

Come, Follow Me

Living, Learning, and Teaching the Gospel of Jesus Christ

For Individuals and Families at Home

Pilot Test for *Come, Follow Me: Living, Learning, and Teaching the Gospel of Jesus Christ, for Individuals and Families at Home*

Thank you for participating in this pilot test of *Come, Follow Me: Living, Learning, and Teaching the Gospel of Jesus Christ.* This resource is an effort to improve gospel learning and teaching at home and at church. We hope you will have a wonderful experience using these materials.

What is *Come, Follow Me?*

Come, Follow Me is composed of five books:

- *Come, Follow Me* for individuals and families at home
- *Come, Follow Me* for Sunday School
- *Come, Follow Me* for Primary
- *Come, Follow Me* for Young Women and Relief Society
- *Come, Follow Me* for Aaronic and Melchizedek Priesthood quorums

Why this test?

Under the direction of the First Presidency and the Quorum of the Twelve Apostles, the Church is exploring ways to (1) better help you and your family live and learn the gospel at home and (2) help your experiences at church better support your gospel learning at home. Your participation and feedback as a Church member will be very valuable.

What can I do to help?

As part of this test, you are invited to use this book for the period of the test to help you and your family to study the gospel at home. Use these materials in your personal scripture study, family scripture study, family home evenings, family discussions, and in any way that seems helpful. As you do, please share your thoughts with us. Is this book helping to improve your personal and family gospel study? What do you find most useful? What could be changed to make this book more helpful?

What will be different at church?

The home should be the center of gospel learning. Therefore, the teachers and leaders of Sunday classes and quorums are receiving new materials designed to help them create experiences at church that build upon and enhance gospel learning at home. In classes and quorums, there will be more opportunities for you to contribute to discussions, share your experiences, and support your fellow ward members. As you participate in this test, we would like to know how your experiences at church could better support your efforts to learn and live the gospel at home.

How do I share my feedback?

At least weekly, please share your experiences, comments, and suggestions. You will remain completely anonymous, and you can comment as often as you would like. Thank you for your help. May the Lord bless you in your efforts to learn and live the gospel of Jesus Christ.

To share your comments, go to **lds.org/test/learn.**

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Conversion Is Our Goal

We study the gospel because it makes us better people. We're not just looking for new information; we want to become "new creatures"—specifically, we want to become more like Jesus Christ (see Mosiah 27:25–26). This means changing our hearts, our views, our actions, and our very natures.

This miraculous change—the change we call conversion—doesn't happen all at once. It is the result of consistent, daily efforts over the course of a lifetime. For this reason, teaching and learning the gospel must be based on the real needs of learners. Teaching and learning must satisfy learners' current spiritual longings—their hungering and thirsting after righteousness. Because the goal of teaching is the long-term progression of God's children, not just a good discussion during a 40-minute lesson, our learning cannot be confined to a classroom. The individual's heart, the home, and the family are at the center of conversion.

To help individuals become truly converted, we need much more than a helpful study guide or manual. We need the influence of the Holy Ghost.

The Holy Ghost guides us to all truth and then bears witness of the truth. He enlightens our minds, quickens our understanding, and touches our hearts with revelation from God, the source of all truth. The Holy Ghost inspires in us a desire to live by truth, and He whispers to us ways to do this. Truly, "the Holy Ghost . . . shall teach [us] all things" (John 14:26).

For these reasons, in our efforts to live, learn, and teach the gospel, we first and foremost seek the companionship of the Spirit. This desire governs our choices and guides our thoughts and actions. We seek after whatever invites His influence and reject whatever drives Him away—for we know that if we can be worthy of the presence of the Holy Ghost, we can also be worthy of the presence of the Father and the Son.



Using *Come, Follow Me* for Individuals and Families

Who is this resource for?
This resource is for every individual and family in the Church. It is designed to help you learn the gospel individually and with your family. Even if you haven't studied the gospel diligently in the past, this resource can help you get started. If you already have a good habit of gospel study, this resource can help you and your family to have more meaningful experiences.

How should I use this resource?
Use this book in any way that is helpful to you and your family. It is divided into three parts:

1. *Learning from the Book of Mormon.* You will find this section helpful as a guide or aid to your personal and family scripture study. The weekly study outlines proceed sequentially through the Book of Mormon. They highlight important principles found in the scriptures, suggest study ideas and activities for you and your family, and provide places to record your impressions.

2. *Learning the Gospel by Topic.* You might turn to this section when you want to deepen your understanding of a particular gospel topic. This section includes three monthly topical study outlines. These could also be excellent resources for family home evening lessons.

3. *Gospel Art for Learning and Teaching.* This section provides pictures, coloring pages, and other visual aids to supplement your gospel study.

As you use this resource, remember that Heavenly Father wants you to return to Him—clean, pure, refined, and sealed to your family. Every activity idea, every scriptural insight, and every piece of art in this book is meant to help you and your family, regardless of your circumstances, achieve that goal. If you find that your faith in the Savior Jesus Christ and your commitment to Him are increasing, and if you feel that your family members are drawing closer to Him, then however you are using this resource, you are using it correctly.

How does this resource relate to what happens at church?
The material in this resource is organized according to a schedule of weekly scripture passages and monthly topics. The lessons taught in church classes and quorums on Sunday will also follow this schedule—Primary and Sunday School classes will follow the scripture study schedule, and Young Women, Relief Society, and priesthood meetings will follow the schedule of monthly topics. To support your efforts to learn and live the gospel at home, your teachers will give you opportunities to share your experiences, thoughts, and questions about the scripture passages or topics that you and your family have been studying during the week.

Do I need to follow the schedule?
The schedule will help you keep up with the material covered in Sunday classes and quorums, but don't feel bound by the schedule; it is a tool to help you pace yourself and prepare for class discussions. The important thing is that you and your family are learning the gospel, individually and together.



Learning from the Book of Mormon

President Thomas S. Monson declared: "With other latter-day prophets, I testify of the truthfulness of this 'most correct of any book on earth' [*Teachings of Presidents of the Church: Joseph Smith* (2007), 64], even the Book of Mormon, another testament of Jesus Christ. Its message spans the earth and brings its readers to a knowledge of the truth. It is my testimony that the Book of Mormon changes lives. May each of us read it and reread it. And may we joyfully share our testimonies of its precious promises with all of God's children" ("Precious Promises of the Book of Mormon," *Ensign,* Oct. 2011, 5).



MARCH 28–APRIL 10

Enos–Words of Mormon

He Works in Me to Do His Will

INTRODUCTION AND IMPRESSIONS

Just as God led Enos, Mormon, and others to accomplish His divine purposes, His Spirit can inspire me to accomplish what He needs me to do. Sometimes I might not understand all of His purposes, for His ways are higher than mine (see Isaiah 55:8–9). But I know that if I trust Him, "all things work together for good to them that love God" (Romans 8:28). To become a better instrument in God's hands, I can learn to pray with purpose like Enos, who poured out his "whole soul unto God" (Enos 1:9) and received precious promises. And like Mormon, I can act on promptings, trusting that God "knoweth all things which are to come" (Words of Mormon 1:7).



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Enos through Words of Mormon, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

I can make my prayers more meaningful.

Enos 1:1–19

What made Enos's prayers powerful was not how much time he spent praying, but the faith and effort he put into his prayers.

What words did Enos use to describe his prayers? (see Enos 1:2, 4, 9–10, 12).

What do I learn about prayer from his descriptions?

What am I inspired to do to make my prayers more meaningful?

See also Matthew 21:22; James B. Martino, "Turn to Him and Answers Will Come," *Ensign* or *Liahona*, Nov. 2015, 58–60.

If I keep the commandments, I will prosper.

Jarom–Omni

The Book of Mormon teaches how I can protect myself and my family from spiritual destruction, as exemplified by Lehi's teaching in 2 Nephi 1:20 and in Jarom 1:9–10 and Omni 1:6.

What do I find in the books of Jarom and Omni that show how these promises were fulfilled? How did Nephite leaders save their people from destruction? (see Jarom 1:11–12).

What do I learn from those leaders that can help me protect myself and my family?

See also Thomas S. Monson, "Keep the Commandments," *Ensign* or *Liahona*, Nov. 2015, 83–85.

I want God to work through me.

Words of Mormon

Mormon taught that he did not have to know all things perfectly in order to do what God commanded him to do. It was enough for him to trust God and know that God could work through him (see Words of Mormon 1:7).

As I read verses 1–8, how does Mormon's inspiration to include the small plates of Nephi in his record inspire me?

See also "I'll Go Where You Want Me to Go," *Hymns,* no. 270; *Book of Mormon Student Manual* (Church Educational System manual, 2009), 407–8.

IDEAS FOR FAMILY LEARNING

Enos 1:1–17

Studying Enos's experience with prayer can help us make our own prayers more meaningful. Family members could explore Enos's experience by looking for words or phrases he used to describe how he prayed that could be used as titles for the picture of Enos in the "Gospel Art" section of this book. What do these words and phrases inspire us to do to make our personal prayers more meaningful? We could also each create a piece of art to illustrate Enos's experience.

Enos 1:26–27

How can we prepare to meet God with the kind of confidence and faith that Enos had?

Omni 1:12–22

What do these verses teach about the importance of having the word of God in our lives?

Words of Mormon 1:3–9

How will we be blessed by keeping personal and family records? How can we make our records Christ-centered?

IMPROVING PERSONAL STUDY

Share insights. Discussing principles from your personal study is not only a good way to teach others; it also helps strengthen your understanding. As you read the book of Enos, look for insights you could share with a family member or friend.



APRIL 11–17

Mosiah 1–3

Becoming a Saint through Christ's Atonement

INTRODUCTION AND IMPRESSIONS

When I was born, I was given a name that identifies me as part of a family. Although my earthly identity is important, what matters more is my spiritual identity as a covenant disciple of Christ. King Benjamin was also concerned about his people's spiritual identity. He desired to "give [his] people a name"—the name of Christ (Mosiah 1:11). As I seek to take Christ's name upon me, I too can apply King Benjamin's counsel to "[put] off the natural man" and become "a saint through the atonement of Christ" (Mosiah 3:19).



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Mosiah 1–3, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

Receiving the word of God requires preparation.

Mosiah 2:1–9

When King Benjamin gathered his people for the last time, it was a major event that required significant effort and preparation.

How did the Nephites prepare to receive counsel from their living prophet?

What do I do to prepare myself to receive counsel from my Church leaders?

See also Matthew 13:18–23; Alma 16:16–17.

I am indebted to God for all that I have.

Mosiah 2:15–25

When I accomplish something impressive, am I boastful? Or do I recognize my indebtedness to God? King Benjamin did not boast about his service as king because he knew that God sustained and blessed him.

What do I find in these verses that helps me recognize all that God has given me?

What am I inspired to do to show my gratitude to Heavenly Father?

See also Thomas S. Monson, "The Divine Gift of Gratitude," *Ensign* or *Liahona*, Nov. 2010, 87–90.

Prophets testify of Jesus Christ and His Atonement.

Mosiah 3:1–20

King Benjamin's prophetic message, given to him by an angel, provides important information about the birth, ministry, and atoning sacrifice of Jesus Christ. Teaching and testifying of Jesus Christ is the main responsibility of all prophets, from Adam's time to today (see Isaiah 53; Mosiah 13:33; Moses 6:53–57).

As I read and ponder King Benjamin's words, what do I learn about the Savior?

What feelings do I have for Him?

What might I change or do to show my gratitude for the Savior and His Atonement?

What expressions of love could I write or share with others?

See also "I Stand All Amazed," *Hymns,* no. 193; "Christlike Attributes" (video), LDS.org.

IDEAS FOR FAMILY LEARNING

Mosiah 1:1–7

How did the brass plates and other sacred records bless King Benjamin's people? What do we learn about how the Book of Mormon and other records can bless us?

Mosiah 2:1–19

Unlike most earthly kings who are served by their people, King Benjamin spent his life in the service of his people. To inspire our family to be more service oriented, we could share what impresses us from King Benjamin's teachings about service. President Thomas S. Monson's article "Serve the Lord with Love" (*Ensign* or *Liahona,* Feb. 2014, 4–5) also provides several inspiring statements about service. What do these teachings inspire us to do? Are there specific service projects we would like to carry out as a family?

Mosiah 2:41

What does this verse teach us about how to obtain happiness?

Mosiah 3:1–19

How can Jesus Christ help us overcome the natural man and become saints?

IMPROVING PERSONAL STUDY

Look for Jesus Christ. The scriptures teach us that all things testify of Christ (see 2 Nephi 11:4; Alma 30:44; Moses 6:63), so look for Him in all things. As you read Mosiah 3, note or mark verses that teach about the Savior and are especially meaningful to you.



APRIL 18–24

Mosiah 4–6

A Mighty Change of Heart

INTRODUCTION AND IMPRESSIONS

As King Benjamin taught his people, the Holy Ghost "wrought a mighty change" in their hearts—a change so powerful that they lost the desire to sin (Mosiah 5:2). This is the kind of change I seek in my own heart. This change is usually a gradual, ongoing process of conversion that transforms my relationship with Jesus Christ, my Heavenly Father, and the people around me. I will become "steadfast and immovable, always abounding in good works," and I will qualify for eternal life (Mosiah 5:15).



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Mosiah 4–6, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

How can I "retain a remission" of my sins?

Mosiah 4:12, 26

Even after I have been forgiven, my journey is not through. Repenting and seeking forgiveness is a lifelong process. This process is what King Benjamin was referring to when he taught about "retaining a remission of your sins" (Mosiah 4:26).

What do I find in Mosiah 4 to help me retain a remission of my sins?

See also Dale G. Renlund, "Preserving the Heart's Mighty Change," *Ensign* or *Liahona*, Nov. 2009, 97–99.

The gospel can cause a "mighty change" in my heart.

Mosiah 5:1–7

Elder Dallin H. Oaks taught that becoming converted means seeing things the way God sees them, "hearing His voice instead of the voice of the world, and . . . doing things in His way instead of by the ways of the world" ("The Challenge to Become," *Ensign,* Nov. 2000, 34).

What does Mosiah 5:1–7 teach me about conversion?

When have I noticed signs of conversion in myself?

See also Ezekiel 36:26 and Alma 5:14.

I can take upon myself the name of Christ.

Mosiah 5

King Benjamin wanted his people to be called the children of Christ—to feel that they belonged to Him (Mosiah 5:7). This is part of the reason he wanted them to take Christ's name upon them and do what was necessary for the Savior to "seal [them] his" (Mosiah 5:15).

How does this chapter help me as I prepare to partake of the sacrament and renew my willingness to take Christ's name upon myself?

What does it mean to me to belong to Jesus Christ?

How do I know that Christ's name is written in my heart?

See also Linda K. Burton, "Is Faith in the Atonement of Jesus Christ Written in Our Hearts?" *Ensign* or *Liahona*, Nov. 2012, 111–15.

IDEAS FOR FAMILY LEARNING

Mosiah 4

Have we had experiences in which we felt that our hearts were purified by the atoning blood of Christ, like King Benjamin's people? (see Mosiah 4:2). What does King Benjamin teach about becoming cleansed from sin in Mosiah 4:10–12? We could wash our hands or clean a room and then discuss why we keep our bodies and home clean and how this relates to spiritual cleanliness.

Mosiah 4:14–15

How does quarrelling serve the devil's purposes?

Mosiah 4:16–26

How does God want us to treat beggars? In what ways are we all beggars?

Mosiah 5:5–15

What does it mean to have the name of Christ written in our hearts? Why do we write our names on our belongings, and how can this practice help us better understand this passage?

IMPROVING PERSONAL STUDY

Study the words of latter-day prophets. Read what latter-day prophets and apostles have taught about principles in the scriptures. Consider reading Elder Dale G. Renlund's talk "Preserving the Heart's Mighty Change" (*Ensign* or *Liahona,* Nov. 2009, 97–99) as you study Mosiah 4.



APRIL 25–MAY 1

Mosiah 7–10

The Lord Will Deliver Us

INTRODUCTION AND IMPRESSIONS

The struggles of Zeniff's people and Limhi's people remind me of my own trials—some are caused by my poor choices, some by the choices of others, and sometimes I make mistakes even though my intentions are good. But whatever the source of my challenges, I can learn from the way both Zeniff and Limhi turned to the Lord for deliverance. Because Jesus Christ "descended below all things" (D&C 88:6), He has the power to deliver me from all things. Just as Limhi found courage in recalling how the Lord delivered His people in the past, I too can "lift up [my head] and rejoice" (Mosiah 7:19), knowing that the Lord will deliver me if I turn to Him, trust Him, and serve Him.



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Mosiah 7–10, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

I can trust in God's power to deliver me.

Mosiah 7:17–19, 33

As I think about the physical bondage of Limhi's people, I can see parallels to spiritual bondage. Though I may never be held in bondage by an unrighteous king as Limhi's people were, there are other things I need to be delivered from.

What makes me feel captive?

What do these verses teach me about deliverance?

How will I "turn to the Lord with full purpose of heart"? (Mosiah 7:33).

See also 1 Nephi 1:20; Alma 7:13; L. Tom Perry, "The Power of Deliverance," *Ensign* or *Liahona*, May 2012, 94–97.

Living prophets are a great blessing to us.

Mosiah 8:12–21

Limhi knew that his people were suffering because they had rejected the prophet Abinadi (see Mosiah 7:24–28). When Ammon taught Limhi about prophets and seers, he was very interested.

What impresses me about Ammon's words and Limhi's response?

What have prophets taught recently about "things which are past, and also things which are to come"? (Mosiah 8:17).

How have I been blessed by following the counsel of prophets?

How can I better follow their teachings?

See also 1 Samuel 9:6–9, 15–19; Bible Dictionary, "Seer."

What I believe and do can affect my family for generations.

Mosiah 10:11–17

My attitudes, behaviors, and beliefs don't just affect me. They have far-reaching consequences for future generations—for good or for bad.

What do I learn in Mosiah 10:11–17 about the influence that one generation can have on the next?

How are my attitudes, beliefs, and actions influencing my family and future generations?

See also Jeffrey R. Holland, "A Prayer for the Children," *Ensign* or *Liahona*, May 2003, 85–87.

IDEAS FOR FAMILY LEARNING

Mosiah 7:19–20

What stories from the scriptures inspire us to trust in God the way these stories inspired Limhi?

Mosiah 8

Considering what Limhi's people had experienced, why might Limhi have been so anxious to find out what was written on the plates his people had found?

Mosiah 9:14–18; 10:1–10

When the Lamanites attacked, the people of Zeniff were physically and spiritually ready. What do we learn from how Zeniff prepared his people? Is our family ready for the attacks of the adversary? What might help our family prepare for our spiritual battles? We could watch the video "Put on the Whole Armor of God" (LDS.org) or read Ephesians 6:13–17. Children might enjoy creating and dressing up in armor and then discussing what each piece represents.

Mosiah 10:11–14

What difference does it make in our lives and in future generations when we understand "the dealings of the Lord"? (Mosiah 10:14).

IMPROVING PERSONAL STUDY

Be ready always. Teaching moments at home can pass quickly, so it's important to take advantage of them as they arise. As you strive to "be ready always" (1 Peter 3:15) and follow the promptings of the Spirit, you will be able to take advantage of everyday opportunities.



MAY 2–8

Mosiah 11–17

Standing as a Witness of the Truth

INTRODUCTION AND IMPRESSIONS

Every day I have opportunities to share and stand up for what I believe—in both large and small ways. It is not always easy to defend my beliefs, but the examples of Abinadi and Alma can inspire me to do so. Abinadi stood courageously before King Noah and his priests. His fearless testimony inspired one of those priests, Alma. I can always strive to live true to what I know is right, and my words and actions, like Abinadi's, can "stand as a testimony" of the truth (Mosiah 17:10).



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Mosiah 11–17, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

I can stand for truth, even when I stand alone.

Mosiah 11–13; 17

Sometimes it may seem like I am the only one standing as a witness of Jesus Christ, but Abinadi's experience teaches me that my example may have a greater influence on others than I realize.

When have I stood alone to testify of the truth?

As I read Mosiah 11–13 and 17, what do I learn that can help me be ready when the Lord needs me to stand up for His gospel?

See also 1 Peter 3:15; Thomas S. Monson, "Dare to Stand Alone," *Ensign* or *Liahona,* Nov. 2011, 60–67; "Dare to Stand Alone" (video), LDS.org.

When I study God's word, I need to apply my heart to understanding.

Mosiah 12:19–30

It is not enough to know the word of God; we need to give His word a place in our hearts. King Noah's priests were familiar with the word of God, but they had "not applied [their] hearts to understanding" (Mosiah 12:27). As a result, their lives remained unaffected by the gospel.

What does it mean to me to apply my heart to understanding?

What do I feel and understand as I read Mosiah 12:19–30?

As I read the scriptures, how will I keep my heart open to what God wants me to understand?

See also Doctrine and Covenants 18:33–36.

Salvation comes through Jesus Christ and His Atonement.

Mosiah 13:28–15:11

The priests of King Noah claimed to teach the law of Moses, but they did not understand its true purpose—to point people to Christ (see Mosiah 13:32–33; see also Jarom 1:11).

As I ponder Mosiah 13–15, what does the Spirit teach me I should do to "keep [myself] in remembrance of God and [my] duty towards him"? (Mosiah 13:30).

What has God given me that helps point me to Christ?

See also Galatians 3:24; Jacob 4:5.

IDEAS FOR FAMILY LEARNING

Mosiah 11–13; 17

Abinadi and Alma are inspiring examples of staying loyal to the truth, even when doing so is unpopular. Members of our family may be facing pressure to compromise their standards. How can we help them want to be like Abinadi and Alma? (The picture of Abinadi in the "Gospel Art" section could help us learn his story.) Role-playing real-life scenarios may help us apply these stories to our lives. Or we could share experiences we have had with standing for the truth.

Mosiah 11:1–15

What actions and attitudes described in this passage may have caused King Noah and his people to reject Abinadi's testimony?

Mosiah 13:11–24

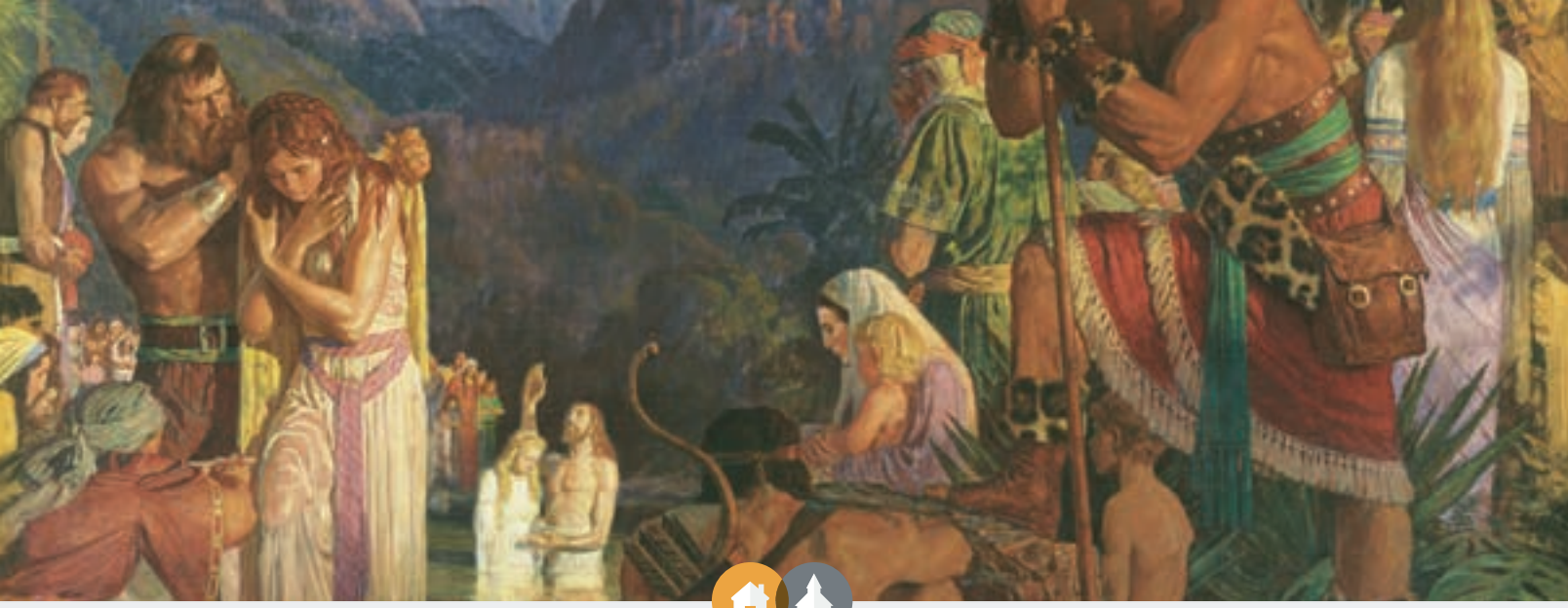
How can we make sure that God's commandments are "written in [our] hearts"?

Mosiah 15:1–9

To better understand how Jesus Christ is both the Father and the Son, see *Book of Mormon Student Manual* (Church Educational System manual, 2009), 153.

IMPROVING PERSONAL STUDY

Look for gospel truths. Sometimes gospel truths are stated directly; at other times they are implied through an example or story. As you read, ask yourself, "What eternal truth is taught in these verses?" For example, what do we learn about God's power in Mosiah 13?



MAY 9–15

Mosiah 18–24

We Have Entered into a Covenant with Him

INTRODUCTION AND IMPRESSIONS

As I read about the conversions and baptisms of Alma's people, I can learn how to "come into the fold of God" (Mosiah 18:8). To the people of Alma, being baptized was a personal commitment to God, but it was also a commitment to each other. It was a sign that they wanted to be united as a community of Saints, to "bear one another's burdens" (Mosiah 18:8). I also made this covenant to serve the Lord when I was baptized. Like Alma's people, when I have burdens to carry I know that the Lord—and my fellow Saints—will help me "bear up [my] burdens with ease" (Mosiah 24:15).



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Mosiah 18–24, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

Do I keep my baptismal covenant?

Mosiah 18:1–16

Alma's people wanted to be part of God's people, to stand as His witnesses, and to serve Him and keep His commandments. They showed these desires by making a covenant—by being baptized.

Do I have these same desires?

What am I doing to keep the covenants mentioned in Mosiah 18:8–10?

How can being "filled with the Spirit" help me keep my covenants (Mosiah 18:14)?

See also Doctrine and Covenants 20:37; David A. Bednar, "That We May Always Have His Spirit to Be with Us," *Ensign* or *Liahona*, May 2006, 28–31.

What does it mean to be God's people?

Mosiah 18:17–35

Sometimes being baptized into the Church means that we have to leave what is familiar and comfortable for something that is new and different. This was true of Alma's people, but they drew strength from each other because they were part of "the church of Christ" (Mosiah 18:17).

What can I learn about being a member of Christ's Church from Mosiah 18:17–35?

What can I do to help my ward be "knit together in unity and in love" (Mosiah 18:21)?

See also Henry B. Eyring, "Our Hearts Knit as One," *Ensign* or *Liahona*, Nov. 2008, 68–71.

God can make my burdens light.

Mosiah 23:21–24; 24:8–17

When I am going through a trial and pray to God for help, He doesn't always answer by removing the trial. Often He answers by giving me strength to "bear up [my] burdens with ease" (Mosiah 24:15).

What can I learn from Alma's people that can help me with my burdens?

How has God strengthened me?

See also "Though Deepening Trials," *Hymns,* no. 122; "Come What May, and Love It" (video), LDS.org

IDEAS FOR FAMILY LEARNING

Mosiah 18:1–4

There is a saying that you can count the seeds in an apple, but you can't count the apples that come from one seed. Although perhaps only one person was receptive to Abinadi's testimony, that one person—Alma—had a great influence over many generations of Nephites. We could use a fruit with seeds to demonstrate and apply this principle to our family. Who needs our positive influence? What can we do to share our testimonies with others?

Mosiah 18:8–10

What are we doing to prepare for and keep our baptismal covenants?

Mosiah 18:30

What places have special meaning to us because of the spiritual experiences we had there?

Mosiah 21:13–15

What do these verses teach us about how the Lord responds to our prayers when we are disobedient?

Mosiah 21:11–16; 24:10–15

What do we learn by contrasting the stories of Alma's people and Limhi's people when they were in captivity?

IMPROVING PERSONAL STUDY

Look for inspiring words and phrases. As you read, you may find that certain words and phrases impress you strongly and seem to be written for you. They may feel important and inspire and motivate you. What words and phrases impress you as you read Mosiah 18?



MAY 16–22

Mosiah 25–28

"They Were Called the People of God"

INTRODUCTION AND IMPRESSIONS

It didn't take long before the Church of Christ that Alma established began to face persecution and opposition. Everyone's conversion needs to be tested and tried. These chapters provide a pattern for the Church today and for me when tests of faith come. They are also a remarkable witness that through the power of the faith and prayers of the Saints, anyone can change and become a "new creature" (Mosiah 27:26).



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Mosiah 25–28, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

As Church members, we should be unified with each other.

Mosiah 25:18–24

Members of the Church come from many different backgrounds and have many different perspectives. And yet, the Lord expects us to be unified.

What helped the Church members at the time of Alma to become unified?

What can I do to create greater unity and love in my ward?

See also John 17:20–21; Ephesians 4:1–6, 11–13; Doctrine and Covenants 38:27.

I can remain true to Christ even when others try to lead me away.

Mosiah 26:1, 5–6, 13–39

Many Nephites of the "rising generation" did not believe in Christ and sought to lead members of Christ's Church astray. These young Nephites were not breaking civil laws, but Alma, as the leader of the Church, sought God's direction about how he should respond to their efforts to lead Church members away from gospel truths.

As I read this account, what impressions do I receive about how I can respond to similar situations in my day?

See also Dallin H. Oaks, "Loving Others and Living with Differences," *Ensign* or *Liahona*, Nov. 2014, 25–28.

I must choose to become more fully converted.

Mosiah 27

Although Alma's conversion was dramatic, conversion is a gradual process for most people.

As I read about the experience of Alma and the sons of Mosiah, what do I learn about conversion?

What feelings and thoughts prompted Alma's change of heart? (see also Alma 36).

What am I inspired to do in order to become more fully converted?

See also "Conversion," Gospel Topics, topics.lds.org.

IDEAS FOR FAMILY LEARNING

Mosiah 25:4–11

How do the people's reactions in these verses show that they valued the records? How do we show that we value the scriptures?

Mosiah 27:1–10

What did the Lord do to strengthen the Saints against adversity? How can we respond when others attack our faith?

Mosiah 27:22–24

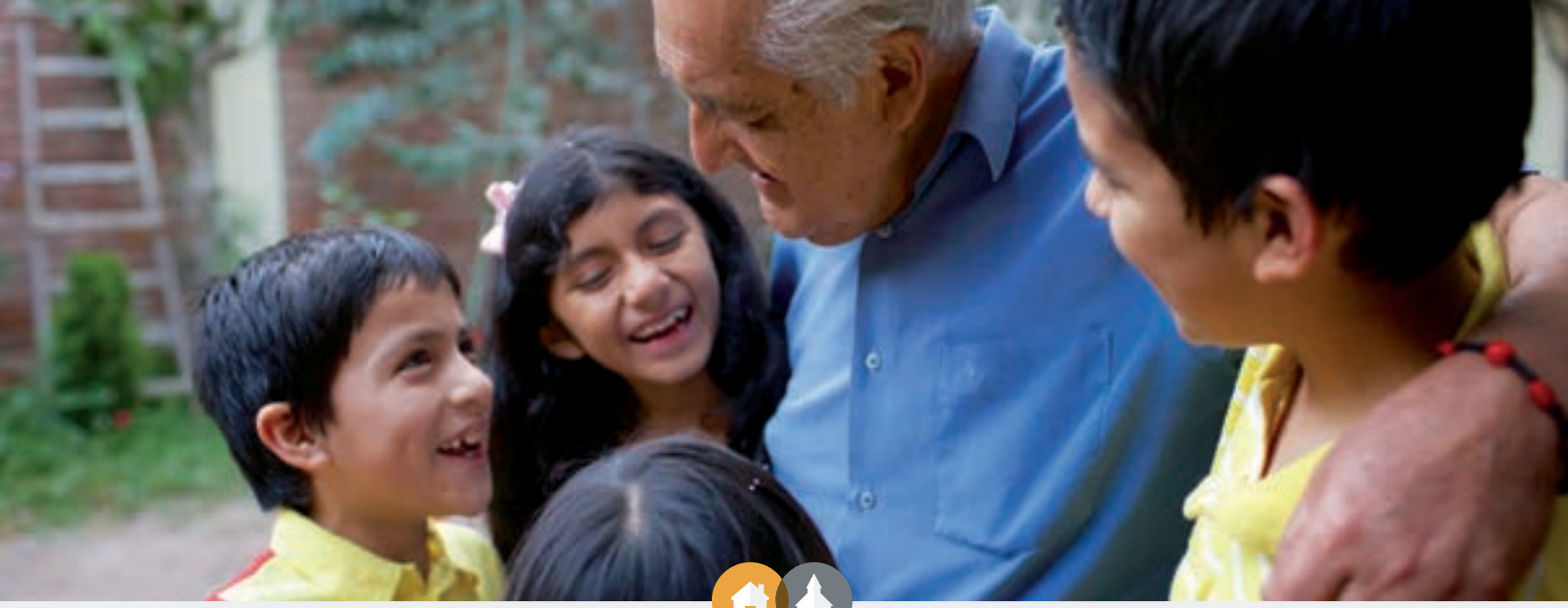
How did fasting and prayer bless Alma the Younger? Who can we fast and pray for as a family?

Mosiah 28

How well are we sharing the gospel with others? How can we inspire each other to find more ways to share the gospel? As a family, we could share with each other some of our favorite things—like works of art, foods, books, or movies—and discuss why we like to share things we love with family members and friends. The example of the sons of Mosiah sharing the gospel with the Lamanites—their enemies—could inspire us. Who can we share the gospel with this week?

IMPROVING PERSONAL STUDY

Ask questions as you study. As you study the scriptures, questions may come to mind. As you continue to read, ponder these questions and look for answers. For example, as you read Mosiah 27, consider looking for answers to the question "What is conversion?"



MAY 23–MAY 29

Mosiah 29–Alma 4

Becoming "Steadfast and Immovable"

INTRODUCTION AND IMPRESSIONS

In a way, it's comforting to know that the challenges we face today—like false, deceptive doctrines and threats to our religious liberty—are not unique to our day. The Church faced these same challenges under Alma's direction. But it's also encouraging to see how the Saints overcame these challenges. Because of their testimony of Christ, "who should come according to the spirit of prophecy; looking forward to that day," they were "filled with great joy" despite the challenges to their faith (see Alma 4:12–14). Their rejection of destructive teachings and their courage in making their voices heard can inspire me do the same.



My Spiritual Impressions
It is very important that you seek impressions from the Spirit to help you and your family. As you study Mosiah 29–Alma 4, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

I have a responsibility to defend religious liberty.

Alma 2:1–7

Religious freedoms are under attack today, but this isn't a new problem. It happened among the Nephites in Alma's day.

What threats to religious liberty exist today?

What do I learn from the example of the Nephites in Alma 2?

What do these verses teach me about my responsibility as a citizen and a Christian?

See also Robert D. Hales, "Preserving Agency, Protecting Religious Freedom," *Ensign* or *Liahona,* May 2015, 111–13.

I can recognize and resist false teachers.

Alma 1:1–16, 21–31

Alma accused Nehor of practicing priestcraft, or teaching "false doctrines . . . for the sake of riches and honor" (Alma 1:16). Although Nehor confessed that the things he had taught were false, his teachings continued to influence the Nephites for many years (see Alma 2:1–2; 14:14–18; 16:11; 21:4; 24:28).

Why might some people have found Nehor's teachings to be so enticing?

How can I avoid deception and stand for truth, as Gideon and Alma did? (see Alma 1:7, 12).

See also Isaiah 5:20; John 8:31–32; Helaman 5:12; Doctrine and Covenants 46:7–8.

Doctrine and pure testimony can change hearts.

Alma 4:10–20

Even though the people had appointed Alma to be the chief judge, he gave up that responsibility in order to devote his time to teaching the gospel and bearing "pure testimony" (Alma 4:19.)

As I read Alma 4:10–20, what do I learn about why Alma gave up the judgment seat?

When have I been prompted to make a sacrifice or a change in order to better serve God?

How can Alma's example help me in my efforts to righteously influence the people I love?

See also M. Russell Ballard, "Pure Testimony," *Ensign* or *Liahona*, Nov. 2004, 40–43.

IDEAS FOR FAMILY LEARNING

Mosiah 29

What do we learn from this chapter about the importance of a government that honors the voice of the people?

Alma 1:1–16

False doctrines can be likened to the effects of fierce winds and stormy waters on a boat (see Ephesians 4:14; M. Russell Ballard, "Stay in the Boat and Hold On!" *Ensign* or *Liahona,* Nov. 2014, 89–92). How can we help each other better understand this analogy? Children could pretend to be in a small boat during a storm as we discuss the dangers of Nehor's false teachings in Alma 1:1–16. What do we learn from Alma 1 and Elder Ballard's talk about how to keep our family safe from false doctrine?

Alma 1:1–16; 4:19–20

What are the differences between the actions and teachings of Alma and Nehor?

Alma 4:12–14

What is our family doing to help the poor and needy, including those who have unmet emotional or spiritual needs?

IMPROVING PERSONAL STUDY

Liken the scriptures to your life. As you read, consider how the stories and teachings of the scriptures apply in your life. For example, how is the struggle for religious freedom today similar to the struggle in Alma 2:1–7?



MAY 30–JUNE 5

Alma 5–7

Have I Experienced a Mighty Change of Heart?

INTRODUCTION AND IMPRESSIONS

Alma the Younger knew as well as anyone that the gospel requires us to change. When Alma taught the people of the Church, he asked penetrating questions that encouraged them to look inward and evaluate their standing before God. These questions can also help me reflect on my conversion to the Lord: Have I remembered the blessings of God to my family? Have I been born of God? Have I felt my heart changing? If I have, was it just a one-time experience? Are all of my spiritual experiences in my past, or can I "feel so now"? (Alma 5:26).



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Alma 5–7, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

How strong is my conversion to the Savior?

Alma 5

Alma's questions to the people of Zarahemla emphasize the importance of constantly evaluating my personal conversion. Each week I have an opportunity to ponder my spiritual standing as I partake of the sacrament.

Which questions in Alma 5 are most relevant to me?

What do I feel inspired to change in my life?

See also Larry R. Lawrence, "What Lack I Yet?" *Ensign* or *Liahona*, Nov. 2015, 33–35.

I don't need to see an angel to have a testimony.

Alma 5:44–51

I may never see an angel like Alma did. However, when Alma explained how he gained his testimony, he didn't mention this experience.

What impresses me about his words recorded in Alma 5:44–47?

How can I follow his example in my efforts to gain or strengthen my testimony?

See also Luke 22:32; 1 Corinthians 2:9–14; Moroni 10:3–5.

The Savior knows how to help me personally.

Alma 7:10–13

Alma taught that because the Savior took upon Himself my sins, pains, sicknesses, and infirmities, He knows how to help me. Likewise, Elder David A. Bednar taught, "In a moment of weakness we may cry out, 'No one knows what it is like. No one understands.' But the Son of God perfectly knows and understands, for He has felt and borne our individual burdens" ("Bear Up Their Burdens with Ease," *Ensign* or *Liahona,* May 2014, 90).

What does the Spirit teach me about how Jesus Christ can help me with my struggles?

See also Dallin H. Oaks, "Strengthened by the Atonement of Jesus Christ," *Ensign* or *Liahona*, Nov. 2015, 61–64.

IDEAS FOR FAMILY LEARNING

Alma 5:6–13

Alma taught his people to remember the Lord's mercy toward their fathers, including their conversion. What inspiring stories of conversion can we share from our family history?

Alma 5:14–33

Members of our family may know what it feels like to be prepared or unprepared—for a camping trip, a test at school, or a job interview. Have we had experiences recently that could help illustrate the importance of being prepared? How could we use Alma's questions to inspire us to prepare to meet God? For instance, each of us could choose one of Alma's questions and share how thinking about that question helps us prepare to meet God. We could also make a list together (or individually) of ways we can more fully prepare to meet God.

Alma 6:6

What is one reason we regularly gather together as Saints?

Alma 7:23

Whom do we know who is a good example of one or more of the qualities listed in this verse?

IMPROVING PERSONAL STUDY

Use scripture study helps. As you study the scriptures, use the footnotes, the Topical Guide, the Bible Dictionary, and other study helps to gain insights. For example, what do you learn about being spiritually reborn from the footnotes for Alma 5:14?



JUNE 6–12

Alma 8–12

"Go Forth and Prophesy unto This People"

INTRODUCTION AND IMPRESSIONS

My efforts to do God's work may not always be successful in the way that I expect. Sometimes I might feel a little like Alma; when he preached the gospel in Ammonihah, he was rejected, spit on, and cast out. Why was it that he "returned speedily" (Alma 8:18) when he was asked to go back and preach again? When Alma acted in faith, God prepared the way before him. He led Alma to more than just a meal and a place to stay—He also prepared Amulek, who became a missionary companion and a fierce defender of the faith. When I face obstacles in my efforts to serve in the Lord's kingdom, remembering how God supported and led Alma can help me trust that God will support and lead me.



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Alma 8–12, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

My efforts to share the gospel require persistence and patience.

Alma 8

Even though someone may reject my testimony of the gospel, that doesn't mean that the Lord has given up on them or that I should stop trying. An angel commanded Alma to return to Ammonihah to preach the gospel even though he had just been violently rejected in that city.

How can I follow Alma's example of being willing to share the gospel despite challenges and opposition?

As I read this chapter, which verses increase my desire to share the gospel?

See also Jeffrey R. Holland, "The Cost—and Blessings—of Discipleship," *Ensign* or *Liahona*, May 2014, 6–9.

I will be resurrected.

Alma 11:38–46

When Amulek taught about the Resurrection, the people were astonished, and Zeezrom began to tremble.

According to these verses, why did the people react this way to Amulek's teachings?

What truths in these verses strengthen my faith in Jesus Christ and help me understand the Resurrection?

See also D. Todd Christofferson, "The Resurrection of Christ," *Ensign* or *Liahona*, May 2014, 111–14; "Jesus is Resurrected" (video), LDS.org.

When I soften my heart, I receive more of the word of God.

Alma 12

In the space of a few days, Zeezrom experienced a dramatic transformation—he went from actively attacking Alma and Amulek to risking his life to defend them before the people of Ammonihah (see Alma 14:6–7).

What softened Zeerom's heart?

What is different between the questions Zeezrom asked in chapter 11 and those he asked in chapter 12?

What does his experience teach me about receiving the word of God? (see also Alma 9:20–23).

See also Isaiah 57:15; 1 Nephi 2:7.

IDEAS FOR FAMILY LEARNING

Alma 8:7–18

Alma was blessed with help from Amulek when he followed the angel's command and "returned speedily to the land of Ammonihah" (Alma 8:18). How can we help family members better understand the blessings that come from obeying quickly? After reading about Alma's experience in Alma 8:7–18, we might play a game that involves completing a task quickly, such as stacking a certain number of objects in a short amount of time. We might also learn the song "Quickly I'll Obey" (*Children's Songbook,* 197).

Alma 8:19–23

What are we doing to sustain the Lord's prophet? What blessings have we received as we have obeyed his counsel?

Alma 9:14–17

What spiritual traditions are we building in our family? What kind of traditions will help us prepare to meet God?

Alma 10:22–23

As we pray together as a family, what blessings can we ask for to help our community and those around us?

IMPROVING PERSONAL STUDY

Memorize a scripture. Select a passage that has meaning to your family, and find a fun way to help family members memorize it. For example, memorizing part of Alma 7:10–13 might be especially meaningful. What verses in Alma 5–7 do you feel prompted to help your family memorize?



JUNE 13–19

Alma 13–16

"Be It according to the Will of the Lord"

INTRODUCTION AND IMPRESSIONS

The Savior said that those who followed Him would suffer persecution for His sake (see D&C 101:35). This was true in Alma's time, and the opposition continues today. Alma and Amulek taught the gospel boldly, and some believed. But some who didn't believe sought to persecute and kill the believers. These chapters teach that things do not always work out the way we hope—believers suffered and died, and Alma and Amulek were imprisoned. But this account also teaches about the redeeming power of the Lord—Alma and Amulek were freed, the unbeliever Zeezrom converted and was forgiven, and the Church was "established throughout all the land" (Alma 16:21). These chapters can help me have confidence in the Lord and His servants and believe that all will work out in the end.



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Alma 13–16, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions here or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

Priesthood leaders were prepared from the foundation of the world.

Alma 13:1–20

Alma's teachings can expand my understanding of the priesthood—from them I learn that Melchizedek was a type of Jesus Christ, that the priesthood points me toward the Savior, and that high priests were foreordained to their callings (or prepared in the premortal life).

What else does the Spirit teach me about the priesthood and my priesthood leaders as I read these verses?

What blessings have I received through priesthood leaders?

See also Bible Dictionary, "Melchizedek," "Melchizedek Priesthood."

If I trust in the Lord, He will help me in my trials.

Alma 14

The believers in Alma 14 suffered for their faith. Many of them were killed, and Alma and Amulek were imprisoned and forced to watch believers burned alive. But those who were killed were received into paradise, and Alma and Amulek were miraculously delivered from prison.

What can I learn from this chapter about how the Lord delivers us?

How can I strengthen my faith to accept the Lord's will?

See also Neill F. Marriott, "Yielding Our Hearts to God," *Ensign* or *Liahona*, Nov. 2015, 30–32.

Why should I follow the prophets?

Alma 16:1–12

Elder M. Russell Ballard taught, "The Lord's servants are inspired to help us . . . pass safely through mortality" ("God Is at the Helm," *Ensign* or *Liahona,* Nov. 2015, 24). The Nephites gained victory over the Lamanites because they heeded the prophet Alma.

How might these verses help me understand the blessings of having latter-day prophets?

What am I doing to follow prophetic guidance?

See also David A. Bednar, "Chosen to Bear Testimony of My Name," *Ensign* or *Liahona*, Nov. 2015, 128–31.

IDEAS FOR FAMILY LEARNING

Alma 13:27–30

What can we do as a family to cast off our sins and humble ourselves before the Lord?

Alma 15:1–12

What do we learn from the account of Zeezrom about how the Lord strengthens and heals us?

Alma 15:16–18

When Alma was in need, Amulek took him into his home and cared for him (see Alma 8:19–27). Alma later returned the favor by taking Amulek into his own house and strengthening him when he was rejected by his friends and family (see Alma 15:16–18). What can our family learn from the relationship that Alma and Amulek developed? We could plan secret acts of service for each other, or think of someone who needs to be strengthened.

Alma 16:17

What does it mean to be "grafted into the true vine"? (see also John 15:1–5).

IMPROVING PERSONAL STUDY

Record your thoughts and feelings. There are many ways to record your spiritual impressions as you study. For example, you could write your thoughts and feelings in the margins of your scriptures or in a study journal. Consider recording your impressions as you study Alma 13–16.



JUNE 20–26

Alma 17–22

"I Will Make an Instrument of Thee"

INTRODUCTION AND IMPRESSIONS

These chapters contain compelling stories about a servant who helped shepherds rescue their scattered sheep and a woman who helped a people embrace the gospel. The servant was Ammon, and the woman was Abish—both are inspiring examples of how I can be a missionary today. Ammon and the other sons of Mosiah drew on the power of God by fasting, praying, and searching the scriptures. Their sincere love and service led kings and kingdoms to Christ. Abish "ran forth from house to house" (Alma 19:17) when she saw an opportunity to share the good news of the gospel with others. I can be just as valiant in my missionary efforts. Although I may never teach the gospel to a king, I can nurture my desire to share the gospel with those around me.



My Spiritual Impressions

It is very important that you seek impressions from the Spirit to help you and your family. As you study Alma 17–22, consider these questions:

What messages do you find for your life?

What will be of most value to you and your family?

What can you share in your Church classes?

Record your thoughts and impressions or in a journal or notebook.

IDEAS FOR PERSONAL LEARNING

When I am an instrument in God's hands, I can be confident in doing His work.

Alma 17:1–16

The sons of Mosiah were going to preach the gospel to "a wild and a hardened and a ferocious people" (Alma 17:14). Yet the Sons of Mosiah seemed fearless, knowing that God would work through them.

As I read these verses, what helps me feel more confident about sharing the gospel? How does thinking about myself as an "instrument in the hands of God" help me better understand how I can share the gospel?

See also Matthew 28:19–20; D&C 18:15–16.

My example can inspire others to seek the blessings of God.

Alma 17:11; 18:1–23

When King Lamoni heard about the mighty things Ammon had done to preserve his flocks, he said, "Surely, this is more than a man" (Alma 18:2). As I live the gospel, others may notice the blessings God has given me, and my example can open doors for me to share the gospel.

How did Ammon's example influence King Lamoni?

When has someone's example helped me desire the blessings of God?

See also Jeffrey R. Holland, "Witnesses unto Me," *Ensign* or *Liahona*, May 2001, 14–16.

Understanding true doctrine leads to a desire to repent.

Alma 18:36–43; 22:1–18

Sister Elaine S. Dalton said, "Once Lamoni's father understood who he was and the great plan of which he was a part, worthiness became his heart's desire" ("Look toward Eternity!" *Ensign* or *Liahona,* Nov. 2006, 31).

What truths did Ammon and Aaron share with Lamoni and his father?

How did understanding these truths change these men's desires and actions?

What principles can I share to help my family and friends desire to come unto Christ?

See also *Teachings of Presidents of the Church: Howard W. Hunter* (2015), 279–90.

IDEAS FOR FAMILY LEARNING

Alma 17–19

How can we make the story of Ammon and Abish come to life in a fun way? For instance, we could act out the story of Ammon protecting the shepherds or the story of Abish gathering the multitude to witness the power of God. We could also invite family members to draw pictures of different parts of the story and use the pictures to tell the story. What will we do to follow the examples of Ammon and Abish?

Alma 19:16–17

How have our family members influenced our testimonies? What opportunities do we have to share the gospel?

Alma 20:26–27

How can we show our love in ways that help others desire to know more about the gospel?

Alma 21:1–15

What can we learn about sharing the gospel from Aaron's experiences? What can we do when our efforts to share the gospel are rejected?

IMPROVING PERSONAL STUDY

Look for inspiring words and phrases. As you read, you may find that certain words and phrases impress you strongly and seem to be written for you. They may inspire and motivate you. What words and phrases seem meaningful to you as you read about Ammon in Alma 17?

Ideas to Improve Your Personal Scripture Study

The purposes of your personal study of the scriptures are to help you learn and live the principles of the gospel, receive revelation to guide your life, and help you prepare to share what you are learning with others. Here are some simple ways to enhance your study of the word of God in the scriptures.

Look for Jesus Christ
The scriptures teach us that all things testify of Christ (see 2 Nephi 11:4; Alma 30:44; Moses 6:63), so look for Him in all things. As you read, consider noting or marking verses that teach about the Savior and are especially meaningful to you.

Look for inspiring words and phrases
As you read, you may find that certain words and phrases impress you strongly and seem to be written for you. They may feel important and inspire and motivate you.

Look for gospel truths
Sometimes gospel truths are stated directly and sometimes they are implied through an example or story. As you read, ask yourself, "What eternal truth is taught in these verses?"

Listen to the Spirit
As you study, pay attention to your thoughts and feelings, even if they are unrelated to what you are reading. Those impressions may be the very things God wants you to know.

Liken the scriptures to your life
As you read, consider how the stories and teachings apply in your life. For example, how could Nephi's experience with building a ship help you when you are asked to do difficult things? (See 1 Nephi 17:7–18:4).

Ask questions as you study
As you study the scriptures, questions may come to mind. As you continue to read, ponder these questions and look for answers. You can also look for answers to personal questions that have been weighing on your mind.

Use scripture study helps
As you study the scriptures, use the footnotes, the Topical Guide, the Bible Dictionary, the Guide to the Scriptures, and other study helps to gain additional insights into the verses you read.

Record your thoughts and feelings
There are many ways to record your experiences. For example, you could mark a meaningful word or phrase and write thoughts in the margins of your scriptures. You could also keep a journal of the insights, feelings, and impressions you receive as you study.

Study the words of latter-day prophets and apostles
Read what latter-day prophets and apostles have taught about the principles you find in the scriptures.

Share insights
Discussing principles from your personal study is not only a good way to teach others; it also helps strengthen your own understanding.

President Thomas S. Monson said: "As we read and ponder the scriptures, we will experience the sweet whisperings of the Spirit to our souls. We can find answers to our questions. We learn of the blessings which come through keeping God's commandments. We gain a sure testimony of our Heavenly Father and our Savior, Jesus Christ, and of Their love for us. When scripture study is combined with our prayers, we can of a certainty know that the gospel of Jesus Christ is true. . . .

"As we remember prayer and take time to turn to the scriptures, our lives will be infinitely more blessed and our burdens will be made lighter" ("We Never Walk Alone," *Ensign* or *Liahona*, Nov. 2013, 122).

Ideas to Improve Your Family Scripture Study

Daily family scripture study is a powerful way to teach your family the gospel. How much and how long you read as a family is not as important as being consistent in your efforts. As you make the study of the Book of Mormon an important part of your family life, you will help your family members to come closer to Jesus Christ and to build their testimonies on the foundation of His word. Consider the following:

- *How can you encourage family members to study the Book of Mormon on their own?*
- *What can you do to encourage family members to share what they are learning?*
- *How can you emphasize the principles you are learning in the Book of Mormon in everyday teaching moments?*
- *How is teaching the Book of Mormon in your home different from how it might be taught in a class at church?*

Use some of the following ideas to enhance your family scripture study:

Share meaningful scriptures
Give family members time to share scripture passages they have found from their personal study.

Use your own words
As you read scripture passages, invite family members to summarize in their own words what they learn.

Apply the scriptures to your life
After reading a scripture passage, ask family members to share different ways the passage applies to their lives.

Ask a question
Invite family members to ask a gospel question, and then spend time looking for verses that can help answer the question.

Display a scripture
Select a verse you find meaningful, and display it where family members will see it often. Invite other family members to take turns selecting a scripture to display.

Weekly scripture list
As a family, choose several verses you would like to discuss during the coming week.

Memorize scriptures
Select a scripture passage that has meaning to your family, and invite family members to memorize it.

Share object lessons
Find objects that relate to scriptures you are reading as a family. Invite family members to talk about how each object relates to the teachings in the scriptures.

Pick a topic
Let family members take turns choosing a topic (or a chapter) that the family will study together. Use the Topical Guide or Guide to the Scriptures (scriptures.lds.org) to find scripture passages about the topic.

Draw a picture
As a family, read a few verses and then allow time for family members to draw something that relates to what you read. Spend time discussing each other's drawings.

Act out a story
After reading a story, invite family members to act it out. Afterward, talk about how the story applies to the things you are experiencing individually and as a family.

Elder David A. Bednar taught: "Each family prayer, each episode of family scripture study, and each family home evening is a brushstroke on the canvas of our souls. No one event may appear to be very impressive or memorable. But just as the yellow and gold and brown strokes of paint complement each other and produce an impressive masterpiece, so our consistency in doing seemingly small things can lead to significant spiritual results" ("More Diligent and Concerned at Home," *Ensign* or *Liahona*, Nov. 2009, 19–20).



Learning the Gospel by Topic

The Lord declared: "I give unto you a commandment that you shall teach one another the doctrine of the kingdom. Teach ye diligently and my grace shall attend you, that you may be instructed more perfectly in theory, in principle, in doctrine, in the law of the gospel, in all things that pertain unto the kingdom of God, that are expedient for you to understand" (D&C 88:77–78).



APRIL

General Conference

INTRODUCTION

On the roof of the Conference Center in Salt Lake City is a beautiful fountain. A channel carries water from this fountain to the edge of the roof, where it cascades down the front of the building in a waterfall. These water features add an elegant touch to the Conference Center's architecture, but they are more than decoration. They are symbols of the living water—the pure doctrine—that flows from the teachings of prophets and apostles proclaimed inside the Conference Center. They are a visual reminder of God's declaration: "My words . . . never cease" (Moses 1:4; see also D&C 121:33).

So we come to this fountain of living water every six months to "listen to a prophet's voice, and hear the word of God" (*Hymns,* no. 21). But so much light and truth and wisdom flow during the two days of general conference, it's impossible to take it all in at once. That's why we find ways to make the conference addresses part of our regular gospel study. On our own and with our families, we read them, ponder them, and listen for personalized messages communicated through the Holy Ghost. In this way, the word of the Lord, spoken through His servants, becomes in us "a well of living water, springing up unto everlasting life" (D&C 63:23).

IDEAS FOR PERSONAL STUDY

Bring your personal questions

Even though it is a general conference, the messages we receive can be personal. Elder Jeffrey R. Holland taught, "In the wide variety of sermons given [at general conference] is the assumption that there will be something for everyone. . . . If you listen by the Spirit, some one of us will touch on your circumstance, sending a personal prophetic epistle just to you" ("An Ensign to the Nations," *Ensign* or *Liahona,* May 2011, 112–13). To find the message the Lord has for you, try beginning your study of the conference addresses by thinking about your personal questions or challenges—you might even write them down. Then look for answers. Sometimes a statement or example in a talk will seem to answer your question specifically. Other times, the words of Church leaders will simply invite the Spirit, and He will inspire you with answers.

Take advantage of technology

We live in a remarkable age when the words of living prophets and apostles are more accessible than ever before. Audio and video files of general conference are available digitally as soon as the talks are delivered. Text is available in multiple languages within days, and the Church magazines publish the proceedings within weeks. Find ways to take advantage of these blessings to keep the messages of general conference in your mind and heart. Some people like to listen to the talks on their way to work or school. Others prefer to read them and write notes in the margins. Some create short video clips or memes of inspiring statements and share them on social media. As Elder Richard G. Scott explained, just having the conference messages close at hand is not enough, "but studying, pondering, and listening to them during quiet moments of each day will enhance communication through the Spirit" ("For Peace at Home," *Ensign* or *Liahona,* May 2013, 30).

My Spiritual Impressions

What impressions did I receive as I read about ways to learn from general conference? What talks from conference am I impressed to study—personally and with my family?





IMPROVING PERSONAL STUDY

What can help make my study of conference more effective? The general conference site on LDS.org (lds.org/general-conference) contains several resources that might help you, such as an index of talks organized by topic, links to conference music, and ideas for personal study.

Look up scripture references

Virtually every speaker in general conference cites scriptures in their talks. To combine your scripture study with your study of conference, consider looking up the scriptures the speakers refer to. The teachings of Church leaders about specific verses can deepen your understanding of the scriptures, and pondering the scriptures can deepen your understanding of the message in the conference talk. The Gospel Library app allows you to link relevant scriptures to a talk electronically—and vice versa—so that the next time you read those scriptures, you can remember what was said about them in general conference.

Look for invitations and blessings

The purpose of general conference is not just to hear interesting thoughts about the gospel—it is to receive guidance and direction from the Lord's servants so that we can better live the gospel. For this reason, nearly all general conference talks include a call to action, an invitation to do something. As you read, look for these invitations, and make plans to act on them by writing them down and setting goals. Some may be stated explicitly, and others may be implied through stories and examples. You will also find blessings promised to those who obey.

IDEAS FOR FAMILY HOME EVENING

Create a general conference quiz game

How well does your family remember what was taught during general conference? Some families enjoy creating a simple quiz game to help them review the key messages. For example, you could read a clue or short quotation from a talk and ask family members to guess whose talk it came from. Or you could play an audio clip from a talk and see if family members can guess which Church leader is speaking. If your family knows in advance that the quiz is coming, it might encourage them to listen more carefully during the conference. You might even assign one of the children to choose the clues or quotations or create questions for the quiz—it's a great way to help them think about the main messages of the talks.

Focus on memorable phrases

Of everything that is said during general conference, often there are a few key phrases that stand out. "Ask the missionaries! They can help you!" (Russell M. Nelson, *Ensign* or *Liahona,* Nov. 2012, 18–21) and "Lift where you stand" (Dieter F. Uchtdorf, *Ensign* or *Liahona,* Nov. 2008, 55–56) are examples of phrases that are easy to remember and carry important messages. Especially if you have young children, it might be best to focus on phrases like these rather than trying to analyze an entire talk. Your family might enjoy creating posters using these phrases. You could display them someplace in your home where family members will see them often. You might be surprised how often these phrases come up in family conversations.

Reenact the stories

For many, the stories are the most memorable part of general conference. How can you help your family understand the gospel lessons these stories teach? One idea could be to reenact one of the stories as a family. For example, with just a few simple props, you could act out Sister Carole M. Stephens's story about her granddaughter (see "If Ye Love Me, Keep My Commandments," *Ensign* or *Liahona,* Nov. 2015, 118–19) or Elder Allen D. Haynie's story about getting dirty in a mud pit ("Remembering in Whom We Have Trusted," *Ensign* or *Liahona,* Nov. 2015, 121–23). The general conference issue of the Church magazines has a story index that could help you find a story your family would like to reenact. This activity allows family members to use more of their senses—besides just listening—to understand the story. If it turns out really well, you might want to turn your reenactment into a video and share it on social media.

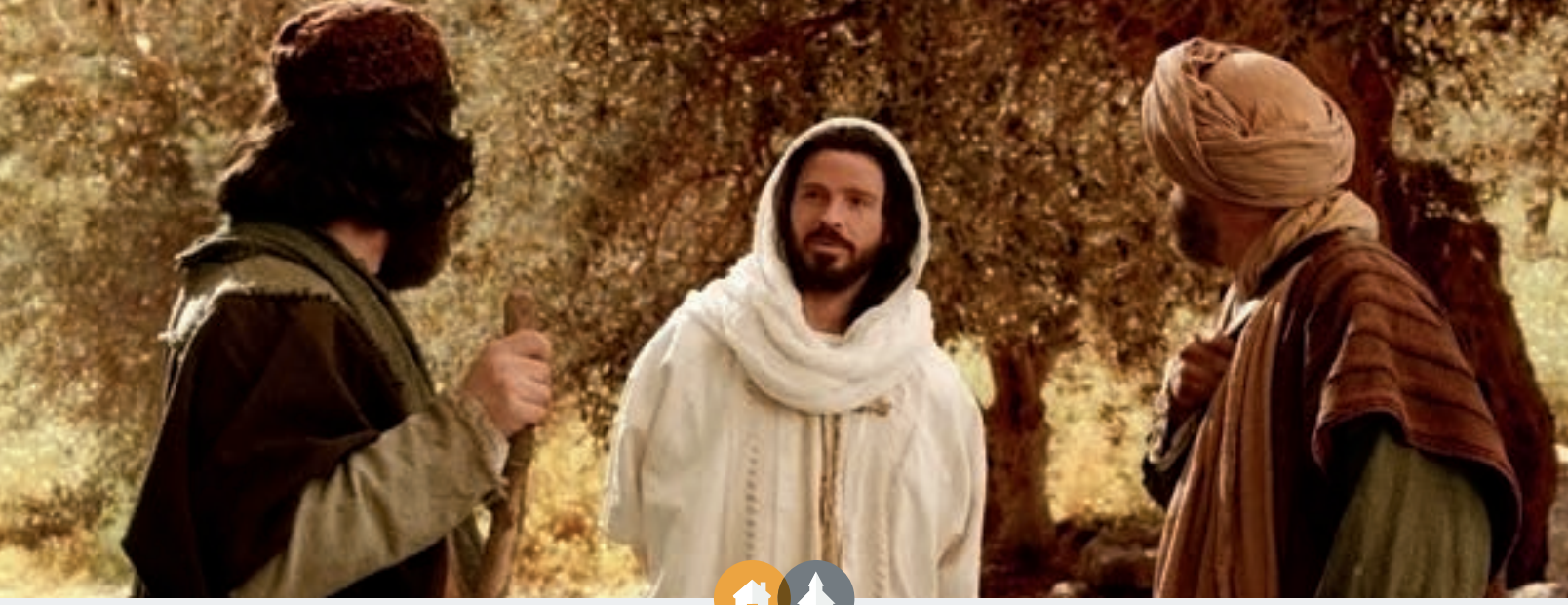
Keep conference alive

When another general conference approaches, do you and your family ever find yourselves struggling to remember what was said in the last one? One way you can help your family remember the conference talks longer is to look for simple ways to review the messages frequently between conferences. For example, maybe you could play recordings of talks during car rides or while doing household chores. You might choose to make a different general conference talk the topic for each family home evening over the next six months. Or maybe your family scripture study could occasionally center on the scriptures quoted in one of the conference talks. The more your family reviews general conference messages, the more likely it is that key principles will come up naturally in your informal conversations—and these tend to be the moments when the messages have the most meaningful impact in your family's lives.



IMPROVING OUR TEACHING

Elder Robert D. Hales taught: "The greatest blessings of general conference come to us after the conference is over. . . . We gather to hear the words of the Lord, and we return to our homes to live them" ("General Conference: Strengthening Faith and Testimony," *Ensign* or *Liahona,* Nov. 2013, 7).



MAY

Living the Gospel of Jesus Christ

INTRODUCTION

Our "daily walk" along the gospel path may be filled with challenges, but the Savior has given us a pattern of living to help us find our way.

Suppose the Savior came to your home, knocked on your door, and invited you to come outside and take a walk with Him. What do you imagine that experience might be like? What would you talk about? What might He say to help you? How might He challenge you to grow?

The Savior knows our individual needs, so an experience like this would surely be different for each of us. But there are some things He has said to all of us. In the Doctrine and Covenants, the Savior spoke about our "daily walk": "Declare repentance and faith on the Savior, and remission of sins by baptism, and by fire, yea, even the Holy Ghost. Behold, . . . this shall suffice for thy daily walk, even unto the end of thy life" (D&C 19:31–32).

Faith in Jesus Christ inspires repentance; repentance leads to baptism, the sacrament, and other ordinances and covenants; covenants bring us spiritual power through the gift of the Holy Ghost; and living our covenants leads to an increase of faith. This pattern of spiritual progression is found throughout the scriptures. Joseph Smith called it the "first principles and ordinances of the gospel" (Articles of Faith 1:4). Nephi called it simply the "doctrine of Christ" (see 2 Nephi 31). And the Savior Himself taught these points when He declared, "This is my gospel" (see 3 Nephi 27:13–21).

Why do Jesus and His prophets teach these basic principles and ordinances again and again? Because by faithfully living these simple principles—"even unto the end of [our lives]" (D&C 19:32)—we come unto Christ and receive the blessings of His Atonement.

Faith in Jesus Christ

When we have faith in Jesus Christ, we trust Him completely. We don't just admire Him and like what He says. We believe He is the Son of God, the Savior who set the perfect example. We have placed our hope for eternal life entirely in His able hands—trustingly, unhesitatingly. We realize that in spite of our best efforts, we are hopelessly lost without Him. He is the way back to our Heavenly Father—the only way (see John 14:6; 2 Nephi 31:21). This is why we must have an ever-growing faith in Jesus Christ. This is why we act on our faith by eagerly doing all we can to serve Him and keep His commandments.

Repentance

But we don't always obey perfectly or willingly. Sometimes we do things we

know we shouldn't or neglect to do things we know we should do. It's not that we are necessarily rebelling against God; it's just that we lack the ability to do everything flawlessly. But the Savior took upon Himself all our sins and mistakes so that nothing would hold us back as we strive to grow, to improve, to change—both our actions and our hearts (see Mosiah 27:24–30). We call this change repentance. It is a gift we receive with joy because it gives us access to healing, forgiveness, and constant daily improvement. It purifies our motives and binds our hearts to God with love. Repentance is how we close the gap, however gradually, between where we are and where God is.

Baptism

We exercise our faith in Christ and repent of our sins as we make covenants with God, and we make our first covenants when we are baptized. We promise that we will live a new and different life. We take Christ's name upon ourselves and commit to follow His ways, not the world's (Mosiah 18:8–10). But we do not make these promises just once—we renew them every week when we take the sacrament, and we make additional covenants in the holy temple. These covenants invite the power of God into our lives and guide our daily actions. Our service in the Church, our acts of compassion, our words of testimony—all of these are ways we strive to keep our covenants.

The Gift of the Holy Ghost

We are not like Heavenly Father yet, but through keeping our baptismal covenants we receive an invaluable gift—the constant companionship of a member of the Godhead, the Holy Ghost. His presence in our lives is a constant reminder of our ultimate goal—to live with our Father again and become like Him. His constant companionship also helps us keep the covenants we have made. Our daily acts of devotion and covenant keeping—the many things we choose to do and choose not to do—are all part of our quest to qualify for greater light from the Holy Ghost, so that one day we can receive eternal life with Him who is Eternal (see D&C 50:24).

* * *

This is the Savior's pattern of spiritual progression—His doctrine, His gospel, His plan. It is not a checklist that we complete once. Continually following this pattern allows Him to guide our "daily walk." The task of our lives is to follow Jesus Christ—to walk with Him and faithfully endure to the end. Everything we do as Latter-day Saints is an opportunity to express our faith, improve our lives, keep our covenants, and qualify for the companionship of the Spirit. This is what we call living the gospel of Jesus Christ.



My Spiritual Impressions

The Holy Ghost helps us learn. "As you study, pay careful attention to the ideas that come to your mind and feelings that come to your heart" (*Preach My Gospel* [2004], 18). The Holy Ghost teaches us through thoughts and feelings (see D&C 8:2–3).



IMPROVING PERSONAL STUDY

Apply what you are learning. "As you feel the joy that comes from understanding the gospel, you will want to apply what you learn. Strive to live in harmony with your understanding. Doing so will strengthen your faith, knowledge, and testimony" (*Preach My Gospel* [2004], 19).

IDEAS FOR PERSONAL STUDY

How can I make the gospel of Jesus Christ my daily walk?

Doctrine and Covenants 19:31–32; 68:25–28

Guide to the Scriptures, "Walk, Walk with God," scriptures.lds.org

Elder L. Tom Perry, "The Gospel of Jesus Christ," *Ensign* or *Liahona,* May 2008, 44–46

- What do I learn from these resources about how the gospel of Jesus Christ can impact my daily life? Is there anything I feel I should change?

The first principles and ordinances of the gospel help me receive the atoning power of Jesus Christ.

2 Nephi 9:23; 3 Nephi 27:19–20; Ether 4:18–18; Doctrine and Covenants 18:22

President Henry B. Eyring, "Come unto Me," *Ensign* or *Liahona*, May 2013, 22–25

- How do faith, repentance, ordinances and covenants, and the gift of the Holy Ghost help me receive the atoning power of Jesus Christ?

How does the gospel of Jesus Christ help me improve?

Mosiah 18:8–10; Alma 32:21–43; 36:3–24; Moroni 7:48; Doctrine and Covenants 11:12–13

Elder Richard J. Maynes, "The Joy of Living a Christ-Centered Life," *Ensign* or *Liahona*, Nov. 2015, 27–30

- What improvements do I need to make in my life? How does the gospel of Jesus Christ help me to make these changes?

What does it mean to endure to the end?

2 Nephi 31:15–21; 3 Nephi 27:16–17; Doctrine and Covenants 101:35

President Dieter F. Uchtdorf, "It Works Wonderfully!" *Ensign* or *Liahona*, Nov. 2015, 20–23

- Is living the gospel a joyful experience for me? How does the Savior help me endure the trials and adversities of life?

How can we establish a home centered on the gospel of Jesus Christ?

Mosiah 4:14–16; Doctrine and Covenants 88:118–19

"The Family: A Proclamation to the World," *Ensign* or *Liahona*, Nov. 2010, 129

Cheryl A. Esplin, "Filling Our Homes with Light and Truth," *Ensign* or *Liahona*, May 2015, 8–10

Video: "Bringing Up Children in Light and Truth: A House of Order, a House of God" (LDS.org)

- What does it mean to have a home that is centered on Christ? What can I do to help others feel the power of the gospel as they visit my home?

IDEAS FOR FAMILY HOME EVENING

How can I make the gospel of Jesus Christ my daily walk?

The first principles and ordinances of the gospel—faith, repentance, baptism, and the gift of the Holy Ghost—"are not just steps that [we] experience once in [our] lives; rather, when repeated throughout life these principles become an increasingly rewarding pattern of living" (*Preach My Gospel* [2004], 6). How can we help our family better understand the role of these principles and ordinances in our daily lives? Perhaps a family walk would be a good setting to read and discuss some of the passages under "Ideas for Personal Study." How is walking a good metaphor for living the gospel?

The first principles and ordinances of the gospel help me receive the atoning power of Jesus Christ.

Does our family see the Savior's Atonement as a constant source of power in our lives, or is it just something we turn to occasionally when we have committed a serious sin? It might help to discuss how the Savior is like the sun. We could not live even one day without the power of the sun in our lives. Similarly, we need the power of Christ's Atonement every day. This is why the first principles and ordinances of the gospel are so essential—they help us receive this power. What is the role of faith in helping us receive Christ's power? What is the role of repentance? of ordinances and covenants? of the gift of the Holy Ghost? The family might enjoy creating a list of reasons we need the sun's power and comparing it to a list of reasons we need the power of the Son of God (see Quentin L. Cook, "The Lord is My Light," *Ensign* or *Liahona*, May 2015, 62–66).

How does the gospel of Jesus Christ help me improve?

We can all relate to making repairs and improvements, whether to our homes, our vehicles, our computers, our toys—even our lives. Sometimes a repair is needed because something was misused or neglected. Sometimes it's needed simply because of the wear and tear of life. Would this comparison help our family understand how Jesus Christ helps us repair things about our lives that are "broken" (see Alma 36:3–24)? Perhaps we could fix something together while discussing how Jesus Christ helps us improve our lives. For example, as we follow the steps and use the tools for repairing or maintaining something in our home, we could discuss the "steps" or "tools" Christ has given us in His gospel to improve ourselves, including faith, repentance, ordinances and covenants, and the gift of the Holy Ghost.

What does it mean to endure to the end?

In ancient Greece, there was a race where runners held lit torches. Winning the race required not just finishing first, but with the torch still lit (see Dieter F. Uchtdorf, "Finish with Your Torch Still Lit," *Ensign* or *Liahona,* Oct. 2015, 4–6). Could comparing life to this kind of race help our family understand what it means to endure to the end? What do racers do to help them finish their races? What have we done to accomplish a task that required endurance? What do we learn from these examples that can help us endure faithfully to the end? What do we learn from the scriptures about the "race" of life? (see 2 Timothy 4:7; Hebrews 12:1; Mosiah 4:27). How do the first principles and ordinances of the gospel help us finish our race with our torches still lit? It could be fun to have some races as a family or watch the video "You're Never Alone" (LDS.org) about running a marathon.

How can we establish a home centered on the gospel of Jesus Christ?

Suppose we entered a home that was furnished and decorated by someone who loves Jesus Christ. How might it be different from other homes? What might we see there? What might we feel there? What can each family member do to make our home more Christ centered? For some ideas, you could review the "The Family: A Proclamation to the World."

IMPROVING OUR TEACHING

Bear testimony to your family. Speaking to parents, Elder David A. Bednar taught, "Our witness can be declared as simply as 'I know I was blessed with inspiration at work today' or 'The truth in this scripture has always been a powerful source of direction for me'" ("Watching with All Perseverance," *Ensign* or *Liahona*, May 2010, 42).



JUNE

The Plan of Salvation

INTRODUCTION

When we understand the plan of salvation, everything changes.

Have you ever taken a colorful hand-woven tapestry or rug and turned it over to see what it looks like on the back? If you have, you may have been surprised to see incomplete colors and designs that look very little like the intricate design on the front. If you didn't know better, you might have a hard time believing that there was a carefully crafted, beautiful design on the other side.

In the same way, many people feel that there is no design governing their lives. Events in the world—and in their own lives—may seem so confusing and chaotic that their answer to the question "What is the purpose of life?" is too often, "I'm not sure there is one."

God's Purpose for Us

But the message of the restored gospel—one of its most encouraging messages—is that there is a purpose. God has a plan for His children, and one of its names is "the great plan of happiness" (Alma 42:8).

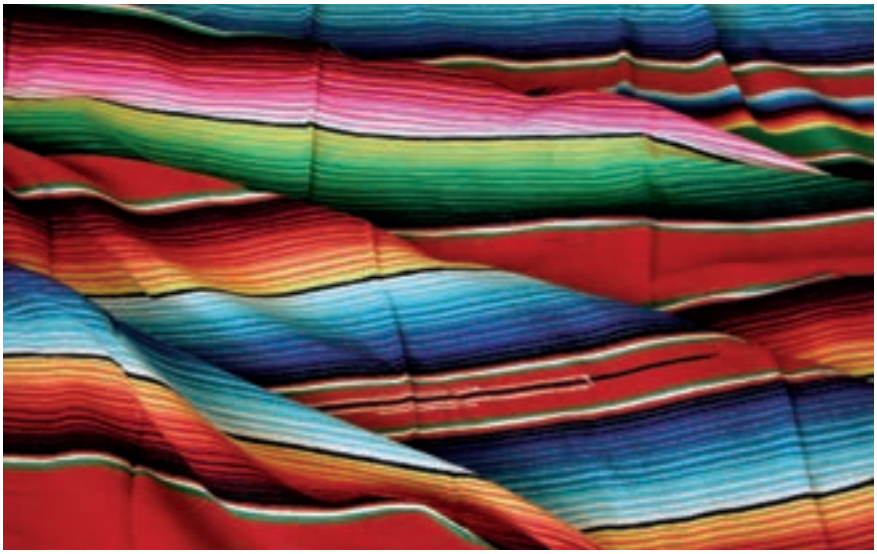
God's plan covers not only this life but also everything that came before birth and everything that comes after death. It teaches us who we really are and who we can become. It reassures us that while God does not cause the suffering and injustice in the world, He knows about it, He grieves over it with us, and as we turn to Him, He can help all things work together to accomplish His glorious purpose—"to bring to pass the immortality and eternal life of man" (Moses 1:39; see also Romans 8:28; D&C 90:24).

An Eternal Perspective

When we understand the plan of salvation, our perspective on everything changes. We look at ourselves and at each other differently. We face temptations with more strength and difficult questions with the perspective of eternity. Commandments and duties are no longer burdens but welcome opportunities to learn, progress, and express our love and devotion to Heavenly Father. The importance of families, the sanctity of life, the value of chastity, the purpose of the priesthood—all of these

things become much clearer when we see them within the plan of salvation.

Understanding the plan of salvation doesn't mean we have all the answers. In this life, we often gaze at the underside of the tapestry while the Master weaves His masterpiece. As the work unfolds, we may wonder why one color was chosen or how a seemingly out-of-place thread fits with everything else. But the teachings of the gospel give us a glimpse of the grand design from the Father's side of the loom, and that understanding helps get us through even the most heartbreaking mortal challenges until the work is finished.



IDEAS FOR PERSONAL STUDY

What is the plan of salvation?

Moses 1:39; 2 Nephi 2; Alma 22:12–16; 34:31–35; 42

Preach My Gospel: A Guide to Missionary Service (2004), 47–59

Thomas S. Monson, "The Race of Life," *Ensign* or *Liahona*, May 2012, 90–93

- Who among my friends and family members could benefit from a deeper knowledge of the plan of salvation? How might I share my beliefs with them?
- How does my knowledge of God's plan affect my appreciation for my Savior?

How can understanding God's plan help me deal with the difficulties of life?

2 Nephi 2:11; Mosiah 23:21–24; Alma 7:11–14; Doctrine and Covenants 29:39

Quentin L. Cook, "The Songs They Could Not Sing," *Ensign* or *Liahona*, Nov. 2011, 104–7

Linda S. Reeves, "The Lord Has Not Forgotten You," *Ensign* or *Liahona*, Nov. 2012, 118–20

- How does God's plan affect the way I look at my challenges?
- Do I know anyone who is struggling with difficult problems? What do I find in these resources that could help them?

What is our responsibility as stewards of God's creations?

Genesis 1:26–28; Doctrine and Covenants 59:16–20; 88:45–47; 104:13–18

"Our Earth, Our Home" (video), LDS.org

"Environmental Stewardship and Conservation," Gospel Topics, topics.lds.org

My Spiritual Impressions



- How should I use the resources God has given me—including my time and talents?
- How does my knowledge of the Creation change the way I view the earth?

How can the plan of salvation help me understand the Lord's counsel on current moral issues?

Genesis 2:24; John 8:1–11; 1 Corinthians 6:18–20; Doctrine and Covenants 1:38–39; 49:15–17

D. Todd Christofferson, "Why Marriage, Why Family," *Ensign* or *Liahona*, May 2015, 50–53

"The Plan of Salvation" (video), LDS.org

mormonsandgays.org

- What does the plan of salvation contribute to my understanding of moral issues?
- What are some of the moral issues that people I know are struggling to understand? How can I respond in love when we disagree on these issues?

What happens after I die?

Alma 40:11–14; Doctrine and Covenants 76; 137:9; 138

Thomas S. Monson, "Mrs. Patton—the Story Continues," *Ensign* or *Liahona*, Nov. 2007, 21–24

- What would I say to a friend who wonders what happens to us after death?
- How does my knowledge of the spirit world, the Resurrection, the Judgment, and the kingdoms of glory affect the way I live my life?

IMPROVING PERSONAL STUDY

Apply what you are learning. "As you feel the joy that comes from understanding the gospel, you will want to apply what you learn. Strive to live in harmony with your understanding. Doing so will strengthen your faith, knowledge, and testimony" (*Preach My Gospel,* 19).

IDEAS FOR FAMILY HOME EVENING

What is the plan of salvation?

Most of us have experienced using instructions or plans to construct or assemble something, like toys, electronics, or models. What specific examples can we share of instructions or plans we have used? It might be fun to follow a plan or set of instructions to put something together (like a model or a puzzle) and then talk about how our knowledge of the plan of salvation is like having a plan or instructions for our lives. What do we learn about God's plan for us from President Thomas S. Monson's talk "The Race of Life"? (*Ensign* or *Liahona*, May 2012, 90–93).

How can understanding God's plan help us deal with the difficulties of life?

When we see pain and suffering in the world around us, we may wonder how God could allow such things to happen. Does anyone in our family wonder about this? How might the analogy of the tapestry on the previous pages help us understand why some things in life don't always make sense to us? What do we know about

the plan of salvation that can help us understand specific challenges and difficulties in the world around us, such as sickness, death, injustice, broken families, depression, and adversity?

What are our responsibilities as stewards of God's creations?

A family walk in nature can be a joyful way to experience the beauties of God's creations. We could also view images of beautiful places around the world that inspire us to consider how extraordinary our planet is. As we recognize that Heavenly Father has given us a special place to experience mortality, we can begin to sense our responsibility to take care of our world. After reading Genesis 1:26–28; Doctrine and Covenants 59:16–20; 104:13–18, what thoughts and impressions do we have about our role as stewards over God's creations? What do we feel we can do to take better care of our world?

How can the plan of salvation help us understand the Lord's counsel on current moral issues?

What are some current moral issues that members of our family may have questions about? Do our friends or peers ever challenge our beliefs and standards related to marriage, chastity, religious freedom, or other moral issues? How can we prepare our family to answer questions about these issues in the context of the plan of salvation? It may be effective to role-play some situations in which such questions may come up. "The Family: A Proclamation to the World" (*Ensign* or *Liahona,* Nov. 2010, 129) is a good place to start to learn doctrinal principles about the family. Some of the other resources in this outline may also be helpful.

What happens after I die?

It's natural to wonder what happens to us after we die. Part of what makes the gospel so precious is that it answers questions we have about death and resurrection. Some families have found it effective to use an object lesson to teach these principles; for example, a glove could represent our physical bodies, and a hand could represent our spirits. These objects could be used to show how the spirit and body are united during mortal life, separated at death, and reunited at the Resurrection. Would this or another analogy help our family? They might also enjoy hearing how President Monson explained life after death to a woman he knew (see "Mrs. Patton—the Story Continues," *Ensign* or *Liahona*, Nov. 2007, 21–24; see also the video "Until We Meet Again" on LDS.org).



IMPROVING OUR TEACHING

Bear testimony to your family. Speaking to parents, Elder David A. Bednar taught, "Our witness can be declared as simply as 'I know I was blessed with inspiration at work today' or 'the truth in this scripture has always been a powerful source of direction for me'" ("Watching with All Perseverance," *Ensign* or *Liahona*, May 2010, 42).

Are you new to family home evening? Do you need help getting this weekly tradition started in your home? You'll find some tips and suggestions on lds.org/topics/family-home-evening.



Gospel Art for Learning and Teaching

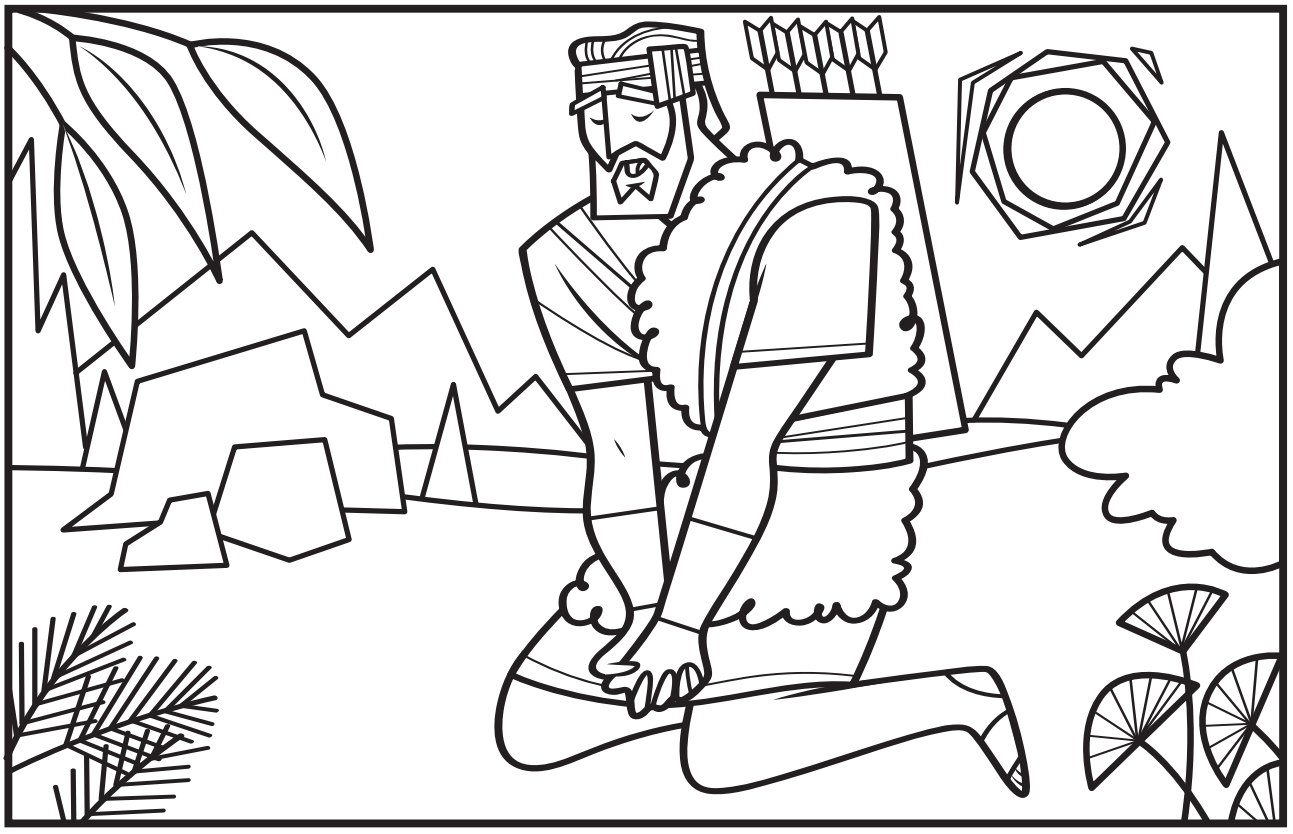
Connect the dots to finish **King Benjamin's tower** so he can teach his people.



Mosiah 2–5

What two things does God require us to do?










Person '90



Find fourteen hearts among those desiring to be **baptized**.



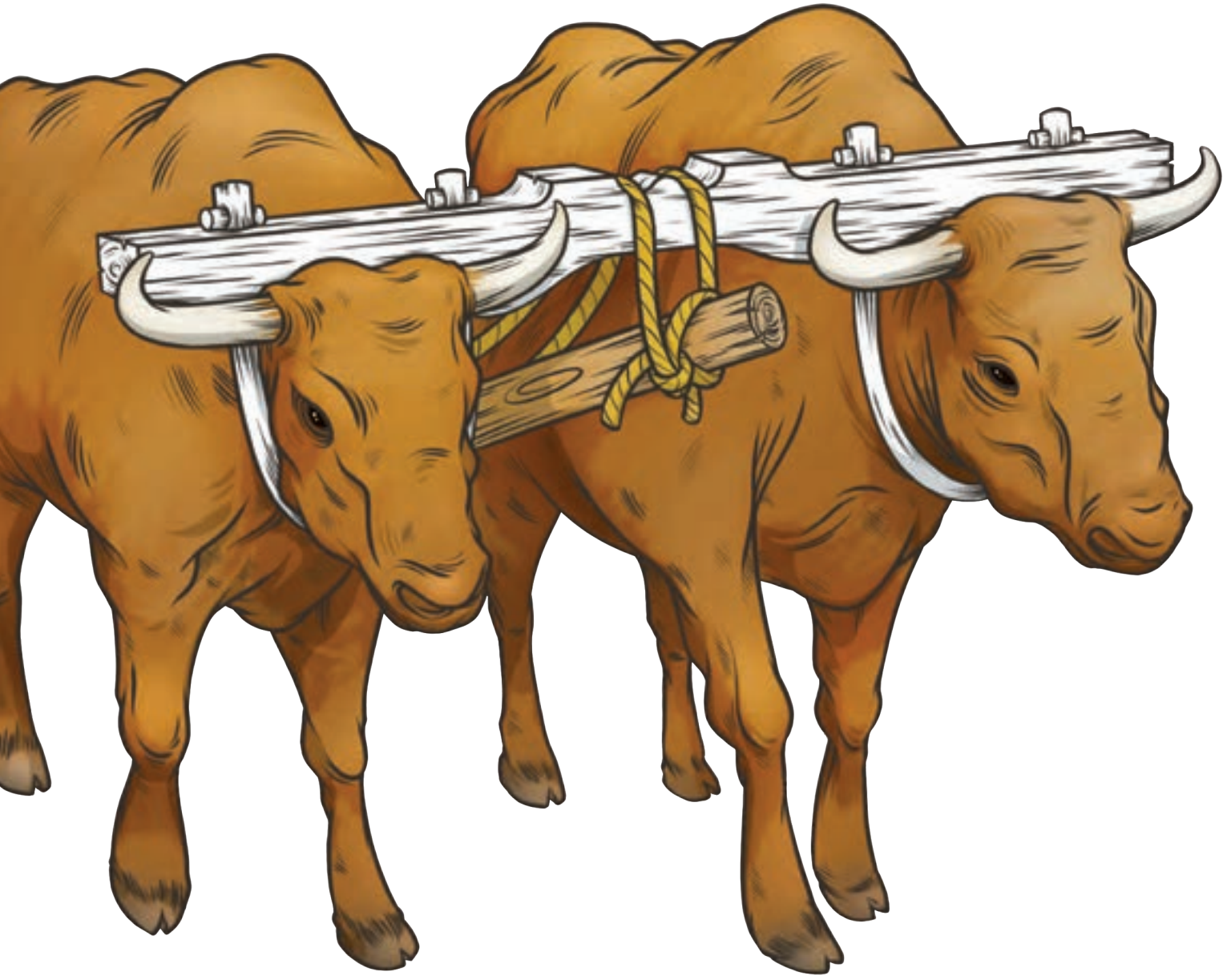
Mosiah 18

Why were the people baptized by Alma?



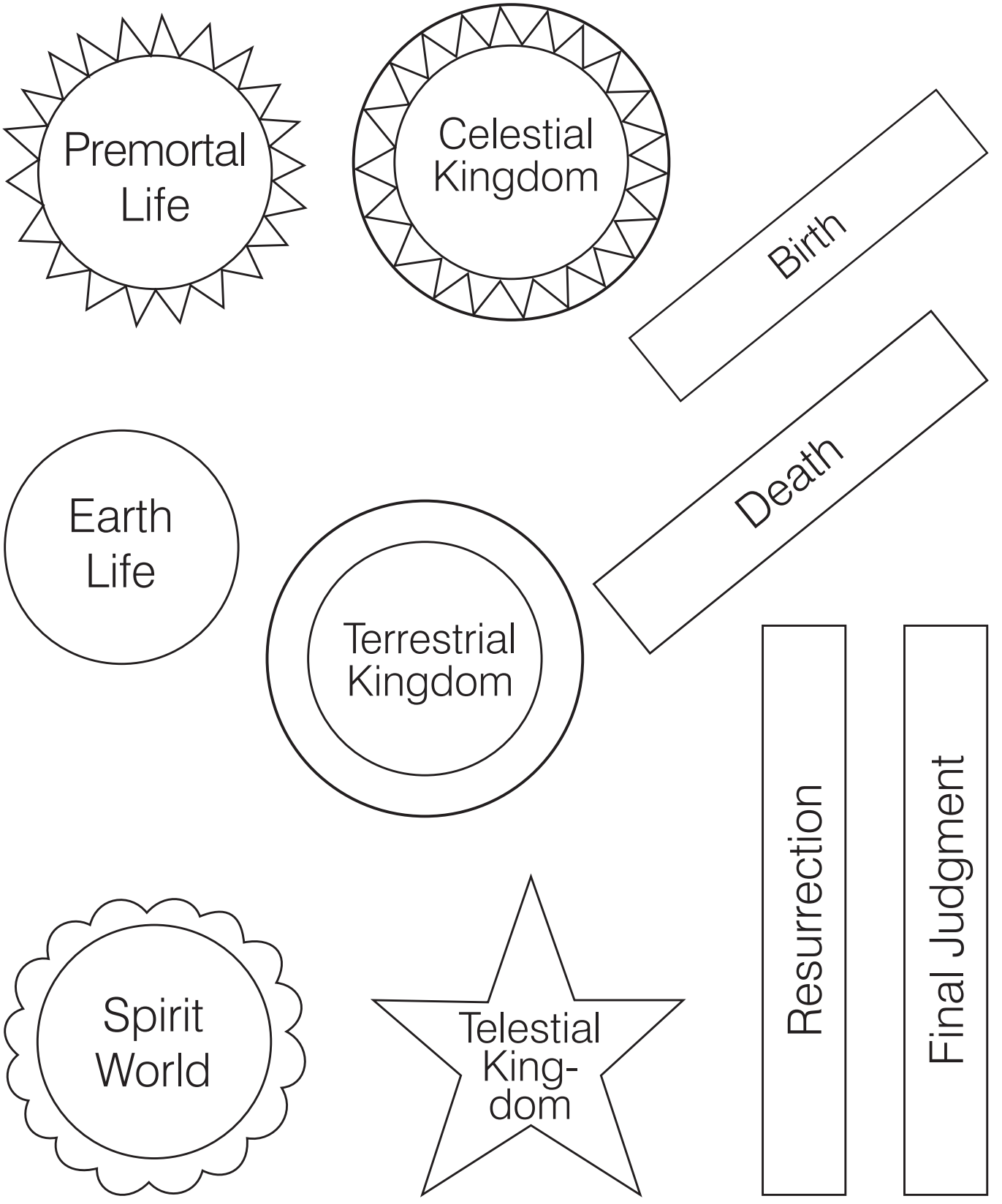








The Plan of Salvation









THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS