

[Lesson 7](#): “I Know in Whom I Have Trusted” (2 Nephi 3 – 5) [L7 Study Guide](#)

Purpose: To help us strengthen our testimonies of the Prophet Joseph Smith and to encourage them to find happiness through trusting in the Lord and keeping His commandments.

1. Lehi teaches that his descendants will be blessed through the Prophet Joseph Smith and the Book of Mormon. (Read [2 Nephi 3](#).)

• 2 Ne. 3:4-5 **Why were the covenants of the Lord with Joseph in Egypt important to Lehi’s family?**

†1. Elder M. Russell Ballard

• 2 Ne. 3:6-15 Lehi prophesies about the Prophet Joseph Smith.

How have you been blessed because of the word of God brought forth by Joseph Smith?

†2. Elder LeGrand Richards

• 2 Ne. 3:12-13, 18-21 **What blessings came from bringing the Bible and the Book of Mormon together?**

How is this promise being fulfilled today? †3. President Boyd K. Packer

How does the Book of Mormon help you remember and keep your covenants with the Lord?

2. Lehi laments his sinfulness but glories in the goodness of God. (Read [2 Nephi 4](#).)

• 2 Ne. 4:3-12 “Just before Lehi died, he counseled and blessed his children and grandchildren.” (*Lesson Manual*)

• 2 Ne. 4:13 “Soon after Lehi’s death, ‘Laman and Lemuel and the sons of Ishmael were angry with [Nephi] because of the admonitions of the Lord...’ As Nephi wrote of these continuing difficulties, he recorded his feelings in a passage that is sometimes called ‘the Psalm of Nephi.’ ... A psalm is a poem or hymn, much like our hymns today.” (*Lesson Manual*) **What are some of your favorite hymns? Why? Why are hymns meaningful to us?**

• 2 Ne. 4:15-16 “For my soul delighteth in the scriptures, and my heart pondereth them”.

†4. Sister Cheryl C. Lant

• 2 Ne. 4:17-19 **Why would Nephi say he was a “wretched man” who grieved because of his iniquities?**

Why is it important to recognize our fallen nature before God? †5. President Ezra Taft Benson

• [2 Ne. 4:20-25](#) **How did Nephi find hope despite feeling “encompassed about” by temptation and sin?**

When have you received similar blessings from the Lord?

• 2 Ne. 4:30-35 **What did Nephi ask of Heavenly Father in this prayer?**

What can we learn from Nephi’s prayer? What did he promise to do?

What are some ways that people “trust in the arm of flesh”? What are the dangers of this?

What can we do to increase our trust in the Lord?

3. The anger of Laman and Lemuel increases against Nephi, and the Lord commands the followers of Nephi to separate from the followers of Laman. (Read [2 Nephi 5](#).)

• 2 Ne. 4:13; 5:2-4 Laman and Lemuel take offense easily and nurture their anger.

• 2 Ne. 4:27-29 Nephi, in prayer, strives to overcome his anger.

What are some dangers of increasing anger?

What can we do to be peacemakers in the home, the community, and the Church?

†6. President Howard W. Hunter

• 1 Ne. 5:1 “Because of the anger of his brothers, Nephi prayed for help.”

• 1 Ne. 5:5 **How did the Lord answer his prayers?**

• 2 Ne. 5:27 Nephi and his people departed and they “lived after the manner of happiness.”

• 2 Ne. 5:10-17 **What did they do that contributed to their happiness?**

How can the Nephites’ example help us as we strive to live “after the manner of happiness”?

†7. President Gordon B. Hinckley

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

Next Week: Lesson 8: “O How Great the Goodness of Our God”; 2 Nephi 6-10 † •

†1. **Elder M. Russell Ballard:** “Our family-centered perspective should make Latter-day Saints strive to be the best parents in the world. It should give us enormous respect for our children, who truly are our spiritual siblings, and it should cause us to devote whatever time is necessary to strengthen our families. Indeed, nothing is more critically connected to happiness—both our own and that of our children—than how well we love and support one another within the family.” (“[What Matters Most Is What Lasts Longest](#),” *Ensign*, Nov. 2005, 42)

†2. **Elder LeGrand Richards:** “The Prophet Joseph Smith brought us the Book of Mormon, the Doctrine and Covenants, the Pearl of Great Price, and many other writings. As far as our records show, he has given us more revealed truth than any prophet who has ever lived upon the face of the earth.” (“[Call of the Prophets](#),” *Ensign*, May, 1981, 33)

†3. **President Boyd K. Packer:** “The Old Testament and the New Testament ... and ... the Book of Mormon ... are now woven together in such a way that as you pore over one you are drawn to the other; as you learn from one you are enlightened by the other. They are indeed one in our hands.” (“[Scriptures](#),” *Ensign*, Nov. 1982, 53)

†4. **Sister Cheryl C. Lant:** “This scripture teaches us how to read the Book of Mormon. It mentions three important ideas.

“First, ‘My soul delighteth.’ I love this phrase! I have thought about hungering and thirsting after knowledge as I read the scriptures, but delighting in them is something. I find that what I take away from the scriptures is determined by what I bring. Each time I read them, I am, in a sense, bringing a new person with new eyes to the experience. Where I am in my life, the experiences I am having, and my attitude all affect how much I will gain. I love the scriptures. I treasure the truths I find as I read them. Joy fills my heart as I receive encouragement, direction, comfort, strength, and answers to my needs. Life looks brighter, and the way opens before me. I am reassured of my Heavenly Father’s love and concern for me every time I read. Surely this is a delight to me. As one little boy in a Sunbeam class put it, ‘I feel happy about the scriptures!’

“Second, ‘My heart pondereth them.’ How I love to carry the scriptures with me in my heart! The spirit of what I have read rests there to bring me peace and comfort. The knowledge I have gained gives me guidance and direction. I have the confidence born out of obedience....

“ [Third] I, of course, do not write scriptures as did Nephi, but when I read the scriptures and live the principles I learn, those scriptures become written in my life. They govern my actions and are written there for my children to see and follow. I can build a legacy, a

tradition of righteous living, based on the principles I learn in the scriptures.” (“[My Soul Delighteth in the Scriptures](#),” *Ensign*, Nov. 2005, 76-77)

†5. **President Ezra Taft Benson:** “Just as a man does not really desire food until he is hungry, so he does not desire the salvation of Christ until he knows why he needs Christ.

“No one adequately and properly knows why he needs Christ until he understands and accepts the doctrine of the Fall and its effect upon all mankind. And no other book in the world explains this vital doctrine nearly as well as the Book of Mormon.” (“[The Book of Mormon and the Doctrine and Covenants](#),” *Ensign*, May 1987, 85)

†6. **President Howard W. Hunter:** “We need a more peaceful world, growing out of more peaceful families and neighborhoods and communities. To secure and cultivate such peace, ‘we must love others, even our enemies as well as our friends.’ ... We need to extend the hand of friendship. We need to be kinder, more gentle, more forgiving, and slower to anger. We need to love one another with the pure love of Christ. May this be our course and our desire.” (“[A More Excellent Way](#),” *Ensign*, May 1992, 63)

†7. **President Gordon B. Hinckley:** “The Lord wants us to be happy. Nephi said a great thing: ‘And ... we lived after the manner of happiness.’ (2 Ne. 5:27.) What a wonderful thing. I want my children to be happy. I want them to do well. I want them to live well and live rightly, properly; and, in the same way, except that my Father in Heaven’s love reaches beyond any power of love that I have. I think He wants His sons and daughters to be happy. Happiness comes of righteousness. ‘Wickedness never was happiness.’ (Alma 41:10.) Sin never was happiness. Selfishness never was happiness. Greed never was happiness. Happiness lies in living the principles of the gospel of Jesus Christ. (“Fast-Paced Schedule for the Prophet,” *Church News*, Apr. 20, 1996, 3)

Recommended Reading:

Elder Neal A. Maxwell, “[Lessons from Laman and Lemuel](#),” *Ensign*, Nov. 1999, 8.

Chiasmus:

John W. Welch, “[A Book You Can Respect](#),” *Ensign*, Sept. 1977, 45-58.

[Book of Mormon Manual – LDS Institute](#)

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

L7 BkM Ted Gibbons Quotes

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2. And the Lord was with us; and we did prosper exceedingly; for we did *sow* seed, and we did *reap* again in abundance. And we began to *raise flocks, and herds, and animals of every kind* (2 Nephi 5:11, emphasis added).

“[The Nephites did learn to] *build buildings, and to work in all manner of wood, and of iron, and of copper, and of brass, and of steel, and of gold, and of silver, and of precious ores*, which were in great abundance . . . And it came to pass that *I, Nephi, did cause my people to be industrious, and to labor with their hands*” (2 Nephi 5:15, 17, emphasis added). Any truly happy person will be engaged in worthwhile enterprise of some kind. Work is a key to happiness.

Spencer W. Kimball said, “Work brings happiness, self-esteem, and prosperity. It is the means of all accomplishment; it is the opposite of idleness. We are commanded to work. (See Gen. 3:19.) Attempts to obtain our temporal, social, emotional, or spiritual well-being by means of a dole violate the divine mandate that we should work for what we receive. Work should be the ruling principle in the lives of our Church membership” (See D&C 42:42; D&C 56:17; D&C 68:30–32; D&C 75:29) (“Spencer W. Kimball, “And the Lord Called His People Zion,” *Ensign*, Aug. 1984, 4).

In contrast to this, the Lamanites

. . . did become an idle people, full of mischief and subtlety, and did seek in the wilderness for beasts of prey. (2 Nephi 5:24)

3. “And I, Nephi, had also brought *the records* which were engraven upon the plates of brass” (2 Nephi 5:12, emphasis added). Elder Nelson taught: “Happiness comes when scriptures are used in shaping our lives” (Russell M. Nelson, “A More Excellent Hope,” *Ensign*, Feb. 1997, 63).

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CONCLUSION:

It seems to me that there is another reason for this separation, **in addition to the danger faced by Nephi**. It has to do with the influence that Laman and Lemuel and their lifestyle might have on the others who went with Nephi.

When my mother remarried after 19 years of widowhood, she married a man of steel and certainty. He was my old scoutmaster and he was rugged. She learned

not long after their wedding that her new husband suffered from a chronically sore big toe. It pained him greatly, but it was just a sore toe and he was tough as saddle leather. However, she was tougher and she got him to the doctor. An examination revealed melanoma. The toe was amputated.

One might ask, “Why?” It was just a toe. The disease was serious but it was localized in an appendage a long way from the center of things. Why all the fuss? We all know the answer. Cancer doesn’t secure a toehold (sorry!) And stay put. It is always looking for an opportunity to expand. When you find a cancer, you get it out. My stepfather had waited too long to do that very thing. Within a year of the surgery, he was bedridden and riddled with cancer. All that could be done was to make him comfortable and wait for him to die. Nephi leaving Laman and Lemuel is an act of killing the cancer. Nephi must have known the great need to get away from the disease. And so, with all those who feared the disease, he packed up and pulled out.

The Lord has warned us many times about the danger of allowing such a condition to remain where it can influence us. In Numbers 16, the Lord warned the congregation about those who had rebelled against Moses and Aaron. Moses counseled the people:

Depart, I pray you, from the tents of these wicked men, and touch nothing of theirs, lest ye be consumed in all their sins. (Numbers 16:26)

That is exactly what Nephi did. He departed. In the October 1999 Conference, President Packer said it this way:

Young Latter-day Saints, shape up! Face up! Take hold of your lives! Take control of your mind, your thoughts! If you have friends that are not a good influence, make changes, even if you face loneliness, even rejection. (*Ensign*, Nov. 1999, p. 24)

If we do not depart from those who would lead us into wickedness, then what the Lord said to Israel may well become true unto us:

. . . they shall be [as thorns] in your sides, and their gods shall be a snare unto you. (Judges 2:3)

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