

# Oh, Remember, Remember

Helaman 1-6

Welcome to Sunday School

# First Major Theme



- How did you see the “Pride Cycle” play out in Helaman 1-6?
- Do you see similar patterns in the world today or in your own life?
- What can we do as individuals to avoid the pride cycle?
- What is the most effective way to help society avoid the pride cycle?

# Chapter 3

- How does the study guide define sanctification?
- The Guide to the Scriptures defines sanctification as “the process of becoming free from sin, pure, clean, and holy through the Atonement of Jesus Christ.”
- Vv. 24 to 25 – How did the church leaders respond to the success of the church?
- Vv. 33-35 – What do we learn from these verses about sanctification?
- “Thus we see...” If/Then
  - What is the If/Then in v. 27?
  - In v. 28?
  - In vv. 29-30?
- My take: If you will, you may have eternal life. Will you?

# Secret Combinations

- Why do you think the study guide does not mention Secret Combinations?
- Who is the source of all secret combinations?
- Helaman 6:25-26; 30-31
- Nephites joined Gadianton robbers, but what did the Lamanites do?
- V. 37
- I noticed the Lamanites' response several months ago and have been pondering what that means for us in our times. Thoughts?

# Chapter 5

- One of my personal 5 or 6 favorite chapters in the Book of Mormon
- Who is speaking to his sons in the first part of the chapter?
- How many times does he say remember in the vv. 5-12?
- What did Helaman want his sons to remember? List...
- What did they do? (Hint, first 6 words in v. 14)
- What miracles resulted from their remembering?
- I'm stunned that preaching coupled with miracles from God ended an entire war! The Lamanites just said, "Never mind, here's your land back!"

## Chapter 5, continued

- President Spencer W. Kimball:
- *“When you look on the dictionary for the most important word, do you know what it is? It could be ‘remember.’ Because all of you have made covenants – to know what to do and you know how to do it – our greatest need is to remember.”*
- What was Simba in the Lion King supposed to remember?
- What do you tell your kids to remember when they leave the house?
- What should you remember? And what else?
- What do you do to remember? What can you do more consistently?
- What blessings can you expect?

# Held in Reserve

- Helaman 1 starts with an election. Pahoran has passed away and one of his sons obtains the Chief Judgeship by the voice of the people. Contention and anger surrounded the selection, and then a rebellion.
- 5<sup>th</sup> BYU Graduation – explain
- Arthur C. Brooks, President of the American Enterprise Institute:
- *People often characterize the current moment in America as being “angry.”*



## Held in Reserve, continued

- *The problem is not anger—it is contempt. [C]ontempt “is the unsullied conviction of the worthlessness of another.” The destructive power of contempt is well-documented in the work of the famous social psychologist and relationship expert John M. Gottman, [who] has studied thousands of married couples. He has explained that the biggest warning signs for divorce are indicators of contempt. These include sarcasm, sneering, hostile humor, and—worst of all—eye-rolling.*
- *And just as contempt ruins a marriage, it can tear a country apart. America is developing a “culture of contempt”—a habit of seeing people who disagree with us not as merely incorrect or misguided but as worthless. [me: or worse; he was being nice]*

## Held in Reserve, continued

- *So what do we need? Some say we need to agree more, but that is wrong. Disagreement is good, because competition is good. It makes us sharp and strong, whether in sports, in politics, in economics, or in the world of ideas. We don't need to disagree less; we need to disagree better.*
- *Other people say we need more civility. But that is wrong too, because civility is a hopelessly low standard for us as Americans. Imagine that I told you that my wife, Esther, and I are "civil to each other." You would say we need to get some counseling!*

## Held in Reserve, continued

- *If we are going to beat the problem of contempt, we are going to need something more radical than civility—something that speaks to our heart's true desire. We need love, which was defined by Saint Thomas Aquinas as "to will the good of the other." We need a new generation ready to model lives of love in the midst of a culture of contempt. We need young people who can live out in today's culture the words of Helaman:*
- *And it came to pass that they did go forth, and did minister unto the people. . . .*
- *And as many as were convinced did lay down their weapons of war, and also their hatred and the tradition of their fathers. Helaman 5:50-51*
- *You know what our world needs: more love, less contempt. You have the skills and training to make this a reality.*

# My final thoughts

- *Love of the Savior and love of neighbor need to be our driving force; part of love is acting consistent with true principles – the Gospel of Jesus Christ. Love does not mean compromise on key issues.*
  - *Elder Maxwell: “True disciples are meek but very determined.”*
- *Do I really and truly understand the power of the Gospel I hold in my heart to change the world we live in?*
- *It will not stop the tribulation mentioned in the prophecies of the last days, but it is clear that if I diligently put forth the effort, with love, I can be sanctified and help the Lord bring a lot of people with me to the peace of the Gospel in this world – despite the world – and eternal life in the world to come. Will I?*
- *Jesus is the Christ*