

# Companionship 2—Alma 40:21–25

Begin your lesson by asking those you are teaching to think about injuries, illnesses, or other limitations that they or their loved ones have experienced. Consider sharing an example of a limitation that you or one of your family members has experienced. (Be careful to not share anything that is too personal or private.)

Point out that we experience limitations because our bodies are imperfect and mortal, or subject to death.

Invite those you are teaching to take turns reading aloud from Alma 40:21–25. Ask them to look for what Alma taught about resurrection and how our resurrected bodies will differ from our mortal bodies.

- What can we learn from these verses about resurrection and the difference between resurrected bodies and mortal bodies? (Help those you are teaching identify the following doctrine: **Resurrection is the reuniting of the spirit and the body, with all things restored to their proper and perfect frame. Invite those you teach to consider marking words or phrases in** Alma 40:21–23 that teach this doctrine.)

Read aloud the following statement by Elder Paul V. Johnson of the Seventy. Ask those you are teaching to listen for what it means that “all things shall be restored to their proper and perfect frame” (verse 23).

“Resurrection makes it possible for a person’s spirit and body to be united again, only this time that body will be immortal and perfect—not subject to pain, disease, or other problems [see Alma 11:43]. . . .

“Each of us has physical, mental, and emotional limitations and weaknesses. . . . None of these problems will plague us after we are resurrected. . . .

“. . . [Jesus Christ] can make us whole no matter what is broken in us” (Paul V. Johnson, “And There Shall Be No More Death,” *Ensign or Liahona*, May 2016, 121–22, 123).

- Why are you grateful to know that when you are resurrected, your body will be immortal and perfect, with all things restored to their proper and perfect frame?

Share why you are grateful to know that your body and spirit will one day be restored to their proper and perfect frame. Testify of the truth you have taught.

