

July 29–August 4  
Alma 36–38  
“Look to God and Live”



# Born Again

## Alma 36:1-4

Why did Alma say that it was important for Helaman to “[remember] the captivity of our fathers”?

What does Alma promise to all those who put their trust in God?

# Born Again

*Alma 36:27*

## Heber J. Grant

"Let me say in passing that Alma knew, no better than I know, that those who put their trust in God shall be supported in all manner of afflictions and trials; because I have passed through trials and tribulations and have been supported by Him. I was able to sit by the deathbed of my last living son, for whom I had great expectations, and see him die without my shedding a tear; and there was a most peaceful feeling in my heart when he passed away. So I know, as Alma of old knew, that those who trust in God shall be supported in their tribulation." (Gospel Standards, pg. 324)

# Born Again

Alma 36:12-17

What did was Alma mean when he said, “I had murdered many of his children”?

How did Alma learn that there was hope for redemption?

## Neil L. Andersen

"Although there may be times when a child does not listen with a believing heart, your testimony of Jesus will remain in his or her mind and soul. Do you remember the story of Alma, who had chosen the wrong path?...

"If a child is not listening, don't despair. Time and truth are on your side. At the right moment, your words will return as if from heaven itself. Your testimony will never leave your children." (CR, April 2010)

## Hugh Nibley

"When [Alma] says, 'O Jesus' [some] would say, 'Well, why not call on God directly? Why call on Jesus?' Well, that's the point of the whole thing.... He has offended God. What he wants is a kind person who will feel with him and know what he is going through. And, of course, that's the Lord, that's Christ. He descended below all things. He suffered all these things, so he knows. Alma appeals to the one he can appeal to. He's scared [and feels he'd] sooner be extinct than have to face [God]. But there is Jesus; he will get me out. He is the Savior-he knows. So he appeals to him." (Teachings of the Book of Mormon, pg. 458)

# Born Again

Alma 36:18-23

How is it possible that after Alma called upon Christ he “was harrowed up by the memory of [his] sins no more”?

Why do you think that Alma now felt that nothing was as exquisite as was his joy?



## Tad R. Callister

"How could [Alma] remember his sins but have no pain or guilt? Because when we repent, we are 'born of God.' We become, as the scriptures say, 'new creatures' in Christ. With perfect honesty we can now say, 'I am not the man or woman who committed those past sins. I am a new and transformed being.'" (CR, Oct. 2000)

## Dieter F. Uchtdorf

"Satan will try to make us believe that our sins are not forgiven because we can remember them. Satan is a liar; he tries to blur our vision and lead us away from the path of repentance and forgiveness. God did not promise that we would not remember our sins.

Remembering will help us avoid making the same mistakes again. But if we stay true and faithful, the memory of our sins will be softened over time. This will be part of the needed healing and sanctification process. Alma testified that after he cried out to Jesus for mercy, he could still remember his sins, but the memory of his sins no longer distressed and tortured him, because he knew he had been forgiven." (CR, April 2007)

# Born Again

Alma 36:24-26

What did Alma want to do now that he had tasted the exceeding great joy of being born again?

Sheri L. Dew

"Standing tall begins with our own conversion, for when we taste the gospel's 'exceeding joy' we want to share it. The casseroles and quilts we have made to relieve suffering are splendid acts of kindness, but no service—I repeat, no service—compares with that of leading someone to Christ." (CR, Oct. 2000)

## Marion G. Romney

"No person whose soul is illuminated by the burning Spirit of God can in this world of sin and dense darkness remain passive. He is driven by an irresistible urge to fit himself to be an active agent of God in furthering righteousness and in freeing the lives and minds of men from the bondage of sin." (CR, Oct. 1941)

# Prayer

Alma 37:35-37

According to Alma, when should we pray, what should we pray for, and what should we included in our prayers?

## Ezra Taft Benson

"For what should we pray? We should pray about our work, against the power of our enemies and the devil, for our welfare and the welfare of those around us. We should counsel with the Lord pertaining to all our decisions and activities. We should be grateful enough to give thanks for all we have. We should confess His hand in all things." (CR, April 1977)

## Marion D. Hanks

"The Lord said we must 'pray always.' His promises are wonderful. He has told us that we may receive the Spirit by the prayer of faith; that we must 'pray continually' that we will not be tempted beyond what we can bear; that we must 'counsel with the Lord' in all our doings, night and day; that we must 'not perform anything unto the Lord' without praying to the Father in the name of Christ. His marvelous promise is that 'he will direct us for good.'" (CR, Oct. 1960)



# Alma Counsels Shiblon

Alma 38:1-5

What blessing did Shiblon receive that helped him to deal patiently with his trials and afflictions while teaching the Zoramites?

# Alma Counsels Shiblon

## Alma 38:10-15

What instructions does Alma give Shiblon to help him continue to overcome the natural man and serve the Lord?

What does Alma mean by “bridle all your passions”?

That is the blessing we are promised if we do bridle our passions?

## David A. Bednar

"To some degree, the natural man described by King Benjamin is alive and well in each of us. The natural man or woman is unrepentant, is carnal and sensual, is indulgent and excessive, and is prideful and selfish....

"In contrast, 'the man [or woman] of Christ' is spiritual and bridles all passions, is temperate and restrained, and is benevolent and selfless. Men and women of Christ lay hold upon the word of God, deny themselves and take up His cross, and press forward along a strait and narrow course of faithfulness, obedience, and devotion to the Savior and His gospel." (CR, April 2013)

## Boyd K. Packer

"A bridle is used to guide, to direct. Our passion is to be controlled-but not controlled by extermination, as with a plague of insects; not controlled by eradication, as with a disease. It is to be controlled as electricity is controlled, to generate power and life. When lawfully used, the power of procreation will bless and it will sanctify." (The Things of the Soul, pg. 109)

## Ezra Taft Benson

"There is no lasting happiness in immorality. There is no joy to be found in breaking the law of chastity. Just the opposite is true.... Guilt and shame set in. We become fearful that our sins will be discovered. We must sneak and hide, lie and cheat. Love begins to die. Bitterness, jealousy, anger, and even hate begin to grow." ("The Law of Chastity", BYU Devotional and Fireside Speeches, Oct. 13, 1987)

# Helaman Entrusted with Sacred Items

*Alma 37:38,43-47*

What did the Nephites have, and what do we have, that makes it easy to understand the doctrine of Christ and to follow Him?

Why do you think Alma would warn Helaman not to be “slothful because of the easiness of the way” when it comes to studying the scriptures?

## W. Rolfe Kerr

"The words of Christ can be a personal Liahona for each of us, showing us the way. Let us not be slothful because of the easiness of the way. Let us in faith take the words of Christ into our minds and into our hearts as they are recorded in sacred scripture and as they are uttered by living prophets, seers, and revelators. Let us with faith and diligence feast upon the words of Christ, for the words of Christ will be our spiritual Liahona telling us all things what we should do." (CR, April 2004)

# Helaman Entrusted with Sacred Items

*Alma 37:1-4, 18-19*



D&C 3:16,19-20

16 Nevertheless, my work shall go forth, for inasmuch as the knowledge of a Savior has come unto the world, through the testimony of the Jews, even so shall the knowledge of a Savior come unto my people—

19 And for this very purpose are these plates preserved, which contain these records—that the promises of the Lord might be fulfilled, which he made to his people;

20 And that the Lamanites might come to the knowledge of their fathers, and that they might know the promises of the Lord, and that they may believe the gospel and rely upon the merits of Jesus Christ, and be glorified through faith in his name, and that through their repentance they might be saved. Amen.

# Helaman Entrusted with Sacred Items

*Alma 37:3-4, 18-19*

## Orson Pratt

"The Lord has told us that he would bring forth those brass plates that Lehi and the families that came with him from Jerusalem, some six hundred years before Christ, brought with them, which contain the history of the creation, and the writings of inspired men down to the days of Jeremiah; they came out in Jeremiah's day. We are informed in the Book of Mormon that they contained many prophecies very great and extensive in their nature. And when these plates... are brought to light we shall have the history of the Old Testament much more fully, with the addition of a great many prophecies that are not now contained in that record."

(JD, 19:204)

# Helaman Entrusted with Sacred Items

*Alma 37:21*

Next Week:

August 5–11

Alma 39–42

“The Great Plan of Happiness”

