

Lesson 1

1 Nephi 1–5

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

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Complete four of the following assignments:

1. 1 Nephi 1:1. “Highly Favored” versus “Many Afflictions”

In 1 Nephi 1:1, Nephi states that he was “highly favored of the Lord,” had “seen many afflictions,” and “had a great knowledge of the goodness and the mysteries of God.” Write a paragraph explaining how these three statements relate to each other. How do 2 Nephi 2:2; Doctrine and Covenants 90:24; 122:7–8 relate to what you have written?

2. 1 Nephi 1:5–20. Lehi’s Vision

- Search 1 Nephi 1:5–15. List the elements and events of Lehi’s vision.
- Read 1 Nephi 1:15–20 and make note of Lehi’s actions. Write a statement describing how you think Lehi’s visions influenced his actions.
- Read Ezekiel 1:1–3, 26–28; 2:1–10; Isaiah 6:1–8; Moses 6:26–35; Joseph Smith—History 1:15–35. Write a paragraph explaining the similarities of the visions of these prophets with Lehi’s vision.

3. 1 Nephi 1:20. “Tender Mercies of the Lord”

- Read 1 Nephi 1:20; Moroni 10:3 and the institute student manual commentary “1 Nephi 1:20: ‘Tender Mercies of the Lord’” (page 13). Then identify in writing the principle that is introduced in the first chapter of the Book of Mormon and summarized in the last chapter.

- Nephi related the story of Lehi being preserved by the Lord (see 1 Nephi 1:18–20) as an example of how the Lord preserves the righteous. Read through each chapter summary in the book of 1 Nephi. As you do so, make a list of other stories Nephi recorded that illustrate the Lord’s tender mercies in the lives of Lehi, Nephi, and their family.
- Write a paragraph describing recent “tender mercies” that have occurred in your life or the lives of your family and friends. Include in your paragraph a statement of what these tender mercies teach you about the Lord.

4. 1 Nephi 2–4. Getting the Brass Plates

- Laman and Lemuel’s reactions to their father’s decision to leave Jerusalem were quite different from Nephi’s. Read the student manual commentary “1 Nephi 2:11–15: Murmuring” (page 14). Then review 1 Nephi 2:11–14 and list at least three reasons why Laman and Lemuel rebelled.
- Review 1 Nephi 2:16–17 and describe in writing what Nephi did that helped him to not rebel.
- Study 1 Nephi 3–4 and list at least three or four other differences you notice between Nephi and his brothers.
- Read the student manual commentary “1 Nephi 4:10: Nephi Commanded to Kill Laban” (page 16). While the slaying of Laban was obviously a deep personal challenge for Nephi, it is apparent from Nephi’s writings that this was the way it had to be done. Explain in writing what understanding Nephi was given by the Lord concerning this difficult task.
- From what you have learned in 1 Nephi 2–4, write a paragraph about the qualities Nephi had that you would like to emulate and how you plan to implement them in your life.

5. 1 Nephi 5. Content of the Brass Plates

- Read 1 Nephi 5:10–16 and the student manual commentary “1 Nephi 5:10–22: The Plates of Brass” (pages 17–18). Then complete the following tasks:

- As you read 1 Nephi 5:10–16, 21, make a list of what Lehi found on the plates of brass.
 - Write a paragraph explaining why you think that studying the content of the brass plates brought about the result described in verses 17–18.
 - Describe in writing a time when studying the scriptures also caused you to be “filled with the Spirit.”
- b. Fill in the following chart. List the evidences you find in 1 Nephi 3–5 that show the value of the scriptures. Be sure to include the reference for each insight.

Evidences the Lord Values the Scriptures	Evidences Lehi and Nephi Valued the Scriptures	Reference

Lesson 2

1 Nephi 6–15

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Complete any two of assignments 3, 4, or 7 and any two of the remaining assignments:

1. 1 Nephi 6. The Purpose of Nephi's Writings

Read 1 Nephi 6; 19:10 and the institute student manual commentary “1 Nephi 6:4: ‘The Fulness of Mine Intent’” (page 19). Then identify in writing the following questions:

- Why do the scriptures occasionally refer to Jesus Christ as the God of Abraham, Isaac, and Jacob?
- How does Nephi’s purpose in writing compare to the purposes listed in the second paragraph of the Book of Mormon’s title page?

2. 1 Nephi 7. Another Return to Jerusalem

- a. Throughout the Book of Mormon, the phrase “and thus we see” draws our attention to lessons that those who wrote the scriptures want us to learn. After reading 1 Nephi 7, write at least five sentences that begin with “And thus we see,” identifying five different principles from this chapter.
- b. Read the student manual commentary “1 Nephi 7:2: Ishmael Is of Ephraim” (page 20). Briefly explain in writing how uniting the families of Lehi and Ishmael was a fulfillment of Old Testament prophecy. Then read 1 Nephi 7:10–12 and identify in writing the phrase Nephi repeated three times. How could forgetting be a reason for Laman and

Lemuel’s rebellion? Briefly describe at least three experiences from your life that could help you be more obedient if you always remembered them.

3. 1 Nephi 8, 11–12. Symbols in the Vision of the Tree of Life

- a. Read the references below listed for each of the following symbols in Lehi’s dream:
 - Tree. 1 Nephi 8:10–12; 11:4–11, 20–23; Alma 32:42; student manual commentary “1 Nephi 8:10–12; 11:8–15: The Tree of Life as a Symbol of Jesus Christ and His Atonement” (page 22)
 - Rod of iron. 1 Nephi 8:19–24; 11:25; 15:23–24; student manual commentaries “1 Nephi 8:23–33: Are We Holding Fast to the Rod of Iron?” (page 22) and “1 Nephi 15:24: The Word of God and Fiery Darts” (page 32)
 - Mist of darkness. 1 Nephi 8:23; 12:2–4, 17
 - Large and spacious building. 1 Nephi 8:26–28; 11:32–36; 12:18–23; student manual commentary “1 Nephi 8:26–27: ‘Great and Spacious Building’” (pages 22–23)
- b. Write a paragraph about each of the symbols listed above. Include in each paragraph what the symbol represents, insights you gained, and applications to the world today.
- c. From your study of 1 Nephi 8, 11 write answers to the following questions:
 - Lehi began his vision in a dark and dreary waste. What did Lehi do to cause the darkness to depart?
 - What happened to those who found themselves in the mists of darkness? Why?
 - What are the characteristics or qualities of the tree of life that make it an effective symbol for God’s love for His children and for Jesus Christ and His Atonement?
 - What words and phrases are used to compare the fruit of the tree to everything else the world has to offer? What does this say about what Satan might offer us? Write about a time when you have felt the

“love of God” in your own life or witnessed it in the lives of others.

4. 1 Nephi 8:21–33. Groups of People in Lehi’s Dream

- a. In his dream Lehi saw four groups of people that represent people in this life. Read 1 Nephi 8:21–33 and briefly describe each of the groups.
- b. Read the parable of the sower as related by the Savior in Matthew 13:4–8 (see the Savior’s explanation of the sower in verses 18–23). Notice that there are four different groups identified there as well. Make a chart that compares the four groups in 1 Nephi 8:21–33 with the four groups in Matthew 13:4–7.
- c. Briefly explain what you feel the difference is between those who “tasted” (1 Nephi 8:28) and those who “partook” (1 Nephi 8:30). Why do you think the latter group “fell down” at the tree? How might this apply to us as members of the Church in how we approach the Savior and think of His Atonement when we *partake* of the sacrament?

5. 1 Nephi 9:1–6. Making the Plates

Read 1 Nephi 9:1–6 and the student manual commentary “1 Nephi 9:1–5: ‘A Wise Purpose’” (pages 23–24). Then answer the following questions in writing:

- What reason did the Lord give Nephi for making two sets of plates?
- How can Nephi’s obedience without knowing why apply to you?

6. 1 Nephi 10. History of the Jews

Read 1 Nephi 10 and the student manual commentary “1 Nephi 10:17–19: Learn by the Power of the Holy Ghost” (page 25). Then complete the following tasks:

- Make an outline of at least seven different prophecies of Lehi as recorded in 1 Nephi 10.
- Read 1 Nephi 10:17–22; 11:1–6. List the principles from these verses that help us learn by the power of the Holy Ghost.

7. 1 Nephi 13–14. Apostasy and Restoration

- a. In 1 Nephi 13–14 Nephi described a vision of events associated with the Apostasy as well as

the Restoration. As you read chapter 13, list all the verses that refer to the Apostasy and write a short summary of what those verses teach. Also list all the verses that relate to the Restoration and write a short summary of what those verses teach. Use the various entries in the student manual for 1 Nephi 13–14 (pages 27–31) to correctly understand the meaning of what Nephi saw.

- b. Nephi was shown how the Bible, the Book of Mormon, and other scriptures would come forth in the latter days. Read 1 Nephi 13 and the student manual commentaries “1 Nephi 13:20–29: Plain and Precious Truths Removed from the Bible” and “1 Nephi 13:32–40: Plain and Precious Things Restored” (pages 28–31). Then write answers for the following questions:

- What did Nephi see would happen to the Bible that would cause the Gentiles to “stumble”?
- What would the Lord do to help (a) the Gentiles, (b) the Jews, (c) the descendants of Lehi, and (d) members of His Church to learn the gospel in the last days?
- According to the student manual, when and how were words of the Bible’s original authors altered or changed?

- c. According to 1 Nephi 13:40, what are four major purposes of the other books the Lord would bring forth in the latter days? These purposes are powerful when discussing with those not of our faith why the Book of Mormon is important in connection with the Bible.

8. 1 Nephi 15:1–11. Inquire of the Lord

Read 1 Nephi 15:1–11 and the student manual commentary “1 Nephi 15:2–11: ‘Hard in Their Hearts’” (page 31). Then answer the following questions in writing:

- How did Nephi suggest we could gain an understanding of spiritual principles?
- What reasons did Nephi list for why Laman and Lemuel had not gained an understanding of Lehi’s teachings?
- What experiences have you had with gaining understanding by inquiring of the Lord?

Lesson 3

1 Nephi 16–22

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

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Complete assignments 3, 8, and any two of the other assignments:

1. 1 Nephi 16:1–3. These Are Hard Sayings

- Nephi's brothers complained because Nephi spoke "hard things" unto them. From 1 Nephi 15:33–36, briefly describe in writing what you think Laman and Lemuel would have thought were "hard things."
- Explain why those same truths were not "hard things" to Nephi.

2. 1 Nephi 16:10. The Liahona

Read 1 Nephi 16:10, 28–29; Alma 37:38–46; and the institute student manual commentary "1 Nephi 16:10, 26–29: The Liahona" (pages 34–35). Then answer the following questions in writing:

- How did the Liahona work?
- What did Alma compare the Liahona to?
- How does Alma's comparison apply to your daily life?

3. 1 Nephi 16:11–39. Journey in the Wilderness

- Chapter 16 and the first few verses of chapter 17 in 1 Nephi cover up to eight years in the history of Lehi's family as they traveled in the wilderness. From each of the following sets of verses, write a few sentences describing what you learn from the experiences Nephi recorded during that time period:

- Verses 11–22
- Verses 23–27. See also student manual commentaries "1 Nephi 16:21–25: The Broken Bow Experience" and "1 Nephi 16:23: Nephi's Confidence in Lehi" (pages 35–37).
- Verses 30–32
- Verses 34–39

- Lehi's family traveled eight years to reach the land of Bountiful. Read the following references and identify in writing why it took them so long to travel that distance:
 - 1 Nephi 16:28
 - 1 Nephi 17:13–14
 - Mosiah 1:16–17
- Write a paragraph briefly explaining what applications we might draw from the experiences of Lehi's family as we journey in the "wilderness" of life.
- To make sure that we learn one of the lessons from 1 Nephi 16, Nephi included a summary statement, "and thus we see." Using application language for you today, fill in these blanks from 1 Nephi 17:3:

If I _____, then
the Lord will _____ me
and _____ me
and _____ me.

4. 1 Nephi 17:23–55. Nephi's Ship

- In an effort to convince his brothers that God wanted the family to travel to the land of promise, Nephi compared their circumstances to the children of Israel, who left their home and journeyed to a promised land. Study 1 Nephi 17:23–44 and write a paragraph explaining how the children of Israel were similar to Lehi's colony.
- Answer the following questions:
 - How do you think remembering the experience of the children of Israel benefited Lehi's group?
 - In what ways do the journeys of both of these groups help you remember and understand the Lord's blessings in your life?

- Compare what Laman and Lemuel said they knew in 1 Nephi 16:38; 17:19, 22 with what they said they knew in 1 Nephi 17:55. What changed their understanding?
- c. Review 1 Nephi 17:45 and read the student manual commentary “1 Nephi 17:45: Sensitivity to Spiritual Communication” (page 39). Write answers to the following questions:
- What is meant by the term, “past feeling”?
 - What actions did President James E. Faust (1920–2007) and Elder Joseph B. Wirthlin (1917–2008) identify as contributing to someone being “past feeling”?

5. 1 Nephi 18. Sailing to the Promised Land

After studying 1 Nephi 18, record your answers to the following questions:

- What lessons do you learn from Nephi’s attitude while he was tied up?
- List several evidences from 1 Nephi 18 that are a fulfillment of the Lord’s prophecy in 1 Nephi 17:13.

6. 1 Nephi 19:1–24. Believing in the Redeemer

- From 1 Nephi 19:6, identify what Nephi said he was going to include on the small plates of Nephi.
- From 1 Nephi 19:7–14, make a list of words and phrases that are meaningful to you in describing the Savior.
- From 1 Nephi 19:18, 23–24, record what Nephi said his purpose was in quoting from Isaiah.
- Write a paragraph describing how the Book of Mormon has helped you “more fully . . . believe in the Lord [your] Redeemer.”

7. 1 Nephi 20:1–22. Protection for the Righteous

From 1 Nephi 20:10–22, write your answers to the following questions:

- How can the “furnace of affliction” mentioned in verse 10 refine us and help us be faithful to the Lord? You may wish to cross-reference 1 Nephi 20:10 with Doctrine and Covenants 105:5–6 (see also student manual commentary “1 Nephi 20:10: Furnace of Affliction,” page 45).
- Review 1 Nephi 20:18–22 and explain how the comparisons Isaiah used with a river, waves, sand, and gravel can accurately describe the Lord’s promises to the faithful.
- Why do you think the wicked have no peace? (see D&C 59:23).
- What did the Lord say He had done for the children of Israel up to that time?
- Fill in the blank: “I feel like the message of 1 Nephi 20 to modern Israel is: _____

_____.”

8. 1 Nephi 21–22. The Scattering and Gathering of Israel

- From what you read in each of the following scripture blocks, write a statement about some aspect of the scattering or gathering of Israel:
 - 1 Nephi 21:18–26
 - 1 Nephi 22:1–5
 - 1 Nephi 22:6–12
- Read 1 Nephi 22:11–25 and write a paragraph describing the different ways the Lord makes “bare his arm.”
- Write a paragraph on how knowing what is taught in 1 Nephi 21–22 helps you find understanding in current and future world events.
- According to scripture, there will be some calamities prior to the Second Coming of the Lord (see JS—M 1:28–33). Read 1 Nephi 22:15–22 and the student manual commentary “1 Nephi 22:17, 22: ‘The Righteous Need Not Fear’” (page 47) and identify the group that “need not fear” these events and why.

Lesson 4

2 Nephi 1–8

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Complete assignment 3 and any two of the remaining assignments:

1. 2 Nephi 1:1–12. Land of Inheritance

Read 2 Nephi 1:5–12 and complete the following statements that summarize Lehi’s teachings about the land of their inheritance. Use your own words and be sure to completely cover what Lehi taught:

- In addition to Lehi’s descendants, the land is an inheritance for . . .
- If those who live in the promised land will serve God and keep His commandments, then . . .
- The Lord kept other nations from knowing about the promised land at that time because . . .
- If the inhabitants of the land “reject the Holy One of Israel, the true Messiah,” then . . .

2. 2 Nephi 1:13–24. Becoming Men and Women of God

From what Lehi taught in 2 Nephi 1:13–24, list at least five characteristics that Lehi associated with being a man or woman of God. Include the verse where each characteristic you record can be found.

3. 2 Nephi 2. The Great Plan of Happiness

- a. Study 2 Nephi 2 and write a definition for each of the following topics. (Be sure to include the verse numbers where you found information about each topic.) You may also wish to include other scripture references to further explain the doctrines. Note that the institute student manual commentary for 2 Nephi 2

(pages 50–55) can be helpful in completing this assignment:

- Salvation
- Resurrection
- Opposition
- The Fall
- Probation
- Free to act/choose (agency)
- Adam and Eve
- Children
- Probationary state
- The Atonement (intercession)
- Redeemer, Messiah, Mediator

- b. Conclude this assignment by writing a two- to three-paragraph outline of the plan of salvation using the terms and scriptures you have worked with above.

4. 2 Nephi 3. Joseph

- a. Read 2 Nephi 3 and identify in writing the four “Josephs” mentioned in this chapter, including which verses speak of which Joseph. List them in the order in which they lived on the earth.
- b. Read the student manual commentaries “2 Nephi 3:6–9: ‘A Choice Seer’” and “2 Nephi 3:6–15: The Prophecies of Joseph” (pages 55–57). Identify in writing who the seer refers to in verses 6–21. In your own words, list at least nine prophecies that refer to work he would accomplish during his lifetime.

5. 2 Nephi 4:15–35. “The Things of My Soul”

In 2 Nephi 4:15–35, we read some of “the things of [Nephi’s] soul” (verse 15). After you have read these verses, choose five phrases or sentences from what Nephi said that are also a part of the “things of [your] soul.” Briefly explain why you feel each is important to you. How could these expressions help to encourage you in times of trouble?

6. 2 Nephi 5. Living “after the Manner of Happiness” (verse 27)

Compare the differences between the people who followed Nephi with those who followed Laman and Lemuel. From the corresponding verses, write answers to the following questions in the appropriate column.

Nephites	What to Look for in 2 Nephi 5	Lamanites
	How did the leaders feel? What did they do? (see verses 1–4, 12, 14–18, 26, 29, 31–32).	
	What did the rest of the people do? (see verses 6–11, 15, 17, 20–22, 24–27).	
	What were the results? (see verses 11, 13, 16, 20–22, 25–27, 34).	

7. 2 Nephi 6–8. Isaiah Taught of the Messiah

- a. The Book of Mormon contains several passages that quote the prophet Isaiah. According to 2 Nephi 6:1–5, explain in writing why Jacob quoted Isaiah.
- b. Much of Isaiah’s writings deal with the Savior Jesus Christ. Read 2 Nephi 6:14–18; 7:2–10. Then write a statement describing what Isaiah taught about the Lord and His mission.
- c. Read 2 Nephi 8:1–16, 24–25 and the student manual commentary “2 Nephi 8: Latter-day Gathering” (pages 63–64). Respond in writing to the following questions:
 - How can we explain the Lord’s declaration that His “righteousness is near”? (verse 5).
 - What phrases suggest that the gathering of Israel in the last days shall be permanent?
- d. From your reading in the student manual, how did Elder Bruce R. McConkie (1915–1985) distinguish between the spiritual gathering and the physical gathering of Israel? Read 2 Nephi 8:17–20; Revelation 11:1–12; Doctrine and Covenants 77:15. Then write a summary of all you learn about the “two sons” spoken of in these scriptures.

Lesson 5

2 Nephi 9–16

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Complete any four of the following assignments:

1. 2 Nephi 9:4–27. “O the Greatness . . . of Our God!”

Jacob used declarative statements in 2 Nephi 9:17, 19 to give emphasis and organization to his discourse. Read the institute student manual commentaries “2 Nephi 9:5–6: Atonement Central to the Merciful Plan”; “2 Nephi 9:7: The Infinite Atonement”; and “2 Nephi 9:25–26: No Law, No Punishment” (pages 65–66, 68). For the verses from 2 Nephi 9 listed below, write doctrinal truths related to the Atonement of Jesus Christ that show the greatness of God.

- Verses 4–9
- Verse 10
- Verse 13
- Verse 17
- Verse 19
- Verse 20
- Verses 25–26

2. 2 Nephi 9:27–52. The Contrast between “the Evil One,” and “the Holy One of Israel”

- a. Read the corresponding verses in 2 Nephi 9 and list the points Jacob taught under each topic:

That Which Subjects Us to the Devil (verses 27–39)	That Which Brings Us to Christ (verses 39–52)

- b. Contrast the information in both lists and write a paragraph explaining what you have learned about the differences between Satan and the Savior.
- c. Write another paragraph describing what you will do to avoid the temptations of Satan and to take advantage of the blessings of the Atonement.

3. 2 Nephi 10:1–17. The Lord Fulfills His Covenants

- a. In 2 Nephi 10:17 the Lord stated, “I will fulfil my promises which I have made unto the children of men.” Search 2 Nephi 10:1–16 and make a list of promises and prophecies made by the Lord that have been fulfilled. How does the fulfillment of these prophecies increase your faith and trust in the Lord?

4. 2 Nephi 11. Witnesses

Read 2 Nephi 11 and the student manual commentary “2 Nephi 11:1–3: Nephi, Jacob, and Isaiah—Three Special Witnesses” (pages 72–73) and answer the following questions in writing:

- Consider other scriptural accounts and events of the Restoration and list three other witnesses, in addition to Nephi, Jacob, and Isaiah, that have also seen the Redeemer in vision.
- In what different ways has “God [sent] more witnesses” to prove “all his words”? (verse 3).

- What witnesses have you received to support the truths of the gospel?
- b. Nephi stated in 2 Nephi 11:8 that one reason he included the words of Isaiah in his writing was so readers “may lift up their hearts and rejoice.” Study 2 Nephi 11:4–7 and list other teachings included in Isaiah’s writings that Nephi delighted in.

5. 2 Nephi 12–15. Being Prepared for Christ’s Coming

- a. Isaiah’s writings are sometimes difficult to understand. Study 2 Nephi 25:1, 3, 6–7. From each of these verses, list a key Nephi gave us to better understanding Isaiah.
- b. Search 2 Nephi 12–15 and make two lists. Make one list about signs and events having to do with the Second Coming of Jesus Christ. Make a second list about behaviors that would keep people from being prepared for His coming or from coming unto Him today. Be

sure to note which verses you found your answers in.

6. 2 Nephi 16. Isaiah’s Vision of the Lord and Call to Be a Prophet

- a. After reading 2 Nephi 16 and the student manual commentary “2 Nephi 16:2: Seraphim” (page 79), answer the following questions in writing:
- What can you find in 2 Nephi 16:1–7 that emphasizes the sacredness of Isaiah’s vision?
 - What was Isaiah’s response when he realized that he was in the presence of the Lord?
 - How can the principles taught in Doctrine and Covenants 93:1; 88:67–68 help you prepare to meet the Lord?
- b. Compare 2 Nephi 16:8 with Abraham 3:27. What do the similarities teach us about the importance of Isaiah’s mission as a prophet?

Lesson 6

2 Nephi 17–27

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Complete assignment 1 and any three of the other assignments:

1. 2 Nephi 17–20. Prophecies of Jesus Christ

- Read the chapter summaries for 2 Nephi 17–20 and write a paragraph describing what they say about Jesus Christ and His mission.
- What part of 2 Nephi 17 does Matthew 1:20–23 declare was fulfilled?
- List the names and titles of Jesus Christ found in 2 Nephi 17:14; 18:6, 13–14; 19:6; 20:20–23. Use the Bible Dictionary or Guide to the Scriptures to write the meaning of as many of the names you can find next to each name or title on your list.
- Read the institute student manual commentaries “2 Nephi 17:9–14: ‘The Lord Himself Shall Give You a Sign’”; “2 Nephi 18:6–7: ‘The Waters of Shiloah That Go Softly’”; “2 Nephi 18:14: A Sanctuary, ‘a Stone of Stumbling’”; “2 Nephi 19: ‘Unto Us a Child Is Born’”; and “2 Nephi 19:6–7: ‘The Government Shall Be upon His Shoulder’” (pages 83–86). Then write two paragraphs explaining why you think Jesus Christ has so many different names. What do we learn from the Lord’s different names?

2. 2 Nephi 20:20–22. A Remnant Shall Return to the Lord in the Days of Restoration

- According to 2 Nephi 20:20–22, what changes will a remnant of the children of Israel make that will bring them back to the Lord? How might this apply to the people today who want to, or need to, return to the Lord?
- Read Isaiah 50:10 and Proverbs 3:5–6. Write a paragraph describing what it means to “stay upon the Lord” (2 Nephi 20:20). If you were teaching some of your peers, how might you define this phrase?

3. 2 Nephi 21–22. The Character of the Lord and Praising His Name

Record what you learn about the Savior from 2 Nephi 21:1–5; 22:1–6; Doctrine and Covenants 113:1–2; and the student manual commentary “2 Nephi 21:1–5, 10: The Stem, Branch, and Rod” (page 88). Make sure your comments include answers to the following:

- Definitions of the terms: Stem, Branch, and Rod. In what ways does Isaiah suggest we can praise the Lord?
- From your answer to the previous question, what inspires you to lift up your heart and rejoice and why?

4. 2 Nephi 24:4–20. Lucifer Cast Out of Heaven

Carefully study 2 Nephi 24:4–20; Doctrine and Covenants 76:25–30, 33, 36–38; Moses 4:1–4; Revelation 12:3–9; and the student manual commentary “2 Nephi 24:12: Lucifer” (page 90). Write a paragraph that summarizes what you learned about how Lucifer became Satan and what will eventually happen to him and those who serve him.

5. 2 Nephi 25. The Children of Israel’s Future Is Foreseen

- Make a time line, labeling it “Nephi’s Day” on one end and “The Second Coming of Jesus Christ” on the other end. Read 2 Nephi 25:10–19 and the student manual commentary “2 Nephi 25:17: ‘A Marvelous Work and a Wonder’” (page 93). Identify at least five of Nephi’s prophecies and place

them on the time line. You may wish to add to this time line as you read the next few chapters in 2 Nephi.

- b. Answer the following questions after reading 2 Nephi 25:1–5, 8, 20–30:
- What was Nephi hoping we would come to know from the words of Isaiah?
 - According to these verses, what gift was Nephi blessed with after he left Jerusalem?
 - Why did Nephi seek to speak and write with this gift?
 - What can you do to help God’s children know to “what source they may look for a remission of their sins”?
 - Nephi declared that the “right way” is “to believe in Christ, and deny him not” (2 Nephi 25:29). Identify five principles from verses 20–30 that will help us follow the “right way.”
- c. Read 2 Nephi 25:23; 2 Nephi 2:8; Doctrine and Covenants 76:69; and the student manual commentary “2 Nephi 25:23: The Doctrine of Grace” (pages 94–95). From these verses and the statement by Elder Dallin H. Oaks, explain in writing what is meant by the term *grace*.

6. 2 Nephi 25–26. Nephi’s Summary of Isaiah’s Words

In 2 Nephi 25–26 Nephi summarized the portions of Isaiah he included in his record. From these chapters, identify and list at least three major

themes Nephi saw in Isaiah’s writings that would be important for us today.

7. 2 Nephi 26. Wickedness Brings Destruction

- a. Nephi saw the destruction of his people and their wickedness that brought on that destruction. Read 2 Nephi 26 and then list the people’s behaviors that caused their destruction. Write the scripture references next to the behaviors you list.
- b. Imagine you are in a discussion with a friend about the Lord flooding the earth in Noah’s day. Your friend has trouble accepting this event as the actions of a loving God. Briefly explain how you could use 2 Nephi 26:23–24 to answer your friend’s concern.
- c. Read 2 Nephi 26:24–33 and the student manual commentary “2 Nephi 26:33: ‘He Inviteth Them All to Come unto Him’” (page 97). Write a paragraph explaining how the gospel of Jesus Christ is evidence that Heavenly Father loves all of His children.

8. 2 Nephi 27. The Coming Forth of the Book of Mormon

Read Joseph Smith—History 1:63–65; 2 Nephi 27:6–19; and the student manual commentary “2 Nephi 27:15–19: ‘Deliver the Book . . . unto the Learned’” (page 99). Then make a list of all the details of this Church history experience as Isaiah prophesied of it.

Lesson 7

2 Nephi 28–33

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete assignments 4, 6, and one of the remaining assignments:

1. 2 Nephi 28. False, Vain, and Foolish Doctrines to Avoid

- Nephi’s prophecies in 2 Nephi 28 help identify false doctrines and sinful practices that exist in our day. Read 2 Nephi 28 and the institute student manual commentaries “2 Nephi 28:6–9: ‘False and Vain and Foolish Doctrines’” and “2 Nephi 28:19–22: Strategies of the Devil” (pages 101–3). Fill in the following chart by making two lists from 2 Nephi 28—one list for false doctrines and another for sinful attitudes and actions. Be aware that some of Nephi’s prophecies can fit in either column.

When the Book of Mormon Comes Forth	
False and Foolish Doctrines	Sinful Attitudes and Actions

- From your lists select three false doctrines, attitudes, or actions and briefly explain in writing why you think each is considered evil in the sight of God. From your lists identify three elements that you think are common problems with youth today. For each of these three things, write what you need to do to not be deceived by Satan.

2. 2 Nephi 28:30–32; 2 Nephi 29. The Bible and the Book of Mormon

- Read 2 Nephi 28:30–32 and write your responses to the following questions:
 - How does the Lord teach us?
 - What must we avoid to receive more counsel and wisdom?
- Read 2 Nephi 29:1–2 and list the things the Lord promises to do in the last days as part of this “marvelous work” (verse 1).
- The Lord warned in 2 Nephi 29:3 that some would reject the Book of Mormon by saying that they need no more scripture than the Bible. The Lord calls this response foolish in 2 Nephi 29:4. Read 2 Nephi 29:7–14 and the student manual commentary “2 Nephi 28:28–30: ‘Wo Be unto Him That Shall Say . . . We Have Enough’ Scripture” (pages 103–4). Identify and list as many reasons as you can find why we need the Book of Mormon and what it will do, in spite of already having the blessing of a Bible.

3. 2 Nephi 30. The Lord’s Covenant People and the Millennium

- Read 2 Nephi 30:2; Romans 9:6–7 (see also 7a). Read the entry “Israel” in the Bible Dictionary or the Guide to the Scriptures. In one or two paragraphs write an answer to the question, “What does it mean to be the covenant people of the Lord?”
- Read 2 Nephi 30:1–7, and write a paragraph explaining what you learn about these three groups: Jews, descendants of Lehi, and Gentiles. Then respond to the following questions:
 - How will these three groups of people receive the gospel in the last days?

- What role does the Book of Mormon play in this latter-day gathering of Israel?
- c. Read 2 Nephi 30:8–18, which contains prophecies concerning the last days, the Second Coming, and the Millennium. From these verses list at least three Millennial conditions described. In addition, write a paragraph about the condition you are most looking forward to and why.

4. 2 Nephi 31. The Doctrine of Christ

- a. After reading 2 Nephi 31 and the student manual commentary “2 Nephi 31:2: ‘The Doctrine of Christ’” (page 107), write answers to the following questions:
- What are specific points of the doctrine of Christ that you find in 2 Nephi 31:13, 16?
 - How does Elder Jeffrey R. Holland’s statement in the student manual help you see the position of “the doctrine of Christ” that Nephi set forth in relation to all of the other doctrines of the gospel?
- b. Write a paragraph that explains how the principles set forth in 2 Nephi 31:19–21 help us know how to apply the doctrine of Christ continually throughout our lifetimes.
- Read the student manual commentaries “2 Nephi 31:15–16: ‘Endure to the End’” and “2 Nephi 31:19–20: Press Forward” (page 109). Write a few sentences explaining how enduring to the end means more than merely patiently suffering through the hardships in our lives.

5. 2 Nephi 31:5–9. Purposes of Baptism

- a. Read 2 Nephi 31:5–9 and the student manual commentary “2 Nephi 31:4–10: ‘He Having Set the Example Before Them’” (page 107). Then list three reasons or purposes Nephi gave for why the Savior was baptized.

- b. Read Mosiah 18:13; 21:35; Alma 7:15. Then write a summary of the primary purpose of why we are baptized.

6. 2 Nephi 32. The Power of Scripture, the Holy Ghost, and Prayer

- a. Second Nephi 32 teaches principles related to pressing forward on the path that leads to eternal life. Read 2 Nephi 32:1–5 and the student manual commentary “2 Nephi 32:5: ‘All Things What Ye Should Do’” (page 110). Respond in writing to the following:
- How do the words of Christ we receive through the Holy Ghost help us remain on the path leading to eternal life?
- b. Write a paragraph about what you think the difference is between *reading* the words of Christ and *feasting* on them. What can you do to make your scripture study experience more of a “feast”? (see also the student manual commentary “2 Nephi 31:20; 32:3: ‘Feast upon the Words of Christ’” [pages 109–10]).
- c. Read 2 Nephi 32:8–9 and look for one way the Lord has provided for us to access the Holy Ghost. Write a paragraph that explains why you think scriptures, the Holy Ghost, and prayer are the topics that Nephi chose to emphasize as he concluded an explanation of the doctrines of Christ.
- d. Why do you think Satan, “the evil one,” teaches us not to pray?

7. 2 Nephi 33. Nephi’s Final Testimony

Read 2 Nephi 33:7–9 and list the three groups Nephi addressed in his final testimony. Nephi began his testimony with the phrase “and now” in 2 Nephi 33:10. After reading verses 10–15, write a paragraph explaining what Nephi testified of and what you believe is the foundation of Nephi’s testimony. How can Nephi’s testimony of the Savior strengthen your testimony?

Lesson 8

Jacob 1–7

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete four of the following assignments:

1. Jacob 1. Jacob Obtained His Errand from the Lord

- a. Read Jacob 1:4–10 and then write answers to the following:
 - In what ways is Jacob’s stated purpose for writing in harmony with Nephi’s instructions found in 1 Nephi 6:4–6?
 - List principles of effective Church leadership you find from the lives of Nephi and Jacob as described in Jacob 1 (see also Jacob 2:3–6).
- b. Read Jacob 1:15–19 and write responses to the following questions:
 - What did Jacob list as his motive for laboring diligently?
 - What “wicked practices” were the Nephites beginning to observe?
 - Why did Jacob labor “with all diligence” among his people?
 - What are some good examples you have seen of people magnifying their callings?
- c. Read the institute student manual commentaries “Jacob 1:19; 2:2: ‘Answering the Sins of the People upon Our Own Heads’” and “Jacob 2:8–10: Admonish ‘According to the Strict Commands of God’” (pages 116–17). Write a paragraph explaining the responsibility priesthood leaders carry for the spiritual welfare of Church members and why their

talks are not given “to be enjoyed” (see Elder Oaks’s talk in the student manual commentary, page 117).

2. Jacob 2–3. Jacob Condemned Pride and Unchastity

- a. Review Jacob’s counsel to his people about the dangers of pride and riches in Jacob 2:12–21. Write a three-paragraph essay explaining how a family, school, and community would improve if everyone followed Jacob’s counsel.
- b. Read the student manual commentaries “Jacob 2:12–19: ‘Before Ye Seek for Riches’” and “Jacob 2:17: ‘Free with Your Substance’” (pages 117–18). Write your responses to the following questions:
 - Why do Church leaders caution us against making riches our goal in life?
 - How does the payment of a generous fast offering help us maintain proper motives in seeking for riches?
- c. Read Jacob 2:7, 23–35; 3:4–12 and the student manual commentaries “Jacob 2:28: Chastity”; “Jacob 2:31–35: ‘Many Hearts Died, Pierced with Deep Wounds’”; and “Jacob 3:10: Damage Caused by Poor Examples” (pages 119–20). Write a brief summary of what Jacob taught about marriage and chastity. In what ways can sexual immorality affect the sinner’s family, friends, and members of society?
- d. Jacob’s audience included not only the sinful men of his time but also those who were “pure in heart” (Jacob 3:1). After reading Jacob 3:1–2, respond in writing to the following items:
 - List the promises and requirements to obtain those promises that Jacob gave his people.
 - What promise could be added to this list from 3 Nephi 12:8?

3. Jacob 4. For This Intent

Search Jacob 4:4–16. For each of the verses below, record a phrase that you feel reveals something about Jesus Christ’s life and mission. The first one is done as an example:

- Verse 4. Jacob and all the holy prophets knew of Jesus Christ and had faith in Him hundreds of years before His coming.
- Verse 5
- Verses 6–7
- Verses 8–9
- Verse 10
- Verse 11
- Verse 12
- Verses 15–16

4. Jacob 5–6. Zenos’s Allegory of the Olive Tree

- a. This assignment is intended to assist you in your understanding of the allegory found in Jacob 5. Therefore you may want to do this assignment before reading the scripture block. The entry in the Bible Dictionary under “Olive tree” (pages 739–40) may also be helpful.
 - b. Read the student manual commentary “Jacob 5: The Allegory of the Olive Trees” (page 122), and write a good definition of an allegory. What did Elder Jeffrey R. Holland teach is the central meaning of the allegory?
 - c. Read the student manual commentary “Jacob 5:1: Who Was Zenos?” (page 122). Describe in writing what you learned about the prophet Zenos.
 - d. Read the student manual commentary “Jacob 5:3: ‘I Will Liken Thee, O House of Israel, Like unto a Tame Olive-Tree’” (page 123). Explain in writing why the olive tree was a good symbol of God’s love for the house of Israel.
 - e. Study the student manual commentary “Jacob 5:3–77: Symbolic Elements in the Allegory of Zenos” (pages 123–25). As you study Jacob 5, write into your scriptures the interpretations of the symbols listed in the student manual.
- f. After reading Jacob 5, read Romans 11:17–24 and list any similarities of the allegory. Write one or two sentences of how these obvious evidences that the allegory of the olive tree existed in New Testament times, helps support the authenticity of the Book of Mormon.
 - g. Jacob 6 is his summary of the allegory of the olive tree. For each of the verses below, record a lesson that Jacob mentioned:
 - Verse 4
 - Verse 5
 - Verse 7
 - Verse 8

5. Jacob 7. Sherem, the Anti-Christ

- a. Some people wonder why the Book of Mormon contains several accounts of anti-Christ’s and their teachings. Read the student manual commentary “Jacob 7:1–23: Sherem, the Anti-Christ” (page 127). Write a few sentences summarizing what President Ezra Taft Benson said is the value of accounts in the Book of Mormon such as this one about Sherem.
- b. Study Jacob 7:1–9 and make a list of the strategies that Sherem the anti-Christ tried to use to dissuade people from the truth. Write a paragraph explaining why you will be better prepared for the anti-Christ’s of today by understanding this chapter.
- c. Review Jacob 7:5, 8, 10–12, 21–22 and the student manual commentary “Jacob 7:2–4: How to Avoid Being Deceived” (page 128). Write a paragraph describing why Jacob “could not be shaken” (verse 5) by Sherem’s learning or power of speech. What can you do to have similar strengths in your life?

Lesson 9

Enos–Mosiah 3

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete assignment 5 and one of the other assignments:

1. Enos 1. Remission of Sins

- Read Enos 1:1–8 and the institute student manual commentary “Enos 1:1: ‘Nurture and Admonition of the Lord’” (page 130). Identify in writing what seemed to be the catalyst that turned Enos from hunting for food to a concern for the welfare of his own soul. Then write a description of what Enos did to come unto Christ. What did he say was “swept away”? What did the Lord say was the source of this forgiveness?
- Read the student manual commentary “Enos 1:3–15: Preparing to Receive an Answer to Prayer” (pages 130–31). Write a paragraph explaining how the process Enos used to prepare for meaningful prayer could also improve your personal prayers.
- Read Enos 1:9–19 and the student manual commentary “Enos 1:9–14: A Desire for the Welfare of Others” (page 131). Write a paragraph explaining how Enos’s actions demonstrated true conversion.
- According to Enos 1:19, 23 what did Enos’s faith lead him to do?
- After reading Enos 1:26–27, list the blessing Enos mentioned comes to those with faith and good works.

2. Jarom 1:7–12. Fortifying Ourselves against the Enemy

Jarom wrote, “And thus being prepared to meet the Lamanites, they did not prosper against us” (Jarom 1:9). Search Jarom 1:7–12 and list the ways the Nephites prepared for their enemies. We are also under attack each day from Satan, our enemy. As you look over the list you created, choose one of the methods the Nephites used to keep themselves safe and adapt it to yourself. Explain in writing how you can apply this method of defense. How did the Nephites view the coming Messiah?

3. Omni 1. The Importance of Scripture

- Read Omni 1:1–17 and the student manual commentary “Omni 1:12–17: Three Separate Civilizations in the Record” (page 133). Then respond in writing to the following questions:
 - Who were the people of Zarahemla?
 - Where did they come from?
 - What did they not bring with them that Lehi’s family did bring?
 - What difference did this have on the people of Zarahemla?
 - How does this relate to what is written in 1 Nephi 4:12–17?
 - How could this apply to us today?
- Amaleki understood the importance of inspired records and left them in the hands of King Benjamin. Read Omni 1:25–26 and write a statement that summarizes the final counsel Amaleki gave.
- The books of 1 Nephi through Omni are a direct translation from the small plates. The book of Mosiah begins an abridgement taken from the large plates. What evidence does Omni 1:30 give as the reason for this change?

4. Words of Mormon 1:1–8. “For a Wise Purpose”

- Read “A Brief Explanation about the Book of Mormon” found in the introductory pages of the Book of Mormon. In addition, read the student manual commentary “Words of Mormon 1:7: ‘The Lord Knoweth All Things Which Are to Come’” (pages 134–35). Read Words of Mormon 1:1–8 and the section headings for Doctrine and Covenants, sections

3 and 10. Using the information from these sources, write your answers to the following questions:

- How did the small plates become a part of the Book of Mormon?
- Why did Mormon include them?
- Which of the current books in the Book of Mormon make up the small plates?
- How are the small plates different from the large plates?
- What happened to the first part of Mormon’s abridgment?

- b. Read Doctrine and Covenants 10:38–45. (Note that the term “plates of Nephi” in these verses refers to the small plates of Nephi, or in other words the books of 1 Nephi through Omni in our present Book of Mormon.) Write a sentence or two about what you learn from these verses that illustrates the truth that God’s “wisdom is greater than the cunning of the devil.”

5. Words of Mormon 1:9–18; Mosiah 1–3. King Benjamin’s Address

- a. Study Words of Mormon 1:12–18 and from those verses write a description of King Benjamin and what he and other prophets did to help his people.
- b. Imagine you have an opportunity to leave a final message to your children about the importance of the scriptures. Write a paragraph describing your feelings about the scriptures. Read Mosiah 1:3–8 and compare your paragraph to the counsel King Benjamin gave to his sons.
- c. Read Mosiah 2:9–41. Using the following references, write a list of phrases that summarize the concerns and counsel that King Benjamin gave us. Each phrase should start with the word *Be* or *Beware*. The first one is done as an example.
- Verse 9. Be teachable; “open your ears” to hear and “your hearts” to understand.
 - Verses 17–18
 - Verse 19
 - Verses 22–24, 41

- Verses 25–26
- Verse 32
- Verse 38

- d. Read the student manual commentaries “Mosiah 2:17: Service” and “Mosiah 2:21–24, 34: ‘Indebted unto Him’” (pages 137–38). Then write responses to the following questions:

- What did President Howard H. Hunter (1907–1995) mean when he said, “Visibility does not equate to value”? (student manual, page 137).
- How have “unselfish acts of kindness” increased your spirituality?
- Why will we never be able to pay the debt we owe to God?

- e. Study Mosiah 3:2–10 and the student manual commentary “Mosiah 3:7: So Great Was His Anguish” (pages 138–39). Identify in writing at least three important truths about Jesus Christ and His mission. Look at the footnotes for each truth identified and write an explanation of what each one tells about Him. According to verse 2, where did King Benjamin learn these truths?

- f. Read Mosiah 3:11–27 and any related material in the student manual commentary (pages 139–41). Write your responses for the following:

- Describe the three groups of people for whom the blood of Christ “atoneth.”
- What did King Benjamin say we must do to receive the salvation that comes “through the atoning blood of Christ, the Lord Omnipotent”?
- Why are little children “blameless before God”? (see also Moroni 8:12; D&C 29:46).
- What can we do to put off the natural man?
- What are the consequences of refusing to obey the commandments after having been taught them? (see also D&C 82:3).
- According to King Benjamin, what is the cause of torment that is likened unto a lake of fire?

Lesson 10

Mosiah 4–17

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete either assignment 1 or 3, and complete all of the additional assignments:

1. Mosiah 4–5. How to Live a Christlike Life

- a. A remarkable change came upon the people as a result of applying King Benjamin's teachings to their lives. Read Mosiah 4:1–3 and the institute student manual commentary “Mosiah 4:2–3: Applying the ‘Atoning Blood of Christ’” (page 142). Write answers to the following questions:
 - What did King Benjamin’s people realize?
 - What did they ask?
 - What was the result?
 - How did President Boyd K. Packer say we can “activate” the Atonement of Jesus Christ in our everyday lives?
- b. After seeing the change that came upon the people, King Benjamin gave additional teachings to help them know how to live Christlike lives. Search Mosiah 4:4–30 and the accompanying student manual entries (pages 143–44). Write an outline for an 8–10 minute talk that includes at least five behaviors or character traits necessary for disciples of Jesus Christ.
- c. Read Mosiah 4:26–27. Explain in writing how King Benjamin suggested that his people retain a remission of their sins. How could you apply this today?

- d. Read Mosiah 5 and the student manual commentaries “Mosiah 5:2: ‘A Mighty Change in Us’” and “Mosiah 5:8–10: Taking upon Us His Name” (pages 144–45). Then respond in writing to the following questions:

- By what means did the “mighty change” come?
- What effect did the “mighty change” have on the people?
- What were the people willing to covenant?
- What does it mean to become “children of Christ”?
- What does it mean to “take upon you the name of Christ”?
- What can you do each day to keep Christ’s name written in your heart?
- What must we do if Christ is truly our “master”?

2. Mosiah 8:12–18. “A Great Benefit to His Fellow Beings”

Read Mosiah 8:12–18; the student manual commentary “Mosiah 8:15: ‘A Seer Is Greater than a Prophet’” (page 147); and “Seer” in the Bible Dictionary (page 718). Then list characteristics that define a seer. Who do we sustain as seers today?

3. Mosiah 9–17. King Noah and Abinadi

- a. Read Mosiah 9:17–18; 10:4–11; 11:1–11. Explain in one paragraph the changes that King Noah made when he took power.
- b. Read the student manual commentary “Mosiah 10:11–17: False Traditions” (page 150). Write a short paragraph explaining how to prevent false traditions from creeping into our lives today.
- c. Read Mosiah 12:2–6 and list at least three punishments Abinadi said would come upon the people if they would not repent.
- d. As you read Mosiah 12–16 and the accompanying material in the student manual commentary (pages 151–55), write answers to the following questions about Jesus Christ and His commandments:
 - Why did Abinadi read the Ten Commandments to Noah and his priests?

- What does it mean to have the commandments “written in your hearts”?
- What was the purpose of the law of Moses?
- What can we learn about the Savior from the prophecies of Isaiah quoted by Abinadi in Mosiah 14–15?
- What other prophets testified of Christ’s Atonement?
- According to the following verses, how did the Atonement affect—
 - Our sins? (Mosiah 14:5)
 - The Resurrection? (Mosiah 15:19–24)
 - Little children? (Mosiah 15:24–25)
- In what ways are the Father and Son one?
- What blessings are mentioned for those who have believed in Christ, followed Him, and accepted His Atonement?
- What will happen to those who have rejected Christ and His Atonement?
- At the end of his discourse, what did Abinadi exhort Noah and the priests to do?

4. Mosiah 7–15. Charges against Abinadi

Using the verses provided below, write in the following chart the charge, the evidence, and the law:

Charge	Evidence	Mosaic Law
Mosiah 17:12	Mosiah 12:3, 10–12	Exodus 22:28
Mosiah 12:12	Mosiah 12:11–12	Deuteronomy 18:18–22
Mosiah 17:7–8	Mosiah 7:26–28; 15:1–8	Leviticus 24:16

- Write a couple of sentences explaining in what ways the priests of Noah had twisted the law of Moses to meet their purposes.
- Write what evidence you find that Abinadi did not violate the law of Moses.
- How strong was Abinadi’s commitment to the Lord?
- In what ways did Abinadi’s life and teachings affect Alma?
- How did Abinadi’s martyrdom affect Noah? the priests? the people?
- What have you learned from the example of Abinadi that you would like to implement more in your own life?

5. Mosiah 17. Abinadi and Alma

- a. After reading Mosiah 17, write a paragraph about Abinadi that includes answers to the following questions:

Lesson 11

Mosiah 18–29

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

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Complete one of assignments 1 or 3 and any three of the other assignments:

1. Mosiah 18. The Atonement and Baptismal Covenants

- Mosiah 18:2 records six aspects of the Atonement of Jesus Christ—*resurrection, redemption, power, suffering, death, and ascension*. From anywhere in the standard works, find and record a scripture that helps define each aspect. Write a doctrinal summary of each of your scriptural cross-references.
- Read Mosiah 18:8–16 looking for elements of the baptismal covenant and the feelings of Alma’s people as they were baptized. As we apply these principles to our day, answer the following questions:
 - What is our part of the baptismal covenant, as outlined in these verses?

- What promises do we receive from the Lord in exchange for keeping the baptismal covenant?
- Read the institute student manual commentaries “Mosiah 18:9: ‘Stand as Witnesses of God at All Times’”; “Mosiah 18:10: ‘Ye Have Entered into a Covenant with Him’”; and “Mosiah 18:10: Having His Spirit” (pages 156–57). Write a paragraph explaining what your baptismal covenant means to you and how it has affected your life.

- Search Mosiah 18:17–30 and write an overview of Alma’s counsel on how to “walk uprightly before God.”

2. Mosiah 19:1–24. Prophecy Fulfilled

Review Abinadi’s prophecies about King Noah and his people in Mosiah 12:2–3. Then read Mosiah 19:1–24. Write a brief paragraph for each of the following references explaining how they apply to the experience above: Doctrine and Covenants 1:37–38; Alma 30:60; 41:10.

3. Mosiah 21–24. Delivered by the Hand of the Lord

Limhi’s people (see Mosiah 21–22) and Alma’s people (see Mosiah 23–24) both prayed mightily to be released from Lamanite bondage; however, the Lord assisted each group in different ways. Study Mosiah 21–24 and the student manual commentary “Mosiah 19–24: People of Limhi Compared to People of Alma” (pages 159–60). Then fill in the answers to both groups’ situation and answer the following questions. Note the scripture references by your answers. The first row is completed as an example.

Situation	Limhi’s Group (Mosiah 21–22)	Alma’s Group (Mosiah 23–24)
Placed in bondage by the Lamanites	Limhi’s people were placed in bondage with much bloodshed (see Mosiah 21:5–12).	Alma’s people were placed in bondage without bloodshed (see Mosiah 23:35–38; 24:9).
Their reaction to being in bondage		

Situation	Limhi’s Group (Mosiah 21–22)	Alma’s Group (Mosiah 23–24)
God’s response to their affliction and their attitude toward His kindness		
The escape—their deliverance and arrival in Zarahemla		

4. Mosiah 26:1–6. Effects of Apostasy on the Church

Read Mosiah 26:1–6 and the student manual commentary “Mosiah 26:1–4: The Rising Generation” (page 163). Then record your answers to the following questions:

- What reasons did Mormon give for the apostasy in some of the youth of Alma’s generation?
- What was the result of the rising generation’s apostasy?
- What are some reasons you can think of to explain why the Church has established programs and activities for children, youth, and young adults? How has your faith increased as a result of participating in these programs?

5. Mosiah 27:8–37. Repentance

- a. Read Mosiah 27:8–17 and write a summary of what the angel told Alma and the sons of Mosiah.
- b. In what way is Mosiah 27:14, 22 a confirmation of what is taught in James 5:16 in the New Testament?
- c. Read Mosiah 27:23–31 and the student manual commentary “Mosiah 27:25: Being Born Again” (pages 166–67). Write responses to the following:
 - What are the key points that Alma the Younger learned while he was struck dumb?
 - What does it mean for a person to be “born again”?

- How would you evaluate your personal progress toward being born again?

- d. Read Mosiah 27:32–37 and list evidences that the conversions of Alma the Younger and the sons of Mosiah were sincere. Who do you know that is converted to the Lord and whose life shows evidence of that conversion? Choose one of these evidences of conversion and explain in writing how you will try to make it more a part of your own life.

6. Mosiah 28. The Sons of Mosiah Desire to Preach the Gospel

Read Mosiah 28:1–9 and the student manual commentary “Mosiah 28:3: ‘Salvation Should Be Declared to Every Creature’” (page 168). Then write your answers to the following questions:

- Why did the sons of Mosiah and their companions want to preach the gospel among the Lamanites?
- How does that compare with the reasons why you or your friends serve missions today?
- What promises did the Lord give King Mosiah regarding his sons’ missionary efforts?
- How does deep conversion create within us a desire to share the gospel with others?
- How can our desires to share the gospel help us know the depth of our conversion?

7. Mosiah 29. Principles of Good Government

- a. Mosiah recommended a system of government to replace the rule of kings after his death. Study Mosiah 29:11–24 and write your answers to the following questions:

- What counsel did Mosiah give his people about having kings?
 - Which two men did Mosiah describe as different examples of kings?
 - How did Mosiah describe the consequences of having a wicked leader?
- b. Mosiah suggested that the people establish a system of judges to replace the rule of kings. Read Mosiah 29:11–14, 27, 32–39 and the student manual commentary “Mosiah 29:26–27: The Danger of the Majority Choosing ‘That Which Is Not Right’” (page 169) and write your answers to the following questions:
- What qualities did Mosiah say these judges should have? (see also D&C 98:10).
 - What was the foundation for the laws governing the people?
 - What did Mosiah say would happen if the majority of the people chose wickedness?
 - What are some ways you can make a righteous difference in your government?
 - What obligations did Elder Neal A. Maxwell (1926–2004) and President Boyd K. Packer say that we each have? (see also Articles of Faith 1:12).

Lesson 12

Alma 1–7

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete three of the following assignments:

1. Alma 1:1–6, 12, 16, 26–28. Priestcraft and Priesthood

- a. Study the institute student manual commentaries “Alma 1:3–4: Nehor Taught That a ‘Teacher Ought to Become Popular’” and “Alma 1:5–6, 16, Priestcrafts,” (pages 170–71). After reading the following verses on priestcraft and priesthood, answer the questions:

Priestcraft. Alma 1:2–6, 12, 16; 2 Nephi 26:29

- What is priestcraft?
- Why were Nehor’s teachings popular? (see also Helaman 13:27–28).
- In what ways is priestcraft a concern in our world today?
- What would be the result if priestcraft was allowed to flourish?

Priesthood. Alma 1:26–27; Mosiah 23:14, 17–18; Jacob 1:18–19

- How should the priests of God conduct themselves?
- How should the teachers of religion regard those whom they teach? Why is this attitude important when teaching others?
- What are some of the similarities between the righteous priests of Alma’s day and modern Church teachers, leaders, and missionaries?

2. Alma 2–3. Good Conquering Evil

- a. After reading Alma 2–3, write three paragraphs contrasting the actions and motives of Amlici and his followers with Alma and the Nephites. In your third paragraph explain how you could apply the principles from this historical experience in conquering evil in your own life.
- b. The Amlicites rebelled against Alma and the Nephites. As part of that rebellion, they placed a mark upon themselves. Think of what you read in Alma 3 and also read the student manual commentaries “Alma 1:27: Dress and Appearance”; “Alma 3:4: The Amlicites Marked Their Bodies”; and “Alma 3:5: The Amlicites Changed Their Appearance to Follow the Lamanites” (pages 173–74). Then write answers to the following questions:

- What are some modern ways people mark themselves in opposition to authority?
- In contrast to the wicked who often mark themselves in their way, what marked changes do the righteous experience according to Alma 5:14?

3. Alma 4. Alma Devoted Himself to the Ministry

- a. Read Alma 4 and write a paragraph describing the reasons the Church began to fail in its progress. Include in your paragraph ways you could follow Alma’s example in your own life.
- b. Read Alma 4:19 and the student manual commentary “Alma 4:19: Bearing Pure Testimony” (pages 176–77). Write brief responses to the following:

- How can you use the counsel given by Elder M. Russell Ballard to help you share your testimony?
- Why does the bearing of testimony often result in greater conversion of both the one who bears testimony and the one who hears it?

4. Alma 5. A Mighty Change of Heart

- a. Imagine a friend is to be baptized in a few days and he asks you what it means to “be born again.” Study Alma 5 and the student manual commentaries “Alma 5:12–14: A ‘Mighty

Change in Your Hearts” and “Alma 5:14: ‘Born of God’” (pages 178–79). Prepare a note that you could give your friend, listing insights and impressions you feel answer this question. Your list should include direct phrases from the scripture block.

- b. Alma asked over 40 questions in his sermon to the people of Zarahemla (Alma 5). Following the “note” to your friend, choose 10 questions from Alma 5 that you would have your friend ask himself to help determine if he has experienced “a change of heart.”

5. Alma 6:7–8; 7:1–26. One Thing More Important Than All Others

- a. Read Alma 6:7–8 and identify Alma’s goal and purpose. Record the description of Alma’s ability to “declare the word of God” by completing Mormon’s phrase “according to . . .”
- b. Alma went to the city of Gideon “having great hopes and much desire that I should find that ye had humbled yourselves before God” (Alma 7:3). After reading Alma 7:5–6, 17–20, list the evidences that his hope was not in vain.
- c. Read Alma 7:11–13 and the student manual commentaries “Alma 7:11–12: Our Pains, Afflictions, Temptations, Sickesses, and Infirmities” and “Alma 7:12: ‘Succor His People’” (pages 182–83). List seven different things Jesus Christ suffered for in performing the Atonement. According to these verses, what would come to the Lord because he suffered these things “according to the flesh”?
- d. Read Alma 7:22–24. Make a list of characteristics that allow us to stand “blameless before [God]” (verse 22). Write a short definition of each of the characteristics. Explain how each characteristic helps us be “blameless before [God].”

Lesson 13

Alma 8–16

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete assignment 2 and any of the other assignments:

1. Alma 8. Alma and Amulek

- a. Compare in writing Alma’s experiences in the land of Melek (see Alma 8:3–6) with his experiences in Ammonihah (see Alma 8:7–13).
- b. Summarize in a few sentences what the angel said to Alma (see Alma 8:14–17) and to Amulek (see Alma 8:20; 10:7). Explain how the angel’s message could encourage missionaries today.
- c. Read the institute student manual commentary “Alma 8:26: Fasting” (page 185). Write a paragraph describing how fasting has blessed your life.
- d. Explain in writing the connection between the actions described in Alma 8:10, 26 with the results identified in Alma 8:30–32.

2. Alma 9–14. Alma and Amulek’s Ministry to the People of Ammonihah

- a. Alma and Amulek had power “given unto them” to minister to a wicked and rebellious people. Alma began by asking the people of Ammonihah several questions, many of which began with “Do ye not remember . . .” and “Have ye forgotten . . .” As you read Alma 9:7–14, record each of his questions under the correct heading:

Do Ye Not Remember . . .	Have Ye Forgotten . . .

After filling in the chart, explain in writing your answers to the following question:

- What are some reasons you can think of to explain why Alma asked questions that began with “Do ye not remember . . .” and “Have ye forgotten . . .”?
- b. How do prophets remind us of important spiritual truths? After reading Alma 9:14–15, 19–22, 27–31, write what Alma told the people of Ammonihah to remember. Include in your statement what Alma prophesied would happen to the Nephites if they failed to remember to obey the Lord.
 - c. Not only was Amulek another witness of the Lord’s message, he was a resident of Ammonihah. Read Alma 10:1–11 and write a paragraph outlining the elements of Amulek’s testimony, and then read Alma 10:17–25 and write a second paragraph on the points of Amulek’s message to his people.
 - d. Write which verses from Alma 11:34–46 you would use to answer each of the following questions:
 - Is it possible to be saved in my sins?
 - What quality of a body will I have in the Resurrection?
 - How many people who live on the earth will be resurrected?
 - What am I required to do to enter into heaven?
 - Is there death after the Resurrection?

- e. Read the student manual commentary “Alma 11:41–45: Resurrection” (pages 187–88). Write a paragraph explaining how a knowledge of and faith in the Resurrection can increase the quality of our life in mortality. In chapter 12 Alma established “the words of Amulek,” explained “things beyond,” or unfolded the scriptures “beyond that which Amulek had done.” Read Alma 12, imagining your bishop asked you to choose six doctrinal topics for sacrament meeting talks that could be taught from Alma 12. Which ones would you suggest to him?
- f. Read Alma 12:9–14 and the student manual commentary “Alma 12:12–14: Judged According to Our Words, Works, and Thoughts” (pages 188–89). Answer the following questions in writing:

- How do we come to know the mysteries of God?
- What restrictions are placed on those who know the mysteries?
- According to these verses and Doctrine and Covenants 137:9, what four things will we be judged by?
- How could you better prepare for the Judgment?

3. Alma 13. Foreordained to the Priesthood

Alma 13 was Alma’s effort to contrast the true order of priesthood with the priestcraft followed by those in Ammonihah. Read Alma 13 and the student manual commentaries “Alma 13:3–5: ‘Called and Prepared’ before the Foundation of the World” and “Alma 13:4: Agency Existed in the Premortal World” (pages 191–92). Then write answers to the following questions:

- On what basis were we called and prepared before the foundations of the world?
- What role did agency play in the premortal world?
- How does a priesthood holder prepare to enter the presence of God?

- What did Alma teach about the criteria for someone to be ordained to the Melchizedek Priesthood?
- What did Alma wish “from the inmost part of [his] heart” for the brethren of Ammonihah?
- What did Alma teach about avoiding sin and temptation?

4. Alma 14–16. “The Spirit Constraineth Me”

- a. Even though Alma and Amulek ministered with power and authority, many people in the city of Ammonihah rejected their message and sought to kill them and those who believed. Study Alma 14:6–28 and the student manual commentary “Alma 14:7–11: The Martyrdom of the Righteous” (pages 195–96), then complete the following tasks:

- Study Alma 14:8–11; 60:13 and explain the reason the scriptures gave for why Alma and Amulek did not use priesthood power to save the righteous from being killed.
- How does the statement from President Spencer W. Kimball in the student manual help explain why Alma and Amulek may have had to wait so long before they were given the power to deliver themselves from prison?
- Review Alma 14:2–5; 3 Nephi 14:6; Matthew 27:11–14. Explain why you think Alma and Amulek may have refused to answer the questions of the wicked judges.

- b. Both Zeezrom and the people of Ammonihah were vulnerable to destruction because of sin. Write a paragraph contrasting the different results for Zeezrom and the unrepentant inhabitants of Ammonihah as recorded in Alma 15:3–11, 15; 16:1–2, 9–10.

- c. Alma 15:15 states that the people of Ammonihah were of “the profession of Nehor.” Nehor was guilty of priestcraft. What insight did Mormon provide in this verse that helps us understand why priestcraft is so harmful to people?

Lesson 14

Alma 17–29

The following assignments include various learning activities, such as questions, lists, essays, charts, comparisons, contrasts, and surveys. To receive credit for this lesson, you must complete the number of assignments indicated below and submit them to your institute instructor or administrator. You may submit your work either electronically or on paper, handwritten or typed.

Each lesson should take approximately 60–90 minutes to complete, the same amount of time you would typically spend in a weekly institute class. Since reading the scripture block listed in the lesson heading is expected of all institute students prior to class, the

estimated time for each assignment does not include the time you need to spend reading the scripture block.

Complete five of the following assignments:

1. Alma 17. Being Effective Missionaries

- a. Read Alma 17:1–4, 11 and list five reasons why the sons of Mosiah were effective missionaries. In what ways could these principles strengthen you today?
- b. Use the verses provided to fill in the following chart:

Lamanite Hatred	Efforts to Overcome Hatred
Mosiah 10:15 2 Nephi 5:3	Alma 17:25
Mosiah 10:16 2 Nephi 5:5	Alma 17:23
Mosiah 10:16–17 2 Nephi 5:12	Alma 18:36–39

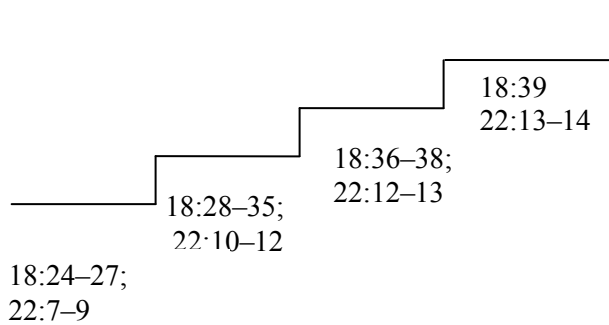
- c. Consider the following situation: Two missionaries are the first missionaries assigned to a small town. The mayor of the town found out that they had arrived and sent a message to them that they were not welcome in his town. In their morning gospel study, the missionaries read Alma 17. They both felt they should apply what they learned to their situation. Read Alma 17 and the related institute student manual commentaries (pages 198–201). Write

a paragraph that includes as many principles of effective missionary work as possible that could help missionaries in this kind of situation.

2. Alma 18:24–39; 22:7–14. A Pattern for Teaching the Plan of Redemption

Read Alma 18:24–40; 22:7–14 and identify four steps in Ammon’s and Aaron’s teaching approach

to help Lamoni and his father understand the plan of redemption. For each of the following steps, use the accompanying verses and write a short summary statement of the doctrines taught. Explain why you think Ammon and Aaron chose to teach these doctrines in this order. For additional insights see the student manual, page 202.



3. Alma 19–22. Many Lamanites Converted

- d. Write answers to the following questions to better understand how King Lamoni’s conversion affected those around him:
- What words and phrases from Alma 19:6, 33 describe the conversion of King Lamoni and his servants?
 - According to Alma 19:16–17, how and when was Abish converted?
 - According to Alma 19:29–35, how did some of the other Lamanites become converted?
 - From Alma 20:15 what did Lamoni declare to his father about the Lord’s servants?
 - What divine quality did King Lamoni’s father recognize in Ammon as found in Alma 20:26? Why do you think this quality radiates from those who are truly converted?
 - What evidence does Alma 21:9, 12–17 reveal about the faithfulness of Aaron and his brethren?
 - From Alma 22:7, 15–18 list King Lamoni’s desires that demonstrate he was truly converted.
- e. Read the student manual commentary “Alma 22:18: ‘I Will Give Away All My Sins to Know Thee’” (pages 203–4). Then answer the following questions in writing:
- What blessings come as a result of giving away all your sins?
 - In what respect is giving away your sins not really a sacrifice?

4. Alma 23–25. Never Fall Away

- a. Study Alma 23:5–7, 16–18; 24:6–19; 25:13–17 and make a list of the reasons why these converts “never did fall away” (Alma 23:6). List your insights next to the scripture block below:

Principles for Not Falling Away	
Alma 23:5–7, 16–18	
Alma 24:6–19	
Alma 25:13–17	

- b. Read the student manual commentaries “Alma 23:6: Converted unto the Lord and Never Did Fall Away” and “Alma 24:17–19: Burying Our Weapons Deep” (pages 206–8). Write answers to the following questions:
- What can members of the Church do to help converts remain active in the Church?
 - According to President Spencer W. Kimball, why might our efforts to abandon sin require us to change our lifestyle?

5. Alma 26, 29. “My Joy Is Full”

- a. Both Ammon and Alma stated that their joy was full as they contemplated the work they were engaged in and witnessed the fruits of their labors. Compare Alma 26:1–16 and Alma 29:1–17. Write one paragraph summarizing Ammon’s words and another paragraph summarizing Alma’s words. Conclude by writing a third paragraph describing how missionaries today can draw strength and wisdom from the examples of Ammon and Alma and the joy they expressed in their labors.
- b. Read Alma 26:23–30 and respond to the following questions in writing:

- What was the initial reaction of the people in Zarahemla to their desire to preach to the Lamanites?
- What trials did the sons of Mosiah endure?
- What reason did they give for what made the trials worth suffering?
- How could these verses be used to encourage a missionary today?

6. Alma 27–28. The Lord Preserves the Righteous

Read the student manual commentary “Alma 28:1–12: Hope Follows the Death of the Righteous” (page 211). Then read Alma 27:7–14; 28:1–2. Identify what the Lord promised He would

do for the Anti-Nephi-Lehies, and write answers to the following questions:

- According to Elder Robert D. Hales, why is there “no sorrow for those who die in the Lord”?
- What persuaded the king to go to Zarahemla? (see Alma 27:7–14).
- What beliefs and practices “distinguished” the people of Ammon from others? (see Alma 27:27–28).
- How did the Nephites help the people of Ammon keep their covenant with the Lord and preserve them? (see Alma 28:1–2).
- How can you help others keep their covenants to the Lord?