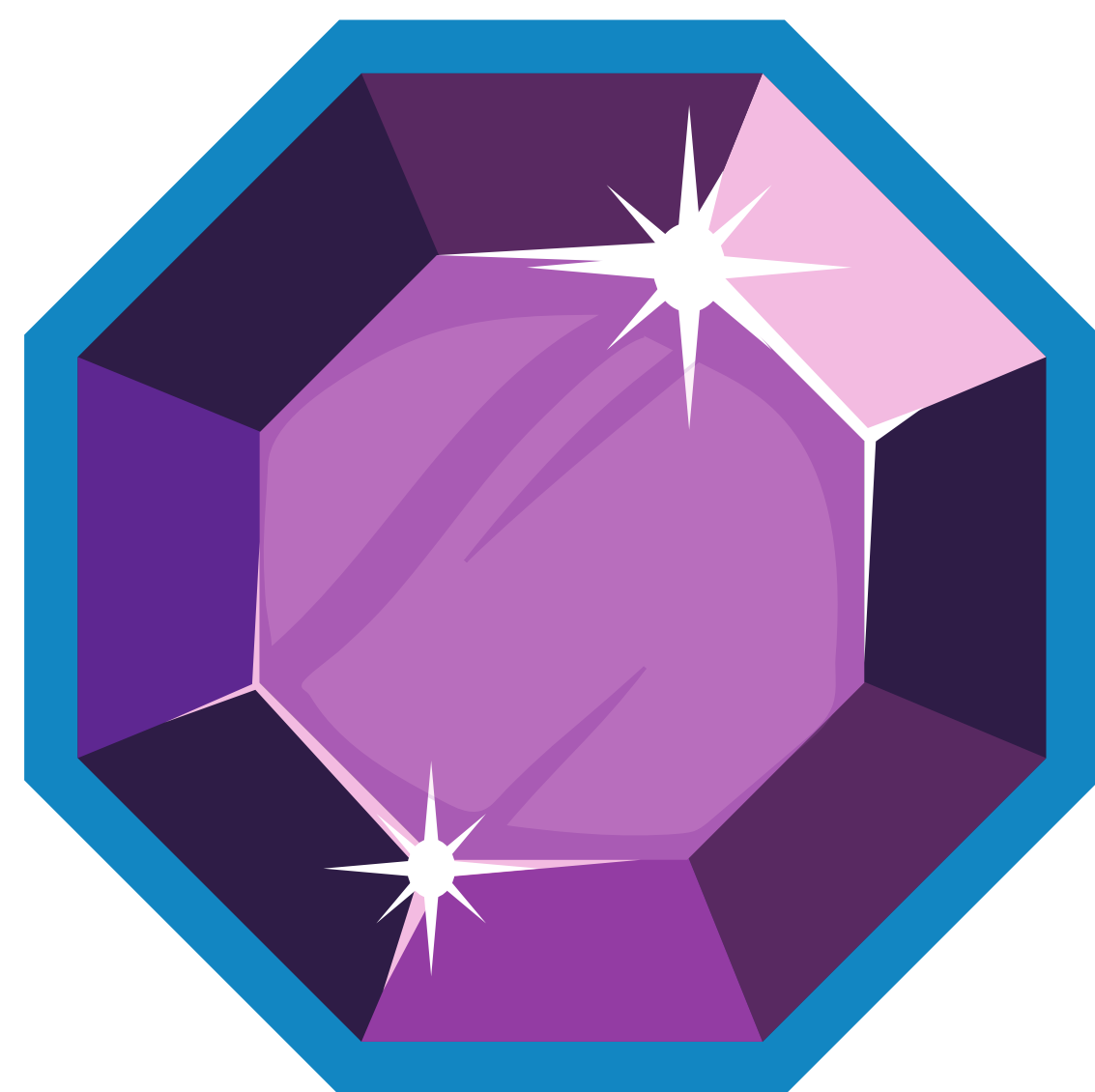
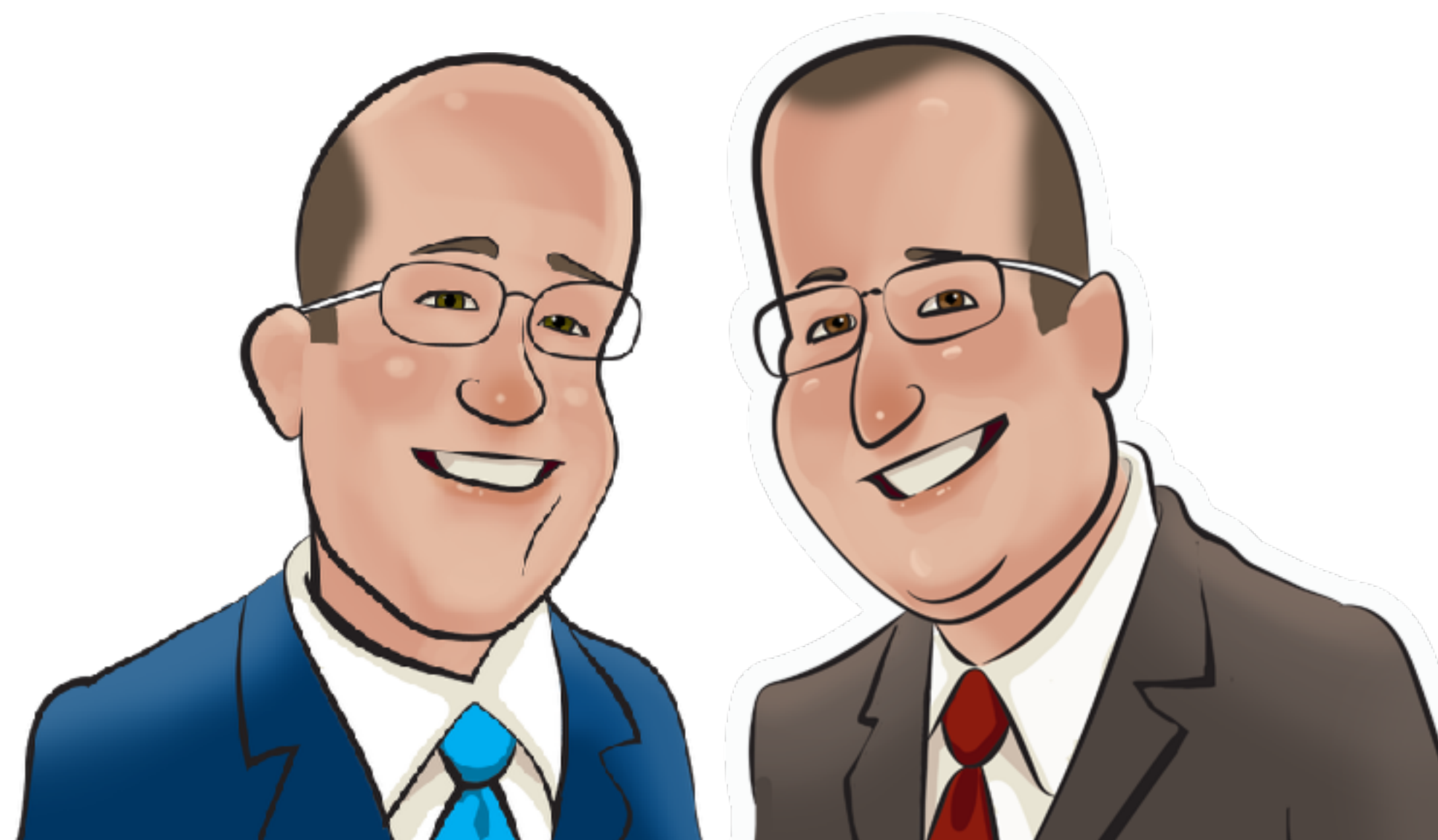
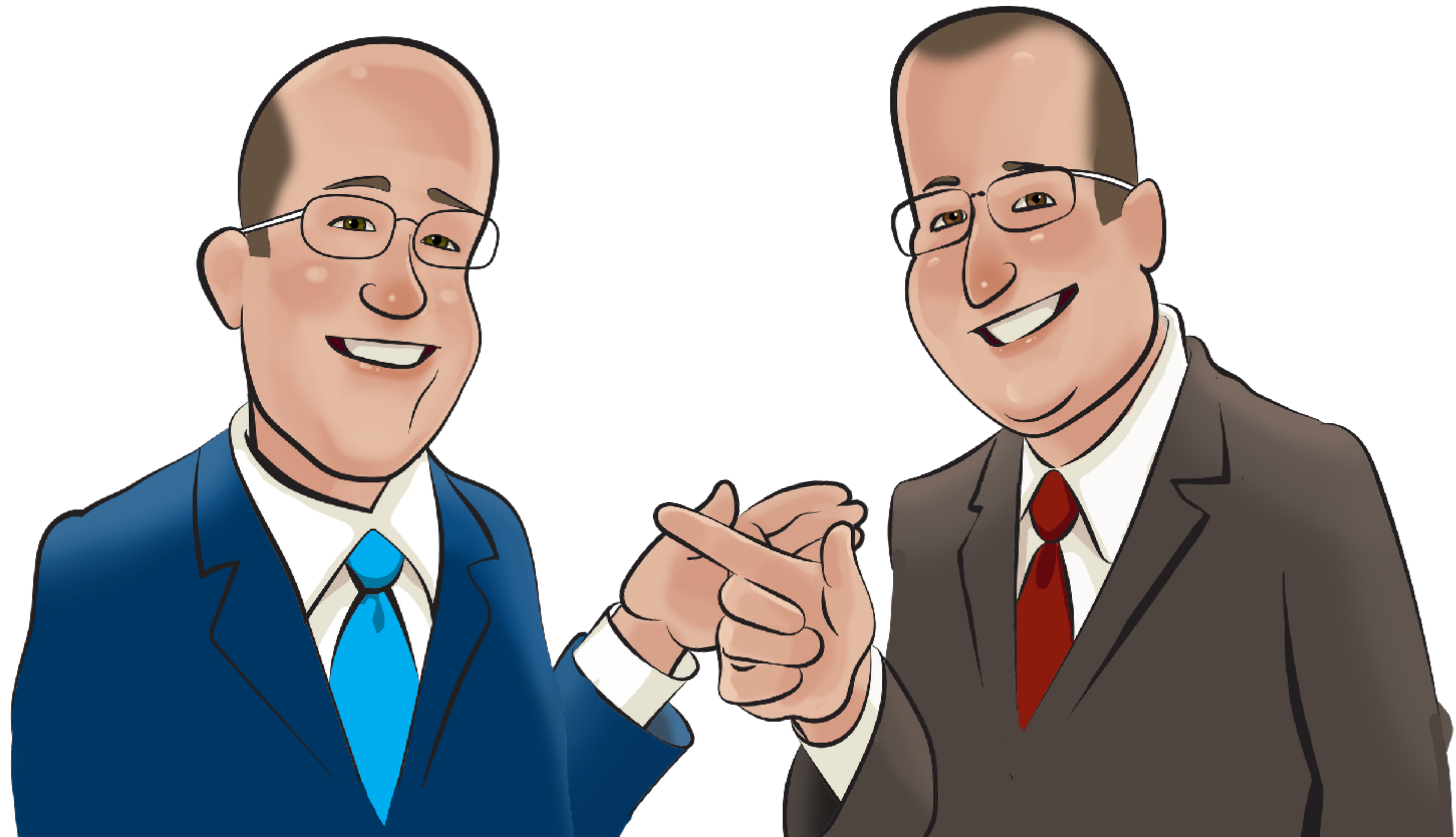


Episode 21



Scripture GEMS

June 1-7: Alma 5-7





LAND NORTHWARD

LAND SOUTHWARD

KEY

- Major city/land
- City/land
- Jaredite city/land
- 🌳 Wilderness
- Nephite cities in Mormon 2-5



Ammonihah

Mulek

Noah

Sidom

Gid

*Wilderness of
Hermounts*

Melek

Aaron

Omner

Hill Manti

Zarahemla

Hill Amnihu

Jershon

Morianton

Gideon

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Minon

Nephihah

Morc

Judea

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The words which Alma, the High
Priest according to the holy order
of God, delivered to the people in
their cities and villages throughout
the land.

Beginning with chapter 5.

CHAPTER 5

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and keep the commandments, be born
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Shepherd calls His people—Those who
do evil works are children of the devil—
Alma testifies of the truth of his doctrine
and commands men to repent—The
names of the righteous will be written
in the book of life. About 83 B.C.*

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"The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature."

(President Ezra Taft Benson in General Conference, Oct. 1985)

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“The verb convert means ‘to turn from one belief or course to another,’ [and] conversion is ‘a spiritual and moral change attending a change of belief with conviction.’ As used in the scriptures, converted generally implies not merely mental acceptance of Jesus and his teachings, but also a motivating faith in him and in his gospel, a faith which works a transformation, an actual change in one’s understanding of life’s meaning and in one’s allegiance to God—in interest, in thought, and in conduct. While conversion may be accomplished in stages, one is not really converted in the full sense of the term unless and until he is at heart a new person”

(President Marion G. Romney in Conference Report, Oct. 1975, 107–8; or Ensign, Nov. 1975, 71).

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redemption of him who ^acreated you? Do you look forward with an eye of faith, and view this mortal body raised in immortality, and this corruption ^braised in incorruption, to stand before God to be ^cjudged according to the deeds which have been done in the mortal body?

16 I say unto you, can you imagine to yourselves that ye hear the voice of the Lord, saying unto you, in that day: Come unto me ye ^ablessed, for behold, your works have been the works of righteousness upon the face of the earth?

17 Or do ye ^aimagine to yourselves that ye can lie unto the Lord in that day, and ^bsay—Lord, our works have been righteous works upon the face of the earth—and that he will save you?

18 Or otherwise, can ye imagine yourselves brought before the tribunal of God with your souls filled with guilt and remorse, having a remembrance of all your guilt, yea, a perfect ^aremembrance of all your wickedness, yea, a remembrance that ye have set at defiance the commandments of God?

19 I say unto you, can ye look up to God at that day with a pure heart and clean hands? I say unto you, can you look up, having the ^aimage of God engraven upon your countenances?

20 I say unto you, can ye think of being saved when you have yielded yourselves to become ^asubjects to the devil?

21 I say unto you, ye will know at that day that ye cannot be ^asaved;

for there can no man be saved except his ^bgarments are washed white; yea, his garments must be ^cpurified until they are cleansed from all stain, through the blood of him of whom it has been spoken by our fathers, who should come to redeem us from all our iniquities, and to purify unto himself a peculiar people, zealous of good works, and to bring about the redemption of his people, which he has promised, that he should bring about in due season.

22 And now I ask of you, my brethren, how will ye stand before him, having your garments ^asoiled with the blood and all unrighteousness? Behold, what shall I testify against you?

23 Behold, will ye stand before him, that ye are murderers, adulterers, and wickedness?

24 Behold, my brethren, do ye suppose that such an one can have a place to sit down in the kingdom of God, with ^aAbraham, with Isaac, and with Jacob, and also all the holy prophets, whose garments are cleansed and are spotless, pure and white?

25 I say unto you, Nay; except ye make our Creator a liar from the beginning, or suppose that he is a liar from the beginning, ye cannot suppose that such can have place in the kingdom of heaven; but they shall be cast out for they are the ^achildren of the kingdom of the devil.

26 And now behold, I say unto you, my brethren, if ye have experienced a ^achange of heart, and if ye have felt to sing the ^bsong of redeeming love, I would ask, ^ccan ye feel so now?

27 Have ye walked, keeping yourselves ^ablameless before God? Could ye say, if ye were called to die at this time, within yourselves, that ye have been sufficiently ^bhumble? That your garments have been ^ccleansed

“Countenance” (1828 Websters):

“Literally, the contents of a body; the outline and extent which constitutes the whole figure or external appearance. Appropriately, the human face; the whole form of the face, or system of features; visage.”

Repent and Prepare

prepare ^bquickly, for the hour is close at hand, and he knoweth not when the time shall come; for such an one is not found guiltless.

30 And again I say unto you, is there one among you that doth make a ^amock of his brother, or that heapeth upon him persecutions?

31 Wo unto such an one, for he is not prepared, and the ^atime is at hand that he must repent or he cannot be saved!

32 Yea, even wo unto all ye ^aworkers of iniquity; repent, repent, for the Lord God hath spoken it!

33 Behold, he sendeth an invitation unto ^aall men, for the ^barms of mercy are extended towards them, and he saith: Repent, and I will receive you.

Imagine the Judgement Day



“I recently recalled a historic meeting in Jerusalem about 17 years ago. It was regarding the lease for the land on which the Brigham Young University’s Jerusalem Center for Near Eastern Studies was later built. Before this lease could be signed, President Ezra Taft Benson and Elder Jeffrey R. Holland, then president of Brigham Young University, agreed with the Israeli government on behalf of the Church and the university not to proselyte in Israel.

“You might wonder why we agreed not to proselyte. We were required to do so in order to get the building permit to build that magnificent building which stands in the historic city of Jerusalem. To our knowledge, the Church and BYU have scrupulously and honorably kept that nonproselyting commitment. After the lease had been signed, one of our friends insightfully remarked, ‘Oh, we know that you are not going to proselyte, but what are you going to do about the light that is in their eyes?’ He was referring to our students who were studying in Israel”

(President James E. Faust in Conference Report, Oct. 2005, 19; or Ensign, Nov. 2005, 20).

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Alma 36:14

Yea, and I had murdered many of his children, or rather led them away unto destruction;

come to redeem his people from their sins.

22 And now I ask of you, my brethren, how will any of you feel, if ye shall stand before the bar of God, having your garments stained with ^ablood and all manner of ^bfilthiness? Behold, what will these things testify against you?

23 Behold will they not ^atestify that ye are murderers, yea, and also that ye are ^bguilty of all manner of wickedness?

24 Behold, my brethren, do ye suppose that such an one can have a place to sit down in the kingdom of God, with ^aAbraham, with Isaac, and with Jacob, and also all the holy prophets, whose garments are cleansed and are spotless, pure and white?

25 I say unto you, Nay; except ye make our Creator a liar from the beginning, or suppose that he is a liar from the beginning, ye cannot suppose that such can have place in the kingdom of heaven; but they shall be cast out for they are the ^achildren of the kingdom of the devil.

26 And now behold, I say unto you, my brethren, if ye have experienced a ^achange of heart, and if ye have felt to sing the ^bsong of redeeming love, I would ask, ^ccan ye feel so now?

27 Have ye walked, keeping yourselves ^ablameless before God? Could ye say, if ye were called to die at this time, within yourselves, that ye have been sufficiently ^bhumble? That your garments have been ^ccleansed and made white through the blood of Christ, who will come to ^dredeem his people from their sins?

28 Behold, are ye stripped of ^apride? I say unto you, if ye are not ye are not prepared to meet God. Behold ye must prepare quickly; for the kingdom of heaven is soon at hand, and such an one hath not eternal life.

29 Behold, I say, is there one among you who is not stripped of ^aenvy? I say unto you that such an one is not prepared; and I would that he should prepare ^bquickly, for the hour is close at hand, and he knoweth not when the time shall come; for such an one is not found guiltless.

30 And again I say unto you, is there one among you that doth make a ^amock of his brother, or that heapeth upon him persecutions?

31 Wo unto such an one, for he is not prepared, and the ^atime is at hand that he must repent or he cannot be saved!

32 Yea, even wo unto all ye ^aworkers of iniquity; repent, repent, for the Lord God hath spoken it!

33 Behold, he sendeth an invitation unto ^aall men, for the ^barms of mercy are extended towards them, and he saith: Repent, and I will receive you.

Repent and Prepare

Imagine the Judgement Day



“It has been said that envy is the one sin to which no one readily confesses, but just how widespread that tendency can be is suggested in the old Danish proverb, ‘If envy were a fever, all the world would be ill.’ ... As others seem to grow larger in our sight, we think we must therefore be smaller. So, unfortunately, we occasionally act that way.

“How does this happen, especially when we wish so much that it would not? I think one of the reasons is that every day we see allurements of one kind or another that tell us what we have is not enough. Someone or something is forever telling us we need to be more handsome or more wealthy, more applauded or more admired than we see ourselves as being. We are told we haven’t collected enough possessions or gone to enough fun places. We are bombarded with the message that on the world’s scale of things we have been weighed in the balance and found wanting [see Daniel 5:27]. ...



“But God does not work this way. ...

“... I testify that no one of us is less treasured or cherished of God than another. I testify that He loves each of us—insecurities, anxieties, self-image, and all. He doesn’t measure our talents or our looks; He doesn’t measure our professions or our possessions. He cheers on every runner, calling out that the race is against sin, not against each other. I know that if we will be faithful, there is a perfectly tailored robe of righteousness ready and waiting for everyone [see Isaiah 61:10; 2 Nephi 4:33; 9:14], ‘robes ... made ... white in the blood of the Lamb’ [Revelation 7:14]. May we encourage each other in our effort to win that prize”

(Elder Jeffrey R. Holland in Conference Report, Apr. 2002, 72, 74; or Ensign, May 2002, 63–64).

Behold, I say unto you, Nay, they were not.

9 And again I ask, were the bands of death broken, and the ^achains of hell which encircled them about, were they loosed? I say unto you, Yea, they were loosed, and their souls did expand, and they did ^bsing redeeming love. And I say unto you that they are saved.

10 And now I ask of you on what conditions are they ^asaved? Yea, what grounds had they to hope for salvation? What is the cause of their being loosed from the bands of death, yea, and also the chains of hell?

11 Behold, I can tell you—did not my father Alma believe in the words which were delivered by the ^amouth of Abinadi? And was he not a holy prophet? Did he not speak the words of God, and my father Alma believe them?

12 And according to his faith there was a mighty ^achange wrought in his heart. Behold I say unto you that this is all true.

13 And behold, he ^apreached the word unto your fathers, and a mighty change was also wrought in their hearts, and they humbled themselves and put their ^btrust in the true and ^cliving God. And behold, they were faithful until the ^dend; therefore they were saved.

14 And now behold, I ask of you, my brethren of the church, have ye ^aspiritually been ^bborn of God? Have ye received his image in your countenances? Have ye experienced this mighty ^cchange in your hearts?

15 Do ye exercise faith in the

redemption of him who ^acreated you? Do you look forward with an eye of faith, and view this mortal body raised in immortality, and this corruption ^braised in incorruption, to stand before God to be ^cjudged according to the deeds which have been done in the mortal body?

16 I say unto you, can you imagine to yourselves that ye hear the voice of the Lord, saying unto you, in that day: Come unto me ye ^ablessed, for behold, your works have been the works of righteousness upon the face of the earth?

17 Or do ye ^aimagine to yourselves that ye can lie unto the Lord in that day, and ^bsay—Lord, our works have been righteous works upon the face of the earth—and that he will save you?

18 Or otherwise, can ye imagine yourselves brought before the tribunal of God with your souls filled with guilt and remorse, having a remembrance of all your guilt, yea, a perfect ^aremembrance of all your wickedness, yea, a remembrance that ye have set at defiance the commandments of God?

19 I say unto you, can ye look up to God at that day with a pure heart and clean hands? I say unto you, can you look up, having the ^aimage of God engraven upon your countenances?

20 I say unto you, can ye think of being saved when you have yielded yourselves to become ^asubjects to the devil?

21 I say unto you, ye will know at that day that ye cannot be ^asaved;

for there can no man be saved except his ^bgarments are washed white; yea, his garments must be ^cpurified until they are cleansed from all stain, through the blood of him of whom it has been spoken by our fathers, who should come to redeem his people from their sins.

22 And now I ask of you, my brethren, how will any of you feel, if ye shall stand before the bar of God, having your garments stained with ^ablood and all manner of ^bfilthiness? Behold, what will these things testify against you?

23 Behold will they not ^atestify that ye are murderers, yea, and also that ye are ^bguilty of all manner of wickedness?

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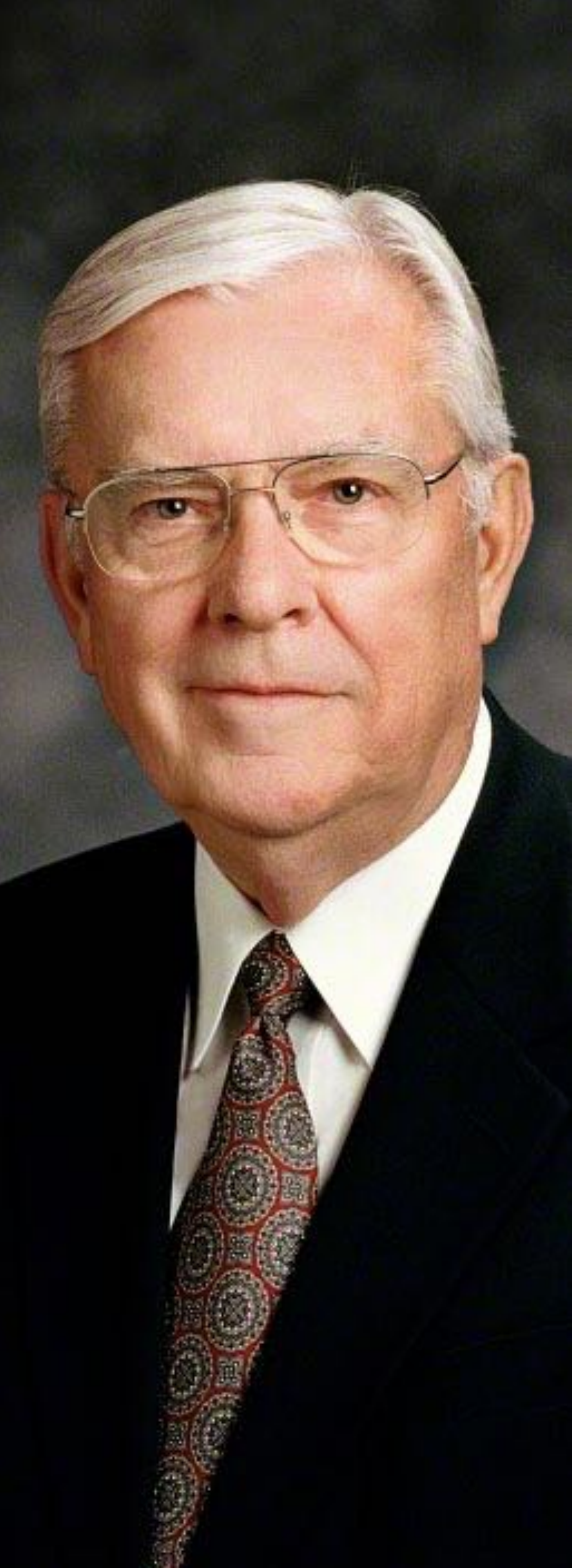
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33 Behold, he sendeth an invitation unto ^aall men, for the ^barms of mercy are extended towards them, and he saith: Repent, and I will receive you.

Imagine the Judgement Day

Repent and Prepare



“I need to regularly take time to ask myself, ‘How am I doing?’ It’s kind of like having a personal, private interview with yourself. ... As a guide for me during this private, personal review, I like to read and ponder the introspective words found in the fifth chapter of Alma”

(President M. Russell Ballard, “Return and Receive,” Ensign or Liahona, May 2017, 64).

Examples of Good People Who Temporarily Found Themselves in the Wrong Flock

Sariah - 1 Nephi 5:1-8

Lehi- 1 Nephi 16:20

Peter - Matthew 16:21-23

say unto you that such an one is not prepared; and I would that he should prepare quickly, for the hour is close at hand, and he knoweth not when the time shall come; for such an one is not found guiltless.

30 And again I say unto you, is there one among you that doth make a mock of his brother, or that heapeth upon him persecutions?

31 Wo unto such an one, for he is not prepared, and the time is at hand that he must repent or he cannot be saved!

32 Yea, even wo unto all ye workers of iniquity; repent, repent, for the Lord God hath spoken it!

33 Behold, he sendeth an invitation unto all men, for the arms of mercy are extended towards them, and he saith: Repent, and I will receive you.

the world, ye that have professed to have known the ways of righteousness nevertheless have gone astray, as sheep having no shepherd, notwithstanding a shepherd hath called after you and is still calling after you, but ye will not hearken unto his voice!

38 Behold, I say unto you, that the good shepherd doth call you; yea, and in his own name he doth call you, which is the name of Christ; and if ye will not hearken unto the voice of the good shepherd, to the name by which ye are called, behold, ye are not the sheep of the good shepherd.

39 And now if ye are not the sheep of the good shepherd, of what fold are ye? Behold, I say unto you, that the devil is your shepherd, and ye are of his fold; and now,

come unto me of the fruit, ye shall eat bread and the

me and bring righteousness, and down and cast

me is at hand bringeth forth whosoever doth righteousness, to wail and

iniquity; ye that vain things of

Hearken to the Call of the Good Shepherd

who can deny this? Behold, I say unto you, whosoever denieth this is a liar and a child of the devil.

40 For I say unto you that whatsoever is good cometh from God, and whatsoever is evil cometh from the devil.

41 Therefore, if a man bringeth forth good works he hearkeneth unto the voice of the good shepherd, and he doth follow him; but whosoever bringeth forth evil works, the same becometh a child of the devil, for he hearkeneth unto his voice, and doth follow him.

42 And whosoever doeth this must receive his wages of him; therefore, for his wages he receiveth death, as to things pertaining unto righteousness, being dead unto all good works.

43 And now, my brethren, I would that ye should hear me, for I speak in the energy of my soul; for behold, I have spoken unto you plainly that ye cannot err, or have spoken according to the commandments of God.

44 For I am called to speak after this manner, according to the holy order of God, which is in Christ Jesus; yea, I am commanded to stand and testify unto this people the things which have been spoken by our fathers concerning the things which are to come.

45 And this is not all. Do ye not suppose that I know of these things myself? Behold, I testify unto you that I do know that these things whereof I have spoken are true. And how do ye suppose that I know of their surety?

46 Behold, I say unto you they are made known unto me by the

Holy Spirit of God. Behold, I have fasted and prayed many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit; and this is the spirit of revelation which is in me.

47 And moreover, I say unto you that it has thus been revealed unto me, that the words which have been spoken by our fathers are true, even so according to the spirit of prophecy which is in me, which is also by the manifestation of the Spirit of God.

48 I say unto you, that I know of myself that whatsoever I shall say unto you, concerning that which is to come, is true; and I say unto you, that I know that Jesus Christ shall come, yea, the Son, the Only Begotten of the Father, full of grace, and mercy, and truth. And behold, it is he that cometh to take away the sins of the world, yea, the sins of every man who steadfastly believeth on his name.

49 And now I say unto you that this is the order after which I am called, yea, to preach unto my beloved brethren, yea, and every one that dwelleth in the land; yea, to preach unto all, both old and young, both bond and free; yea, I say unto you the aged, and also the middle aged, and the rising generation; yea, to cry unto them that they must repent and be born again.

50 Yea, thus saith the Spirit: Repent, all ye ends of the earth, for the kingdom of heaven is soon at hand; yea, the Son of God cometh in his glory, in his might, majesty, power,



“Many men say: ‘If I could only see an angel, if I could only hear an angel proclaim something, that would cause me to be faithful all the days of my life!’ It had no effect upon these men [Laman and Lemuel] that were not serving the Lord, and it would have no effect today”

(President Heber J. Grant in Conference Report, Apr. 1924, 159).



“Christ ... declared that the manifestations we might have ... from a visitation of an angel, a tangible resurrected being, would not leave the impression ... which we receive through a manifestation of the Holy Ghost. Personal visitations might become dim as time goes on, but this guidance of the Holy Ghost is renewed and continued, day after day, year after year, if we live to be worthy of it”

(President Joseph Fielding Smith, “Doctrines of Salvation,” comp. Bruce R. McConkie, 3 vols. [1954–56], 1:44).



“In speaking of these wondrous things I shall use my own words, though you may think they are the words of scripture, words spoken by other Apostles and prophets.

True it is they were first proclaimed by others, but they are now mine, for the Holy Spirit of God has borne witness to me that they are true, and it is now as though the Lord had revealed them to me in the first instance. I have thereby heard his voice and know his word.”

(Elder Bruce R. McConkie, April 1985 GC “The Purifying Power of Gethsemane”)

Holy Spirit of God. Behold, I have ^bfasted and prayed many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit; and this is the spirit of ^crevelation which is in me.

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49 And now I say unto you that this is the ^aorder after which I am called, yea, to preach unto my beloved brethren, yea, and every one that dwelleth in the land; yea, to preach unto all, both old and young, both bond and free; yea, I say unto you the aged, and also the middle aged, and the rising generation; yea, to cry unto them that they must repent and be ^bborn again.

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To Those that Persist in Wickedness

Words of the Spirit

and dominion. Yea, my beloved brethren, I say unto you, that the Spirit saith: Behold the glory of the ^aking of all the earth; and also the King of heaven shall very soon shine forth among all the children of men.

51 And also the Spirit saith unto me, yea, crieth unto me with a mighty voice, saying: Go forth and say unto this people—Repent, for except ye repent ye can in nowise inherit the ^akingdom of ^bheaven.

52 And again I say unto you, the Spirit saith: Behold, the ^aax is laid at the root of the tree; therefore every tree that bringeth not forth good fruit shall be ^bhewn down and cast into the fire, yea, a fire which cannot be consumed, even an unquenchable fire. Behold, and remember, the Holy One hath spoken it.

53 And now my beloved brethren, I say unto you, can ye withstand these sayings; yea, can ye lay aside these things, and ^atrample the Holy One under your feet; yea, can ye be ^bpuffed up in the pride of your hearts; yea, will ye still persist in the wearing of ^ccostly apparel and setting your hearts upon the vain things of the world, upon your ^ariches?

54 Yea, will ye persist in supposing that ye are better one than another; yea, will ye persist in the persecution of your brethren, who humble themselves and do walk after the holy order of God, wherewith they have been brought into this church, having been ^asanctified by the Holy Spirit, and they do bring forth works which are meet for repentance—

55 Yea, and will you persist in turning your backs upon the ^apoor, and the needy, and in withholding your substance from them?

56 And finally, all ye that will persist in your wickedness, I say unto you that these are they who shall be hewn down and cast into the fire except they speedily repent.

57 And now I say unto you, all you that are desirous to follow the voice of the ^agood shepherd, come ye out from the wicked, and be ye ^bseparate, and touch not their unclean things; and behold, their names shall be ^cblotted out, that the names of the wicked shall not be numbered among the names of the righteous, that the word of God may be fulfilled, which saith: The names of the wicked shall not be mingled with the names of my people;

58 For the names of the righteous shall be written in the ^abook of life, and unto them will I grant an inheritance at my right hand. And now, my brethren, what have ye to say against this? I say unto you, if ye speak against it, it matters not, for the word of God must be fulfilled.

59 For what shepherd is there among you having many sheep doth not watch over them, that the wolves enter not and devour his flock? And behold, if a wolf enter his ^aflock doth he not drive him out? Yea, and at the last, if he can, he will destroy him.

60 And now I say unto you that the good shepherd doth call after you; and if you will hearken unto his voice he will bring you into his

fold, and ye are his sheep; and he commandeth you that ye suffer no ravenous wolf to enter among you, that ye may not be destroyed.

61 And now I, Alma, do command you in the language of ^ahim who hath commanded me, that ye observe to do the words which I have spoken unto you.

62 I speak by way of command unto you that belong to the church; and unto those who do not belong to the church I speak by way of invitation, saying: Come and be baptized unto repentance, that ye also may be partakers of the fruit of the ^atree of life.

CHAPTER 6

The Church in Zarahemla is cleansed and set in order—Alma goes to Gideon to preach. About 83 B.C.

AND now it came to pass that after Alma had made an end of speaking unto the people of the church, which was established in the city of Zarahemla, he ^aordained ^bpriests and elders, by laying on his ^chands according to the order of God, to preside and ^awatch over the church.

2 And it came to pass that whosoever did not belong to the church who ^arepented of their sins were baptized unto repentance, and were received into the church.

3 And it also came to pass that whosoever did belong to the church that did not ^arepent of their wickedness and humble themselves before God—I mean those who were lifted up in the ^bpride of their hearts—the same were rejected, and their names were ^cblotted out, that their names were not numbered among those of the righteous.

4 And thus they began to establish

To Those Who Desire to Follow the Good Shepherd



“In terms of preoccupation with self and a fixation on the physical, this is more than social insanity; it is spiritually destructive and it accounts for much of the unhappiness ... in the modern world. And if adults are preoccupied with appearance—tucking and nipping and implanting and remodeling everything that can be remodeled—those pressures and anxieties will certainly seep through to children. At some point the problem becomes what the Book of Mormon called ‘vain imaginations’ [1 Nephi 12:18]. And in secular society both vanity and imagination run wild. One would truly need a great and spacious makeup kit to compete with beauty as portrayed in media all around us”

(Elder Jeffrey R. Holland in Conference Report, Oct. 2005, 30–31; or Ensign, Nov. 2005, 30).

Holy Spirit of God. Behold, I have ^bfasted and prayed many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit; and this is the spirit of ^crevelation which is in me.

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To Those Who Desire to Follow the Good Shepherd

“Too many of the people of the world have come to resemble the Babylon of old by walking in their own ways and following a god ‘whose image is in the likeness of the world’ [D&C 1:16].

“One of the greatest challenges we will face is to be able to live in that world but somehow not be of that world. We have to create Zion in the midst of Babylon. ...

“My involvement with the building of the Manhattan Temple gave me the opportunity to be in the temple quite often prior to the dedication. It was wonderful to sit in the celestial room and be there in perfect silence, without a single sound to be heard coming from the busy New York streets outside. How was it possible that the temple could be so reverently silent when the hustle and bustle of the metropolis was just a few yards away?

“The answer was in the construction of the temple. The temple was built within the walls of an existing building, and the inner walls of the temple were connected to the outer walls at only a very few junction points. That is

“The answer was in the construction of the temple. The temple was built within the walls of an existing building, and the inner walls of the temple were connected to the outer walls at only a very few junction points. That is how the temple (Zion) limited the effects of Babylon, or the world outside.

“There may be a lesson here for us. We can create the real Zion among us by limiting the extent to which Babylon will influence our lives. ...

“Wherever we are, whatever city we may live in, we can build our own Zion by the principles of the celestial kingdom and ever seek to become the pure in heart. ...

“We do not need to become as puppets in the hands of the culture of the place and time. We can be courageous and can walk in the Lord’s paths and follow His footsteps”

(Elder David R. Stone in Conference Report, Apr. 2006, 94–97; or Ensign, May 2006, 90–93).

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47 And moreover, I say unto you that it has thus been revealed unto me, that the words which have been spoken by our fathers are true, even so according to the spirit of prophecy which is in me, which is also by the manifestation of the Spirit of God.

48 I say unto you, that I know of myself that whatsoever I shall say unto you, concerning that which is to come, is true; and I say unto you, that I know that Jesus Christ shall come, yea, the Son, the Only Begotten of the Father, full of grace, and mercy, and truth. And behold, it is he that cometh to take away the sins of the world, yea, the sins of every man who steadfastly believeth on his name.

49 And now I say unto you that this is the ^aorder after which I am called, yea, to preach unto my beloved brethren, yea, and every one that dwelleth in the land; yea, to preach unto all, both old and young, both bond and free; yea, I say unto you the aged, and also the middle aged, and the rising generation; yea, to cry unto them that they must repent and be ^bborn again.

50 Yea, thus saith the Spirit: Repent, all ye ends of the earth, for the kingdom of heaven is soon at hand; yea, the Son of God cometh in his ^aglory, in his might, majesty, power,

To Those that Persist in Wickedness

Words of the Spirit

and dominion. Yea, my beloved brethren, I say unto you, that the Spirit saith: Behold the glory of the ^bKing of all the earth; and also the King of heaven shall very soon shine forth among all the children of men.

51 And also the Spirit saith unto me, yea, crieth unto me with a mighty voice, saying: Go forth and say unto this people—Repent, for except ye repent ye can in nowise inherit the ^akingdom of ^bheaven.

52 And again I say unto you, the Spirit saith: Behold, the ^aax is laid at the root of the tree; therefore every tree that bringeth not forth good fruit shall be ^bhewn down and cast into the fire, yea, a fire which cannot be consumed, even an unquenchable fire. Behold, and remember, the Holy One hath spoken it.

53 And now my beloved brethren, I say unto you, can ye withstand these sayings; yea, can ye lay aside these things, and ^atrample the Holy One under your feet; yea, can ye be ^bpuffed up in the pride of your hearts; yea, will ye still persist in the wearing of ^ccostly apparel and setting your hearts upon the vain things of the world, upon your ^ariches?

54 Yea, will ye persist in supposing that ye are better one than another; yea, will ye persist in the persecution of your brethren, who humble themselves and do walk after the holy order of God, wherewith they have been brought into this church, having been ^asanctified by the Holy Spirit, and they do bring forth works which are meet for repentance—

55 Yea, and will you persist in turning your backs upon the ^apoor, and the needy, and in withholding your substance from them?

56 And finally, all ye that will persist in your wickedness, I say unto you that these are they who shall be hewn down and cast into the fire except they speedily repent.

57 And now I say unto you, all you that are desirous to follow the voice of the ^agood shepherd, come ye out from the wicked, and be ye ^bseparate, and touch not their unclean things; and behold, their names shall be ^cblotted out, that the names of the wicked shall not be numbered among the names of the righteous, that the word of God may be fulfilled, which saith: The names of the wicked shall not be mingled with the names of my people;

58 For the names of the righteous shall be written in the ^abook of life, and unto them will I grant an inheritance at my right hand. And now, my brethren, what have ye to say against this? I say unto you, if ye speak against it, it matters not, for the word of God must be fulfilled.

59 For what shepherd is there among you having many sheep doth not watch over them, that the wolves enter not and devour his flock? And behold, if a wolf enter his ^aflock doth he not drive him out? Yea, and at the last, if he can, he will destroy him.

60 And now I say unto you that the good shepherd doth call after you; and if you will hearken unto his voice he will bring you into his

fold, and ye are his sheep; and he commandeth you that ye suffer no ravenous wolf to enter among you, that ye may not be destroyed.

61 And now I, Alma, do command you in the language of ^ahim who hath commanded me, that ye observe to do the words which I have spoken unto you.

62 I speak by way of command unto you that belong to the church; and unto those who do not belong to the church I speak by way of invitation, saying: Come and be baptized unto repentance, that ye also may be partakers of the fruit of the ^atree of life.

CHAPTER 6

The Church in Zarahemla is cleansed and set in order—Alma goes to Gideon to preach. About 83 B.C.

AND now it came to pass that after Alma had made an end of speaking unto the people of the church, which was established in the city of Zarahemla, he ^aordained ^bpriests and elders, by laying on his ^chands according to the order of God, to preside and ^awatch over the church.

2 And it came to pass that whosoever did not belong to the church who ^arepented of their sins were baptized unto repentance, and were received into the church.

3 And it also came to pass that whosoever did belong to the church that did not ^arepent of their wickedness and humble themselves before God—I mean those who were lifted up in the ^bpride of their hearts—the same were rejected, and their names were ^cblotted out, that their names were not numbered among those of the righteous.

4 And thus they began to establish

To Those Who Desire to Follow the Good Shepherd

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5 Now I would that ye should understand that the word of God was liberal unto all, that none were deprived of the privilege of assembling themselves together to hear the word of God.

6 Nevertheless the children of God were commanded that they should gather themselves together oft, and join in ^afasting and mighty prayer in behalf of the welfare of the souls of those who knew not God.

7 And now it came to pass that when Alma had made these regulations he departed from them, yea, from the church which was in the city of Zarahemla, and went over upon the east of the ^ariver Sidon, into the ^bvalley of Gideon, there having been a city built, which was called the city of Gideon, which was in the valley that was called Gideon, being called after the man who was ^cslain by the hand of Nehor with the sword.

8 And Alma went and began to declare the word of God unto the church which was established in the valley of Gideon, according to the revelation of the truth of the word which had been spoken by his fathers, and according to the spirit of prophecy which was in him, according to the ^atestimony of Jesus Christ, the Son of God, who should come to redeem his people from their sins, and the holy order by which he was called. And thus it is written. Amen.

The words of Alma which he delivered to the people in Gideon, according to his own record.

Comprising chapter 7.

Alma Travels to Gideon

Alma Hopes for the People of Gideon

CHAPTER 7

Christ will be born of Mary—He will loose the bands of death and bear the sins of His people—Those who repent, are baptized, and keep the commandments will have eternal life—Filthiness cannot inherit the kingdom of God—Humility, faith, hope, and charity are required. About 83 B.C.

BEHOLD my beloved brethren, seeing that I have been permitted to come unto you, therefore I attempt to address you in my language; yea, by my ^aown mouth, seeing that it is the first time that I have spoken unto you by the words of my mouth, I having been wholly confined to the ^bjudgment-seat, having had much business that I could not come unto you.

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3 And behold, I have come having great hopes and much desire that I should find that ye had humbled yourselves before God, and that ye had continued in the supplicating of his grace, that I should find that ye were blameless before him, that I should find that ye were not in the awful ^adilemma that our brethren were in at Zarahemla.

4 But blessed be the name of God, that he hath given me to know, yea, hath given unto me the exceedingly great joy of knowing that they are established again in the way of his righteousness.

5 And I trust, according to the Spirit of God which is in me, that I shall also have joy over you; nevertheless I do not desire that my joy over you should come by the cause

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SCRIPTURAL OVERVIEW OF

“Up” and “Down”

1 Nephi 16:30

“...up into the top of the mountain.”

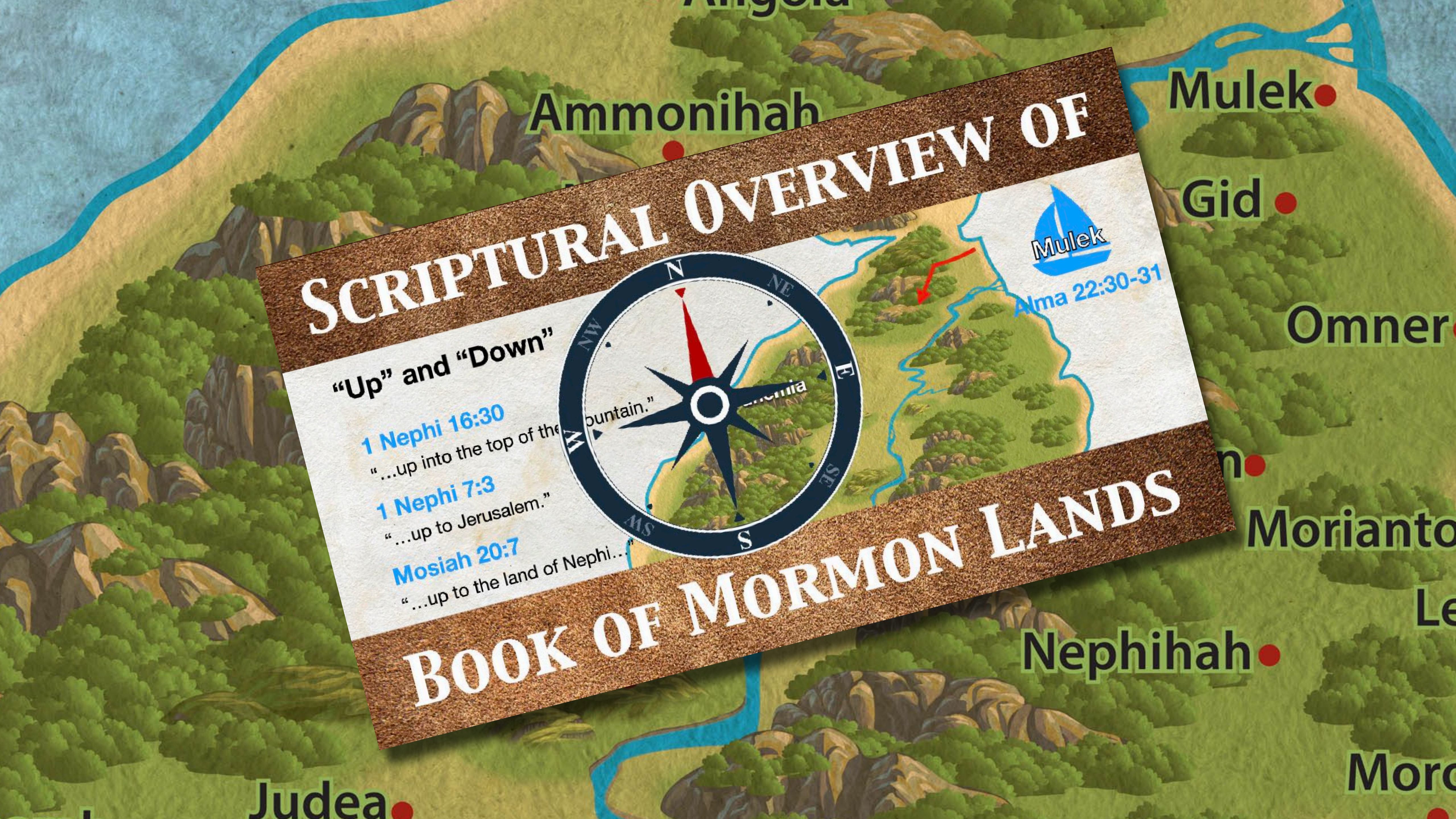
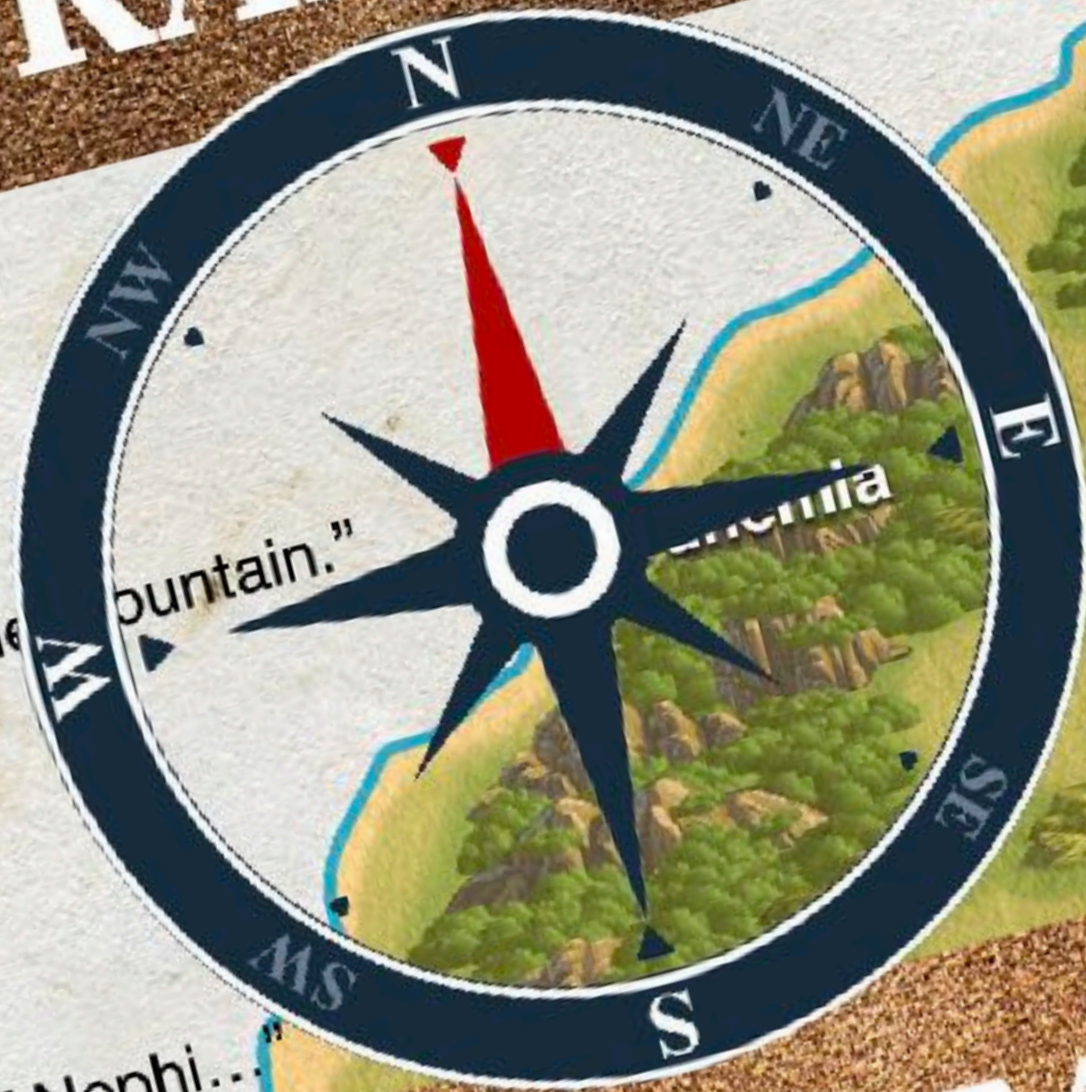
1 Nephi 7:3

“...up to Jerusalem.”

Mosiah 20:7

“...up to the land of Nephi...”

BOOK OF MORMON LANDS



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**“At” - Websters Dictionary
1828**

In general, at denotes nearness, or presents; as at the ninth hour, at the house; but it is less definite than in or on; at the house, may be in or near the house.

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**Alma Testifies of Christ
Repent and Be Baptized**

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

12 And he will take upon him ^adeath, that he may ^bloose 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 ^csuccor his people according to their infirmities.

13 Now the Spirit ^aknoweth all things; nevertheless the Son of God suffereth according to the ^bflesh that he might ^ctake 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.

14 Now I say unto you that ye must ^arepent, and be born again; for the Spirit saith if ye are not born again ye cannot inherit the kingdom of heaven; therefore come and be baptized unto repentance, that ye may be washed from your sins, that ye may have faith on the Lamb of God, who taketh away the sins of the world, who is mighty to save and to cleanse from all unrighteousness.

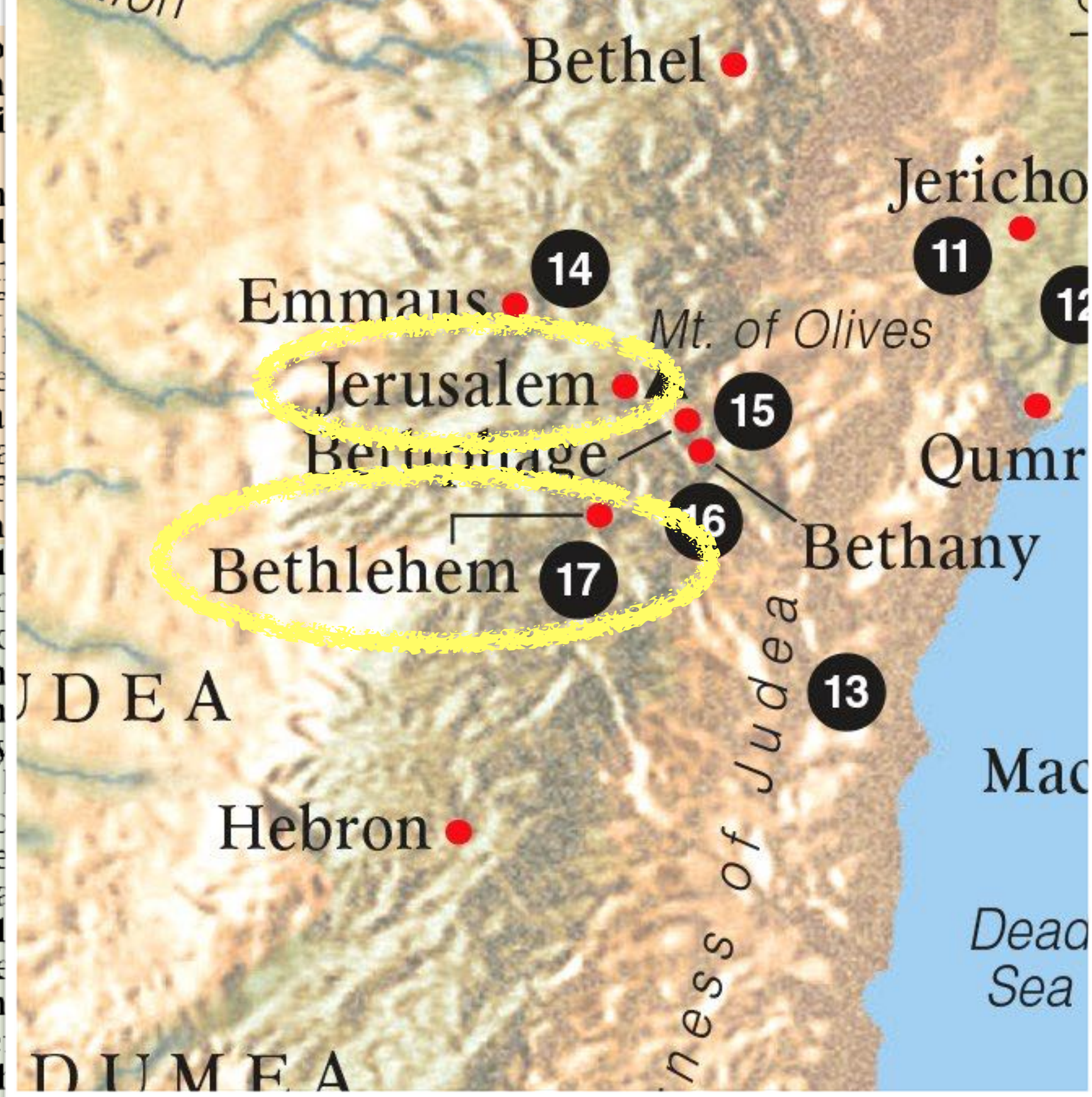
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Alma's Hope

11 not dwell in ^aun-
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ie Lord bless you,
and keep your garments spotless,
that ye may at last be brought to
sit down with ^aAbraham, Isaac, and
Jacob, and the holy prophets who
have been ever since the world be-
gan, having your garments ^bspotless
even as their garments are spotless,
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more out.

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testifieth in me; and my soul doth
exceedingly rejoice, because of the
exceeding diligence and heed which
ye have given unto my word.

27 And now, may the ^apeace of God

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“He knows by actual, personal experience, because not only did He suffer pains, afflictions, and temptations of every kind during His second estate, but He took upon Himself our sins as well as our pains, sicknesses, and infirmities. (See Alma 7:11–12.) Thus He knew, not in abstraction but in actuality, ‘according to the flesh,’ the whole of human suffering. He bore our infirmities before we bore them. He knows perfectly well how to succor us. We can tell Him nothing of pain, temptation, or affliction; He learned ‘according to the flesh,’ and His triumph was complete!”

(Elder Neal A. Maxwell, “We Will Prove Them Herewith [1982],” 46).

**SUC'COR, verb transitive [Latin succurro;
sub and curro, to run.]**

**Literally, to run to, or run to support; hence,
to help or relieve when in difficulty, want or
distress; to assist and deliver from suffering**

Websters Dictionary 1828

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to repent of your sins and enter into a covenant with him to keep his commandments, and witness it unto him this day by going into the waters of baptism.

16 And whosoever doeth this, and keepeth the commandments of God from thenceforth, the same will ^aremember that I say unto him, yea, he will remember that I have said unto him, he shall have eternal life, according to the testimony of the Holy Spirit, which testifieth in me.

17 And now my beloved brethren, do you believe these things? Behold, I say unto you, yea, I know that ye believe them; and the way that I know that ye believe them is by the manifestation of the Spirit which is in me. And now because your faith is strong concerning that, yea, concerning the things which I have spoken, great is my joy.

18 For as I said unto you from the beginning, that I had much desire that ye were not in the state of ^adilemma like your brethren, even so I have found that my desires have been gratified.

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21 And he doth not dwell in ^aunholy temples; neither can filthiness or anything which is unclean be received into the kingdom of God; therefore I say unto you the time shall come, yea, and it shall be at the last day, that he who is ^bfilthy shall remain in his filthiness.

22 And now my beloved brethren, I have said these things unto you that I might awaken you to a sense of your duty to God, that ye may walk blameless before him, that ye may walk after the holy order of God, after which ye have been received.

23 And now I would that ye should be ^ahumble, and be ^bsubmissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do receive.

24 And see that ye have ^afaith, hope, and charity, and then ye will always abound in good works.

25 And may the Lord bless you, and keep your garments spotless, that ye may at last be brought to sit down with ^aAbraham, Isaac, and Jacob, and the holy prophets who have been ever since the world began, having your garments ^bspotless even as their garments are spotless, in the kingdom of heaven to go no more out.

26 And now my beloved brethren, I have spoken these words unto you according to the Spirit which testifieth in me; and my soul doth exceedingly rejoice, because of the exceeding diligence and heed which ye have given unto my word.

27 And now, may the ^apeace of God

rest upon you and your families, and your lands, and your herds, and all your possessions, and women and children, according to your covenanting to your God, from this time and forever. And thus I have said.

Alma preacheth to the people—He is roused and leaves—He returns to return and baptize the people—He is the two of them
About 82 B.C.

AND now it came to pass that he returned from the wilderness after having preached to the Gideon man of war, and he was written, and he was in the ^border of the land which he had before he came to Zarahemla, and he returned to his own house and he was baptized himself from the Spirit which he had performed.

2 And thus it came to pass that of the reign of the Lord over the people of Nephi.

3 And it came to pass that the commencement of the reign of the Lord over the people of Nephi, thence and thence and thence and thence into the land of the ^briver of the borders of the land.

4 And he was baptized in the land of the ^aholy one, and he had been baptized to teach the people of the land of the ^briver.

5 And it came to pass that the people came

Alma's Hopes Fulfilled



“The Son of God perfectly knows and understands, for He has felt and borne our individual burdens. And because of His infinite and eternal sacrifice (see Alma 34:14), He has perfect empathy and can extend to us His arm of mercy”

(Elder David A. Bednar, “Bear Up Their Burdens with Ease,” Ensign or Liahona, May 2014, 90).

of so much afflictions and sorrow which I have had for the brethren at Zarahemla, for behold, my joy cometh over them after wading through much affliction and sorrow.

6 But behold, I trust that ye are not in a state of so much unbelief as were your brethren; I trust that ye are not lifted up in the pride of your hearts; yea, I trust that ye have not set your hearts upon riches and the vain things of the world; yea, I trust that you do not worship ^aidols, but that ye do worship the true and the ^bliving God, and that ye look forward for the remission of your sins, with an everlasting faith, which is to come.

7 For behold, I say unto you there be many things to come; and behold, there is one thing which is of more importance than they all—for behold, the ^atime is not far distant that the Redeemer liveth and cometh among his people.

8 Behold, I do not say that he will come among us at the ^atime of his dwelling in his mortal tabernacle; for behold, the Spirit hath not said unto me that this should be the case. Now as to this thing I do not know; but this much I do know, that the Lord God hath power to do all things which are according to his word.

9 But behold, the Spirit hath said this much unto me, saying: Cry unto this people, saying—^aRepent ye, and prepare the way of the Lord, and walk in his paths, which are straight; for behold, the kingdom of heaven is at hand, and the Son of God ^bcometh upon the face of the earth.

10 And behold, he shall be ^aborn of Mary, at ^bJerusalem which is the ^cland of our forefathers, she being a ^dvirgin, a precious and chosen

Alma Testifies of Christ Repent and Be Baptized

vessel, who shall be overshadowed and ^cconceive by the power of the Holy Ghost, and bring forth a son, yea, even the Son of God.

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

12 And he will take upon him ^adeath, that he may ^bloose 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 ^csuccor his people according to their infirmities.

13 Now the Spirit ^aknoweth all things; nevertheless the Son of God suffereth according to the ^bflesh that he might ^ctake 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.

14 Now I say unto you that ye must ^arepent, and be born again; for the Spirit saith if ye are not born again ye cannot inherit the kingdom of heaven; therefore come and be baptized unto repentance, that ye may be washed from your sins, that ye may have faith on the Lamb of God, who taketh away the sins of the world, who is mighty to save and to cleanse from all unrighteousness.

15 Yea, I say unto you come and fear not, and lay aside every sin, which easily doth ^abeset you, which doth bind you down to destruction, yea, come and go forth, and show unto your God that ye are willing

to repent of your sins and enter into a covenant with him to keep his commandments, and witness it unto him this day by going into the waters of baptism.

16 And whosoever doeth this, and keepeth the commandments of God from thenceforth, the same will ^aremember that I say unto him, yea, he will remember that I have said unto him, he shall have eternal life, according to the testimony of the Holy Spirit, which testifieth in me.

17 And now my beloved brethren, do you believe these things? Behold, I say unto you, yea, I know that ye believe them; and the way that I know that ye believe them is by the manifestation of the Spirit which is in me. And now because your faith is strong concerning that, yea, concerning the things which I have spoken, great is my joy.

18 For as I said unto you from the beginning, that I had much desire that ye were not in the state of ^adilemma like your brethren, even so I have found that my desires have been gratified.

19 For I perceive that ye are in the paths of righteousness; I perceive that ye are in the path which leads to the kingdom of God; yea, I perceive that ye are making his ^apaths straight.

20 I perceive that it has been made known unto you, by the testimony of his word, that he cannot ^awalk in crooked paths; neither doth he vary from that which he hath said; neither hath he a shadow of turning from the right to the left, or from that which is right to that which is wrong; therefore, his course is one eternal round.

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CHAPTER 8

Alma preaches and baptizes in Melek—He is rejected in Ammonihah and leaves—An angel commands him to return and cry repentance unto the people—He is received by Amulek, and the two of them preach in Ammonihah. About 82 B.C.

AND now it came to pass that Alma returned from the ^aland of Gideon, after having taught the people of Gideon many things which cannot be written, having established the ^border of the church, according as he had before done in the land of Zarahemla, yea, he returned to his own house at Zarahemla to rest himself from the labors which he had performed.

2 And thus ended the ninth year of the reign of the judges over the people of Nephi.

3 And it came to pass in the commencement of the tenth year of the reign of the judges over the people of Nephi, that Alma departed from thence and took his journey over into the land of ^aMelek, on the west of the ^briver Sidon, on the west by the borders of the wilderness.

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5 And it came to pass that the people came to him throughout all



“The antidote for pride is humility—meekness, submissiveness (see Alma 7:23). ... Let us choose to be humble. We can choose to humble ourselves by conquering enmity toward our brothers and sisters, esteeming them as ourselves, and lifting them as high or higher than we are. ... We can choose to humble ourselves by receiving counsel and chastisement. ... We can choose to humble ourselves by forgiving those who have offended us. ... We can choose to humble ourselves by rendering selfless service. ... We can choose to humble ourselves by going on missions and preaching the word that can humble others. ... We can choose to humble ourselves by getting to the temple more frequently. ... We can choose to humble ourselves by confessing and forsaking our sins and being born of God. ... We can choose to humble ourselves by loving God, submitting our will to His, and putting Him first in our lives”

(President Ezra Taft Benson in Conference Report, Apr. 1989, 6; or Ensign, May 1989, 6–7).



“Temperance suggests sobriety and self-restraint in action. It reminds one of covenants made. ...

“Repeatedly, scriptures teach that we be ‘temperate in all things’ (1 Corinthians 9:25; Alma 7:23; 38:10; D&C 12:8). Temperance can protect each of us from the aftermath of excess”

(Elder Russell M. Nelson in Conference Report, Oct. 1991, 81; or Ensign, Nov. 1991, 60).

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