

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

### Ponder and Pray

Jesus admonishes the Nephites to ponder and pray on what He has taught them so they would be prepared for further teachings

3 Nephi 17:1-3

1 Behold, now it came to pass that when Jesus had spoken these words he looked round about again on the multitude, and he said unto them: Behold, my time is at hand.

2 I perceive that ye are weak, that ye cannot understand all my words which I am commanded of the Father to speak unto you at this time.

3 Therefore, go ye unto your homes, and ponder upon the things which I have said, and ask of the Father, in my name, that ye may understand, and prepare your minds for the morrow, and I come unto you again.

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

Before he departs Jesus asks the multitude to bring Him their sick so He can heal them

3 Nephi 17:5-10

5 And it came to pass that when Jesus had thus spoken, he cast his eyes round about again on the multitude, and beheld they were in tears, and did look steadfastly upon him as if they would ask him to tarry a little longer with them.

6 And he said unto them: Behold, my bowels are filled with compassion towards you.

7 Have ye any that are sick among you? Bring them hither. Have ye any that are lame, or blind, or halt, or maimed, or leprous, or that are withered, or that are deaf, or that are afflicted in any manner? Bring them hither and I will heal them, for I have

compassion upon you; my bowels are filled with mercy.

8 For I perceive that ye desire that I should show unto you what I have done unto your brethren at Jerusalem, for I see that your faith is sufficient that I should heal you.

9 And it came to pass that when he had thus spoken, all the multitude, with one accord, did go forth with their sick and their afflicted, and their lame, and with their blind, and with their dumb, and with all them that were afflicted in any manner; and he did heal them every one as they were brought forth unto him.

10 And they did all, both they who had been healed and they who were whole, bow down at his feet, and did worship him; and as many as could come for the multitude did kiss his feet, insomuch that they did bathe his feet with their tears.

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

(I see that your faith is sufficient that I should heal you)

Even though the Savior was with them they still needed to demonstrate faith

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)

Note the gratitude that was expressed

### Jesus Blesses the Children

Jesus blesses the children one by one, showing the depth of love He has for children (Matthew 19:13,15)

3 Nephi 17:11-12,21-24

11 And it came to pass that he commanded that their little children should be brought.

12 So they brought their little children and set them down upon the ground round about him, and Jesus stood in the midst; and the multitude gave way till they had all been brought unto him.

21 And when he had said these words, he wept, and the multitude bare record of it, and he took their little children, one by one, and blessed them, and prayed unto the Father for them.

22 And when he had done this he wept again;

23 And he spake unto the multitude, and said unto them: Behold your little ones.

24 And as they looked to behold they cast their eyes towards heaven, and they saw the heavens open, and they saw angels descending out of heaven as it were in the

midst of fire; and they came down and encircled those little ones about, and they were encircled about with fire; and the angels did minister unto them.

The Savior had commanded the Nephites to become as little children (3 Nephi 11:37,38).

What childlike qualities does Jesus want us to have?

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.

What can we do to develop these qualities?

In verse 23 Christ says to the multitude 'Behold your little ones'

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

Jesus administers the sacrament to the multitude and commands them to continue to observe this ordinance

3 Nephi 18:5-12

5 And when the multitude had eaten and were filled, he said unto the Disciples: Behold there shall one be ordained among you, and to him will I give power that he shall break bread and bless it and give it unto the people of my church, unto all those who shall believe and be baptized in my name.

6 And this shall ye always observe to do, even as I have done, even as I have broken bread and blessed it and given it unto you.

7 And this shall ye do in remembrance of my body, which I have shown unto you. And it shall be a testimony unto the Father that ye do always remember me. And if

ye do always remember me ye shall have my Spirit to be with you.

8 And it came to pass that when he said these words, he commanded his Disciples that they should take of the wine of the cup and drink of it, and that they should also give unto the multitude that they might drink of it.

9 And it came to pass that they did so, and did drink of it and were filled; and they gave unto the multitude, and they did drink, and they were filled.

10 And when the Disciples had done this, Jesus said unto them: Blessed are ye for this thing which ye have done, for this is fulfilling my commandments, and this doth witness unto the Father that ye are willing to do that which I have commanded you.

11 And this shall ye always do to those who repent and are baptized in my name; and ye shall do it in remembrance of my blood, which I have shed for you, that ye may witness unto the Father that ye do always remember me. And if ye do always remember me ye shall have my Spirit to be with you.

12 And I give unto you a commandment that ye shall do these things. And if ye shall always do these things blessed are ye, for ye are built upon my rock.

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

(ordained... that he shall break bread and bless it and give it unto all those who shall believe and be baptized in my name in remembrance of my body... in remembrance of my blood witness unto the Father that ye do always remember me)

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)

Jesus gave the Twelve instructions regarding those who are not worth to partake of the sacrament

3 Nephi 18:26-32

26 And now it came to pass that when Jesus had spoken these words, he turned his eyes again upon the Disciples whom he had chosen, and said unto them:

27 Behold verily, verily, I say unto you, I give unto you another commandment, and then I must go unto my Father that I may fulfil other commandments which he hath given me.

28 And now behold, this is the commandment which I give unto you, that ye shall not suffer any one knowingly to partake of my flesh and blood unworthily, when ye shall minister it;

29 For whoso eateth and drinketh my flesh and blood unworthily eateth and drinketh damnation to his soul; therefore if ye know that a man is unworthy to eat and drink of my flesh and blood ye shall forbid him.

30 Nevertheless, ye shall not cast him out from among you, but ye shall minister unto him and shall pray for him unto the Father, in my name; and if it so be that he repenteth and is baptized in my name, then shall ye receive him, and shall minister unto him of my flesh and blood.

31 But if he repent not he shall not be numbered among my people, that he may not destroy my people, for behold I know my sheep, and they are numbered.

32 Nevertheless, ye shall not cast him out of your synagogues, or your places of worship, for unto such shall ye continue to minister; for ye know not but what they will return and repent, and come unto me with full purpose of heart, and I shall heal them; and ye shall be the means of bringing salvation unto them.

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

(ye shall not suffer any one knowingly to partake of my flesh and blood unworthily, when ye shall minister it)

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

(whoso eateth and drinketh my flesh and blood unworthily eateth and drinketh damnation to his soul)

How do we know if we are 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)

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

(ye know not but what they will return and repent, and come unto me with full purpose of heart, and I shall heal them)

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

Jesus provided some instructions and promises about prayer

3 Nephi 18:15-21

15 Verily, verily, I say unto you, ye must watch and pray always, lest ye be tempted by the devil, and ye be led away captive by him.

16 And as I have prayed among you even so shall ye pray in my church, among my people who do repent and are baptized in my name. Behold I am the light; I have set an example for you.

17 And it came to pass that when Jesus had spoken these words unto his Disciples, he turned again unto the multitude and said unto them:

18 Behold, verily, verily, I say unto you, ye must watch and pray always lest ye enter into temptation; for Satan desireth to have you, that he may sift you as wheat.

19 Therefore ye must always pray unto the Father in my name;

20 And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you.

21 Pray in your families unto the Father, always in my name, that your wives and your children may be blessed.

What blessing does Jesus promises us regarding prayer?

(watch and pray always lest ye enter into temptation  
whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you)

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

In chapter 18 we learn that Jesus gave the 12 the “power to give the Holy Ghost.” Now the 12 knelt with the multitude to pray to the Father

3 Nephi 19:9-13

9 And they did pray for that which they most desired; and they desired that the Holy Ghost should be given unto them.

10 And when they had thus prayed they went down unto the water’s edge, and the multitude followed them.

11 And it came to pass that Nephi went down into the water and was baptized.

12 And he came up out of the water and began to baptize. And he baptized all those whom Jesus had chosen.

13 And it came to pass when they were all baptized and had come up out of the water, the Holy Ghost did fall upon them, and they were filled with the Holy Ghost and with fire.

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

He prays that the Holy Ghost will be given to all those who believe in Him

3 Nephi 19:19-23

19 And it came to pass that Jesus departed out of the midst of them, and went a little way off from them and bowed himself to the earth, and he said:

20 Father, I thank thee that thou hast given the Holy Ghost unto these whom I have chosen; and it is because of their belief in me that I have chosen them out of the world.

21 Father, I pray thee that thou wilt give the Holy Ghost unto all them that shall believe in their words.

22 Father, thou hast given them the Holy Ghost because they believe in me; and thou seest that they believe in me because thou hearest them, and they pray unto me; and they pray unto me because I am with them.

23 And now Father, I pray unto thee for them, and also for all those who shall believe on their words, that they may believe in me, that I may be in them as thou, Father, art in me, that we may be one.

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

(I pray thee that thou wilt give the Holy Ghost unto all them that shall believe in their words)

(pray unto thee for them... that we may be one)

Elder Holland states how these two points are related

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)

Point of clarity from verse 22 - “they pray unto me; and they pray unto me because I am with them”

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 that all those who believe will be purified

3 Nephi 19:28-30

28 Father, I thank thee that thou hast purified those whom I have chosen, because of their faith, and I pray for them, and also for them who shall believe on their words, that they may be purified in me, through faith on their words, even as they are purified in me.

29 Father, I pray not for the world, but for those whom thou hast given me out of the world, because of their faith, that they may be purified in me, that I may be in them as thou, Father, art in me, that we may be one, that I may be glorified in them.

30 And when Jesus had spoken these words he came again unto his disciples; and behold they did pray steadfastly, without ceasing, unto him; and he did smile upon them again; and behold they were white, even as Jesus.

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

(I pray... that they may be purified in me)

We are purified through faith in his name. There is a good formula in:  
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.

3 Nephi 19:31-36

31 And it came to pass that he went again a little way off and prayed unto the Father;  
32 And tongue cannot speak the words which he prayed, neither can be written by man the words which he prayed.

33 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.

34 Nevertheless, so great and marvelous were the words which he prayed that they cannot be written, neither can they be uttered by man.

35 And it came to pass that when Jesus had made an end of praying he came again to the disciples, and said unto them: So great faith have I never seen among all the Jews; wherefore I could not show unto them so great miracles, because of their unbelief.

36 Verily I say unto you, there are none of them that have seen so great things as ye have seen; neither have they heard so great things as ye have heard.

Obviously we do not know what Jesus prayed for. But His disciples were able to understand because of their faith

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)