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Book of Mormon Gems of Truth: Lesson 37

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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.

their sins, and went into the waters of baptism.

Those who disbelieved the words of Samuel, and they were in the majority, cast stones at him and even shot arrows “. . . but the Spirit of the Lord was with him, insomuch that they could not hit him with their stones neither with their arrows” (Helaman 16:2). When these people saw that they could not hit him, they started to climb after him, intending to bind and imprison him. Samuel, however:

. . . did cast himself down from the

wall, and did flee out of their lands, yea, even unto his own country, and began to preach and to prophesy among his own people. And behold, he was never heard of more among the Nephites; and thus were the affairs of the people (Helaman 16:7-8).

Questions and Topics for Discussion

1. How was Samuel received by the Nephites?
2. What signs concerning the birth and crucifixion of the Savior did Samuel give to the Nephites?
3. What was the attitude of the people towards the message?
4. What was his attitude towards the principle of free agency?

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 37—“ . . . Yea, We Can See That the Lord in His Great Infinite Goodness Doth Bless and Prosper Those Who Put Their Trust in Him”

(Helaman 12:1).

Edith S. Elliott

For Tuesday, February 7, 1956

Objective: To show that trust in the Lord brings blessings.

OFTEN we hear or use the trite phrase: “history repeats itself.” Nephi the son of Helaman was aware of this fact, as experienced in the history of the Nephites, when he reminded his people that the Lord would prosper them when they put their trust in him. He reviewed for them how blessed they were in their fields, flocks, and herds and how they had become wealthy in “. . . gold, and in silver, and in all manner of precious things of every kind and art; sparing their lives, and delivering them out of the hands of their enemies . . .” (Helaman 12:2). Then Nephi recalled to them that during this period of prosperity the people had hardened

their hearts and forgotten the Lord who, in turn, had to chasten them to repentance.

Other examples in history showing the reward for trusting in the Lord are the staying of the waves when the children of Israel crossed through the Red Sea, and the crumbling of the walls of Jericho, when the city was circled seven times as bidden by their Heavenly Father. Crossing the plains in our latter day is also an example of the saints trusting in God wherein he blessed and prospered them.

Complete trust in our Heavenly Father brings rewards beyond our fondest hopes. He tells us in Matthew 25:21 “. . . thou hast been

faithful over a few things, I will make thee ruler over many things . . .” He has always blessed his children when they have proved themselves faithful. Everything he asks us to do is for our own good. He is anxious for us to follow his teachings with faith and trust. His words are both direct and simple. We don’t need to waste time with trial and error, but can go quickly to our destination through trusting

obedience in his word and being obedient to his commandments.

Our Heavenly Father is so anxious for us and appreciative of our every effort. Note his promise found in 3 Nephi 9:14:

Yea, verily I say unto you, if ye will come unto me ye shall have eternal life. Behold, mine arm of mercy is extended towards you, and whosoever will come, him will I receive; and blessed are those who come unto me.

Work Meeting—Food Preparation and Service

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

Lesson 5—Meat Selection and Preparation

Rhea H. Gardner

For Tuesday, February 14, 1956

OF all the basic foods, shoppers usually know least about meat. Yet in a recent survey made by the United States Department of Agriculture of family food consumption in sixty-eight urban communities, twenty-four cents out of every food dollar was spent for meat. Ignorance is not bliss when it concerns nearly twenty-five per cent of the food budget.

Study and experience are necessary before one can be a successful meat shopper. Customers often complain about the high prices which they helped to push up. That is just what we do whenever we continue to demand the comparatively small per cent of choice cuts and ignore the others. In beef, the cuts most people know best are steaks and rib roasts. They come from about twenty-six per cent of the

weight of a side of beef, yet they often sell for as much as the other seventy-four per cent.

The Government demands that all meat be inspected and stamped. A high percentage of it is also graded. Government grades are: First grade, U. S. Prime; Second grade, U. S. Choice; Third grade, U. S. Good; Fourth grade, U. S. Commercial; United States Choice and U. S. Good are the highest grades usually found in retail markets, since beef from only about one per cent of all cattle is prime. The round, purplish blue stamp that appears on meat is not an indication of grade. It means merely that the meat was Government inspected and that it came from a healthy animal.

Many shoppers buy more costly cuts of meat than are required for