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<td><em>I will go and do.</em></td>
<td><em>Adam fell that men might be.</em></td>
<td><em>We are free to choose.</em></td>
<td><em>Learning is good if we follow God’s counsel.</em></td>
<td><em>By grace we are saved.</em></td>
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<tr>
<td><strong>Context</strong></td>
<td><em>The Lord commanded Nephi and his brothers to return to Jerusalem to get the brass plates.</em></td>
<td><em>Lehi taught his sons about the necessity of the Fall and its consequences.</em></td>
<td><em>Lehi taught his sons about the role of agency in the plan of salvation.</em></td>
<td><em>Nephi explained some of the reasons why it is only through Jesus Christ that a person can be saved.</em></td>
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<td><strong>Doctrine or Principle</strong></td>
<td><em>The Lord prepares a way for us to keep His commandments.</em></td>
<td><em>The Fall was a necessary part of Heavenly Father’s plan and allowed for our mortal existence.</em></td>
<td><em>We are free to follow Jesus Christ, which leads to liberty and eternal life, or the devil, which leads to captivity and death.</em></td>
<td><em>Through Jesus Christ, we can receive a remission of sins and be saved by grace after doing all we can do.</em></td>
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<td><strong>Application</strong></td>
<td><em>What has the Lord commanded you to do that some might consider to be difficult? How did He prepare a way for you to accomplish it?</em></td>
<td><em>How does knowing about the Fall and mortality help you better understand your purpose in life?</em></td>
<td><em>Think of a time you chose to obey a commandment. How do you feel that your obedience has or will lead to greater freedom?</em></td>
<td><em>What personal feelings and testimony would you share with a person who questioned whether Latter-day Saints believe in Jesus Christ?</em></td>
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<th><strong>2 Nephi 28:7–9</strong></th>
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<th><strong>2 Nephi 32:3</strong></th>
<th><strong>2 Nephi 32:8–9</strong></th>
<th><strong>Mosiah 2:17</strong></th>
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<td><em>We cannot justify any sin.</em></td>
<td><em>Endure to the end.</em></td>
<td><em>Feast on the words of Christ.</em></td>
<td><em>Ye must pray always.</em></td>
<td><em>Serving others serves God.</em></td>
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<tr>
<td><strong>Context</strong></td>
<td><em>The prophet Nephi taught his people of the great wickedness that would abound in the latter days.</em></td>
<td><em>Near the end of his ministry, Nephi wrote that all people must follow Jesus Christ’s example to inherit eternal life.</em></td>
<td><em>Near the end of his ministry, Nephi wrote what all people must do to understand and live the doctrine of Jesus Christ.</em></td>
<td><em>King Benjamin addressed his people, preparing them to take upon themselves the name of Jesus Christ.</em></td>
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<td><strong>Doctrine or Principle</strong></td>
<td><em>In the last days, many will teach false, vain, and foolish doctrines.</em></td>
<td><em>After we exercise faith, repent of our sins, are baptized, and receive the gift of the Holy Ghost, we must press forward in righteousness and endure to the end to receive eternal life.</em></td>
<td><em>If we study the words of Christ and of His inspired servants, we will receive the direction we need to make correct choices.</em></td>
<td><em>When we serve our fellow beings, we serve God.</em></td>
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<td><strong>Application</strong></td>
<td><em>How can you recognize the foolish doctrines of the world?</em></td>
<td><em>What counsel would you give a newly baptized member of the Church? What are you doing to “press forward with a steadfastness in Christ”?</em></td>
<td><em>How have the words of Christ helped you know what to do? What will you do to “feast” on the words of Christ?</em></td>
<td><em>What specific things can you do for those around you that the Savior would do if He were here?</em></td>
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23 For we labor diligently to write, to persuade our children, and also our brethren, to believe in Christ, and to be reconciled to God; for we know that it is by grace that we are saved, after all we can do.

26 And we talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for a remission of their sins.

27 Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.

28 O that cunning plan of the evil one! O the vanity, and the frailties, and the foolishness of men! When they are learned they think they are wise, and they hearken not unto the counsel of God, for they set it aside, supposing they know of themselves, wherefore, their wisdom is foolishness and it profeth them not. And they shall perish.

29 But to be learned is good if they hearken unto the counsels of God.

30 And now, my beloved brethren, I perceive that ye ponder still in your hearts; and it giveth me that I must speak concerning this thing. For if ye would hearken unto the Spirit which teacheth a man to pray, ye would know that ye must pray; for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray.

31 But behold, I say unto you that ye must pray always, and not faint; that ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.

32 Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.

33 And now, my beloved brethren, after ye have gotten into this strait and narrow path, I would ask if all is done? Behold, I say unto you, Nay; for ye have not come thus far save it were by the word of Christ with unshaken faith in him, relying wholly upon the merits of him which is mighty to save.

34 Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life.

35 And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

17 And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.

18 And now, my beloved brethren, I perceive that ye ponder still in your hearts; and it giveth me that I must speak concerning this thing. For if ye would hearken unto the Spirit which teacheth a man to pray, ye would know that ye must pray; for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray.

19 But behold, I say unto you that ye must pray always, and not faint; that ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.
Mosiah 3:19
Natural man is God’s enemy.

Context
King Benjamin addressed his people, preparing them to take upon themselves the name of Jesus Christ.

Doctrine or Principle
We overcome the natural man by yielding to the Holy Spirit and becoming a Saint through the Atonement of Jesus Christ.

Application
What does it mean to “yield to the enticings of the Holy Spirit”? What are some of the promptings the Holy Ghost has been giving you?

Mosiah 4:30
Watch your thoughts, words, and deeds.

Context
King Benjamin addressed his people, preparing them to take upon themselves the name of Jesus Christ.

Doctrine or Principle
We will be judged and held accountable for our thoughts, words, and deeds.

Application
What are some specific actions you have taken to maintain clean and virtuous thoughts, words, and actions throughout the day?

Alma 7:11–13
Jesus Christ overcame sin and death.

Context
Alma prophesied to the people of Gideon that the Savior would come into the world and that they must prepare themselves.

Doctrine or Principle
Jesus Christ took upon himself the pains, sicknesses, and infirmities of His people; He delivered mankind from death and provided a way to overcome sin.

Application
When have you felt the healing power of the Atonement? Write in your journal or share with a friend your testimony of the Atonement’s healing power.

Alma 32:21
Faith is not a perfect knowledge.

Context
Alma taught the humble among the Zoramites regarding worship and faith.

Doctrine or Principle
Faith requires a person to believe things that are true but that may not be seen.

Application
How would you explain to a friend how something that cannot be seen can still be true?

Alma 39:9
Go no more after the lust of your eyes.

Context
Alma corrected the behavior of Corianton, who had committed serious sins.

Doctrine or Principle
Those who give in to lust and immorality cannot be saved in the kingdom of God unless they repent.

Application
What do you do to overcome lustful thoughts and forsake your sins?

Alma 41:10
Wickedness never was happiness.

Context
Alma taught his son Corianton about the eternal consequences of wickedness and righteousness.

Doctrine or Principle
Sin cannot bring lasting happiness.

Application
How has your happiness increased by following the example and teachings of Jesus Christ?

Helaman 5:12
Build your foundation on Christ.

Context
Nephi and Lehi recalled the counsel of their father Helaman and devoted themselves to preaching to the wicked Nephites.

Doctrine or Principle
Only by basing our lives on Jesus Christ can we withstand Satan’s temptations.

Application
How has the gospel of Jesus Christ fortified you against temptations? How can you consistently base your choices on the life and teachings of the Savior?

3 Nephi 12:48
Ye should be perfect.

Context
Jesus Christ taught the Nephites the higher law and prepared them to be members of God’s kingdom.

Doctrine or Principle
We are commanded to be like Heavenly Father and Jesus Christ, who are perfect.

Application
What can you do right now to become more like Jesus Christ?

3 Nephi 18:15, 20–21
Watch and pray always.

Context
Jesus taught the Nephites how to withstand the temptations of the devil.

Doctrine or Principle
Through prayer we can be given strength to resist temptation, receive our righteous desires, and be blessed in our families.

Application
What can you do to be more consistent in your personal and family prayers?
35 O, remember, my son, and learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God.

21 And now as I said concerning faith—faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true.

11 And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him the pains and the sicknesses of his people.

12 And he will take upon him death, that he may loose the bands of death which bind his people; and he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities.

13 Now the Spirit knoweth all things; nevertheless the Son of God suffereth according to the flesh that he might take upon him the sins of his people, that he might blot out their transgressions according to the power of his deliverance; and now behold, this is the testimony which is in me.

19 For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.

15 Verily, verily, I say unto you, ye must watch and pray always, lest ye be tempted by the devil, and ye be led away captive by him.

20 And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you.

21 Pray in your families unto the Father, always in my name, that your wives and your children may be blessed.

48 Therefore I would that ye should be perfect even as I, or your Father who is in heaven is perfect.

12 And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall.

30 But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not.

10 Do not suppose, because it has been spoken concerning restoration, that ye shall be restored from sin to happiness. Behold, I say unto you, wickedness never was happiness.

9 Now my son, I would that ye should repent and forsook your sins, and go no more after the lusts of your eyes, but cross yourself in all these things; for except ye do this ye can in nowise inherit the kingdom of God. Oh, remember, and take it upon you, and cross yourself in these things.
Ether 12:6
Witness comes after the trial of faith.

Context
Moroni included his own testimony, counsel, and understanding about faith while abridging the prophet Ether’s words.

Doctrine or Principle
The Lord blesses us with a spiritual confirmation after we have endured in faith.

Application
When have you demonstrated faith in Jesus Christ? What blessings did you receive?

Ether 12:27
Weak things become strong.

Context
Moroni was concerned about the weakness of his writing. The Lord instructed him about overcoming weakness.

Doctrine or Principle
God gives us weakness to humble us. If we humble ourselves, our weakness can be made strong through faith in Jesus Christ.

Application
What weakness could you ask God to make strong? How can you humble yourself and have greater faith in Jesus Christ?

Moroni 7:41
Have hope through the Atonement of Christ.

Context
Mormon taught during a time of great wickedness how faith, hope, and charity help us become like Jesus Christ.

Doctrine or Principle
Our hope should be centered on Jesus Christ and His Atonement because of our faith in Him.

Application
How has your hope in the Atonement of Jesus Christ changed your outlook on the future? How can this hope influence the way you live?

Moroni 7:45, 47–48
Charity suffereth long.

Context
Mormon taught during a time of great wickedness how faith, hope, and charity help us become like Jesus Christ.

Doctrine or Principle
We must have charity to be true followers of Jesus Christ. We should pray to the Father to be filled with this love.

Application
Consider the description of charity taught in Moroni 7, and ask your Heavenly Father how you can show that kind of love to family, friends, and others.

Moroni 10:4–5
The Holy Ghost reveals truth.

Context
Moroni closed his record with an invitation for all mankind to learn the truth of all things, including the Book of Mormon.

Doctrine or Principle
The Holy Ghost will reveal the truth of the Book of Mormon to those who ask God in faith with real intent.

Application
Explain to a friend how he or she can come to know the truthfulness of the Book of Mormon, and “the truth of all things.”
4 And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost.

5 And by the power of the Holy Ghost ye may know the truth of all things.

45 And charity suffereth long, and is kind, and envieth not, and is not puffed up, seeketh not her own, is not easily provoked, thinketh no evil, and rejoiceth not in iniquity but rejoiceth in the truth, beareth all things, believeth all things, hopeth all things, endureth all things.

47 But charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him.

48 Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure. Amen.

41 And what is it that ye shall hope for? Behold I say unto you that ye shall have hope through the atonement of Christ and the power of his resurrection, to be raised unto life eternal, and this because of your faith in him according to the promise.

27 And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.

6 And now, I, Moroni, would speak somewhat concerning these things; I would show unto the world that faith is things which are hoped for and not seen; wherefore, dispute not because ye see not, for ye receive no witness until after the trial of your faith.
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<th>Book of Mormon Reading Chart</th>
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