

Purpose: To remind us of the importance of repenting, turning to the Lord, and following the prophets.

1. Samuel warns the Nephites that they will be destroyed unless they repent. ([Helaman 13](#))

- Hel. 13:1-4 He “got upon the wall ... and prophesied ... whatsoever things the Lord put into his heart.”
- Hel. 13:8 The Lord: “except they repent I will take away my word ... and I will withdraw my Spirit”.
- Hel. 13:11 Blessed “are they who will repent and turn unto me, but wo unto him that repenteth not.”

†1. President Ezra Taft Benson †2. Larry Barkdull †3. President Ezra Taft Benson

†4. Spared because of a Few Righteous People

- Hel. 13:17-22 The Lord: “Ye are cursed because of your riches ... Ye do not remember the Lord your God”.

In what ways do people give more time and attention to worldly concerns than to spiritual concerns?

How can we increase our attention to the Lord and His words? †5. Elder Dallin H. Oaks

Why is it difficult for some people to remain grateful when they are blessed with abundance?

How does gratitude counteract pride?

In what ways can we increase our gratitude to the Lord?

- Hel. 13:24-25 “Ye say: If our days had been in the days of our fathers of old, we would not have slain the prophets”.

Why do people sometimes praise past prophets and reject living prophets?

- Hel. 13:26-29 “If a man shall come among you and shall say: Do this, and there is no iniquity ... ye will receive him, and say that he is a prophet.” †6. Elder M. Russell Ballard

How might we sometimes allow ourselves to “be led by foolish and blind guides”?

- Hel. 13:38 “Ye have sought happiness in doing iniquity, which thing is contrary to ... our great and Eternal Head.”

†7. Elder Richard G. Scott

2. Samuel prophesies the signs that will precede the birth and death of the Savior. He continues to call the people to repentance. ([Helaman 14](#))

- Hel. 14:2, 15 Samuel prophesied of the Savior’s birth and death.
- Hel. 14:3-7, 20-28 Samuel gave some of the signs of Christ’s birth and death.
- Hel. 14:13 “repent of all your sins, that thereby ye may have a remission of them through his merits.”

“Merits are qualities or actions that entitle a person to claim rewards.” (*Lesson Manual*)

Why is it only through the Savior’s merits that we can be forgiven of our sins? ([2 Nephi 2:7-9](#); [Alma 22:14](#))

†8. President Ezra Taft Benson

- Hel. 14:15-18 “For behold, he surely must die that salvation may come”.

How does knowing of the Savior’s sacrifice affect you?

- Hel. 14:29-31 “If [people] are condemned they bring upon themselves their own condemnation”

Why do you think this is so?

Why is it essential that we be permitted to act for [our]selves”?

3. Some believe Samuel and are baptized. Others harden their hearts and seek his life. ([Helaman 15-16](#))

- Hel. 15:3 “Wo unto this people ... except they shall repent, when they shall see all these signs”.
- How does the Lord’s chastening show His love for us? What can we learn from the Lord’s chastening?
- Hel. 15:7-8 “As many as are brought to the knowledge of the truth, ... and are led to believe the holy scriptures”.

KNOWLEDGE OF THE TRUTH & BELIEVE THE SCRIPTURES > FAITH ON THE LORD & REPENTANCE > CHANGE OF HEART > FIRM AND STEADFAST IN THE FAITH

In what ways do knowledge of the truth and belief in the scriptures lead to faith and repentance?

In what ways do faith and repentance lead to a change of heart?

- 3 Ne. 31:19-20 “After ye have gotten into this strait and narrow path, I would ask if all is done? ... Nay”.

When we experience a change of heart, what must we do to ensure that the change is lasting?

- Hel. 16:1-7 Some Nephites repented and sought Nephi for baptism. The others got angry to tried to kill Samuel.

Why did many of the people did not believe Samuel even when they saw he was miraculously protected?

- Hel. 16: 13-15, 16-23 What are the dangers of trying to understand the gospel with only our intellect?

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

Next Week: Lesson 36: “On the Morrow Come I into the World”;

3 Nephi 1:1-22; 3 Nephi 2 – 4; 3 Nephi 5 – 7; † •

†1. **President Ezra Taft Benson:** “[Repentance means more than simply a reformation of behavior](#). Many men and women in the world demonstrate great will-power and self-discipline in overcoming bad habits and the weaknesses of the flesh. Yet at the same time they give no thought to the Master, sometimes even openly rejecting Him. Such changes of behavior, even if in a positive direction, **do not constitute true repentance**...

“... True repentance is based on and flows from faith in the Lord Jesus Christ. There is no other way. True repentance involves a change of heart and not just a change of behavior (see Alma 5:13)” (*The Teachings of Ezra Taft Benson* [1988], 71).

†2. **Larry Barkdull:** “My bishop helped me understand how bishops think. “[Stopping is not repentance](#),” he said; “changing is.” Stopping is an act of will-power, which seldom holds up to the unrelenting onslaught of Satan; changing is a function of the Atonement, a divinely infused power allowing one to become a new creature in Christ.

“Let’s say, for example, that I had a problem with gossiping. To repent, I would certainly exert my will-power to stop saying cruel things about people, but more importantly, I would seek Jesus’ help so that I could see people with new eyes: to see them as does God, and verbally point out those good attributes. Repentance—change—can only happen when we come to Christ and beg his grace so that we might obtain power to change—to think and do the opposite.” (“[The Book of Mormon: The Great Healer](#),” *Meridian Magazine*, September 5, 2012, at <http://www.ldsmag.com/article/1/11396>).

†3. **President Ezra Taft Benson:** “Men and women who turn their lives over to God will find out that he can make a lot more out of their lives than they can. He will deepen their joys, expand their vision, quicken their minds, strengthen their muscles, lift their spirits, multiply their blessings, increase their opportunities, comfort their souls, raise up friends, and pour out peace. Whoever will lose his life to God will find he has eternal life.” (“[Jesus Christ—Gifts and Expectations](#),” *Ensign*, Dec. 1988, 2)

†4. **Spared Because of a Few Righteous People:** “There have been times when the wicked were spared from terrible destructions because there were righteous people living among them. The wicked people of Zarahemla had the righteous people to thank for their preservation from destruction, though, of course, they did not know it. In a few years Zarahemla lost this silent and unappreciated protection, and Samuel’s words were fulfilled (see 3 Nephi 9:3). Even Sodom and Gomorrah would have been spared if only 10 righteous people had lived there (see Genesis 18:23-33).

“How we live really does make a difference...” (*Book of Mormon Student Manual: Religion 121-122*, 281)

†5. **Elder Dallin H. Oaks:** “Materialism ... is obviously the opposite of spirituality. The Savior taught that we should not lay up ‘treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal’ (Matthew 6:19). We should lay up treasures in

heaven: ‘For where your treasure is, there will your heart be also’ (Matthew 6:21)...

“If allowed to become an object of worship or priority, money can make us selfish and prideful, ‘puffed up in the vain things of the world’ (Alma 5:37). In contrast, if used for fulfilling our legal obligations and paying for our tithes and offerings, money can demonstrate integrity and develop unselfishness. The spiritually enlightened use of property can help prepare us for the higher law of a celestial glory” (“[Spirituality](#),” *Ensign*, Nov. 1985, 62-63).

†6. **Elder M. Russell Ballard:** “Let all of us, regardless of our family circumstances, bring into our homes the teachings of the prophets and the apostles to strengthen our relationships with each other, with our Father in Heaven, and with the Lord Jesus Christ. I promise you in the name of the Lord that if you will listen not just with your ears but also with your heart, the Holy Ghost will manifest the truth unto you of the messages delivered by [the President of the Church], his counselors, the Apostles, and other leaders of the Church. The Spirit will prompt you to know what you should do as individuals and as families in order to follow our counsel, that your testimonies might be strengthened and that you might have peace and joy” (“[His Word Ye Shall Receive](#),” *Ensign*, May 2001, 67).

†7. **Elder Richard G. Scott:** “Have you noticed how Satan works to capture the mind and emotions with flashing images, blaring music, and the stimulation of every physical sense to excess? ... Some are tempted to violate the most basic commandments of God because of seductive actions portrayed [on screen] as acceptable. They are made to seem attractive, even desirable. There seems to be no serious consequence ... But recognize that those performances are controlled by scripts and actors. The outcome of decisions made is likewise manipulated to be whatever the producer wants.

“Life is not that way. Yes moral agency allows you to choose what you will, but you cannot control the outcome of those choices...” (“[How to Live Well Amid Increasing Evil](#),” *Ensign*, May 2004, 102; brackets are mine).

†8. **President Ezra Taft Benson:** “Social, ethical, cultural, or educational converts will not survive under the heat of the day unless their taproots go down to the fullness of the gospel which the Book of Mormon contains” (“[The Book of Mormon is the Word of God](#),” *Ensign*, May 1975,65)

Recommended Reading:

“[Repentance: A Daily Pattern](#),” Frank S. Gonzalez, *Ensign*, Aug. 1980, 41.

“[The Doctrine of Christ](#),” Elder D. Todd Christofferson, *Ensign*, May 2012, 86-89)

“[Finding Power in the Scriptures](#),” Holly Van Woerkom Munson, *Ensign*, Aug. 2012, 54-57.

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

Further Enrichment Resources:

“Repent and turn unto me” Helaman 13:8, 11:

Frank S. Gonzalez: “Recently, I’d just parked my car in downtown Lubbock, Texas, when a colleague came by, looked at it and said, ‘Just had it washed, huh?’

“Said I, ‘As a matter of fact, it hasn’t been washed for several weeks.’

“He looked at its glittering red surface and then, suspiciously, at me. But it was true.

“A few days later, I drove into a service station and the attendant asked where I’d had it waxed. ‘The truth of the matter is,’ I said, ‘it hasn’t been waxed since I bought it sixteen months ago.’

“You don’t say,’ he muttered, somewhat confused.

“My car *does* shine, but not because I wash or wax it frequently. Instead, I take a few minutes and go over it with a damp chamois *every* morning. Because it’s clean, the paint doesn’t oxidize so fast and it’s actually shinier than it was when I bought it. The right time for preserving paint jobs on cars seems to be every day.

“Now, what is the ‘right’ time for repentance?

Fortunately, we don’t have to experiment to discover the answer. The Lord has revealed through King Benjamin—and other prophets as well—that the right time to be spiritually concerned about our sins is every day. Once a week is not enough. Once a month or once a year could prove spiritually fatal. (Of course, repeated repentance of the same sin is not repentance at all.)

“An essential aspect of true repentance is daily prayer. And it must be meaningful as well as regular. No man genuinely repents if he nonchalantly asks his Father to overlook his shortcomings just before he heads out the door to work. The right way to repent of sins is by going before our Maker in secret prayer, identifying the specific transgression, confessing it, forsaking it, and continuing in the Lord’s spirit. As the Lord revealed to the Prophet Joseph: ‘I will forgive you of your sins with this commandment—that you remain steadfast in your minds in solemnity and the spirit of prayer.’ (D&C 84:61.)”

...
“A few years ago my father needed to drive to Chihuahua City, Mexico, with some other businessmen, none of them members of the Church. When the business had been completed and they were packing the car to return, my father said that he had ‘forgotten some things upstairs’ and went back to the bedroom for his [daily prayers](#). One item of that prayer was a plea for protection on the return journey. His prayer was answered. Their car was involved in a terrible accident that killed the man next to my father instantly and injured the other men critically. My father was barely scratched, and to his expression of grief for the death of his associates was added a great outpouring of gratitude to our Heavenly Father for that protection in answer to his prayers, those daily prayers.”

“Yes five days might be right for mowing the lawn, but repentance in the ‘spirit of prayer’ works best when, it happens every day.”

(“[Repentance: A Daily Pattern](#),” *Ensign*, Aug. 1980, 41. Note: Franklin S. Gonzalez was an instructor at the Salt Lake Institute of Religion, at the University of Utah when his article was published in the *Ensign*.)

Following True Prophets of God:

President Harold B. Lee: “We have some tight places to go before the Lord is through with this church and the world in this dispensation, which is the last dispensation, which shall usher in the coming of the Lord. The gospel was restored to prepare a people ready to receive him. The power of Satan will increase; we see it in evidence on every hand. There will be inroads within the Church. There will be, as President Tanner has said, “Hypocrites, those professing, but secretly are full of dead men’s bones.” ([Matt. 23:27](#)) We will see those who profess membership but secretly are plotting and trying to lead people not to follow the leadership that the Lord has set up to preside in this church.

“Now the only safety we have as members of this church is to do exactly what the Lord said to the Church in that day when the Church was organized. We must learn to give heed to the words and commandments that the Lord shall give through his prophet, “as he receiveth them, walking in all holiness before me—as if from mine own mouth, in all patience and faith.” ([D&C 21:4-5](#)) There will be some things that take patience and faith. [You may not like what comes from the authority of the Church. It may contradict your political views.](#) It may contradict your social views. It may interfere with some of your social life. But if you listen to these things, as if from the mouth of the Lord himself, with patience and faith, the promise is that “the gates of hell shall not prevail against you; yea, and the Lord God will disperse the powers of darkness from before you, and cause the heavens to shake for your good, and his name’s glory.” ([D&C 21:6](#))” (“[Uphold the Hands of the President of the Church](#),” *Conference Report*, October 1970, pp. 152-153)

Dallin H. Oaks: “Church leaders need ... consideration, since the responsibilities of Church leadership include the correction of others. That function is not popular. As the Lamanite prophet Samuel taught, when a prophet comes among us and speaks of our iniquities, we are made angry. We call him a false prophet and ‘cast him out and seek all manner of ways to destroy him.’ {See Hel. 13:26.} But if a man comes among us and speaks flattering words about our behavior ... We will call him a prophet and reward him... Criticism is particularly objectionable when it is directed toward Church authorities, general or local. Jude condemns those who ‘speak evil of dignities.’ (Jude 1:8.) Evil speaking of the Lord’s anointed is in a class by itself. It is one thing to depreciate a person who exercises corporate power or even government power. It is quite another thing to criticize or depreciate a person for the performance of an office to which he or she has been called of God. It does not matter that the criticism is true. As Elder George F. Richards, President of the Council of the Twelve, said in a conference address in April 1947, ‘When we say anything bad about the leaders of the Church, whether true or false, we tend to impair their influence and their usefulness and are thus working against the Lord and his cause.’ (In *Conference Report*, Apr. 1947, p. 24.)” (“[Criticism](#),” *Ensign*, Feb. 1987, 68)

Leaun C. Otten and C. Max Caldwell: “It seems to be an easy decision for mankind to decide whom to follow, since we know the ultimate destiny attached to our choice of the leader of each cause. It is difficult to imagine that anyone would knowingly choose to follow Satan. But the problem isn’t just a choice of whom we choose to follow. The real challenge for us is to discover the true identity of those who

encourage and persuade us. One reason it is so difficult is that we don't personally see or deal directly with Satan. He is a master of camouflage, desiring that he be no discovered as being the author of his work. He has legions of agents who also hide in sinful shadows while helping him in the battle for our soul. We have to recognize the evil inherent in the enticement of his representatives before we will reject him and his ways." (*Unlocking the Book of Mormon*, 400)

President Ezra Taft Benson: "The prophet will not necessarily be popular with the world or the worldly.

"As a prophet reveals the truth it divides the people. The honest in heart heed his words, but the unrighteous either ignore the prophet or fight him. When the prophet points out the sins of the world, the worldly either want to close the mouth of the prophet or else act as if the prophet didn't exist, rather than repent of their sins. Popularity is never a test of truth. Many a prophet has been killed or cast out. As we come closer to the Lord's second coming, you can expect that as the people of the world become more wicked, the prophet will be less popular with them." ("[Fourteen Fundamentals in Following the Prophet](#)," *Liahona*, June 1981, 1)

Symbolism of Three Days and Nights:

Daniel Roma: "The sign of three days and three nights has been used numerous times throughout scriptural history. Most of the three days and three nights have something to do with being saved. A few examples include the following.

"And Moses stretched forth his hand toward heaven; and there was a thick darkness in all the land of Egypt three days: They saw not one another, neither rose any from his place for three days: but all the children of Israel had light in their dwellings." (*Exodus 10:22*)

"And she said unto them, get you to the mountain, lest the pursuers meet you; and hide yourselves there three days, until the pursuers be returned: and afterward may ye go your way." (*Joshua 2:16*)

"Now the LORD had prepared a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights." (*Jonah 1:17*)

"For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth." *Matthew 12:40*)

"And said, This fellow said, I am able to destroy the temple of God, and to build it in three days." *Matthew 26:61*)

"And the God of our fathers ... yieldeth himself ... as a man, into the hands of wicked men, to be lifted up, ... to be buried in a sepulchre, according to the words of Zenos, which he spake concerning the three days of darkness, which should be a sign given of his death unto those who should inhabit the isles of the sea, more especially given to those who are of the house of Israel." (*1 Nephi 19:10*)

"And now, for three days and for three nights I was racked, even with the pains of a damned soul." (*Alma 36:16*)

"And it came to pass that I was three days and three

nights in the most bitter pain and anguish of soul; and never, until did I cry out unto the Lord Jesus Christ for mercy, did I receive a remission of my sins. But behold, I did cry unto him and I did find peace to my soul." (*Alma 38:8*)

(Daniel Roma, HIDDEN LDS/JEWISH INSIGHTS – [Book of Mormon Gospel Doctrine Supplement #35](#) by Daniel Roma Summary Handout)

Daniel Roma: "Has the Messiah Already Come?" Dr. David Pflueser, Professor of Comparative Religions at Hebrew University in Jerusalem was asked if he believed that Jesus is the Messiah. He said with a smile, 'When he comes, I will ask him, Sir, is this your first or second visit to Israel?' That might be a little late in terms of preparation, yet it showed some sort of an open heart." (Daniel Roma, HIDDEN LDS/JEWISH INSIGHTS – [Book of Mormon Gospel Doctrine Supplement #35](#) by Daniel Roma Summary Handout)

Freedom and Agency. Parenting | Helaman 14:30:

Elder Boyd K. Packer: "Freedom is not a self-preserving gift. It has to be earned, and it has to be protected. For instance, I am not free to play the piano, for I do not know how. I cannot play the piano ... The ability to play the piano, the freedom to do that, has to be earned. It is a relatively expensive freedom. It takes an investment of time and of discipline. This discipline begins, as discipline usually does, from without. I hope that you do not have contempt for discipline that originates from without. That is the beginning. A parent usually presses a youngster to practice the piano. But somewhere, it is hoped, practice grows into self-discipline, which is really the only kind of discipline. The discipline that comes from within is that which makes a young person decide that he wants to be free to play the piano and play it well. Therefore, he is willing to pay the price. Then he can be free from supervision, from pressure, from whatever forms of persuasion parents use. (*That All May Be Edified*, p. 254)

Elder Richard G. Scott: "Parents, don't make the mistake of purposefully intervening to soften or eliminate the natural consequences of your child's deliberate decisions to violate the commandments. Such acts reinforce false principles, open the door for more serious sin, and lessen the likelihood of repentance." ("[The Power of Correct Principles](#)," *Ensign*, May 1993, 34)

Elder Robert D. Hales: "It is frightening to allow our children to learn from the mistakes they may make, but their willingness to choose the Lord's way and family values is greater when the choice comes from within than when we attempt to force those values upon them. The Lord's way of love and acceptance is better than Satan's way of force and coercion, especially in rearing teenagers." ("[Strengthening Families: Our Sacred Duty](#)," *Ensign*, May 1999, 34)

Elder Joe J. Christensen: "Do not be afraid to set clear moral standards and guidelines. Be sure to say no when it is needed. ... Let [your children] know that there are some things that, as members of your family, you simply do not do. Some parents seem to be almost pathologically concerned

about their children's popularity and social acceptance and go along with many things that are really against their better judgment, such as expensive fads, immodest clothes, late hours, dating before age sixteen, R-rated movies, and so on. For children and parents, standing up for what is right may be lonely at times. There may be evenings alone, parties missed, and movies which go unseen. It may not always be fun. But parenting is not a popularity contest." ("[Rearing Children in a Polluted Environment](#)," *Ensign*, Nov. 1993, 11)

Elder M. Russell Ballard: "It is the parents' duty to intervene when they see wrong choices being made. That doesn't mean parents take from children the precious gift of agency. Because agency is a God-given gift, ultimately the choice of what they will do, how they will behave, and what they will believe will always be theirs. But as parents we need to make sure they understand appropriate behavior and the consequences to them if they pursue their wrongful course. Remember, there is no such thing as unlawful censorship in the home. Movies, magazines, television, videos, the Internet, and other media are there as guests and should only be welcomed when they are appropriate for family enjoyment. Make your home a haven of peace and righteousness. Don't allow evil influences to contaminate your own special spiritual environment. Be kind, thoughtful, gentle, and considerate in what you say and how you treat each other. Then family goals based on gospel standards will make it easier to make good decisions." ("[Like a Flame Unquenchable](#)," *Ensign*, May 1999, 87)

Elder Howard W. Hunter: "A successful parent is one who has loved, one who has sacrificed, and one who has cared for, taught, and ministered to the needs of a child. If you have done all of these and your child is still wayward or troublesome or worldly, it could well be that you are, nevertheless, a successful parent. Perhaps there are children who have come into the world that would challenge any set of parents under any set of circumstances. Likewise, perhaps there are others who would bless the lives of, and be a joy to, almost any father or mother." ("[Parents' Concern for Children](#)," *Ensign*, Nov. 1983, 65)

Bishop Robert D. Hales: "Certainly parents will make mistakes in their parenting process, but through humility, faith, prayer, and study, each person can learn a better way and in so doing bless the lives of family members now and teach correct traditions for the generations that follow." ("[How Will Our Children Remember Us?](#)" *Ensign*, Nov. 1993, 10)

[Depending on One's Own Strength and Wisdom.](#)
[Helaman 16:15, 18, 20:](#)

Elder Dallin H. Oaks: "The Book of Mormon describes [an] attitude among a people who depended solely 'upon their own strength and upon their own wisdom' and upon what they could 'witness with [their] own eyes.' (Hel. 16:15, 20.) Upon the basis of reason, these persons rejected the prophecies, saying, 'It is not reasonable that such a being as a Christ shall come.' (Vs. 18.) Applying that same attitude, a prominent professor dismissed the Book of Mormon with the assertion, 'You don't get books from angels. It is just that simple.'

"Those who seek gospel knowledge only by study and reason are particularly susceptible to the self-sufficiency and self-importance that sometimes characterize academic pursuits. As the apostle Paul observed in his day, 'Knowledge puffeth up.' He cautioned the learned: 'Take heed lest by any means this liberty [knowledge] of yours become a stumblingblock to them that are weak.... And through thy knowledge shall the weak brother perish, for whom Christ died? (1 Cor. 8:1, 9, 11.)'" (*The Lord's Way* [1991], 46-47).