

July 22–28
Alma 32–35

“Plant this Word in Your Hearts”



Humility

Alma 32:4-6

What does it mean to be poor in heart?

Why are the poor more likely to be in a position to listen to the word of the Lord?

Humility

Alma 32:13-16

What do you think it means to be “humble... because of the word”?

Why do you think that someone who is humbled by the word is more blessed than someone who is compelled to be humble?

Ezra Taft Benson

“God will have a humble people. Either we can choose to be humble or we can be compelled to be humble. Alma said, 'Blessed are they who humble themselves without being compelled to be humble' (Alma 32:16).

“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 going on missions and preaching the word that can humble others. We can choose to humble ourselves by getting to the temple more frequently. 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)

Faith

Alma 32:21-22,27

What does Alma equate with “a particle of faith”?

Neal A. Maxwell

“The Lord can commence His initial work with us while requiring surprisingly little from us.... Imagine, only 'a particle of faith' and 'no more than [a] desire to believe' are actually enough to begin!” (Men and Women of Christ, pg. 77-8)

Faith

Alma 33:19-22

In what way does this story demonstrate the great blessing available to us if we simple having a “desire to believe”?

Testimony

Alma 32:28-30,34

How do we come to know that the seed is good
(word of God is true)?

Harold B. Lee

“The prophet Alma presents an excellent explanation of the progressive steps by which one proceeds in his search for truth from a desire to experiment upon the words of the Lord to the 'exercise [of] a particle of faith, yea, even... no more than [a] desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion' of the words of the Lord; then by spiritual processes within one's own soul his knowledge and testimony is made 'perfect in that thing, and [his] faith is dormant' (Alma 32:27,34).

“As one reads this whole text, he finds clearly prescribed the way by which all may receive a testimony or 'knowledge by revelation' as defined above: first, desire; second, belief; third, faith; fourth, knowledge or testimony.” (Stand Ye In Holy Places, pg. 194)

Testimony

Alma 32:35

How do we know our testimony in Christ is
“real”?

Neal A. Maxwell

“Alma describes the growth of faith and how faith can actually become knowledge with the accompanying intellectual and emotional experiences of the believer. After the understanding of the believer has been enlarged and his mind has been expanded, Alma asks, 'O then, is not this real?' It is real, he says, because it is 'discernible, therefore ye must know that it is good' (Alma 32:35).

“The truth of each divine doctrine is actually discernible by us in a system of certification and confirmation that justifies our saying, 'I know.’”
(Things As They Really Are, pg. 10)

D&C 81-2

[1] Oliver Cowdery, verily, verily, I say unto you, that assuredly as the Lord liveth, who is your God and your Redeemer, even so surely shall you receive a knowledge of whatsoever things you shall ask in faith, with an honest heart, believing that you shall receive a knowledge concerning the engravings of old records, which are ancient, which contain those parts of my scripture of which has been spoken by the manifestation of my Spirit.

[2] Yea, behold, I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart.

D&C 18:1-3

[1] Now, behold, because of the thing which you, my servant Oliver Cowdery, have desired to know of me, I give unto you these words:

[2] Behold, I have manifested unto you, by my Spirit in many instances, that the things which you have written are true; wherefore you know that they are true.

[3] And if you know that they are true, behold, I give unto you a commandment, that you rely upon the things which are written;

Gordon B. Hinckley

“There is a promise, given under inspiration from the Almighty, set forth in these beautiful words: ‘God shall give unto you knowledge by his Holy Spirit, yea, by the unspeakable gift of the Holy Ghost’ (D&C 121:26).

“The humanists who criticize the Lord's work... have not heard the voice of the Spirit. They have not heard it because they have not sought after it and prepared themselves to be worthy of it. Then, supposing that knowledge comes only of reasoning and of the workings of the mind, they deny that which comes by the power of the Holy Ghost.

“The things of God are understood by the Spirit of God. That Spirit is real. To those who have experienced its workings, the knowledge so gained is as real as that which is acquired through the operation of the five senses. I testify of this.” (“The Continuing Pursuit of Truth,” Ensign, April 1986)

Testimony

Alma 32:36-39

What do you think Alma means when he tells us that we must “nourish it with great care”?

If we don't nourish our testimonies, what happens when “the heat of the sun cometh”?

Dieter F. Uchtdorf

"When Alma compared the word of God to a seed, he explained that the seed grows into a fruit-bearing tree gradually, as a result of our 'faith, and [our] diligence, and patience, and long-suffering.' Knowing that the seed is good is not enough. We must 'nourish it with great care, that it may get root.' We cannot receive the fulness of those blessings if we 'neglect the tree, and take no thought for its nourishment.'

"Discipleship is a journey. We need the refining lessons of the journey to craft our character and purify our hearts. By patiently walking in the path of discipleship, we demonstrate to ourselves the measure of our faith and our willingness to accept God's will rather than ours." ("The Way of the Disciple," Ensign, May 2009)

Testimony

Alma 34:17-27

Why do you think that Amulek emphasized the importance of prayer in strengthening our testimonies?

Joseph F. Smith

“The prophets of the Book of Mormon have enjoined upon us that we should carry with us always the spirit of prayer in our hearts, morning, noon and night, and that we should pray for the blessings of the Lord upon our families, our farms, our flocks, our herds, our business, and everything that we possess in the world. Do not forget to pray. Don't suppose for a moment that you are as safe and secure in the favor of the Lord when you feel independent of Him as you will be if you feel your dependence upon Him all the day long.” (CR, April 1915)

Testimony

Alma 32:40-43

While interpreting Lehi's dream, what did Nephi say that the tree and the fruit represented?

1 Nephi 11:22-23

22] And I answered him, saying: Yea, it is the love of God, which sheddeth itself abroad in the hearts of the children of men; wherefore, it is the most desirable above all things.

23] And he spake unto me, saying: Yea, and the most joyous to the soul.

Testimony

Alma 33:23

What is another blessing Alma promises us if we nourish the seed as it grows?

Next Week:

July 29–August 4

Alma 36–38

“Look to God and Live”

