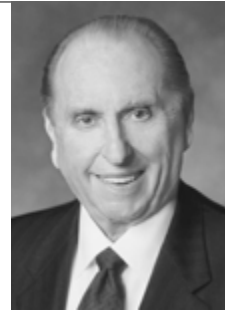


By President
Thomas S. Monson



Precious Promises of the Book of Mormon

Many years ago I stood at the bedside of a young father as he hovered between life and death. His distraught wife and their two children stood nearby. He took my hand in his and, with a pleading look, said, “Bishop, I know I am about to die. Tell me what happens to my spirit when I do.”

I offered a silent prayer for heavenly guidance and noticed on his bedside table a copy of the triple combination. I reached for the book and fanned the pages. Suddenly I discovered that I had, with no effort on my part, stopped at the 40th chapter of Alma in the Book of Mormon. I read these words to him:

“Behold, it has been made known unto me by an angel, that the spirits of all men, as soon as they are departed from this mortal body, . . . are taken home to that God who gave them life.

“And . . . the spirits of those who are righteous are received into a state of happiness, which is called paradise, a state of rest, a state of peace, where they shall rest from all their troubles and from all care, and sorrow” (Alma 40:11–12).

As I continued to read about the Resurrection, a glow came to the young man’s face and a smile graced his lips. As I concluded my visit, I said good-bye to this sweet family.

I next saw the wife and children at the funeral. I think back to that night when a young man pleaded for truth and, from the Book of Mormon, heard the answer to his question.

From the Book of Mormon come other precious promises, including promises of peace, freedom, and blessings if we “will but serve the God of the land, who is Jesus Christ” (Ether 2:12).

From its pages comes the promise of “never-ending happiness” to “those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual” (Mosiah 2:41).

From its pages comes the promise of “incomprehensible joy” to those who become “instrument[s] in the hands of God” in rescuing His precious sons and daughters (Alma 28:8; 29:9).

From its pages comes the promise that scattered Israel will be gathered—a work in which we are engaged through our great worldwide missionary efforts (see 3 Nephi 16; 21–22).

From its pages comes the promise that as we pray unto the Father in the sacred name of Jesus Christ, our families will be blessed (see 3 Nephi 18:21).

From a study of its pages comes the fulfillment of the prophetic promise that “there will come into your lives

and into your homes an added measure of the Spirit of the Lord, a strengthened resolution to walk in obedience to His commandments, and a stronger testimony of the living reality of the Son of God.”¹

And from the pages of the Book of Mormon comes Moroni’s promise that through prayer, real intent, and faith in Christ, we may know the truth of these promises “by the power of the Holy Ghost” (see Moroni 10:4–5).

With other latter-day prophets, I testify of the truthfulness of this “most correct of any book on earth,”² even the Book of Mormon, another testament of Jesus Christ. Its message spans the earth and brings its readers to a knowledge of the truth. It is my testimony that the Book of Mormon changes lives. May each of us read it and reread it. And may we joyfully share our

testimonies of its precious promises with all of God’s children.

NOTES

1. Gordon B. Hinckley, “A Testimony Vibrant and True,” *Liahona*, Aug. 2005, 6.
2. *Teachings of Presidents of the Church: Joseph Smith* (2007), 64.

TEACHING FROM THIS MESSAGE

In the scriptures “we find principles of truth that will resolve every confusion and every problem and every dilemma that will face the human family” (*Teaching, No Greater Call* [1999], 51). As you share President Monson’s message with the family, invite them to listen for the “precious promises” he identifies in the Book of Mormon. You might share a promise in the Book of Mormon that has been meaningful to you.



Faith • Family • Relief

If We Do Not Doubt

Study this material and, as appropriate, discuss it with the sisters you visit. Use the questions to help you strengthen your sisters and to make Relief Society an active part of your own life.

In the Book of Mormon we read about exemplary young men who were exceedingly valiant, courageous, and strong. “Yea, they were men of truth and soberness, for they had been taught to keep the commandments of God and to walk uprightly before him” (Alma 53:21). These faithful young men paid tribute to their mothers—their examples and teachers.

The mothers of Helaman’s warriors lived in times not unlike our own. Their circumstances were difficult and dangerous, and youth were being called upon to defend physical and spiritual liberty. Today we live in a world where we “wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places” (Ephesians 6:12).

Challenging times cry out for strong parents and examples who teach the truth that Helaman’s warriors knew: “If they did not doubt, God would deliver them” (Alma 56:47). Teaching and exemplifying this truth today requires vigilance. However, we need not fear. When we know who we are and who God is and we have made covenants with Him, we—like these mothers of warriors—will have great

influence for good.

Most likely, each of Helaman’s 2,060 warriors was influenced by a mother. But these mothers did not act alone. Together with other righteous men and women, these mothers must have united their faith and example to teach the power of covenants. The young people of the day understood the covenant their parents had made not to engage in warfare. And even when it seemed impossible, a loving Heavenly Father opened a way for these parents to keep their covenant—and to preserve their liberty (see Alma 56:5–9). We likewise must honor our covenants so that children and youth—our own children and those in our wards, branches, neighborhoods, and communities—will understand and support covenant keeping.

When we honor our covenants, Heavenly Father can prepare the way for us. We are to live our covenants with precision. We can, for example, be precise in praying, in studying the scriptures, in holding a current temple recommend, in dressing modestly, in honoring the Sabbath. As we do so, our children will know and be able to say, “We do not doubt our mothers knew it” (Alma 56:48).

Latter-day Saint women who

recognize that their strength comes from the Lord’s Atonement do not give up during difficult and discouraging times. As covenant keepers, we excel at upholding, nurturing, and protecting children and youth so that one day we might say of this rising generation, “Never had I seen so great courage, nay, not amongst all” (Alma 56:45).

Julie B. Beck, Relief Society general president.

From the Scriptures

Alma 53; 56–58

What Can I Do?

- 1.** How can I help my sisters recognize and act on the power they have to influence the rising generation?
- 2.** What inspiration will I find in the Book of Mormon to answer the challenges I face today?

For more information, go to www.reliefsociety.lds.org.