

Zion—the Pure in Heart

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

As we live the gospel, our righteousness and love increase. We become more united with other disciples of Jesus Christ. Together, we help to build Zion and her stakes, becoming a people of one heart and one mind (see [Moses 7:18](#)). As members of the Lord’s Church, we should “seek to build up Zion through unity, godliness, and charity” (D. Todd Christofferson, “[Come to Zion](#),” *Ensign* and *Liahona*, Nov. 2008, 40).

Prepare

As you study [Moses 7](#), you might ask yourself:

- As I prepare to teach, how can I establish a spirit of Zion in my own home and in my relationships with others?
- What could class members do to deepen their understanding of what Zion is and to live by its principles in their homes and community?
- What experiences have helped class members feel the spirit of Zion in their homes or other settings? What could they share in class?
- How will I encourage class members to foster the spirit of Zion in their homes, in our ward, and in the community?

Teaching in the Savior’s Way

The Savior taught His followers by helping them see examples of His teachings in their everyday lives. He used simple stories, parables, and real-life examples that made sense to them. How can you use examples to teach class members about establishing Zion?

Encourage personal and family scripture study

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

- Invite class members to share how they have acted on impressions they received during a previous class or during personal or family scripture study.
- Ask class members to share and explain verses in [Moses 7](#) that they find particularly meaningful during their own study. You may invite several members to prepare to do this ahead of time. This activity could take the majority of the time in class.
- Invite class members to share recent experiences they have had studying the scriptures individually or with their families. What has made their experiences successful? Consider sharing with the class one of the Church’s study resources. For example, you could spend a few minutes demonstrating how to access Church music on LDS.org to enhance personal and family study (see [music.lds.org](#)).

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 Zion?**

As you begin, you could write on the board the following phrases from [Moses 7:18](#): *one heart, one mind, dwell in righteousness, no poor among them*. To help class members think more deeply about these concepts, you could invite them to suggest what the opposites of these concepts would be. You may want to invite class members to discover how Enoch established Zion in his day (see [Moses 7:10–20](#).) Consider inviting class members to share experiences in which they have felt they participated in building Zion in their homes or other settings. What helped foster a spirit of unity and love? What can we do to have these experiences in our lives more often?

- **What would it be like to live in a Zion community?**

To review the establishment of the city of Enoch, class members could read [Moses 7:10–19](#). You could write on the board *City of Holiness* (see [Moses 7:19](#)) and *City of Worldliness* and invite class members to suggest characteristics of each kind of city. Class members could get ideas by finding instances of the word *Zion* in [Moses 7:18–27, 47–69](#) and share what they learn about Zion from these verses. (You may want to divide the class into groups and assign each group a few verses.) What do the verses teach us about what it would be like to live in a city of holiness? (For example, [verse 53](#)

teaches that the Messiah is the King of Zion. What would it be like to live in a city where He is the king?)

- **How can we build up Zion?**

Invite the bishop or another member of the ward council to visit the class and share experiences (without violating confidentiality) in which he or she has seen Zion-like efforts in the ward or community. What did people do that led to this experience? He or she could then lead a discussion about what we can do as ward members to build Zion in our families, in our Sunday School class, in our ward, and in our community. As part of this discussion, class members could review qualities of the city of Enoch (see [Moses 7:18–27](#)) and explore how to seek those qualities in our day.

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 scriptures that teach this doctrine and act on what they learn.
- Hold a family council or family home evening and make plans to foster the spirit of Zion in their home or community.

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

- [4 Nephi 1:1–18](#) (the Nephites’ efforts to build Zion)
- D&C [64:33–43](#); [82:14–15](#); [97:8–28](#) (the Lord’s command that the Saints of our dispensation establish Zion)
- [1 Nephi 13:37](#); [Articles of Faith 1:10](#) (prophecies about Zion in the latter days)
- Elder D. Todd Christofferson, “[Come to Zion](#),” *Ensign* or *Liahona*, Nov. 2008, 37–40
- “[Establishing the Cause of Zion](#),” *Teachings of Presidents of the Church: Joseph Smith* (2007), 183–91
- Guide to the Scriptures, “[Enoch](#),” scriptures.lds.org
- Video: “[Gather in Stakes](#)” (1:17)
- [The Pearl of Great Price Student Manual](#) (Church Educational System manual, 2000), 22–26

Additional insight

- What is the meaning of the declaration that “Zion must increase in beauty”?
After quoting Doctrine and Covenants 82:14, President Harold B. Lee taught: “Zion, as used here, undoubtedly had reference to the Church. ... This people must increase in beauty before the world; have an inward loveliness which may be observed by mankind as a reflection in holiness and in those inherent qualities of sanctity. The borders of Zion, where the righteous and pure in heart may dwell, must now begin to be enlarged. The stakes of Zion must be strengthened. All this so that Zion may arise and shine by becoming increasingly diligent in carrying out the plan of salvation throughout the world” (in Conference Report, Apr. 1973, 4–5).
- How does becoming “pure in heart” establish Zion?
Elder D. Todd Christofferson said: “Much of the work to be done in establishing Zion consists in our individual efforts to become ‘the pure in heart’ ([D&C 97:21](#)). ‘Zion cannot be built up unless it is by the principles of the law of the celestial kingdom,’ said the Lord; ‘otherwise I cannot receive her unto myself’ ([D&C 105:5](#)). The law of the celestial kingdom is, of course, the gospel law and covenants, which include our constant remembrance of the Savior and our pledge of obedience, sacrifice, consecration, and fidelity” (“[Come to Zion](#),” *Ensign* or *Liahona*, Nov. 2008, 38).