

October 7–13
3 Nephi 17–19
“Behold, My Joy Is Full”



Ponder and Pray

3 Nephi 17:1-3

How does pondering help us prepare for further instruction?

Joseph B. Wirthlin

“Pondering, which means to weigh mentally, to deliberate, to meditate, can achieve the opening of the spiritual eyes of one’s understanding. Also, the Spirit of the Lord may rest upon the ponderer.” (CR, April 1982)

Charles C. Rich

"When Jesus came to the Nephites he found them unprepared to receive his words, and he said to them, 'I will come again tomorrow; you are not prepared to receive my words.' He came to them several times; and they became prepared, finally, to hear and learn, that which they were not prepared to learn before. If we are not prepared to receive the word of the Lord today, we may possibly be prepared tomorrow." (JD, 19:249)

Jesus Heals the Sick

3 Nephi 17:5-10

What enabled the sick among the Nephites to be healed by Jesus?

José L. Alonso

"When the Savior appeared to the people of the Book of Mormon, He gave us a great example about not waiting to administer relief to those who have lost a sense of happiness and joy....

"He blessed them one by one. That is the model the Savior has given us. His love is for all, but He never loses sight of the one." (CR, Oct. 2011)

Jesus Blesses the Children

3 Nephi 17:11-12,21-24

What childlike qualities does Jesus want us to have?

What can we do to develop these qualities?

Mosiah 3:19

... [become] as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.

M. Russell Ballard

"When we truly behold our little ones, we behold the glory, wonder, and majesty of God, our Eternal Father. All children are His spirit offspring. We have no more eloquent testimony that our Heavenly Father lives and that He loves us than the first raspy cry of a newborn child. All babies have faith in their eyes and purity in their hearts. They are receptive to the truth because they have no preconceived notions; everything is real to children. Regardless of physical limitations or the challenge of circumstance, their souls are endowed naturally with divine potential that is infinite and eternal....

"Clearly, those of us who have been entrusted with precious children have been given a sacred, noble stewardship, for we are the ones God has appointed to encircle today's children with love and the fire of faith and an understanding of who they are"
("Great Shall Be the Peace of Thy Children," Ensign, April 1994)

The Sacrament

3 Nephi 18:5-12

What do we learn in these verses about the ordinance of the sacrament?

David B. Haight

"This holy ordinance was later taught by the Savior to the Nephites on the Western Hemisphere....

"The weekly opportunity of partaking of the sacrament of the Lord's Supper is one of the most sacred ordinances of The Church of Jesus Christ of Latter-day Saints and is further indication of His love for all of us. Associated with the partaking of the sacrament are principles that are fundamental to man's advancement and exaltation in the kingdom of God and the shaping of one's spiritual character." (CR, April 1983)

Marion G. Romney

"While instructing his Nephite disciples with respect to the sacrament, Jesus twice repeated to them the promise, 'And if ye do always remember me ye shall have my Spirit to be with you.'

"It is the overwhelming importance of realizing this great promise that makes regular attendance at sacrament meetings so imperative, for if we can but have the companionship of his holy spirit, we shall be able, as the Lord admonishes, to keep ourselves more fully unspotted from the world and furthermore we shall be neither deceived nor disturbed in our faith by the evil about us." (CR, April 1946)

The Sacrament

3 Nephi 18:5-12

What did Jesus tell His disciples to do for those who were not worthy to partake of the sacrament?

Why is it important to not partake of the sacrament if you are not worthy?

How do we know if we are worthy to partake of the Sacrament?

Why did Jesus instruct them not to cast out those who were not worthy to partake of the sacrament?

John H. Groberg

“What does it mean to partake of the sacrament worthily? Or how do we know if we are unworthy?”

“If we desire to improve (which is to repent) and are not under priesthood restriction, then, in my opinion, we are worthy. If, however, we have no desire to improve, if we have no intention of following the guidance of the Spirit, we must ask: Are we worthy to partake, or are we making a mockery of the very purpose of the sacrament, which is to act as a catalyst for personal repentance and improvement? If we remember the Savior and all he has done and will do for us, we will improve our actions and thus come closer to him, which keeps us on the road to eternal life.” (CR, April 1989)

Gene R. Cook

"Yes, it's true, there are a few sheep who will not respond to their Master's voice, who are not willing at this time—and I repeat, at this time—to respond, because Jesus taught that He could only 'bring all men unto him, on conditions of repentance' (D&C 18:12).

With those souls, we just go on loving them and try again at a later time when they may have a more repentant heart and will respond to the Spirit. (CR, Oct. 1988)

Prayer

3 Nephi 18:15-21

What blessing does Jesus promise us regarding prayer?

Heber J. Grant

“I have little or no fear for the boy or the girl, the young man or the young woman, who honestly and conscientiously supplicate God twice a day for the guidance of His Spirit. I am sure that when temptation comes they will have the strength to overcome it by the inspiration that shall be given to them. Supplicating the Lord for the guidance of His Spirit places around us a safeguard, and if we earnestly and honestly seek the guidance of the Spirit of the Lord, I can assure you that we will receive it.” (The Improvement Era, 1969)

The Holy Ghost

3 Nephi 19:9-13

Why do you think that the thing that the Twelve desired most was to be given the Holy Ghost?

Jeffrey R. Holland

“Because the Father and Son could not permanently be with them - or us - in a telestial world, the next best companionship came from that member of the Godhead who can be with mortals permanently - the Holy Ghost.... [The] one who is the spiritual extension and telestial representative of the Father and the Son.... Perhaps all disciples of Christ, all members of his true Church, should pray for the influence and guidance of the Holy Ghost as that heavenly gift 'which they most desire.'” (Christ And The New Covenant, pg. 278)

Wilford Woodruff

“The gift of the Holy Ghost is the greatest gift that can be bestowed upon man....

“[It] is not restricted to men, nor to apostles or prophets; it belongs to every faithful man and woman, and to every child who is old enough to receive the gospel of Christ” (Teachings of Presidents of the Church: Wilford Woodruff, pg. 49)

Jesus Prays For Believers

3 Nephi 19:19-23

What blessings is Jesus asking the Father to grant to those who believe on Him?

Jeffrey R. Holland

“That is, of course, a variation on the great intercessory prayer Christ offered for his disciples on the eve of his crucifixion in the Old World, praying that his followers might be unified with the Father and the Son, as well as with each other, and be taken from the adverse temptations and evil influences of the world (see John 17).

“From the Savior's language, we see clearly it is the Holy Ghost that provides such unity, a doctrinal point not so clearly communicated in the New Testament account.” (Christ And The New Covenant, pg. 280)

Bruce R. McConkie

“The only scriptural instances in which prayers were addressed directly to the Son were when - and because! - that Holy Being, as a resurrected personage, was standing before the petitioners.”
(Doctrinal New Testament Commentary, 2:79)

Jesus Prays For Believers

3 Nephi 19:28-30

What blessings is Jesus asking the Father to grant to those who believe on Him?

Heleman 3:35

Nevertheless they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God.

Jesus Prays For Believers

3 Nephi 19:31-36

Ronald A. Rasband

"My experience has been that the Spirit most often communicates as a feeling. You feel it in words that are familiar to you, that make sense to you, that prompt you. Consider the response of the Nephites as they listened to the Lord pray for them: 'And the multitude did hear and do bear record; and their hearts were open and they did understand in their hearts the words which he prayed' (3Ne 19:33). They felt in their hearts the words of His prayer. The voice of the Holy Spirit is still and small." (CR, April 2017)

Next Week:

October 14–20

3 Nephi 20–26

“Ye Are the Children of the Covenant”

