

# The Cycle of Righteousness and Wickedness

Book of Mormon history reveals a recurring cycle that underlies the rise and fall of nations as well as individuals. This cycle is especially clear in Helaman 3–12 and in 3 Nephi 5–9. Mormon gave a summary of this cycle in Helaman 12:2–6. Notice how the Nephites go from unrighteousness to righteousness

and back to unrighteousness again in relatively short periods of time. This same tragic cycle also occurred with the Jaredite nation. The following illustration shows the cycle of righteousness and wickedness repeated throughout the books of Helaman and 3 Nephi:

