

The Fall of Man

The purpose of Sunday School is to inspire class members to learn, teach, and live the gospel of Jesus Christ every day.

Understanding the Fall of man helps us recognize our need for the redemptive power of Jesus Christ. As we come to understand the effects of the Fall of Adam on mankind, we learn to rely on the Savior's merits, mercy, and grace to overcome these effects and receive strength in our daily challenges (see [2 Nephi 2:8–9](#)).

Prepare

As you study [Genesis 3](#) and [Moses 4–5](#), consider asking yourself:

- What effects of the Fall do I see in my life? What can I do to rely more fully on the Savior's Atonement so I can receive strength to overcome the effects of the Fall?
- What could class members do to deepen their understanding of the Fall?
- What experiences can class members share about living in a fallen world and receiving help from the Savior with daily challenges?
- How will I inspire class members to learn and teach this doctrine and live what they learn?

Encourage personal and family scripture study

Each week you have the opportunity to encourage class members to have meaningful scripture study, individually and with their families. For instance, you could do one of the following:

- Invite class members to share recent experiences they have had studying the scriptures individually or with their families. You could also spend a few minutes showing them how to access the scriptures and study aids at scriptures.lds.org.
- Invite class members to share how they have acted on impressions they received during a previous class or during their personal scripture study.
- Ask class members to share and explain verses in [Genesis 3](#) or [Moses 4–5](#) that they find particularly meaningful. You may invite several members to prepare for this ahead of time. This activity could take the majority of the time in class.

Teaching in the Savior's Way

The Savior sees not only who we are but who we can become. Understanding the Atonement can help you to see those in your class the way the Savior sees them. How will seeing them in this way influence the way you teach?

Learn together and invite to act

Follow the guidance of the Spirit as you select one or more of these activities or create your own based on the needs of your class.

- **What is the Fall of Adam and Eve?**

To help class members understand the account of the Fall, you could invite some of them to silently review [Moses 4:1–12](#), looking for tactics of the adversary they find in these verses. The other class members could read [Moses 5:4–12](#), looking for the role of the Savior in helping Adam and Eve overcome the effects of their decision. Class members could then share what they find. How does our understanding of the Fall and the Atonement affect our feelings about the Savior? What can we do to recognize and avoid temptation?

- **How do the effects of the Fall influence our lives?**

You could divide the class into four groups and assign each group one of the following scripture passages: [Moses 4:20–25](#); [Moses 5:10–12](#); [Moses 6:48–50](#); [Moses 6:55–59](#). Consider asking them to study their passages and write on the board any words or phrases they find that teach about the effects of the Fall. They could discuss how these consequences influence our lives and how they can bless us (see [2 Nephi 2:23–25](#)). To understand that the Fall was a necessary part of the plan of salvation, class members could read the statement by Elder Dallin H. Oaks in “Additional insights,” below.

- **How do we, through the Savior’s Atonement, overcome the effects of the Fall?**

To help class members understand the Savior’s role in overcoming sin and death, you could invite some of them to read [2 Nephi 9:7–12](#) and others to read [Helaman 14:15–19](#) and share what they learn. To help them understand our role in overcoming the effects of the Fall, you could invite class members to study [a picture of Adam and Eve teaching their children](#) (see *Gospel Art Book* [2009], no. 5) and [Moses 5:4–11](#), looking for what Adam and Eve did after leaving the Garden of Eden. How do our actions and our reliance upon the Savior help us overcome the effects of the Fall today (see also [3 Nephi 9:19–21](#))? Consider inviting class members to share experiences they have had in which they have felt the power of the Savior’s Atonement help them overcome the effects of living in a fallen world.

Learning and living the gospel every day

Encourage class members to think about what they have learned and felt today. What do they feel impressed to do? For instance, they could:

- Share with their families something from today’s discussion.
- Continue studying this doctrine and act on what they learn.
- Write in a journal how their understanding of the Fall affects the way they approach life.

During the coming week, you could send class members suggestions for home study from the additional learning resources at the end of the next outline you select. Encourage them to consider

using one of the ideas listed under “Basic Scripture Study Strategies” or “Family Study Ideas” as they review these resources.

Additional learning resources

- [2 Nephi 2:14–30](#); [D&C 29:34–43](#); [Articles of Faith 1:2](#) (additional insights about agency and the Fall)
- Elder Dallin H. Oaks, “[The Great Plan of Happiness](#),” *Ensign*, Nov. 1993
- Elder Robert D. Hales, “[Agency: Essential to the Plan of Life](#),” *Ensign* or *Liahona*, Nov. 2010, 24–27
- Video: “[The Fall](#)” (0:53)
- Guide to the Scriptures, “[Fall of Adam and Eve](#),” scriptures.lds.org
- [The Pearl of Great Price Student Manual](#) (2000), 11–22

Additional insights

- Was the Fall necessary? Did Adam and Eve sin?
Elder Dallin H. Oaks said: “It was Eve who first transgressed the limits of Eden in order to initiate the conditions of mortality. Her act, whatever its nature, was formally a transgression but eternally a glorious necessity to open the doorway toward eternal life. Adam showed his wisdom by doing the same. And thus Eve and ‘Adam fell that men might be’ (2 Nephi 2:25). Some Christians condemn Eve for her act, concluding that she and her daughters are somehow flawed by it. Not the Latter-day Saints! Informed by revelation, we celebrate Eve’s act and honor her wisdom and courage in the great episode called the Fall” (“[The Great Plan of Happiness](#),” *Ensign*, Nov. 1993, 73).
- What does the phrase “greatly multiply thy sorrow” mean ([Moses 4:22](#))?
“The Hebrew word for ‘multiply’ is *rabah* (raw-bah), meaning to repeat over and over. It does not suggest *greater* sorrow, but rather repeated sorrow. The Hebrew word for ‘sorrow’ in the Genesis account ([Genesis 3:16](#)) is from *atsab* (aw-tsab), which means ‘labor’ or ‘pain.’ While these words suggest that toil and suffering would be a part of Eve’s life, Eve did not view the conditions that came upon her through the Fall to be a curse (see [Moses 5:11](#)). [Moses 4:22](#) ‘is a great revelation to women. Eve and her daughters can become cocreators with God by preparing bodies for his spirit children to occupy on earth and later in eternity. Mothering would entail inconvenience, suffering, travail, and sorrow; these the Lord foretold as natural consequences and not as a curse’ (Rasmussen, *Latter-day Saint Commentary*, 17)” ([The Pearl of Great Price Student Manual](#) [2000], 14).
- What is the meaning of the phrase “rule over” ([Moses 4:22](#))?
Referring to the Lord’s statement that Adam was to rule over Eve, President Gordon B. Hinckley taught: “My own interpretation of that sentence is that the husband shall have a

governing responsibility to provide for, to protect, to strengthen and shield the wife. Any man who belittles or abuses or terrorizes, or who rules in unrighteousness, will deserve and, I believe, receive the reprimand of a just God who is the Eternal Father of both His sons and daughters" ("[Daughters of God](#)," Oct. 1991 general conference).

- What is meant by the phrase “conceived in sin” ([Moses 6:55](#))?

Elder Bruce R. McConkie taught: “When our scriptures say that ‘children are conceived in sin,’ they are using words in an entirely different way than when the same language is recited in the creeds of the world. The scriptural meaning is that they are born into a world of sin so that ‘when they begin to grow up, sin conceiveth in their hearts, and they taste the bitter, that they may know to prize the good.’ ([Moses 6:55](#).)” (“The Salvation of Little Children,” *Ensign*, Apr. 1977).