

## April 29–May 5: Mosiah 4–6, “A Mighty Change”

### Review

In chapters 2 and 3 we read about how king Benjamin prepared his people to receive a remission of their sins:

He humbled them by telling them how carnal they were, “even less than the dust of the earth”. And that they would always be “unprofitable servants”

He told them about an angel that had taught him about Christ; His ministry, atonement, death and resurrection. That Christ made justification possible.

And he told them how to use this gift from Christ to receive a remission of sins.

Mosiah 3:19

For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord...

In today’s lesson we will study the impact that King Benjamin's message had on his people.

### Faith and Repentance

Mosiah 4:1-2

[1] And now, it came to pass that when king Benjamin had made an end of speaking the words which had been delivered unto him by the angel of the Lord, that he cast his eyes round about on the multitude, and behold they had fallen to the earth, for the fear of the Lord had come upon them.

[2] And they had viewed themselves in their own carnal state, even less than the dust of the earth. And they all cried aloud with one voice, saying: O have mercy, and apply the atoning blood of Christ that we may receive forgiveness of our sins, and our hearts may be purified; for we believe in Jesus Christ, the Son of God, who created heaven and earth, and all things; who shall come down among the children of men.

What do you think you see in yourself if you view yourself in your own “carnal state”?

Alma 41:11

And now, my son, all men that are in a state of nature, or I would say, in a carnal state, are in the gall of bitterness and in the bonds of iniquity; they are without God in the world, and they have gone contrary to the nature of God; therefore, they are in a state contrary to the nature of happiness.

What caused them to view themselves in a “carnal state”?

The message of king Benjamin's address. Summed up in a verse that we'll read shortly:

Mosiah 4:5

For behold, if the knowledge of the goodness of God at this time has awakened you to a sense of your nothingness, and your worthless and fallen state

What does this teach us about what we should do when we recognize that we are in this state?

(they all cried aloud with one voice, saying: O have mercy, and apply the atoning blood of Christ that we may receive forgiveness of our sins)

Let's read the effect that receiving a forgiveness of sins had on the people

Mosiah 4:3

[3] And it came to pass that after they had spoken these words the Spirit of the Lord came upon them, and they were filled with joy, having received a remission of their sins, and having peace of conscience, because of the exceeding faith which they had in Jesus Christ who should come, according to the words which king Benjamin had spoken unto them.

According to this verse, what can help us know that we've received a remission of our sins?

(they were filled with joy - having peace of conscience)

Marion G. Romney

"Somebody recently asked how one could know when he is converted. The answer is simple. He may be assured of it when by the power of the Holy Spirit his soul is healed. When this occurs, he will recognize it by the way he feels, for he will feel as the people of Benjamin felt when they received remission of sins. The record says, 'the Spirit of the Lord came upon them, and they were filled with joy, having received a remission of their sins, and having peace of conscience.'" (CR, Oct 1963)

Mosiah 4:4-7

[4] And king Benjamin again opened his mouth and began to speak unto them, saying: My friends and my brethren, my kindred and my people, I would again call your attention, that ye may hear and understand the remainder of my words which I shall speak unto you.

[5] For behold, if the knowledge of the goodness of God at this time has awakened you to a sense of your nothingness, and your worthless and fallen state --

[6] I say unto you, if ye have come to a knowledge of the goodness of God, and his

matchless power, and his wisdom, and his patience, and his long-suffering towards the children of men; and also, the atonement which has been prepared from the foundation of the world, that thereby salvation might come to him that should put his trust in the Lord, and should be diligent in keeping his commandments, and continue in the faith even unto the end of his life, I mean the life of the mortal body – [7] I say, that this is the man who receiveth salvation, through the atonement which was prepared from the foundation of the world for all mankind, which ever were since the fall of Adam, or who are, or who ever shall be, even unto the end of the world.

What effect does having these experiences, which leads to a “knowledge of the goodness of God,” have on us?

(awakened you to a sense of your nothingness, and your worthless and fallen state  
this is the man who receiveth salvation, through the atonement)

Keeping us from the pitfalls of pride.  
Keeping us on the straight and narrow to eternal life.

King Benjamin admonishes his people to put into practice the principles that they had learned

Mosiah 4:9-10

[9] Believe in God; believe that he is, and that he created all things, both in heaven and in earth; believe that he has all wisdom, and all power, both in heaven and in earth; believe that man doth not comprehend all the things which the Lord can comprehend.

[10] And again, believe that ye must repent of your sins and forsake them, and humble yourselves before God; and ask in sincerity of heart that he would forgive you; and now, if you believe all these things see that ye do them.

Why is it so important that we follow up our understanding and knowledge with action?

(if you believe all these things see that ye do them)

Spencer W. Kimball

"With the final amen this afternoon still ringing in our ears, let us go back to our homes with a determination to do better and to put into practice those principles we have learned about in the last two days.

"Brothers and sisters, our challenge is the same as it always is when we have been taught correct principles. The challenge has been put well by an ancient prophet who said, 'Now, if you believe all these things see that ye do them.' We must not let the inner resolves we have made during this conference be forgotten as we return to the trials and tribulations and

responsibilities of a workaday world, a world of turmoil and strife." (CR, Oct. 1980)

Now that they had repented king Benjamin talked to his people about retaining a remission of their sins

Mosiah 4:11-12,26

[11] And again I say unto you as I have said before, that as ye have come to the knowledge of the glory of God, or if ye have known of his goodness and have tasted of his love, and have received a remission of your sins, which causeth such exceedingly great joy in your souls, even so I would that ye should remember, and always retain in remembrance, the greatness of God, and your own nothingness, and his goodness and long-suffering towards you, unworthy creatures, and humble yourselves even in the depths of humility, calling on the name of the Lord daily, and standing steadfastly in the faith of that which is to come, which was spoken by the mouth of the angel.

[12] And behold, I say unto you that if ye do this ye shall always rejoice, and be filled with the love of God, and always retain a remission of your sins; and ye shall grow in the knowledge of the glory of him that created you, or in the knowledge of that which is just and true.

[26] And now, for the sake of these things which I have spoken unto you -- that is, for the sake of retaining a remission of your sins from day to day, that ye may walk guiltless before God -- I would that ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, visiting the sick and administering to their relief, both spiritually and temporally, according to their wants.

What are some of the things that we must do to retain a remission of our sins, retain the state of justification, and walk guiltless before God?

(remember, and always retain in remembrance, the greatness of God  
humble yourselves even in the depths of humility  
calling on the name of the Lord daily, and standing steadfastly in the faith  
impart of your substance to the poor)

Neal A. Maxwell

“Much emphasis was given by King Benjamin to retaining a remission of our sins. We do not ponder that concept very much in the church. We ought to think of it a lot more. Retention clearly depends on the regularity of our repentance. In the church we worry, and should, over the retention of new members but the retention of our remissions is cause for even deeper concern.” (“King Benjamin's Sermon: A Manual for Discipleship”, FARMS, 1998, pg. 16)

Taking on the Name of Christ

The people stated that their hearts had been changed by the Spirit of the Lord

Mosiah 5:1-2,4

[1] And now, it came to pass that when king Benjamin had thus spoken to his people, he sent among them, desiring to know of his people if they believed the words which he had spoken unto them.

[2] And they all cried with one voice, saying: Yea, we believe all the words which thou hast spoken unto us; and also, we know of their surety and truth, because of the Spirit of the Lord Omnipotent, which has wrought a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually.

[4] And it is the faith which we have had on the things which our king has spoken unto us that has brought us to this great knowledge, whereby we do rejoice with such exceedingly great joy.

What had changed in the people and how had this change taken place?

(the Spirit of the Lord Omnipotent, which has wrought a mighty change in us, or in our hearts)

David A. Bednar

"As we press forward submissively with faith in the Savior, then because of His Atonement and by the power of the Holy Ghost, 'a mighty change [takes place] in us, or in our hearts, that we have no more disposition to do evil, but to do good continually' (Mosh 5:2). We are 'born again; yea, born of God, changed from [our] carnal and fallen state, to a state of righteousness, being redeemed of God.' (Mosh 27:25) 'Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.' (2Cor 5:17)" (CR, Oct. 2017)

When we are taught the gospel of Christ how can “we know of their surety and truth”?

(faith... that has brought us to this great knowledge)

The people entered into a covenant to take upon them the name of Christ and to be obedient to His commandments

Mosiah 5:5-7

[5] And we are willing to enter into a covenant with our God to do his will, and to be obedient to his commandments in all things that he shall command us, all the remainder of our days, that we may not bring upon ourselves a never-ending torment, as has been spoken by the angel, that we may not drink out of the cup of the wrath of God.

[6] And now, these are the words which king Benjamin desired of them; and therefore he said unto them: Ye have spoken the words that I desired; and the covenant which ye have made is a righteous covenant.

[7] And now, because of the covenant which ye have made ye shall be called the children of Christ, his sons, and his daughters; for behold, this day he hath spiritually begotten you; for ye say that your hearts are changed through faith on his name; therefore, ye are born of him and have become his sons and his daughters.

What happened that prompted king Benjamin tell the people that they are now the children of Christ?

(the covenant which ye have made  
this day he hath spiritually begotten you)

Joseph Fielding Smith

“The Son of God has a perfect right to call us his children, spiritually begotten, and we have a perfect right to look on him as our father who spiritually begot us.

“Now if these critics would read carefully the Book of Mormon, they would find that when the Savior came and visited the Nephites, he told them that he had been sent by his Father. He knelt before them, and he prayed to his Father. He taught them to pray to his Father, but that did not lessen in the least our duty and responsibility of looking upon the Son of God as a father to us because he spiritually begot us.” (CR, Oct. 1962)

What do we learn from these verses about the importance of making covenants to obey God?

(enter into a covenant with our God to do his will\_  
because of the covenant which ye have made ye shall be called the children of Christ)

D. Todd Christofferson

“When this true faith takes root in a person, it inevitably leads to repentance....

“To be complete, however, repentance requires a covenant of obedience. This is the covenant expressed by Benjamin’s people ‘to do [God’s] will, and to be obedient to his commandments’ (Mosh 5:5). This is the covenant witnessed by baptism in water, sometimes referred to in the scriptures as the ‘baptism of repentance’ or ‘baptism unto repentance,’ inasmuch as it is the culminating step, the capstone of our repentance.” (CR, April 2008)

Mosiah 5:8-9,15

[8] And under this head ye are made free, and there is no other head whereby ye can be made free. There is no other name given whereby salvation cometh; therefore, I would that ye should take upon you the name of Christ, all you that have entered into the covenant with God that ye should be obedient unto the end of your lives.

[9] And it shall come to pass that whosoever doeth this shall be found at the right

hand of God, for he shall know the name by which he is called; for he shall be called by the name of Christ.

[15] Therefore, I would that ye should be steadfast and immovable, always abounding in good works, that Christ, the Lord God Omnipotent, may seal you his, that you may be brought to heaven, that ye may have everlasting salvation and eternal life, through the wisdom, and power, and justice, and mercy of him who created all things, in heaven and in earth, who is God above all. Amen.

Note: "Under this head ye are made free"

Why do you think that being obedient to the Lord brings you freedom?

(whosoever doeth this... shall know the name by which he is called)

What do you think king Benjamin means when he admonishes his people to be "steadfast and immovable"?

Mary N. Cook

"An anchor is defined as something 'that provides stability or confidence in an otherwise uncertain situation.' Your testimony will be your anchor and will give you the confidence to stand 'steadfast and immovable' in keeping the Lord's commandments in an uncertain world." (CR, April 2008)

Mosiah 6:1-2

[1] And now, king Benjamin thought it was expedient, after having finished speaking to the people, that he should take the names of all those who had entered into a covenant with God to keep his commandments.

[2] And it came to pass that there was not one soul, except it were little children, but who had entered into the covenant and had taken upon them the name of Christ.

How do we enter into a covenant to take on the name of Christ?

Robert D. Hales

"When we are baptized, we 'take upon [us] the name of Christ' and enter 'into the covenant with God that [we will] be obedient unto the end of [our] lives' (Mosh 5:8). Each Sunday we renew that baptismal covenant by partaking of the sacrament and witnessing that we are willing to keep the commandments. We seek forgiveness for any thoughts, feelings, or actions that are not in harmony with our Heavenly Father's will. As we repent by turning away from disobedience and by beginning to obey again, we show our love for Him." (CR, April 2014)

Now that his people had repented of their sins, been forgiven and justified by God, and covenanted to take upon them Christ's name, king Benjamin admonishes them to be steadfast in the in their conviction and the testimony that they had received

Good Works

King Benjamin teaches his people other principles of the gospel that they should live to stay on the path

He admonishes his people on how to raise and teach their children

Mosiah 4:14-15

[14] And ye will not suffer your children that they go hungry, or naked; neither will ye suffer that they transgress the laws of God, and fight and quarrel one with another, and serve the devil, who is the master of sin, or who is the evil spirit which hath been spoken of by our fathers, he being an enemy to all righteousness.

[15] But ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another.

Gordon B. Hinckley

“The health of any society, the happiness of its people, their prosperity, and their peace all find their roots in the teaching of children by fathers and mothers” (CR, Oct. 1993)

He talks about helping the needy

Mosiah 4:16-21

[16] And also, ye yourselves will succor those that stand in need of your succor; ye will administer of your substance unto him that standeth in need; and ye will not suffer that the beggar putteth up his petition to you in vain, and turn him out to perish.

[17] Perhaps thou shalt say: The man has brought upon himself his misery; therefore I will stay my hand, and will not give unto him of my food, nor impart unto him of my substance that he may not suffer, for his punishments are just --

[18] But I say unto you, O man, whosoever doeth this the same hath great cause to repent; and except he repenteth of that which he hath done he perisheth forever, and hath no interest in the kingdom of God.

[19] For behold, are we not all beggars? Do we not all depend upon the same Being, even God, for all the substance which we have, for both food and raiment, and for gold, and for silver, and for all the riches which we have of every kind?

[20] And behold, even at this time, ye have been calling on his name, and begging for a remission of your sins. And has he suffered that ye have begged in vain? Nay; he has poured out his Spirit upon you, and has caused that your hearts should be filled with joy, and has caused that your mouths should be stopped that ye could not find utterance, so exceedingly great was your joy.

[21] And now, if God, who has created you, on whom you are dependent for your lives and for all that ye have and are, doth grant unto you whatsoever ye ask that is right, in faith, believing that ye shall receive, O then, how ye ought to impart of the substance that ye have one to another.

What danger do we face if we judge others before we act charitably?



(whosoever doeth this the same hath great cause to repent  
God... doth grant unto you whatsoever ye ask that is right)

H. Burke Peterson

“Charity is measured in several ways. Perhaps a supreme form of charity may be exhibited by one who withholds judgment of another’s acts or conduct, remembering that there is only one who can look into the heart and know the intent—and know the honest desires found therein. There is only one whose right it is to judge the success of another’s journey through life. Uncalled-for judgments or prejudiced feelings keep many from displaying a truly charitable attitude or a willingness to help those in need.” (CR, April 1981)

He admonishes them to do all things in wisdom and order

Mosiah 4:27

[27] And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And again, it is expedient that he should be diligent, that thereby he might win the prize; therefore, all things must be done in order.

What do you think it means to do all things “in wisdom and order”?

D&C 10:4

Do not run faster or labor more than you have strength and means provided to enable you to translate; but be diligent unto the end.

Always be mindful of your thoughts, words, and actions

Mosiah 4:29-30

[29] And finally, I cannot tell you all the things whereby ye may commit sin; for there are divers ways and means, even so many that I cannot number them.

[30] But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not.