Explain that this lesson helps us understand how the Fall was a necessary part of Heavenly Father’s plan to bring to pass our immortality and eternal life (Moses 1:39).

As you teach the following scripture passages, discuss how they apply to daily life. Encourage class members to share experiences that relate to the scriptural principles.

1. The Fall of Adam and Eve and its effects on them and us


In the Garden of Eden, God commanded Adam and Eve to “be fruitful, and multiply, and replenish the earth” (Moses 2:28). He also commanded them not to eat the fruit of the tree of knowledge of good and evil (Moses 3:17). As long as they did not partake of the forbidden fruit, they would remain in the garden and would not die. But they also would not be able to obey the command to multiply (Moses 5:11; 2 Nephi 2:23). Heavenly Father gave them agency to choose between the two commands.

Briefly review the account of the Fall of Adam and Eve from Moses 4:6–31, or have an assigned class member do so.

• What were the results of the Fall for Adam and Eve—and for us? (See Moses 4:22–29; 5:10–11; 6:48–49, 55–56; 2 Nephi 2:22–23; 9:6; Genesis 3:16–23.) You may want to list some of these results on the chalkboard. Point out that many of these truths about the Fall have been restored through the Prophet Joseph Smith and are not generally known in the world.

a. Adam and Eve were able to have children, which allowed us to come to earth and receive mortal bodies (Moses 5:11; 6:48; 2 Nephi 2:23, 25).

b. We experience physical death, or separation of the physical body from the spirit (Moses 4:25; 6:48; 2 Nephi 9:6).

c. We experience spiritual death, or separation from God’s presence (Moses 4:29; 6:49; 2 Nephi 9:6).

d. We are partakers of misery and woe (Moses 6:48; Genesis 3:16–17).

e. We are capable of sinning (Moses 6:49, 55; 2 Nephi 2:22–23).