

June 10–16

Alma 5–7

“Have Ye Experienced this Mighty Change in Your Hearts”



Always Remember the Goodness of God

Alma 5:4-5

Mosiah 24:13-14

And it came to pass that the voice of the Lord came to them in their afflictions, saying... 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.

Mosiah 27:16

Now I say unto thee: Go, and remember the captivity of thy fathers in the land of Helam, and in the land of Nephi; and remember how great things he has done for them; for they were in bondage, and he has delivered them.

Always Remember the Goodness of God

Alma 5:6-7

What can we do to that will help us always remember the power of God that we have witnessed in our life?

What can cause us to forget or explain away these experiences and drift away from the path?

Neal A. Maxwell

If we fail to stir remembrance of blessings received, the human tendency is to say, in effect, whether to one's God or to one's fellows, 'What have you done for me lately?' Indeed, prophets of the Lord have asked directly whether their people had 'sufficiently retained in remembrance' His deliverances and blessings....
Wherever the gospel is, there too is the call to remembrance." (A Wonderful Flood of Light, pg. 51)

D&C 6:22-24

22] Verily, verily, I say unto you, if you desire a further witness, cast your mind upon the night that you cried unto me in your heart, that you might know concerning the truth of these things.

23] Did I not speak peace to your mind concerning the matter? What greater witness can have than from God?

24] And now, behold, you have received a witness; for if I have told you things which no man knoweth have you not received a witness?

Born Again

Alma 5:10-13

What had happened that had brought about the mighty change in the hearts of their parents?

What had this mighty change of heart prompted them to do?

Born Again

Alma 5:14-16

What can you look for in your life to know that you have been born again?

What do you think Alma meant when he asked, “have ye received his image in your countenances”?

Andrew Skinner

"An 'image' is a person or thing very much like another. Countenance comes from an old French term originally denoting 'behavior,' 'demeanor,' or 'conduct.'...

"Therefore to receive Christ's image in one's countenance means to acquire the Savior's likeness in behavior, to be a copy or reflection of the Master's life. This is not possible without a mighty change in one's pattern of living. It requires, too, a change in feelings, attitudes, desires, and spiritual commitment. This involves the heart." (Studies In Scripture, 7:301)

Born Again

Alma 5:26-31

If you have been born again is it possible for your heart to go back to it's original carnal nature?

What are some questions Alma asks that can help us know if we've fallen back into the ways of the world?

Ezra Taft Benson

“The antidote for pride is humility meekness, submissiveness.... Let us choose to be humble. We can choose to humble ourselves by conquering enmity toward our brothers and sisters, esteeming them as ourselves, and lifting them as high or higher than we are.... We can choose to humble ourselves by receiving counsel and chastisement.... We can choose to humble ourselves by forgiving those who have offended us.... We can choose to humble ourselves by rendering selfless service.... We can choose to humble ourselves by confessing and forsaking our sins and being born of God.... We can choose to humble ourselves by loving God, submitting our will to His, and putting Him first in our lives.” (CR, April 1989)

Born Again

Alma 5:57-59

What does Alma tell them they must do if they want to “be numbered among the... the righteous”?

What will be the result if we do not come out from among the wicked and be separate from them?

2 Corinthians 6:17

Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you.

Charles W. Penrose

“This work will go on to this end and purpose. Zion will be built up, Jerusalem will be redeemed, and the time will come when Jesus, our Redeemer, shall descend in power and great glory to reign upon the earth.... He requires our whole heart.... Let us put away our follies and our errors. Let us not drink into the spirit of the world. Let us not pattern after the wickedness that is creeping into our midst. Come out from among them and be ye separate, and touch not the unclean thing! Be ye clean that bear the vessels of the Lord. It is only by the practice of righteousness and personal purity, that we will be made fit to dwell in the presence of the Lord.” (JD, 21:80)

Heber C. Kimball

“We think we are secure here in the chambers of the everlasting hills..., but I want to say to you,... the time is coming when we will be mixed up in these now peaceful valleys to that extent that it will be difficult to tell the face of a Saint from the face of an enemy to the people of God. Then, brethren, look out for the great sieve, for there will be a great sifting time, and many will fall; for I say unto you there is a test, a TEST, a TEST coming, and who will be able to stand?” (Life of Heber C. Kimball by Orson F. Whitney, pg. 446)

Progress Along the Path

Alma 7:9,19

What does Alma perceive about the church members in Gidion that helps direct his message?

Progress Along the Path

Alma 7:11-13

What reasons are given that Christ “[suffered] pains and afflictions and temptations of every kind”?

Howard W. Hunter

"We are indebted to the prophet Alma for our knowledge of the full measure of His suffering...

"Think of it! When his body was taken from the cross and hastily placed in a borrowed tomb, he, the sinless Son of God, had already taken upon him not only the sins and temptations of every human soul who will repent, but all of our sickness and grief and pain of every kind. He suffered these afflictions as we suffer them, according to the flesh. He suffered them all. He did this to perfect his mercy and his ability to lift us above every earthly trial." (CR, April 1988)

Dallin H. Oaks

“Our Savior has revealed that He ‘descended below all things’... We might even say that having descended beneath it all, He is perfectly positioned to lift us and give us the strength we need to endure our afflictions. We have only to ask.” (CR, Oct. 2015)

Progress Along the Path

Alma 7:22-24

What does Alma list as some of the attributes we should strive to be blessed with in order to progress along the path?

Neal A. Maxwell

"The submissive soul will be led aright, enduring some things well while being anxiously engaged in setting other things right—all the time discerning the difference.

"Required, in particular, is meekness of mind which recognizes God's perfect love of us and His omniscience. By acknowledging these reassuring realities and accepting that God desires our full development and true happiness, we are readied even as the learning experiences come. Such meekness requires genuine intellectual honesty, owning up to the learning experiences of the past and listening to the Holy Ghost as he preaches to us from the pulpit of memory." (CR, April 1970)

Progress Along the Path

Alma 7:25-26

Next Week:

June 17–23

Alma 8–12

“Jesus Christ Will Come to Redeem His People”

