

Purpose: To inspire us to follow the example of the sons of Mosiah by sharing the gospel and ministering to others. †1. Elder Carlos E. Asay

1. The sons of Mosiah preach the gospel to the Lamanites. ([Alma 17:1-18](#))

- Alma 17:2-4 “they were men of a sound understanding and they had searched the scriptures diligently”
- †2. *Keys to Successful Missionary Work:* †3. Study and Pray †4. Study Journals †5. Russell M. Ballard
- How does our personal worthiness and preparation affect our ability to be instruments for the Lord?
- Alma 17:5-6 “circumstances ... in their journeyings, for they had many afflictions; they did suffer much ...”
- Why were they willing to do this? (See Alma 17:9, 16 and Mosiah 28: 1-3) (See †2.)
- How can we come to love and care for others this way?
- Alma 17:14 They went to preach to “a hardened and a ferocious people”
- Alma 17:10-12 “And the Lord did visit them with his Spirit ... and said ‘Be comforted.’ And they were comforted.”
- How can these verses help us as we face challenges in our callings?

2. Ammon serves and teaches King Lamoni, and many of the people are converted. ([Alma 17-19](#))

- Alma 17:29 When the king’s flocks were scattered the king’s servants “they wept for fear of being slain”.
- Why did Ammon respond differently?
- Alma 17:30-39 Ammon turned this trial into a missionary opportunity.
- What could we learn from Alma when we face our trials?
- Alma 18:2-5 The king “was astonished exceedingly” and his servants knew “that he is a friend to the king.” (See †2.)
- Alma 18:8-11 When asked about Ammon’s whereabouts, his servants reply, “he is feeding thy horses.” (See †2.)
- Alma 18:13 At the king’s court, one servant called Ammon “Rabbanah, ... being interpreted, powerful or great king”.
- Why do you think it was important for Ammon to serve the king before trying to teach him?
- How can we serve those we desire to teach?
- Alma 18:24-33 “Ammon began to speak unto him with boldness, and said ... Believest thou that there is a God?
- From these verses what can we learn from Ammon about teaching the gospel effectively?
- Alma 18:34-39 Ammon “expounded unto them the plan of redemption”. (See †2.)
- Alma 18:40-41 Lamoni believed and prayed, “O Lord, have mercy”. Then he fell to the earth.
- Alma 19:1-5, 8-9 Ammon told the queen not to bury the King and she said “I believe it shall be ... as thou hast said.”
- Alma 19:12-13 Ammon testified to the queen, “I have seen my Redeemer; and he shall ... redeem all mankind”.
- Alma 19:15-17 Abish, a “Lamanitish” woman thinking this was a missionary moment, made it known to others.
- How can we better recognize and use opportunities to share the gospel?
- Alma 19:16-19 The unconscious king, queen, and Ammon stirs contention. Abish tearfully tries to resolve it.
- Alma 19:29-31, 33 The king and queen testify of their conversion.
- Alma 19:36 What do you think Mormon wants us to learn from this experience?

3. Ammon is led by the Spirit to deliver his brethren. Lamoni’s father is converted. ([Alma 20-22](#))

- Alma 20:1 “king Lamoni desired that Ammon should go with him ... [to] show him unto his father.”
- Alma 20:13-15 Lamoni tells his dad of his conversion, but “to his astonishment, his father was angry”.
- Alma 20:26-27 When Lamoni’s father “saw the great love [Ammon] had for his son ... he was astonished”.
- Why are love and testimony so powerful in softening a person’s heart?
- Alma 21:14-15 Freed and fed, Aaron and his companions “went forth again to declare the word”. (See †2.)
- Alma 21:16-17; 22:1 They “were led by the Spirit of the Lord” (See †2.) †6. Ted L. Gibbons †7. Pres. Ezra Taft Benson
- Alma 22:2-3 “And now, O king, if thou wilt spare our lives, we will be thy servants.” (See †2.)
- Alma 22:15-18 Aaron taught Lamoni’s father how to obtain great joy: “if thou wilt bow down before God ...”
- †8. President Ezra Taft Benson
- Alma 22:18-26; 23:1-6 Lamoni’s father is converted, arises and administers to convert others.
- What experiences do you know of where the conversion of one person led to the conversion of others?

([Book of Mormon Manual – LDS Institute](#) (Religion 121-122). (You can download a free PDF manual.)

Next Week: Lesson 26: “Converted unto the Lord”; Alma 23-24; 26-29 † •

†1. **Elder Carlos E. Asay:** “Not too long ago, I heard the testimony of a new convert—a young man obviously touched by the Spirit. Among other things, he indicated that it was his great desire to share the restored gospel with his family and friends. With tears in his eyes and a quiver in his voice, he said:

“I want them *to know* what I know.

“I want them *to feel* what I feel.

“I want them *to do* what I have done.’

“There is a missionary spirit—a spirit which urges us to live outside ourselves and to be concerned for the welfare of others. And anyone who has ever served an honorable mission, assisted in the conversion of a friend, supported a son or daughter in the mission field, or enjoyed close associations with missionaries will testify of its reality.” (“[The Spirit of Missionary Work](#),” *Ensign*, Nov. 1976, 42)

†2. **Keys to Successful Missionary Work:**

1. Alma 17:2-4: Study, fast, and pray.
2. Alma 17:9, 16; Mosiah 28:1-3: Love God and others.
3. Alma 18:2-5; Alma 18:8-11: Become their friend by giving service and being trustworthy.
4. Alma 18:34-39: Teach the plan of redemption from the scriptures.
5. Alma 20:14-15: Bear strong testimony of gospel truths.
6. Alma 21:14-15: Go forth despite tribulation.
7. Alma 21:16-17; 22:1: Seek and follow the Spirit.
8. Alma 22:2-3: Be a good example.

†3. **Study and Pray:** “Your gospel study is most effective when you are taught by the Holy Ghost. Always begin your gospel study by praying for the Holy Ghost to help you learn. He will bring knowledge and conviction that will bless your life and allow you to bless the lives of others. Your faith in Jesus Christ will increase. Your desire to repent and improve will grow.”

...

“Learning the gospel is also a process of receiving revelation (see Jacob 4:8)” (*Preach My Gospel*, [2004], 18).

†4. **Study Journals:** “A study journal [can] help you understand, clarify, and remember what you are learning. Elder Richard G. Scott taught, ‘Knowledge carefully recorded is knowledge available in time of need. Spiritually sensitive information should be kept in a sacred place that communicates to the Lord how you treasure it. This practice enhances the likelihood of your receiving further light’ (‘Acquiring Spiritual Knowledge,’ *Ensign*, Nov. 1993, 86). Review your study journal to recall spiritual experiences, see new insights, and recognize your growth.

“Your study journal may be a bound journal, a notebook, or a binder. Record and organize your

thoughts and impressions in a way that fits how you learn. Develop your own system to easily access key information in the future. Use it often to review, access, and apply what you have learned. Use your study journal to take notes and record impressions” (*Preach My Gospel*, p. x).

†5. **Russell M. Ballard:** “Some years ago a faithful convert, Brother George McLaughlin, was called to preside over a small branch of 20 members in Farmingdale, Maine. He was a humble man who drove a milk delivery truck for a living. Through his fasting and earnest prayer, the Spirit taught him what he and the members of his branch needed to do to help the Church grow in their area. Through his great faith, constant prayer, and powerful example, he taught his members how to share the gospel. It’s a marvelous story—one of the great missionary stories of this dispensation. In just one year there were 450 convert baptisms in the branch. The next year there were an additional 200 converts” (“[The Essential Role of Member Missionary Work](#),” *Ensign*, May 2003, 38-39).

†6. **Ted L. Gibbons:** “I participated in the baptism in Brazil of a man who had seen missionaries in a dream proclaiming the truth and the name of the true church. He remembered those two young men and their message, even the sound of their voices, until he met them and heard the gospel from them. But the dream he had occurred thirteen years before either of the elders was born (!), and the only day those two elders ever worked together was on the evening they first visited this remarkable man. We must never forget how much a part of this work the Lord is.” (L25, <http://www.ldsgospeldoctrine.net/tg/tg-2004-bofm-25.pdf>)

†7. **President Ezra Taft Benson:** “Our preaching and our teaching must be by the power of the Holy Ghost. There are so many passages that counsel us to teach by the power of the Holy Ghost. We must ever remember that in this glorious work, the most essential element is the Spirit.” (*Teachings of Ezra Taft Benson*, 313)

†8. **President Ezra Taft Benson:** “Each of us must surrender our sins if we are to really know Christ. For we do not know Him until we become like Him. There are some, like this king, who must pray until they, too, have ‘a wicked spirit rooted’ from them so they can find the same joy.” (“[What Manner of Men Ought We to Be?](#)” *Ensign*, Nov. 1983, 43)

Visit www.stephenmbird.com/library/gospel-doctrine †

Fasting and Prayer-----

["Still Enough to Listen,"](#) *Ensign*, Apr. 1996, 64 *Name Withheld*,

With one phone call, a nightmare began that would span more than five years. A tender voice on the line informed me that our fifteen-year-old son was involved with drugs and alcohol and had been for quite some time. Shock gripped me.

We took our son to the county health department and had him tested for drug use. His drug levels broke their record for that substance. By the end of the week, we had admitted him to a local rehabilitation program. Six weeks later he was discharged and I thought the nightmare was over. But it was only just beginning. Two months later he was arrested at school for sale and possession of marijuana. Months became years, and a pattern of drug abuses and arrests developed. In one year alone he was arrested ten times. Finally he was sentenced to six months in jail.

After visiting our son in jail each Sunday, we would drive to the Las Vegas Temple, which was under construction at the time, and sit there and weep. How could this have happened?

I prayed often for my son. I kept his name on the prayer rolls of the temple. **I fasted for him every Sunday, not just on fast days.** When he was out of jail and living elsewhere, I invited him to dinner every Monday evening and to every family function we had.

I felt impressed to pray that someone he respected would come into his life. The name of his former Blazer leader came to mind, a peace officer whom I saw soon after at stake conference. I told him about my son and the impression I'd had. He said without hesitation that he would go and see him.

Two days later I was sitting at the sewing machine when I saw in my mind the officer standing in a room embracing my son. Tears were flowing down both of their faces. I looked at the clock. It was 2:15 P.M. When he called later that evening, I told him I knew he had been to see my son at 2:15 P.M. that afternoon. He confirmed that he had gone where I could not go and be welcomed. My heart overflowed with gratitude.

From that time on, I felt powerful spiritual confidence infuse me. I realized that my prayers were being heard and that deeply spiritual blessings could result if I would continue to be faithful and diligent in my efforts.

One Monday morning as I prayed, I had a strong impression to ask Heavenly Father to give my son a special dream, for it was only when he slept that he was still enough to listen. The specific words to say came gently to my mind. I was startled. I doubted that I had understood the impression correctly. Could I do such a thing? However, after receiving the same prompting two more times, I obeyed. As I knelt in prayer, I was moved to ask specifically that my son have a bright recollection of all his guilt and feel the burden of his sins, but also know immediately that the Savior loved him and wanted him back.

Time passed. Then late one summer night my son came to the house. He stood in the foyer, unsure of his welcome. He told us he had been to visit with the bishop and that he wanted to go on a mission! I ran to him and threw my arms around him, and we both wept. For about two hours he described the pain of what he'd been going through and begged for our forgiveness.

My husband, who had been deeply hurt, was skeptical at first. After talking long hours, our son reached over and put his hands on his dad's knees and asked him if he would give him a father's blessing. I witnessed a second miracle that night as tears came to my husband's eyes and his heart was immediately softened.

Some time later, my son was asked to speak at a leadership meeting about his return to Church activity. At the meeting he stood and said, "One night I had a dream, and in the dream I had a bright recollection of all my guilt. I felt the burden of my sins but knew immediately that the Savior loved me and wanted me back."

I was overcome with emotion. I knew then as never before that Heavenly Father had not only responded to my heartfelt fasting and prayer but also, in his merciful wisdom, graciously taught me what to pray for.

Eighteen months later my son was called to serve a mission. There were nearly five hundred people in attendance at sacrament meeting! Friends from Hawaii arrived, bringing with them a braided green lei, which they presented to our son just before the meeting began. This particular lei, they explained, was one villagers placed on triumphant warriors when they returned victorious from battle. They asked him to wear it when he gave his talk.

However, when our son stood to talk, he didn't have on the lei. I worried that our friends would be hurt. Then, near the end of his talk, he took out the lei and explained the tradition associated with it. He said he felt like a warrior going to battle for the truth but that there was someone else here who was the real warrior, someone who had waged a difficult war and won. He then turned to me and reached for my hand, led me to his side, and lovingly placed the lei around my neck.

I surely know that as parents in Zion we have great power to reach out and bring back our lost children with help from our Father in Heaven. "For this my son was dead, and is alive again; he was lost, and is found" (**Luke 15:24**).

[Lorenzo Snow](#)

4. [Once Lorenzo Snow gained a testimony, he wanted to do all he could to serve God. Less than a year later, he went on the first of many missions.]

After a thirty-mile walk on the second day of his mission, Lorenzo held a meeting in the neighborhood of an uncle. This was his first attempt at speaking before an audience, and he had [prayed and fasted](#) nearly the whole day, seeking power and inspiration from the Lord. That evening he did not know what to say, but "the Holy Ghost rested mightily upon me," he said, "filling my mind with light and communicating ideas and proper language... [he bore his testimony of the restored gospel, convincing many who heard him] After the second meeting, ... I baptized and confirmed my uncle, aunt and several of my cousins, of whom Adaline was one, who became [later] became my wife." (*Course 13 Lesson Manual: Presidents of the Church - Lesson on Lorenzo Snow*)

[Sheryl Condie Kempton](#)

"With all of this in mind, I fasted. The first time, I fasted and prayed that I might withstand a particular temptation that had been bothering me. [The results were miraculous. Not only did I withstand the](#)

temptation, but it ceased to be a temptation! Not only did I resist the sin, but I did not want to sin. And so I was immediately blessed.”

(Sheryl Condie Kempton, “[Fasting—A Gift of Joy](#),” *Ensign*, Jan. 1978, 10)

Spencer W. Kimball: failing to fast is a sin. In the 58th chapter of Isaiah, rich promises are made by the Lord to those who fast and assist the needy. Freedom from frustrations, freedom from thralldom, and the blessing of peace are promised. Inspiration and spiritual guidance will come with righteousness and closeness to our Heavenly Father. To omit to do this righteous act of fasting would deprive us of these blessings. (*Miracle of Forgiveness*, 98)

David O. McKay: All the principles associated with fasting seem to point to the fact that it produces (1) physical benefits; (2) intellectual activity; and (3) spiritual strength....The greatest of all benefits—the spiritual strength derived by the subjection of physical appetite to the will of the individual. "He who reigns within himself, and rules passions, desires, and fears, is more than a king." It was with the thought in mind of gaining spiritual strength that James, the psychologist, made this suggestion: "To do each day something which you do not like to do." If there were no other virtue in fasting but gaining strength of character, that alone would be sufficient justification for its universal acceptance. (*Gospel Ideals: Selections from the Discourses of David O. McKay*, 209-210)

Gospel Study

Howard W. Hunter: “To understand requires more than casual reading or perusal—there must be concentrated study....Not only should we study each day, but there should be a regular time set aside when we can concentrate without interference...The important thing is to allow nothing else to ever interfere with our study....There are some who read to a schedule of a number of pages or a set number of chapters each day or week....It is better to have a set amount of time to give scriptural study each day than to have a set amount of chapters to read. Sometimes we find that the study of a single verse will occupy the whole time.” (“[Reading the Scriptures](#),” *Ensign*, Nov. 1979, pp. 64-5)

Abish-----

Nancy Jensen: Book of Mormon Lesson #25 <http://www.gospeldoctrineplus.blogspot.com/2012/06/book-of-mormon-lesson-25-they-taught.html>

How does a sincere seeker find the gospel in a country with limited religious freedom? The Lord is no respecter of persons or of their nationality, so He helps them find the truth through personal revelation, as He did for Abish and her father. There are similar stories in the world today. Since we don't have **Abish's story**, here is Raj Kumar's, from 20th Century India:

"I was born of goodly parents in Punjab, India, in 1958. Our house was filled with love for God and for one another...

"I wanted to have a rich and meaningful relationship with God through fasting and praying, but as I knelt down before images of gods and goddesses I felt emptiness instead of fulfillment...

"[One day at school] I came across a beautiful story by Oscar Wilde in our English textbook

about how a very mean and selfish person is saved by the grace of God and the love of the Lord Jesus Christ. I was deeply touched by '[The Selfish Giant](#),' and often reread it and pondered how the main character had received a forgiveness of his sins. I contemplated that if Jesus Christ could save a very mean and cruel giant, he must also have power to bring peace into my life. But I did not know where to find this Savior...

"One afternoon while I was helping out at [my father's] pharmacy...I went to a shoe shop to collect some money. The owner was not there, so I waited. While I was admiring the shoe displays, my attention was directed toward an old calendar hanging on the wall. Pictured was a shepherd with a staff in his hand, surrounded by his sheep.

"As I beheld that picture, I felt a very strong stirring in my heart. Then my attention was drawn to a verse written in Hindi, which translated as: 'The Lord Yahovah is my shepherd; I shall not want.' I had never heard the name Yahovah before and did not know who he was. But looking at his picture and reading the verse brought a tremendous peace, joy, and comfort to my hungry soul. I must have gazed at the calendar for half an hour.

"Over the next few months, I returned to the shoe store several times a day to see the shepherd and read the verse. Whenever I felt pangs of suffering or disappointment, I would say to myself, 'I really don't have to worry because Yahovah is my shepherd and he shall provide for my needs.' I often prayed that someday someone would tell me who Yahovah was so I could learn more about him and better worship him.

"[Following the promptings of the Spirit, I began to attend a Christian church, outside the knowledge of my family. I greatly enjoyed reading the New Testament, but still felt an emptiness and lack of purpose to life. Pondering this difficulty, I uttered] my first prayer to God, the Eternal Father. I do not remember exactly what I said, but I pleaded with him to make himself known to me. As I poured out my heart, I felt the burden I had been carrying for years lift off my shoulders. I felt light and invigorated. I felt a complete change within myself. The Holy Ghost whispered peace to me...

"[Years later, I had the opportunity to attend a performance of BYU's Young Ambassadors. While at the performance] the Holy Ghost whispered to me that the day had come for the Lord to answer my prayers. The Lord had prepared one of the performers to help me. I would recognize him when I saw him. Most of the performers had name tags on. As I looked at a man named Thomas Nelson, I knew this was the person who would help me find the truth. I approached him and said, 'I would like to talk with you if you have a moment...

"Brother Nelson spent about 30 minutes explaining the Church's beliefs and bearing his testimony. Those 30 minutes changed my life forever... When he finished, I said 'Amen' because I believed with all my heart that what he had spoken was the truth."

Brother Kumar was taught the missionary discussions through the mail over the next six months. Then he traveled to New Delhi to be baptized by the nearest priesthood holder. He used every opportunity to spread the gospel in India by his service, and a year after his baptism was called to serve a mission in Fresno, California. He married a beautiful Indian woman, also a returned missionary, and they were blessed with four children. ("[Stepping Stones to Truth](#)," *Ensign*, October 1997, p. 20)