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## Book of Mormon Gems of Truth: Lesson 36

Author(s): Edith S. Elliott

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**Abstract:** Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

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# Visiting Teacher Messages

## Book of Mormon Gems of Truth

Lesson 36—"Therefore, Blessed Are They Who Will Repent and Harken Unto the Voice of the Lord Their God; For These Are They That Shall Be Saved" (Helaman 12:23).

Edith S. Elliott

For Tuesday, January 3, 1956

Objective: To point out that repentance and hearkening to the voice of the Lord bring salvation.

WE should be ever grateful that the Lord, mindful of our frailties, has provided us through the glorious principle of repentance with a way of obtaining eternal life. Knowing how cunning are the wiles of Satan, our Heavenly Father knows that some of his children will succumb to them, to a greater or less degree. But still he has given us our free agency and, therefore, we have the right to determine our life's behavior.

Christ taught repentance, pointing out his willingness to forgive sincere contrition. An example of his desire to guard and protect us is when he cried out in anguish:

O Jerusalem, Jerusalem . . . how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not! (Mt. 23:37).

An example of the saving power of repentance in an individual's life is the occasion when a sinful woman was brought before Jesus by the scribes and Pharisees. In his own way he gave her the opportunity to repent and admonished her ". . . go, and sin no more" (John 8:11).

The great prophets of all dispensations cried repentance. Their ex-

hortations are told in both the Bible and The Book of Mormon.

Saul (Paul) in his repentance and humility, spent his life urging his fellow men likewise to repent and experience the fruitage of the gospel.

Samuel, the Lamanite, preaching the blessings of repentance, dedicated his life to show the way to salvation.

The scriptures are abundant in incidents proving the eagerness of our Father in heaven to shower his children with gifts and blessings on the principle of repentance. Great joy comes to both a wrongdoer and his loved ones, when he accepts the doctrine of repentance and patterns his future life in accordance with his repentance. We read in Luke 15:7:

. . . joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.

There are sins of omission as well as sins of commission. Sins of omission can cause deep sorrow. Neglect of doing a favor, speaking a kindly word, warning of danger, or failing to offer succor to the needy, is guilt that also calls for re-

pentance. In the New Testament we are advised:

Therefore to him that knoweth to do good, and doeth it not, to him it is sin (James 4:17).

We need never hesitate nor fear

to ask forgiveness in humility for our mistakes. Take comfort in this statement:

Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more (D. & C. 58:42).

## *Work Meeting*—Food Preparation and Service

(A Course Recommended for Use by Wards and Branches at Work Meeting)

### Lesson 4—Soups

Rhea H. Gardner

For Tuesday, January 10, 1956

“**O**F soup and love,” writes Thomas Fuller, “the first is best. Love has its charms, but only soup so well nourishes the young, stokes the fires of manhood, and comforts the old.” A steaming bowl of good soup does more than whet the appetite and warm the stomach. The hot liquid taken into an empty stomach is easily assimilated, acts as a stimulant, and prepares the way for whatever follows. Soup is easy to make and easy on the budget.

#### *Preparation of Soup Stock*

Shank bones or knuckles make the most flavorful stock. If there is marrow in the bones, it will be that much better. Ask the butcher to cut the bones into several pieces so that all the flavor extracts will be dissolved as the soup cooks. Meat, bone, and fat, in the right proportions, are all necessary for the making of good soup stock. Serving greasy soup is a cardinal culinary sin. Often good soup bones are

available for a nominal sum at butcher shops. Most of the meat is usually trimmed off, but you can buy soup meat to go with them, still making it a very good buy. A good soup has a pleasing appearance and a blended, satisfying flavor.

The soup stock may be either brown or just a plain clear color. To prepare brown stock, cut meat in one-inch cubes and brown them over moderate heat in marrow taken from the bone. If there is none, a small amount of suet cut into small pieces and melted may be used. Put the well-browned meat into the soup kettle with the bony parts. Cover the meat with cold water and bring it slowly to a boil. Simmer for several hours. Never let the soup boil. If vegetables are to be added to give flavor to the stock, wait until about half an hour before the soup is done, with all except the onions. They may be put into the soup a little earlier than the other vegetables. Add vegetables