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## Book of Mormon Gems of Truth: Lesson 31

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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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away many Nephite women and children with them. Helaman reported that all the Nephite cities which had been taken by the Lamanites in that part of the land were in the Nephites' possession once more, but he did not have sufficient strength to maintain them against a new invasion of the Lamanites. In the letter, Helaman asked Moroni if all the reinforcements had had to be sent to Moroni. If that was not the case, then Helaman said, he feared that there must be factions in the government which denied him assistance.

Helaman finished his letter in the latter part of the twenty-ninth year. The Lamanites had fled back to the land of Nephi. Before closing his letter to Moroni, Helaman again spoke of his two thousand sixty sons:

And those sons of the people of Ammon, of whom I have so highly spoken, are with me in the city of Manti; and the Lord has supported them, yea, and kept them from falling by the sword, insomuch

that even one soul has not been slain. But behold, they have received many wounds; nevertheless they stand fast in that liberty wherewith God has made them free; and they are strict to remember the Lord their God from day to day; yea, they do observe to keep his statutes, and his judgments, and his commandments continually; and their faith is strong in the prophecies concerning that which is to come. And now, my beloved brother, Moroni, may the Lord our God, who has redeemed us and made us free, keep you continually in his presence; yea, and may he favor this people, even that ye may have success in obtaining the possession of all that which the Lamanites have taken from us, which was for our support. And now, behold, I close mine epistle. I am Helaman, the son of Alma (Alma 58:39-41).

### *Questions for Discussion*

1. How is the character of Moroni shown by the words ". . . he would not fall upon the Lamanites and destroy them in their drunkenness"? (Alma 55:19).
2. Relate instances which reveal Helaman's great character both as a spiritual leader and a military leader.
3. Show how the teachings of mothers can train their children in righteousness and instill faith in God.

## *Visiting Teacher Messages*

### Book of Mormon Gems of Truth

**Lesson 31: "For That Which Ye Do Send Out Shall Return Unto You Again, and Be Restored . . ." (Alma 41:15).**

Leone O. Jacobs

For Tuesday, April 5, 1955

Objective: To lend incentive to the performance of good deeds

**T**HIS truism is as certain to be fulfilled in each of our lives, as that, in the usual course of things, the sun will rise and set. The law of cause and effect is ever at work in

the physical universe and applies equally to God's children and their behavior here on earth. Many passages of scripture verify this principle:

. . . for whatsoever a man soweth, that shall he also reap (Galatians 6:7).

Even as I have seen, they that plow iniquity, and sow wickedness, reap the same (Job 4:8).

Cast thy bread upon the waters: for thou shalt find it after many days (Ecclesiastes 11:1).

There is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated—And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated (D. & C. 130:20-21).

The quotations using the sowing of seeds and reaping the harvest are particularly applicable, in that seeds always yield their own kind. Seed wheat always produces wheat, weeds bring forth their kind, and it is inevitable, too, that good begets good and evil brings forth evil.

Sometimes in this life we see evil apparently go unpunished, but we need not be concerned over this seeming neglect of punishment. The law of retribution is infallible, and punishment will be meted out in the Lord's own due time.

This same law of cause and effect applies to matters other than rewards and punishment of good and evil deeds. We cannot expect more from life than we put into it. "Smile and the world smiles with you," is very true. For every good thing there is a price required. "If

you wish to have a friend," we are advised, "be a friend."

Think of the people to whom you are very much attracted. What qualities do they possess that make them attractive to you? In all probability they have cheerful dispositions, are friendly, thoughtful of others, and sincere. You may say, "Oh, I wish I might be like her!" You can, by making those same qualities a part of your own personality.

This principle of sending out that which one would like returned in kind, is especially applicable to the home and members of the family. Mothers and fathers definitely set the atmosphere of the home by their own conduct. If they radiate love, patience, encouragement, and consideration for each other, the children will, through both example and teaching, do the same. If, however, parents quarrel, scold, and criticize, there is a strong tendency for such conduct to be echoed by the children, resulting in discord throughout the entire household:

Then give to the world the best you have and the best will come back to you (*Masterpieces of Religion*, "Life's Mirror," Madeline Bridges, page 365).

By a whisper sow we blessings;  
By a breath we scatter strife;  
In our words and looks and actions  
Lie the seeds of death and life.  
(*Hymns*, "We Are Sowing," page 192).

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## *The Difference*

Ing Smith

The road was long and hard as stone;  
Because of pride I walked alone.  
That long road now too quickly ends:  
The reason's clear—I walk with friends.