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## Book of Mormon Gems of Truth: Lesson 16

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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 16—" . . . And If It So Be That the Children of Men Keep the Commandments of God He Doth Nourish Them, and Strengthen Them, and Provide Means Whereby They Can Accomplish the Thing Which He Has Commanded Them" (1 Nephi 17:3).

Leone O. Jacobs

For Tuesday, May 5, 1953

Objective: To leave the comforting thought that if we keep the commandments of God, he will help us to achieve the things that are required at our hands.

**W**HAT great comfort this message may bring to us! To know that we will be aided in doing all things that are expected of us, if we keep the commandments of God. We not only believe this, but we have seen the truth of this quotation verified in many instances. Missionaries testify to the help and direction of the Lord in various situations. They have felt the spirit of the Lord directing them to certain homes; they have had words put into their mouths which they themselves could not have brought forth; they have spoken in foreign tongues with little training; they have accomplished many things that were required of them which they acknowledged they could not have done except the Lord had come to their aid.

When individuals in our Church are appointed to positions of trust and responsibility, many are at first overwhelmed with the magnitude of the calling, with feelings of inadequacy. They cannot see how they can ever measure up to the great work that will be expected of them in the performance of such positions. But we have seen them

put their trust in the Lord, strive to the best of their ability to keep his commandments, and then accomplish deeds that they little dreamed they were capable of accomplishing. "For with God nothing shall be impossible" (Luke 1:37).

Nephi, the author of the quotation used as the subject of this lesson, may be a pillar of strength to all readers of The Book of Mormon. His great faith inspires us to trust in the Lord and to be more diligent in keeping his commandments. When Nephi was commanded by the Lord to build a ship in order that he and his brethren might sail to the promised land, his brothers murmured against him, saying he had not the knowledge to build a ship. Nephi was not trusting in his own knowledge but in the knowledge of the Lord, and he said to them:

If God had commanded me to do all things I could do them. If he should command me that I should say unto this water, be thou earth, it should be earth; and if I should say it, it would be done. And now, if the Lord has such great power and has wrought so many miracles among the children of men, how is it

that he cannot instruct me, that I should build a ship? (1 Nephi 17:50-51).

Nephi further says, "neither did I build the ship after the manner of men; but I did build it after the manner which the Lord had shown unto me" (1 Nephi 18:2).

May we put our trust in the Lord. May we have implicit faith in the

fulfillment of his word, and may we keep his commandments that we may be nourished and strengthened in performing all that is required of us, always remembering the words of the Lord, "I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise" (D. & C. 82:10).

## *Work Meeting*—Home Management

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

### Lesson 8—Use and Distribution of Income

Rhea H. Gardner

(For Tuesday, May 12, 1953)

**T**HE effect of income is influenced by the manner in which it is spent, as well as by the amount which is earned. This is the conclusion of those who have made widespread and repeated studies in the field. Women are credited with spending eighty-five per cent of the net cash earnings of their husbands.

"How can I put the money I spend to most profitable use?" is a question to which homemakers have sought an answer for a long while.

There is no one spending plan that is best for all families. Each family must decide on a plan that is in keeping with its goals in life. There is no substitute for thinking and planning together as a family group.

Experiences and suggestions of others are often helpful. An aged, rich man, who had known poverty in his earlier years, gave the following bit of wisdom: "Man's wants

will always exceed the size of his income, unless he protests to the contrary. Decide what you want out of life, then set up a spending plan that will enable you to get it," he added.

Some families decide how much they can spend for each division of the family living expense, then regulate their spending accordingly. Others find it irksome to keep within set limits in their spending. A wife can be a good manager under either system, as long as she knows how much she is spending, makes wise choices of the things she buys, and gets her money's worth for what she spends.

To the inexperienced person this is not always easy. However, if you determine how much you can afford to spend, and then abide by it, this is a sure way of spending only as much as your income will allow without being overdrawn.

Spending plans are highly recommended. Some values of them are: