  
they fled

The battle was “sore” and the people of  
Limhi fought for the wives and children—  
like dragons and drove them back

The people brought the king  
of the Lamanites to Limhi  
and bound him





The king told Limhi he had broken the oath he had made because of the missing daughters

Limhi knew nothing of this and wanted to search for the priests

Gideon, the king's captain, persuaded Limhi to not search for the priests of Noah

He reminded Limhi of Abinadi's prophecy

Gideon said it was better for them to be in bondage than to be slain



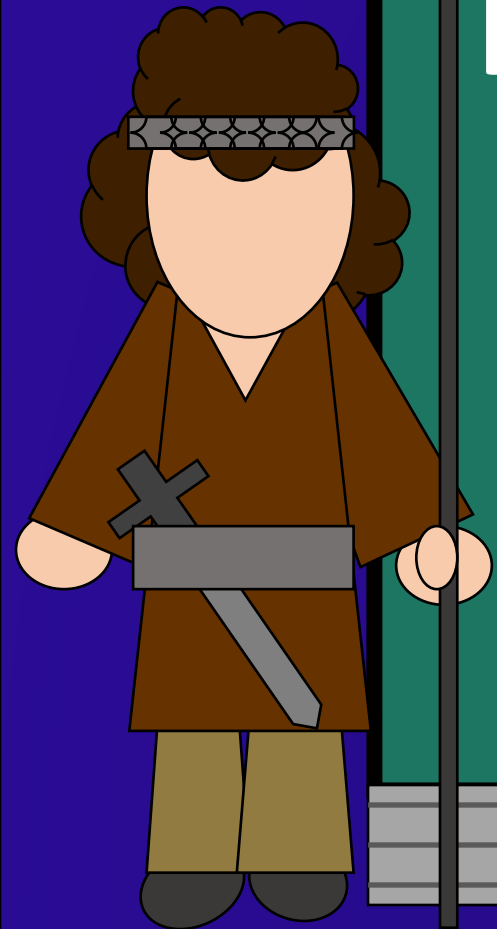
Limhi and his people went  
back to the Lamanites  
without weapons

The Lamanites had  
compassion on them and  
returned to their own land



# Gideon Reminds Us of Abinadi's Words

Ignoring or rejecting the words  
of the Lord's servants brings  
suffering and sorrow



“We ... have our spiritual hurricane guardians, those whose calling it is to watch and warn, helping us avoid spiritual damage, destruction, and even death. Our watchmen on the tower are known to us as apostles and prophets. They are our spiritual eyes in the sky, and they know, through inspiration and insight and pure intelligence, the course these storms may take.



They continue to raise their voices in warning to tell us of the tragic consequences of willful and wanton violations of the Lord's commandments. To intentionally ignore their warnings is to court misery, sorrow, and ruin. To follow them is to follow the chosen servants of the Lord into spiritual pastures of peace and plenty.”

David R. Stone



What are some things prophets and apostles teach in our day that will help us avoid suffering and sorrow?

What do they teach that will help bring us peace and happiness and help us return to God's presence?



“Our spiritual safety lies in turning to the clear voice of our living prophet. If we listen to his voice and obey his counsel, we will be able to live as Christ would have us live and endure to the end so that one day we, along with our families, will return back into the presence of our Heavenly Father and our Savior Jesus Christ”  
Robert D. Hales





Sources:

David R. Stone, "Spiritual Hurricanes," *Ensign*, Nov. 1999, 31

Ed. J. Pinegar and Richard J. Allen *Book of Mormon Who's Who* p. 58-59, 113

Robert D. Hales ("Hear the Prophet's Voice and Obey," *Ensign*, May 1995, 17).

List in order Mosiah 19-20

\_\_\_\_\_ Gideon seeks to kill King Noah.

\_\_\_\_\_ The Nephite women and children plead with the Lamanites not to slay them.

\_\_\_\_\_ King Noah suffers death by fire.

\_\_\_\_\_ A Lamanite army comes into the borders of Shemlon.

\_\_\_\_\_ The priests of Noah kidnap 24 Lamanite daughters.

\_\_\_\_\_ The Lamanite king pleads with his army to spare the people of Limhi.

\_\_\_\_\_ Noah and some of his men flee from the Lamanites, leaving their wives and children behind.

\_\_\_\_\_ Limhi orders his people not to slay the Lamanite king.

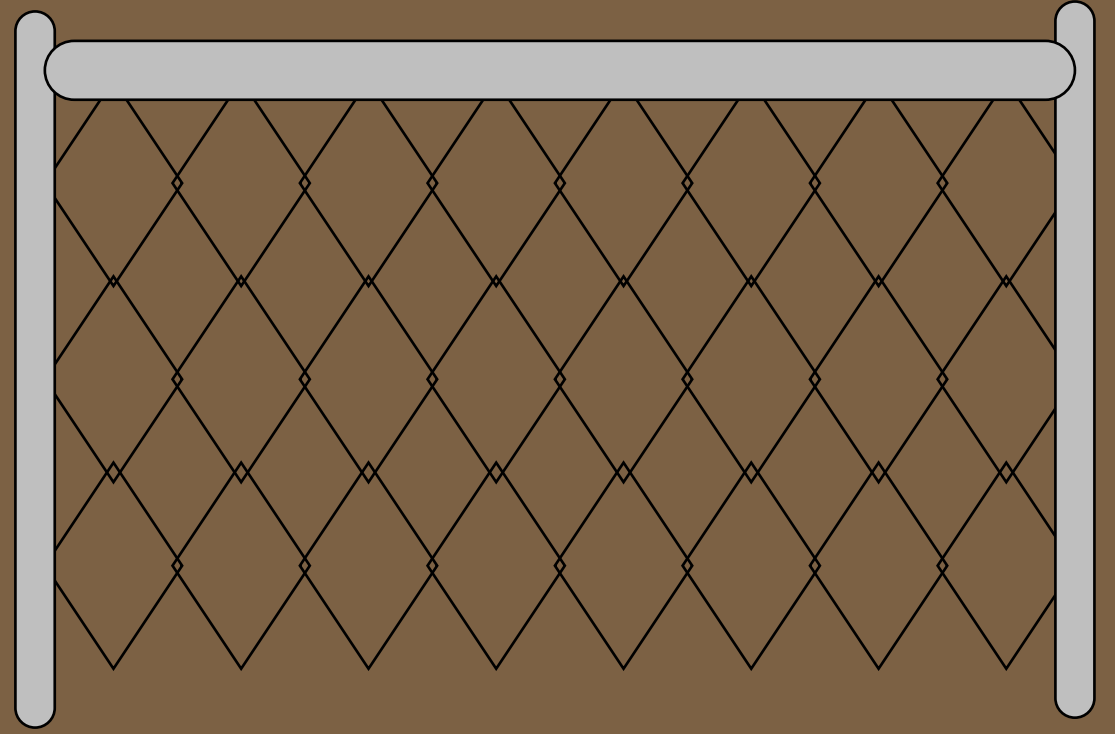
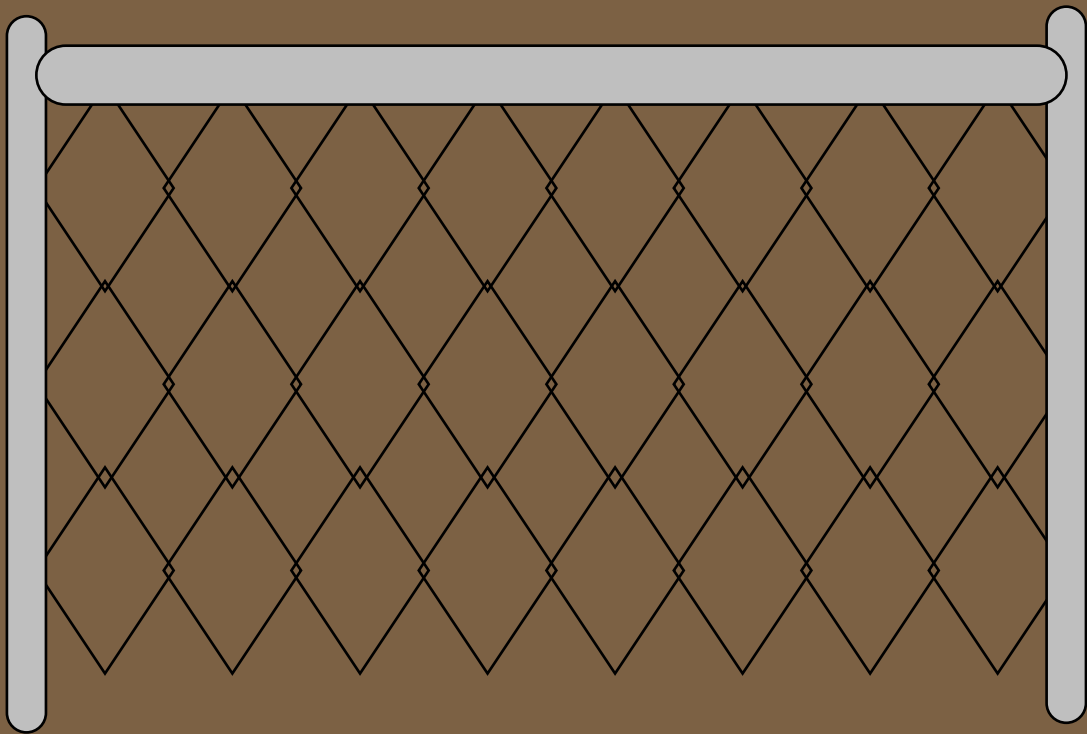
\_\_\_\_\_ There is peace between the Nephites and Lamanites for two years.

\_\_\_\_\_ Limhi promises that his people will pay one half of their possessions to the Lamanites.

\_\_\_\_\_ The Nephites repel a Lamanite attack and capture the Lamanite king.

# Captivity and Deliverance

## Mosiah 21-22





# A Prophecy Fulfilled--Bondage

## Physical Captivity—Bondage

Surrounded--Guarded by Lamanites

Smite --to strike or hit hard, with or as if with the hand, a stick, or other weapon or to affect mentally, morally, or emotionally

Exercise Authority--the power or right to control, judge, or prohibit the actions of others

Afflictions—A condition of pain, suffering, or distress.



Mosiah 21:1-12



## Spiritual Captivity

Guilt-- an emotion that occurs when a person believes that they have violated a moral standard that they themselves believe in.

Contentions—murmur against--complain

Pity themselves—sympathy and sorrow aroused by the misfortune or suffering

Impatience—Restless and unable to endure irritation or opposition; intolerant

# Breach—Breaking the Oath



The People of Limhi broke the oath the King of the Lamanites and Limhi had made.

“And they did afflict the king sorely with their complaints; therefore he granted unto them that they should do according to their desires.”—  
The pressure of the people



What are the consequences of breaking a promise?

To Others?

To Yourself?

# The Wars—against the Lamanites

## 1st

Gathered together  
Put on armor  
Went forth against the Lamanites  
Were beaten, driven back, and lost many  
They mourned and lamented  
They feared the Lamanites



## 2nd

Because of their cries, they  
stirred up more to go into battle  
They were driven back  
They suffered much loss



## 3rd

They went into battle again  
They were driven back  
They suffered much loss  
Those who were not killed  
returned to the city of Nephi

# Rebuke and Chasten



## Why did they get beaten so many times?

Their afflictions had come because they had rejected the Lord's invitation to repent

## Why wasn't the Lord with them?

"As many as I love, I rebuke and chasten"

Revelations 3:19

They were slow to hearken unto the voice of the Lord their God; therefore, the Lord their God is slow to hearken unto their prayers, to answer them in the day of their trouble.

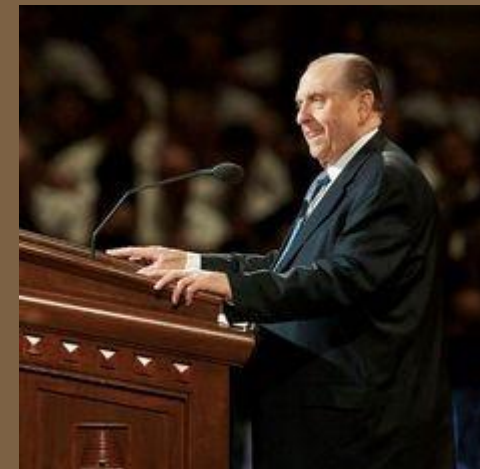
In the day of their peace they esteemed lightly my counsel; but, in the day of their trouble, of necessity they feel after me.

D&C 101:7-8

"The Lord who is patient and long-suffering even with evil may be equally slow to redeem the transgressor.

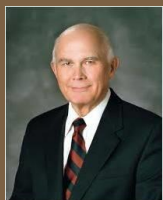
...time and suffering are a part of the healing process."

JFM and RLM



# The Lord Hears Their Cries

Now that they were humbled, would the Lord help them defeat the Lamanites?



“The scriptures declare and illustrate that God’s thoughts are not man’s thoughts and God’s way are not man’s way.”

Dallin H. Oaks



*“For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.”*  
*Isaiah 55:8-9*

*“Therefore, sanctify yourselves that your minds become single to God, and the days will come that you shall see him; for he will unveil his face unto you, and it shall be in his own time, and in his own way, and according to his own will.”*  
*D&C 88:68*



# The Lord's Way--Deliverance

The Lord softened the Lamanites hearts so:

The people of Limhi burdens were lighter

The Lord did not see fit to deliver them out of bondage---yet



“... these trials [burdens] are not just to test us. They are vitally important to the process of putting on the divine nature. If we handle these afflictions properly, they will be consecrated for our gain.”

Paul V. Johnson

**When we humble ourselves, call upon God, and repent of our sins, He will hear our prayers and ease the burden of our sins in His own time**

# The Test of Our Faith



## “Enduring it well”

Part of the normal pattern of life on earth



“Mortality is a proving ground, a test of faith and obedience. By refining the submissive person, it makes him or her fit to return home to God.”

...enduring well...is an essential part of mortality’s planned refining process. Refining requires heat (trials). Refining also requires time. ...refining also requires...a genuine and continuing confidence in the Refiner (Jesus Christ)”



“We need perspective as to the length of our trials: perspective as regards their comparative intensity; assurance that, if we are faithful, our enemies will not finally prevail, either; and assurance that life's timetable for us is likewise know to God, “according as [our] works shall be.”

# The Lord Allows Suffering and Trials

Mosiah 21:5–14

The Lord allows us to experience trials to help us become humble and rely more upon Him



Mosiah 21:15

Some trials and afflictions come as a result of disobedience



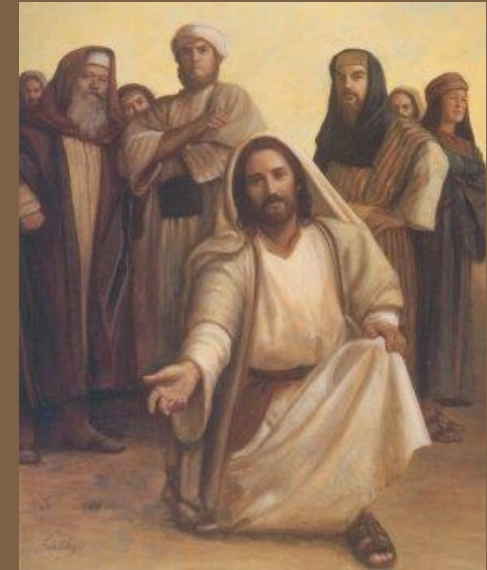
Mosiah 21:15–16; 24:14

Our trials can give us opportunities to seek after and feel the Lord's power in our lives



Mosiah 23:21

The Lord chastens His people and tries their patience and faith





# Spiritual Healing and Growth

“When we sin and refuse to repent, like the people of King Limhi, we bring upon ourselves additional pain—sometimes physical and always spiritual.

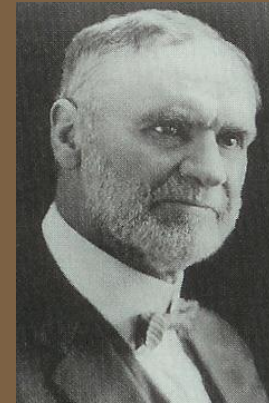
“Pain is a gauge of the healing process. It often teaches us patience.

Kent F. Richards



‘No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude, and humility. ... It is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire.’

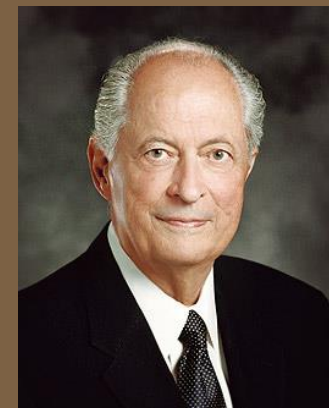
Orson F. Whitney



“Pain brings you to a humility that allows you to ponder. It is an experience I am grateful to have endured. ...

“I learned that the physical pain and the healing of the body ... are remarkably similar to the spiritual pain and the healing of the soul in the process of repentance”

Robert D. Hales



# Prosper in the Land

By degrees—line upon line



The People:

Did not suffer from hunger

Secured their substances—grain and flocks

Kept watch over their people and their land

They were desirous to find the priest and punish them



There was no more disturbance between the Lamanites and the people of Limhi until the time that Ammon and his brethren came into the land.

# Land of Desolation



Limhi sent a small number of men [43...Mosiah 8:7] to search for the Land of Zarahemla

The men were lost in the wilderness.

They found a land that had been covered with dry bones once peopled then destroyed

They found a record which Limhi could not read



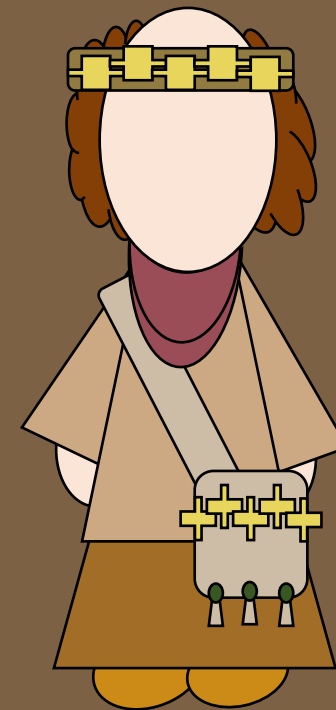
# People From the Land of Zarahemla

King Limhi discovers Ammon and others outside their walls

Thinking they are the priests...they are bound and cast into prison

Limhi discovers they are from the Land of Zarahemla and filled with "exceeding great joy"

Ammon tells Limhi that King Mosiah could interpret the engravings



# Sorrow For Their Brethren

Ammon is filled with sorrow because:

So many had been slain by the Lamanites

That King Noah and the priest had led the people astray

That Abinadi had been martyred

That Alma and the people had left with some people and  
the people didn't know what happened to them



# Faith Brings Freedom

“[Repentance] is essential to your happiness in this life and throughout eternity. Repentance is much more than just acknowledging wrongdoings. It is a change of mind and heart. ... It includes turning away from sin and turning to God for forgiveness. It is motivated by love for God and the sincere desire to obey His commandments”

*True to the Faith*



King Limhi entered into a covenant with God and many of his people to serve and keep His commandments

No Authority:

The people wanted to be baptized but Ammon “declined doing this thing” —feeling of unworthiness



They were desirous to escape as Alma had done and willing to serve God, but they must wait for their deliverance

# Deliverance

The voice of the people—gathering together to discuss how to escape from the Lamanites

The fear:  
Impossible for them to go into battle because the Lamanites were so numerous

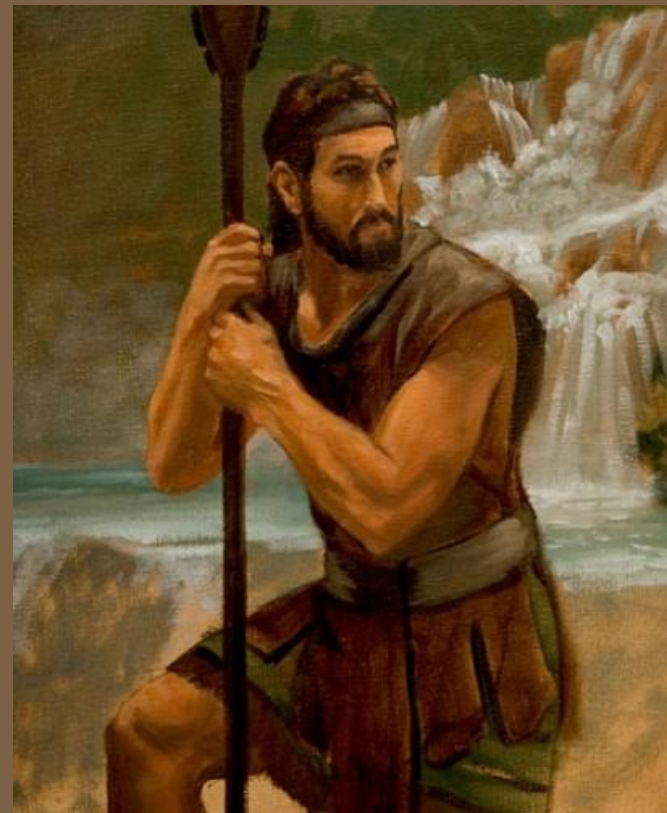
Gideon's idea:

Through the back pass, the back wall is where the Lamanites guard the people and are drunk at night

Gather the people and their flocks and herds and drive them into the wilderness

He will pay the last tribute to the Lamanites with wine and the Lamanites will be drunken and asleep

And they will travel around the land of Shilom



James H. Fullmer

# The Lord Will Fight Our Battles

Such deliverance comes only when they have turned their hearts in trust toward Him who has promised to preserve them and fight their battles.

Peace first---War only if the Lord commands it

*D&C 98:32-38*

*32 Behold, this is the law I gave unto my servant Nephi, and thy fathers, Joseph, and Jacob, and Isaac, and Abraham, and all mine ancient prophets and apostles.*

*33 And again, this is the law that I gave unto mine ancients, that they should not go out unto battle against any nation, kindred, tongue, or people, save I, the Lord, commanded them.*

*34 And if any nation, tongue, or people should proclaim war against them, they should first lift a standard of peace unto that people, nation, or tongue;*

*35 And if that people did not accept the offering of peace, neither the second nor the third time, they should bring these testimonies before the Lord; Then I, the Lord, would give unto them a commandment, and justify them in going out to battle against that nation, tongue, or people.*

*37 And I, the Lord, would fight their battles, and their children's battles, and their children's children, until they had avenged themselves on all their enemies, to the third and fourth generation.*

*38 Behold, this is an ensample unto all people, saith the Lord your God, for justification before me.*





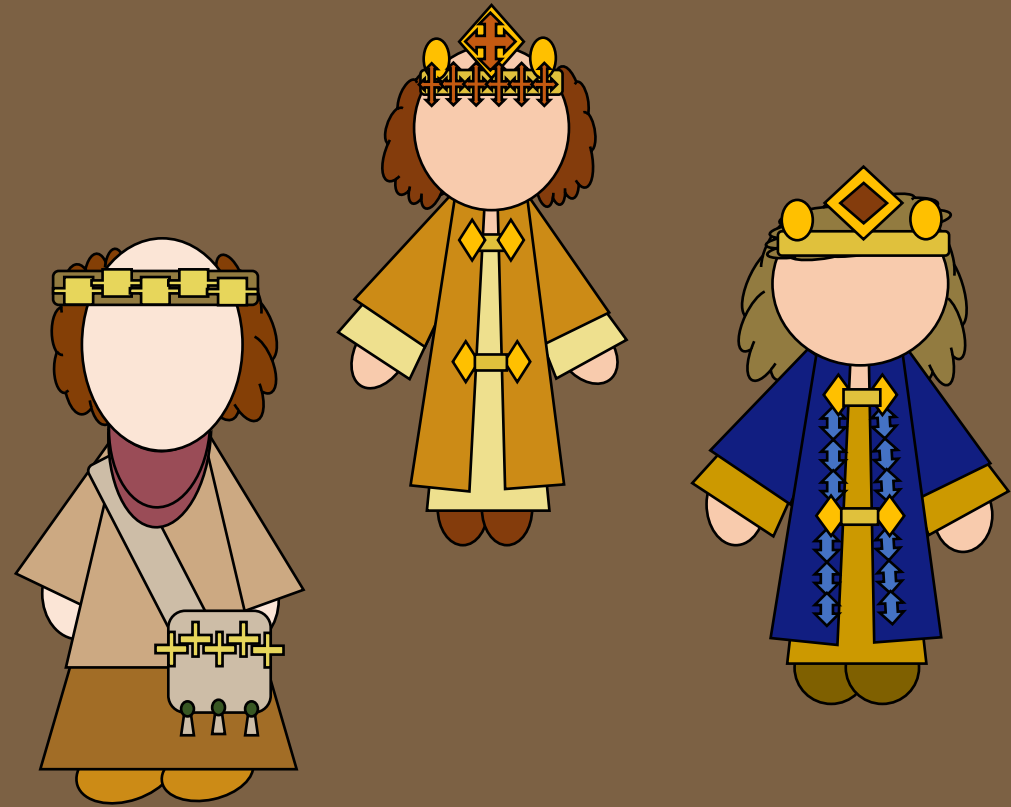
# Returning to the Land of Zarahemla

Mosiah receives them with joy

Being Subject to:

Being in a position or in circumstances that place one under the power or authority of another or others--

Obeying the laws of the land



Lamanites sends army out to look for Limhi and his people

After 2 days they were lost in the wilderness

## Sources:

Joseph Fielding McConkie and Robert L. Millet Doctrinal Commentary on the Book of Mormon Vol 2 pg 273

Paul V. Johnson *More Than Conquerors through Him That Loved Us* April 2011 General Conf.

Neal A. Maxwell *If Thou Endure It Well* pg 2-3, 8-10

Kent F. Richards, Orson F Whitney, Robert D. Hales “The Atonement Covers All Pain,” *Ensign or Liahona*, May 2011, 15).

**Mosiah 21:14-16:**

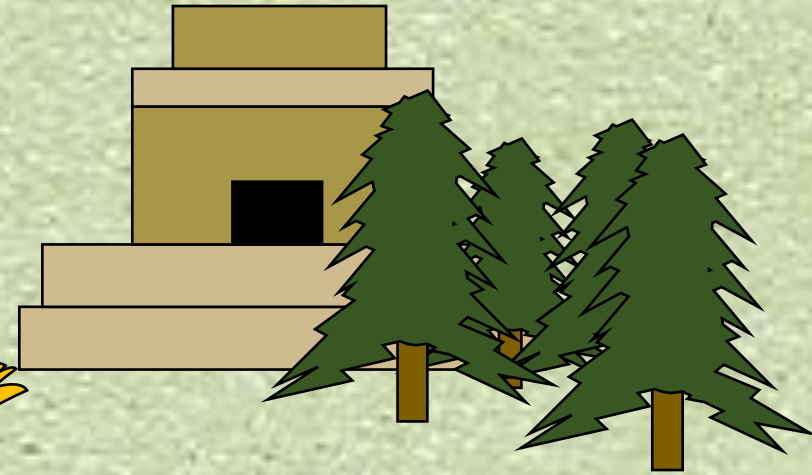
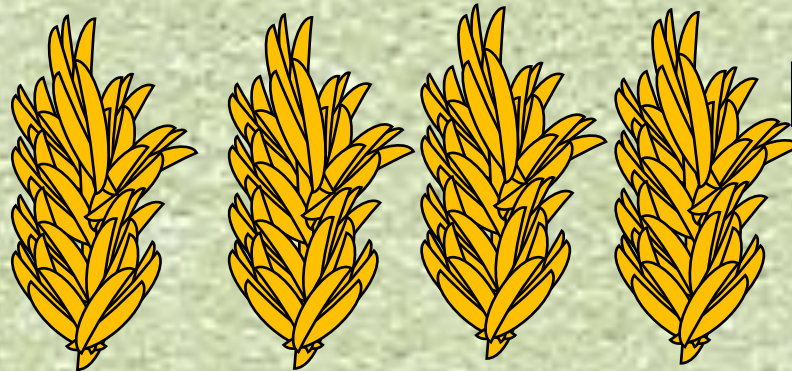
“Repentance means striving to change. It would mock the Savior’s suffering in the Garden of Gethsemane and on the cross for us to expect that He should transform us into angelic beings with no real effort on our part. Rather, we seek His grace to complement and reward our most diligent efforts (see 2 Nephi 25:23). ... Real repentance, real change may require repeated attempts, but there is something refining and holy in such striving. Divine forgiveness and healing flow quite naturally to such a soul” (D. Todd Christofferson, “The Divine Gift of Repentance” *Ensign* or *Liahona*, Nov. 2011, 39).

**Afflictions Mosiah 21:13-16:**

“The Lord will give relief with divine power when you seek deliverance in humility and *faith in Jesus Christ*.

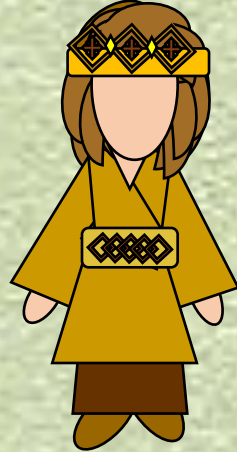
“Don’t say, ‘No one understands me; I can’t sort it out, or get the help I need.’ Those comments are self-defeating. No one can help you without faith and effort on your part [see Harold B. Lee, *Stand Ye in Holy Places* (1974), 241–42]. Your personal growth requires that. Don’t look for a life virtually free from discomfort, pain, pressure, challenge, or grief, for those are the tools a loving Father uses to stimulate our personal growth and understanding. As the scriptures repeatedly affirm, you will be helped as you exercise *faith in Jesus Christ* [see Enos 1:15–18]. ... Faith in Christ means we trust Him; we trust His teachings. That leads to hope, and hope brings charity, the pure love of Christ—that peaceful feeling that comes when we sense His concern, His love, and His capacity to cure us or to ease our burdens with His healing power” (Richard G. Scott, “To Be Healed,” *Ensign*, May 1994, 8).

ESTABLISHING A  
RIGHTEOUS CITY  
MOSIAH 23-24



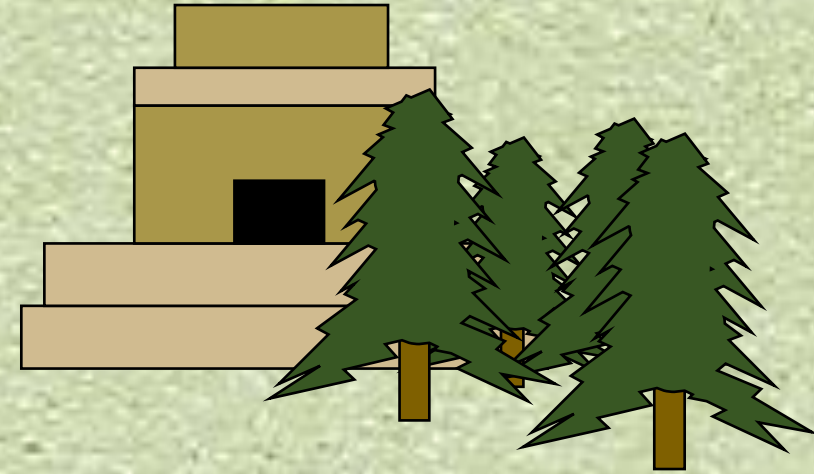
# MEANWHILE...

Alma was warned of King Noah's army approaching



"The Lord did strengthen them that the people of King Noah could not overtake them to destroy them"

They traveled 8 days in the wilderness and came to a beautiful place...a land of pure water



# LOVED BY THE PEOPLE

The people wanted Alma to be their king



“Behold, it is not expedient that we should have a king; for thus saith the Lord: Ye shall not esteem one flesh above another, or one man shall not think himself above another; therefore I say unto you it is not expedient that ye should have a king.”

He reminds them of King Noah and his wickedness and that they had been oppressed by that king and was put into bondage.

Alma desired that they ‘stand fast in liberty’



Freedom

# RESPONDING TO THE WARNINGS

When the Teton dam (built not far from Rexburg, Idaho,) collapsed and unleashed seventeen miles of backed-up water and accumulated debris upon the towns and farms beneath it, only 11 of nearly 35 thousand people in the path of the flood died.

**Why?**



Because they were warned; and more importantly, because they heeded the warning instantly..."



# THE WARNINGS

**“We, too, have been warned. It seems almost against our natures to accept warning or guidance from others.**

**There are, however, times when, regardless of how much we know, our very existence depends upon paying attention to those who guide us.”**

**Boyd K. Packer**



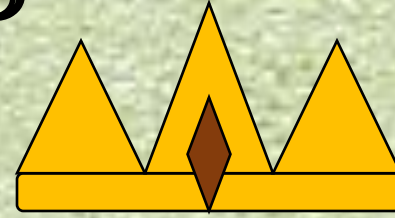
**Italy  
coronavirus**





# KINGS

**“Kings set the moral tone for their nation.  
Those who taught in righteousness:**



**Melchizedek, king of Salem—caught up with the city  
of Enoch (JST- Genesis 14:34**

**King Benjamin (Mosiah 5:5-7)**

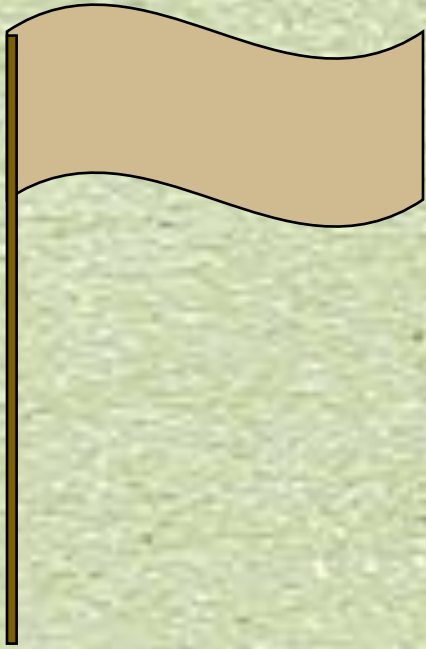


**“Even though a Righteous King is chosen,  
there is no way to assure that those who  
succeed him will be of like spirit”**

**Example:  
The Lord commanded Samuel to  
warn Israel not to establish a  
monarchical government, but they  
would not listen to their God or to  
his prophet. (1 Samuel 8:11-18)**



# HOW TO REMAIN FREE



**Leaders and teachers should be men or women of God with:**

**Morals**

**Values**

**Humility**

**Honesty**

**Righteousness**

**Righteous Judgment**

**Those who keep the commandments  
and honor their covenants**

**Who can we trust in for our eternal well being?**

Love your neighbor

Keep the  
commandments

Listen to the  
prophets

Keep your  
covenants

# ALMA, A HIGH PRIEST

He was the founder of their church—

He laid the foundation for the Church among the people...the church had not originated with him...but he must have known about the brass plates, Lehi, Nephi, and the teachings of his ancestors

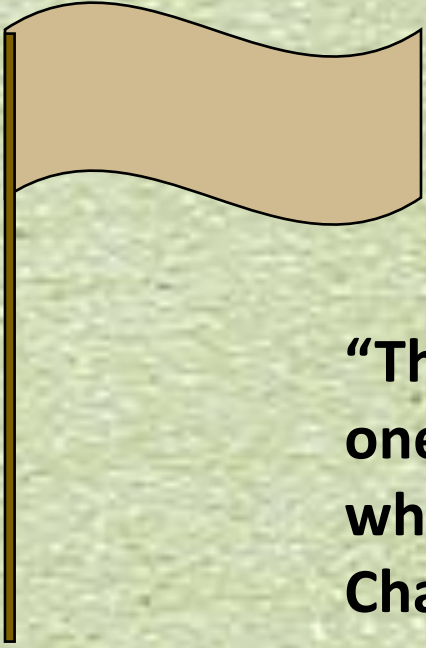
He must have held the keys of the priesthood because he had the authority to consecrate all their priests and teachers



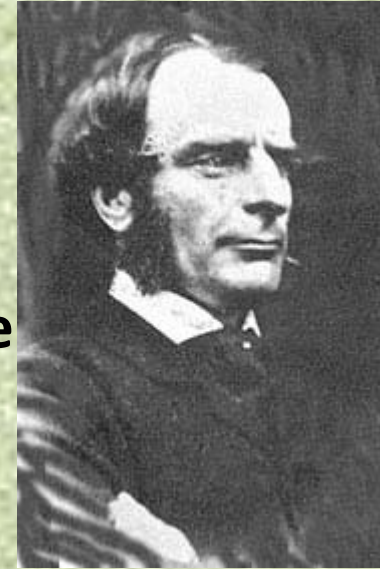
**“Again I say unto you, that it shall not be given to any one to go forth to preach my gospel, or to build up my church, except he be ordained by some one who has authority, and it is known to the church that he has authority and has been regularly ordained by the heads of the church.”**

**D&C 42:11**

# CHOOSING TO REPENT AND LIVE RIGHTEOUSLY



**“There are two freedoms, the false where one is free to do what he likes, and the true where he is free to do what he ought”  
Charles Kingsley**



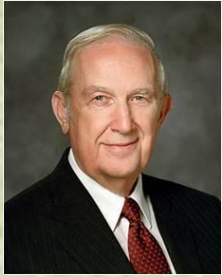
**“We are inclined to think of law as something merely restrictive...we sometimes think law is the opposite of ...[God] made man free—and then gave him the commandments to keep him free.”  
Richard L. Evans**

# PATIENCE

The Lord chasten them--with their patience



**“The word *chasten* comes from the Latin *castus*, meaning ‘chaste or pure,’ and *chasten* means ‘to purify’ Lynn G. Robbins**



**“Testing ... is needed even when you are living a worthy, righteous life and are obedient to [God’s] commandments. Just when all seems to be going right, challenges often come in multiple doses applied simultaneously”**

**Richard G. Scott**

The Lord will try our patience and  
faith to help us increase our  
trust in Him

# TRUST IN THE LORD



**“It is great challenges that produce great people, and great difficulties that produce great faith”**

JFM and RLM



**“Though he were a Son, yet learned he obedience by the things which he suffered;  
And being made perfect, he became the author of eternal salvation unto all them that obey him;”  
Hebrews 5:8-9**

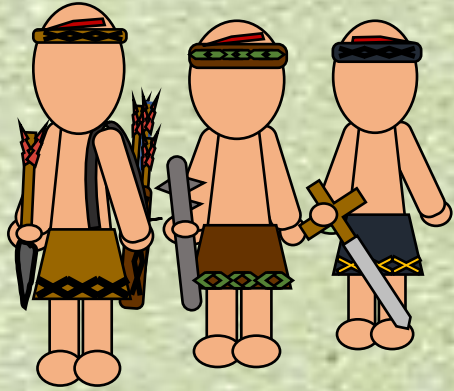
**How can you ever know light if you had never known darkness?**

**How could you ever know what sweetness is if you have never tasted bitter?**

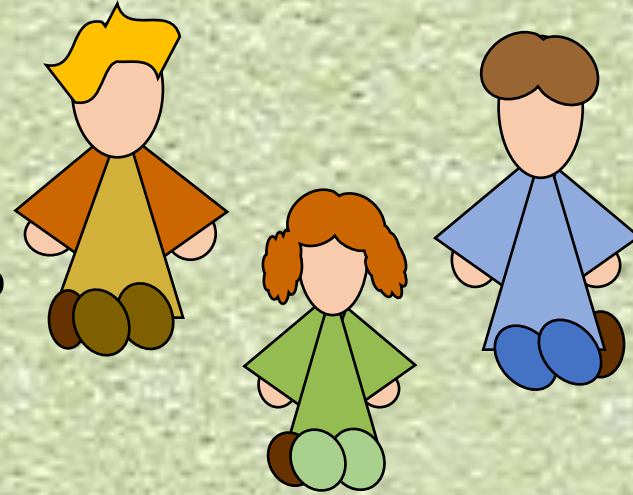
**How could you ever know patience if you have never had challenges?**

**How could you ever trust in the Lord if He isn't part of your life?**

# SOFTENING THE HEARTS

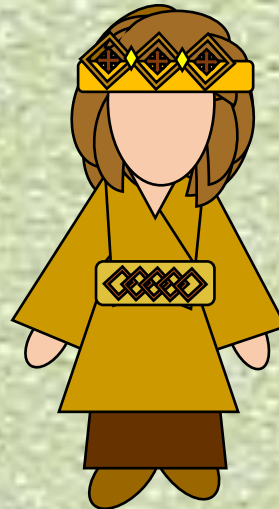


The Lamanites  
appear in the  
land of Helam



Alma's people begin to  
pour out their hearts  
to the Lord

The Lord softens the  
hearts of the  
Lamanites



Alma delivered them into the  
hands of the Lamanites and  
they take possession of the land

# WHAT HAPPENED TO THE PRIESTS OF NOAH?

The Lamanites finally found them in the land of Amulon



They began to possess the land and till the ground

Their leader was Amulon



They did not destroy them because of the daughters of the Lamanites



# AMULON

He was the leader of the priests of King Noah from about 150 BC to 121 BC

Following the death of Noah, he and other priests joined with the Lamanites forces after having been in the wilderness

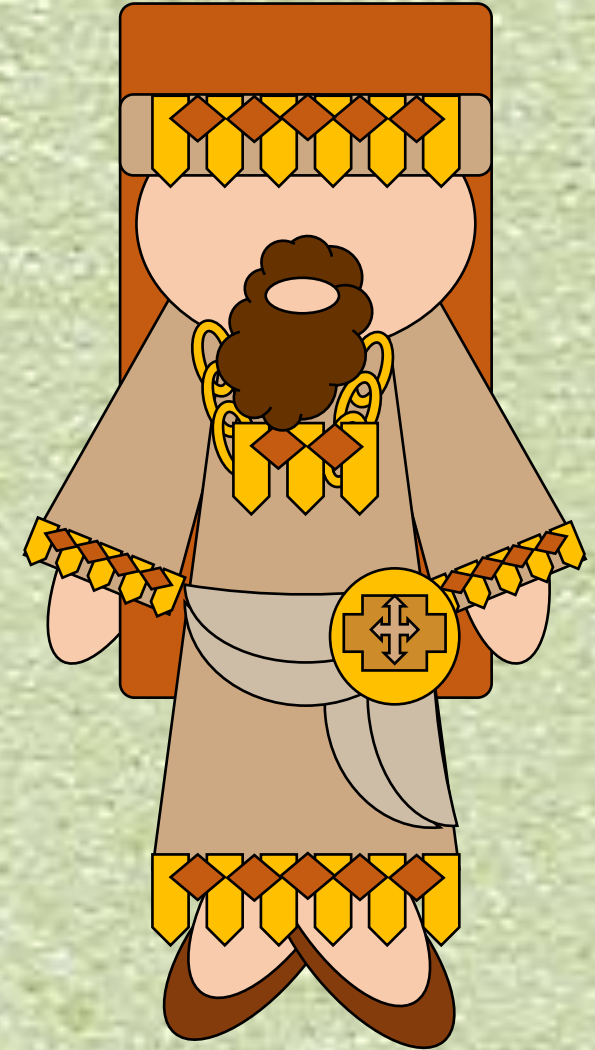
When they found the settlement of Alma, they promised Alma that they would spare their life's

He was placed as the ruler of the land of Helam

He threatened anyone to be put to death if they were caught praying

The Lord caused a sleep to come upon Amulon and his guards and the people of Alma escaped to Zarahemla

Amulon and his people were appointed by the king of the Lamanites to teach the Nephite language to the Lamanites

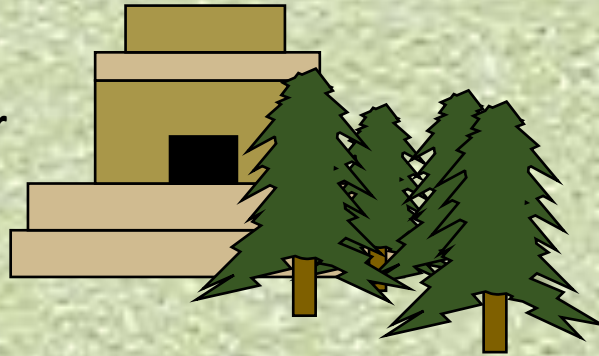


# LAMANITES AND AMULONITES

Amulon and the other priest join the Lamanites

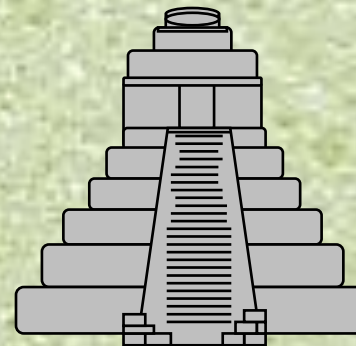


They find the land of Helam while looking for the land of Nephi



After Alma shows them the way to the land of Nephi but Amulon breaks his promise and sets guards around them

Some of them went to the land of Nephi and the others remained in the land of Helam and brought their wives and children



# KING AND RULER

**Amulon is granted by the king of the Lamanites that he should be ruler over the people of Alma**

**Amulon was to obey the king of the Lamanites and not do anything contrary to his will—full subjection**



**The King of the Lamanites appointed Amulon to be a teacher over the people in the land of Shemlon, and Amulon**

**The king was called Laman after his father Laman and appointed Amulon to teach the people the language of the Nephites**

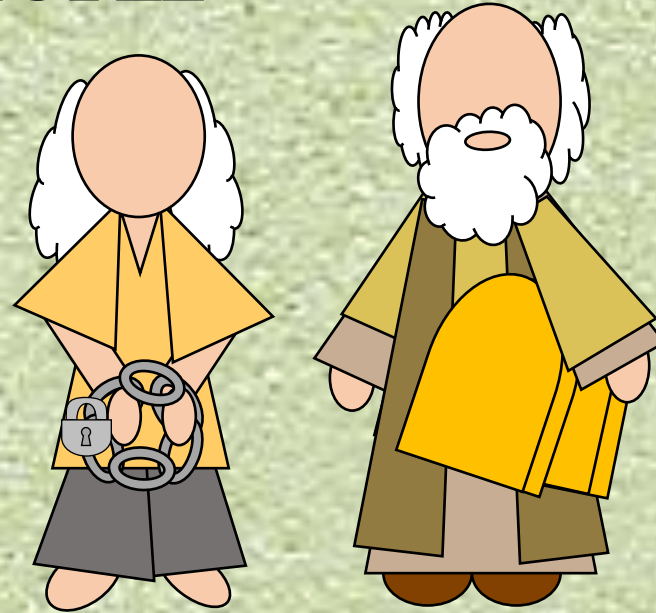


# LAMAN'S PEOPLE

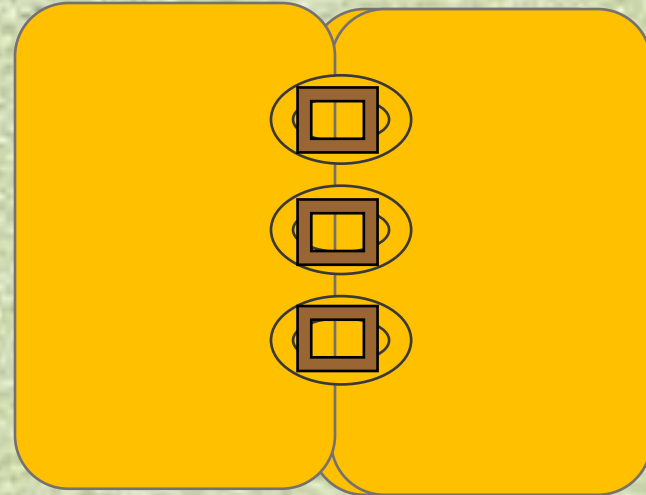
Even though the people were friendly they knew not God



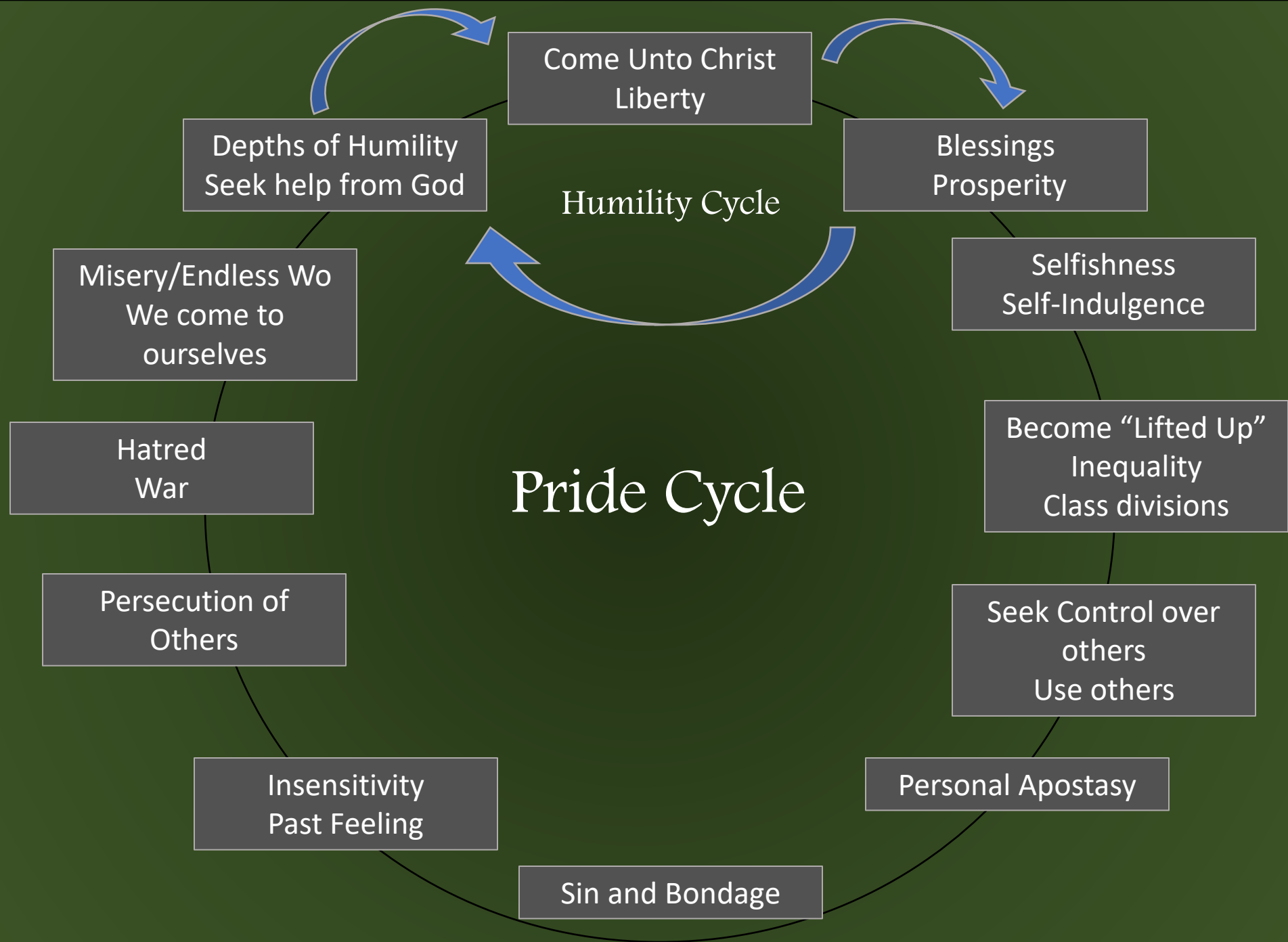
They did not know the law of Moses or the words of Abinadi



They were taught that they should keep a record



The Lamanites began to prosper and trade one with another— which leads to Pride



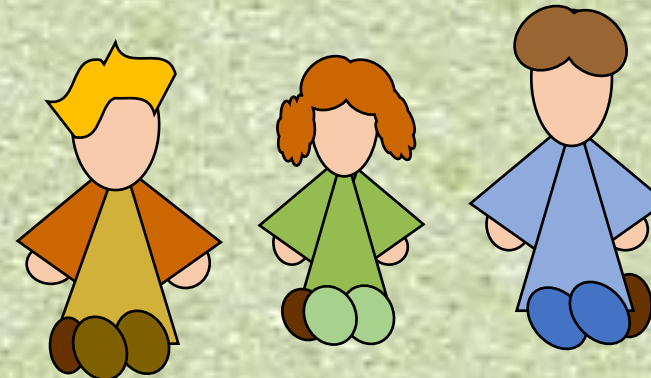
# AMULON EXERCISES AUTHORITY

Amulon knew of Abinadi's words, yet he put tasks upon them and put task masters over the people of Alma



Amulon commanded them that they should stop their cries and stop praying 'Calling upon God'

Alma's people pour out their hearts to God



# LIFT UP YOUR HEADS

**How can prayer help us when we have difficult burdens?**

**When we experience trials, why might it be comforting to know that God knows the “thoughts of [our] hearts”?**

**“Lift up your heads and be of good comfort, for I know of the covenant which ye have made unto me; and I will covenant with my people and deliver them out of bondage.**

**And I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while you are in bondage; and this will I do that ye may stand as witnesses for me hereafter, and that ye may know of a surety that I, the Lord God, do visit my people in their afflictions.”**

“Remember that this work is not yours and mine alone. It is the Lord’s work, and when we are on the Lord’s errand, we are entitled to the Lord’s help. Remember that the Lord will shape the back to bear the burden placed upon it.”

Thomas S. Monson



“The Lord is intent on your personal growth and development. That progress is accelerated when you willingly allow Him to lead you through every growth experience you encounter, whether initially it be to your individual liking or not. When you trust in the Lord, when you are willing to let your heart and your mind be centered in His will, when you ask to be led by the Spirit to do His will, you are assured of the greatest happiness along the way and the most fulfilling attainment from this mortal experience. If you question everything you are asked to do, or dig in your heels at every unpleasant challenge, you make it harder for the Lord to bless you”

Richard G. Scott





# DELIVERANCE

The people's burdens became light  
The Lord strengthened them  
They were cheerful and patient to the will of the Lord  
Their faith was great

**“Thou shalt go before this people, and I will go with thee and deliver this people out of bondage.”**

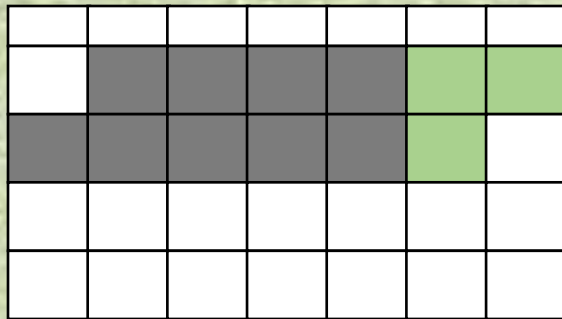
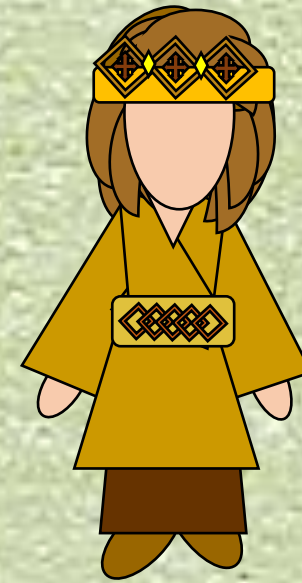


They gathered their flocks and grain  
The Lord caused a “deep sleep” to come upon the Lamanites at night  
They departed and traveled all day to a valley they called Valley of Alma  
They gave thanks

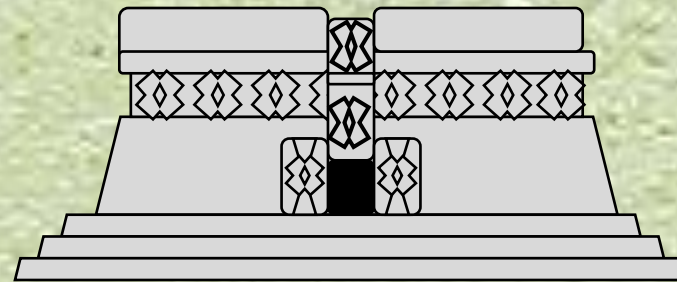
# MAKE HASTE

Alma is warned that the Lamanites have awakened

The Lord will “stop the Lamanites in this valley that they come no further in pursuit of this people.”



It took them 12 days to arrive in the land of Zarahemla



King Mosiah received them with joy





Sources:

**Joseph Fielding McConkie and Robert L. Millet Doctrinal Commentary on the Book of Mormon Vol. 2 p. 278**

**Charles Kingsley in Wallis, *Treasure Chest* p 47**

**Richard L. Evans Conf. Report Oct 1959**

**Richard G. Scott (“Trust in the Lord,” *Ensign*, Nov. 1995, 16).**

***Merriam-Webster’s Collegiate Dictionary*, 11th ed. (2003), “chasten”]” (Lynn G. Robbins, “The Righteous Judge,” *Ensign or Liahona*, Nov. 2016, 97).**

**The Book of Mormon Who’s Who by Ed J. Pinegar and Richard J. Allen pg. 24**

**Thomas S. Monson *Ensign*, May 1992 p 48**

**Richard G. Scott (“Finding Joy in Life,” *Ensign*, May 1996, 25).**

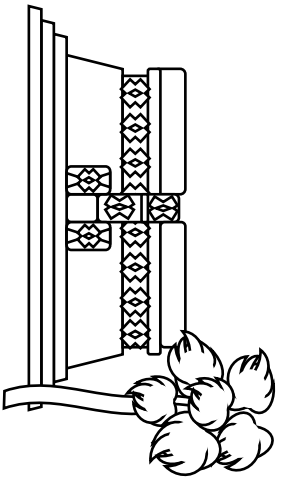
**Pride Cycle—Poway Institute Notes from Lesley Meachum and Becky Davies**

**Boyd K. Packer “That All May Be Edified, 203”**

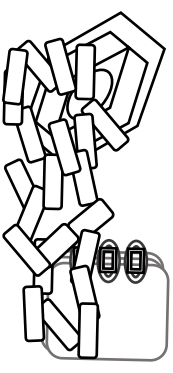
## *Comparison of the Bondage and Deliverance of Limhi and Alma*

Limhi's Bondage and Deliverance	Alma's Bondage and Deliverance
Limhi's group was placed under bondage with much bloodshed (21:5-12)	Alma's group was placed under bondage with no bloodshed (23:35-38)
The Lord was slow to hear their cries because they had been slow to hear Him (21:15)	The Lord was not slow to hear their cries (24:10-13)
The Lord softened the Lamanites' hearts, so they eased the burdens of Limhi's group (21:15)	The Lord physically eased the burdens of Alma's group (24:14-15)
They prospered by degrees as their faith increased (21:16)	The Lord visited them in their afflictions (24:14)
Gideon devised a plan of escape (22:9)	The Lord said, "I will deliver you" (24:16)
They got the guards drunk (22:7, 10)	The Lord put the guards to sleep (24:19)
They needed to have Ammon lead them to Zarahemla (22:11)	The Lord led them to Zarahemla (24:23-25)

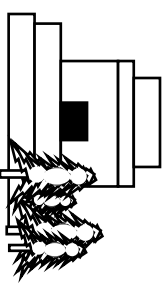
Land of Zarahemla



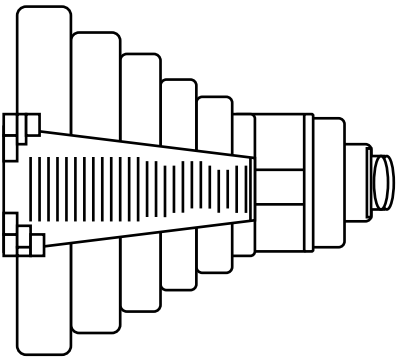
Jaradite ruins



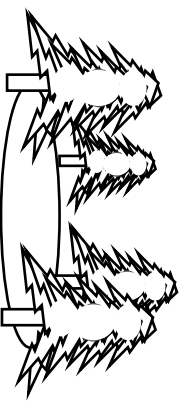
Land of Helam



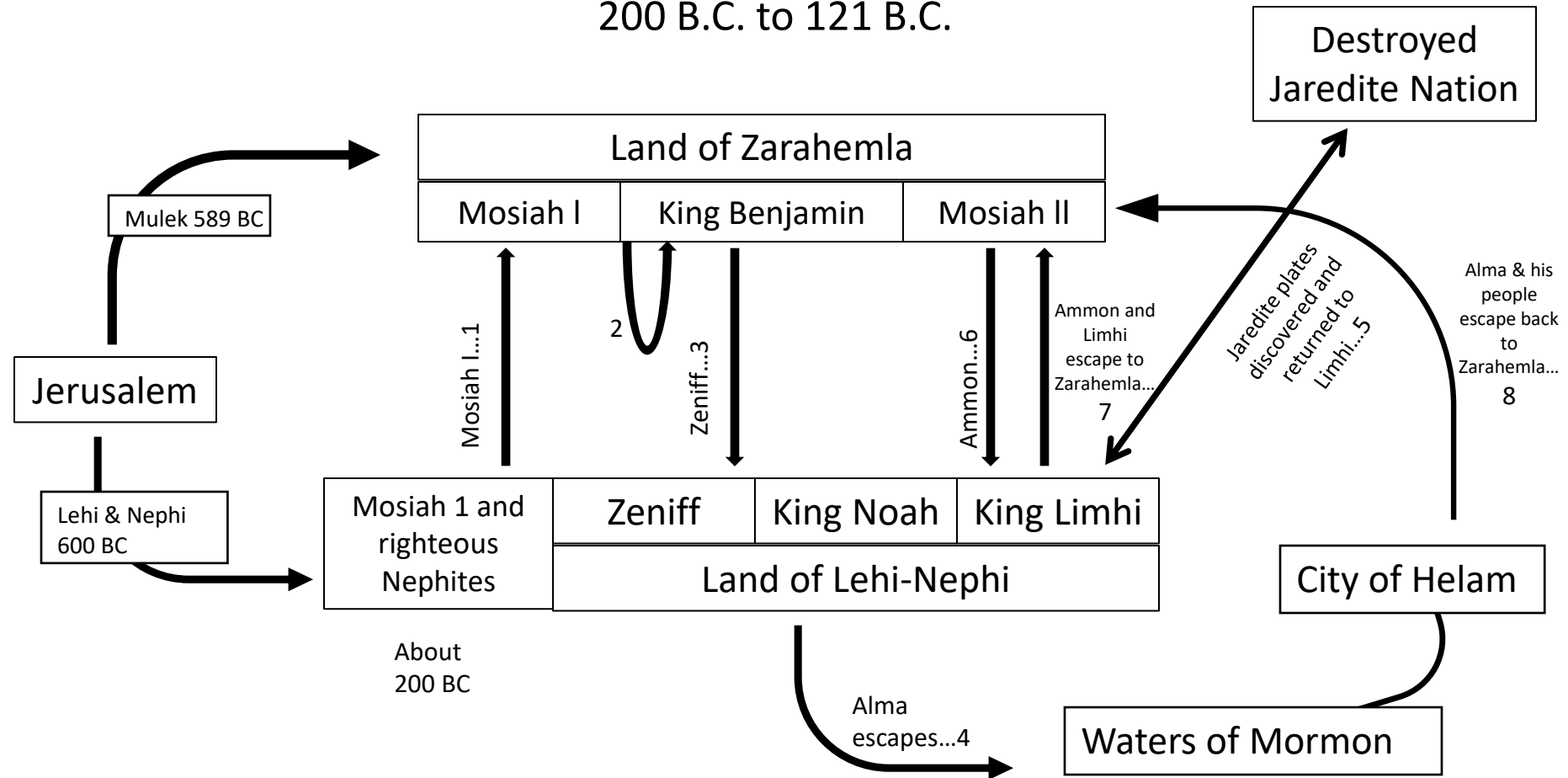
Land of Nephi



Waters of Mormon



# The Wandering Nephites 200 B.C. to 121 B.C.



1. Mosiah I leads the few remaining righteous Nephites from the original land settled by Lehi to the Land of Zarahemla (Omni 1:3)
2. (About 200 BC ill fated expedition to return to Lehi-Nephi. Contention and infighting. All slain in the wilderness except 50 who return to Zarahemla (Omni 1:28) (Mosiah 9:1-3)
3. Zeniff leads a second expedition (abt. 200 BC) to Lehi-Nephi and settles there with the permission of King Laman (Mosiah 9: 3-10)
4. (about 148 BC) Alma flees King Noah to the Waters of Mormon (Mosiah 17 and 18)
5. (about 121 BC) King Limhi sends expedition of 43 men to find Zarahemla in hopes of escaping Lamanite bondage. They find remnants of Jaredites and 24 gold plates and return to Land of Lehi-Nephi (Mosiah 6: 7-8)
6. (About 121 BC) Ammon's expedition (16 "Strong Men") to find Zeniff's colony (Mosiah 7)
7. (About 121-120 BC) King Limhi's people get the Lamanites drunk and escape back to Zarahemla (Mosiah 22)
8. (Between 145 and 121 BC) Alma and his people escape Lamanites and return to Zarahemla (Mosiah 24)

## **The Rights and Freedoms of Americans**

**(From: Hartley, William H., Vincent, William S.. *American Civics*. N.Y., 1974, pp. 34ff)**

In drafting the Constitution, most of the Founding Fathers believed that the safeguards written into it would protect the rights of Americans. But when the Constitution was sent to the states in 1787 for ratification, a great roar of disapproval went up. In Virginia, Patrick Henry protested vigorously against the lack of a specific statement of rights. Other Americans from different states demanded that a Bill of Rights be added to the Constitution. A number of states ratified the Constitution only conditionally. That is, they would approve the Constitution only if it were changed to include these rights.

Two years after the new American government went into effect, the *Bill of Rights* was added as the first ten amendments to the Constitution. Congress discussed nearly 200 proposals for amendments before it presented these ten to the states for approval. The states ratified these amendments, and they became part of the Constitution in 1791.

### **THE BILL OF RIGHTS**

The first ten amendments to the Constitution, or the Bill of Rights, set forth the priceless rights or freedoms that all Americans may enjoy. A brief summary of these great freedoms is given here.

### **FREEDOM OF RELIGION**

The first right, or freedom, guaranteed in the Bill of Rights is freedom of religion. This right is guaranteed in the First Amendment. *Freedom of religion* guarantees to all Americans the right to practice any religion they choose, or to practice no religion at all.

Congress is forbidden to establish any religion as our nation's official religion. Congress cannot favor any one religion over others or tax citizens in order to support any one religion.

### **FREEDOM OF SPEECH**

The right to express your ideas and opinions when you speak is called freedom of speech. Freedom of speech also means the right to listen to the thoughts and opinions of others. This freedom guarantees that Americans are free to express their thoughts and ideas about anything. They may talk freely to their friends and neighbors or speak in public to a group of people. Of course, no one may use his freedom of speech to injure others. If a person knowingly says things that are false about another, he may be sued in court by the person or persons who believe they have been harmed by what he said.

Americans are free to express opinions about their government or anything else. They are free to criticize the actions of the government and of government officials. In a dictatorship, where the nation's government has all the powers, the people have no right to speak like this. They do not dare to criticize the actions of the government. If they do, they may be imprisoned. But all Americans enjoy the freedom of speech, which is guaranteed in the First Amendment.

### **FREEDOM OF THE PRESS**

The freedom to express your ideas and opinions in writing is known as *freedom of the press*. This freedom is closely related to freedom of speech and is also guaranteed by the First Amendment.

Freedom of the press gives all Americans the right to express their ideas and thoughts freely in writing. This writing may be in newspapers, books, magazines, or any other printed or written form. Americans are also free to read what others write. They may read any newspaper, book or magazine they want. Because they are free to read a variety of facts and opinions, Americans can become better-informed citizens.

### **FREEDOM OF ASSEMBLY**

Another priceless freedom guaranteed by the First Amendment is *freedom of assembly*, or freedom to hold meetings. Americans are free to meet together to discuss problems and to plan their actions. Of course, such meetings must be carried on in a peaceful way

### **FREEDOM OF PETITION**

The *freedom of petition* is the right to ask your government to do something or to refrain from doing something. The First Amendment contains this guarantee, also. The freedom of petition gives you the right to write to your Congressman and request him to work for the passage of laws you favor. You are free to ask him to change laws that you do not like. The right of petition also helps government officials to know what Americans think and what actions they want the government to take.

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### **THE RIGHT TO BEAR ARMS**

The Second Amendment to the Constitution guarantees Americans the *right* to bear *arms*. In the early years of our nation, Americans needed weapons in order to serve in the militia, or volunteer armies, that were established to defend our states. The militia provided protection during emergencies, too. Many Americans also believed that without weapons they would be powerless if the government tried to overstep its powers and rule by force.

### **"NO-QUARTERING" RIGHT**

The Third Amendment states, "No soldier shall, in times of peace, be quartered in any house. . . ." Under British rule, the colonists sometimes had to feed and house British soldiers against their will. As a result, Americans wanted this practice forbidden under the Bill of Rights.

### **THE RIGHT TO EQUAL JUSTICE**

The Bill of Rights contains many rights that are guaranteed to persons accused of a crime. Amendments Five, Six, Seven, and Eight are all concerned with these rights. Our nation places great importance on these rights in order to guarantee equal justice for all Americans.

A person must be indicted, or formally accused of a crime, by a group of citizens called a "grand jury" before he can be brought into court for trial.

A person accused of a crime is guaranteed the right to know what law he is accused of breaking.

A person accused of a crime has a right to a prompt public trial by a jury of his fellow citizens.

An accused person cannot be put into prison and kept there for weeks or months while awaiting a trial. He has the right to leave jail, in most cases, if he can raise a certain sum of money, or bail, as a pledge that he will appear at his trial.

An accused person has a right to a lawyer to represent him in court.

All the testimony and evidence against an accused person must be presented publicly in court.

The accused person has the right to call any witnesses to appear if their testimony will help him.

The accused person cannot be forced to testify or give evidence against himself.

If the accused person is found guilty, he cannot be given cruel or unusual punishment. If the accused person is found not guilty of a serious crime, he cannot be tried a second time for this same crime.

### **THE RIGHT TO OWN PRIVATE PROPERTY**

The Fifth Amendment guarantees Americans the right to own private property. No person may take away anything that we own. Nor can the government seize our land, money, or other forms of property without cause, or without paying for it. The right to own private property is one of America's basic freedoms. Our free economic system is based upon this right.

### **THE RIGHT TO ENJOY MANY OTHER FREEDOMS**

To make doubly sure that Americans should enjoy every right and freedom possible, Amendment Nine was added to the Constitution. This amendment states that the list of rights contained in the Bill of Rights is not complete. There are many other rights that all Americans have and will continue to have even though they are not mentioned in the Bill of Rights. Among them are the following.

Freedom to live or travel anywhere in our nation

Freedom to work at any job for which we can qualify

Freedom to marry and raise a family

Freedom to receive a free education in good public schools

Freedom to join a political party, a union, and other legal groups

As a final guarantee of our rights, the Tenth Amendment set aside many powers of government for the states. This Amendment says that all powers not given to the federal government by the Constitution, nor forbidden to the states, are set aside for the states, or for the people. This provision leaves with the states the power to act in many ways to guarantee the rights of their citizens.

### **SUMMARY**

Government is the authority or power that people establish to help them run their affairs.

Governments serve many important purposes, but the most important one is that government makes it possible for people to live and work together. Government provides us with rules of conduct we can follow. Government makes it possible for people to live by known laws, and helps provide many services that citizens acting alone could not perform themselves.

Our nation's government is based on the American Constitution. This Constitution, together with its Bill of Rights and other amendments, provides us with a workable plan of government. The Constitution also guarantees to all Americans many priceless rights and freedoms.

Our nation's government is based upon the approval, or consent, of the people who are governed. It is a federal system in which certain powers are given to the national government and other powers are left to the states and to the people. Certain powers are shared by both federal and state governments. In both federal and state governments, powers are separated and balanced among three branches of government.



