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Book of Mormon Gems of Truth: Lesson 32

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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.

Nephites, with provisions, sailed away, taking their course northward.

The following year Hagoth built other ships, and the first ship returned “. . . and many more people did enter into it. . .” (Alma 63:7) and they sailed again northward, but they were never heard of again.

Many people went into the land northward and Corianton went to carry provisions to them. In the absence of Corianton, Shiblon, before his death, conferred the sacred things upon Helaman, son of Helaman. And all the records which Helaman possessed were written and sent forth among the children of

men, except those parts which Alma had instructed should not go forth.

The Book of Alma ends with the thirty-ninth year of the reign of the judges and completes the account of Alma and his sons Helaman and Shiblon.

Questions on the Lesson

1. What comparisons can be drawn between the internal conditions among the Nephites, and those in countries of the world today?
2. Show how the teachings of Alma to his sons bore fruit.
3. How do you account for the lack of jealousy among the great Nephite leaders?

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 32: “. . . My Soul Standeth Fast in That Liberty in the Which God Hath Made Us Free” (Alma 61:9).

Leone O. Jacobs

For Tuesday, May 3, 1955

Objective: To show that we must hold fast to that God-given liberty which ensures our freedom.

LIBERTY is a privilege for which men have fought and died since the beginning of time. And why have men been so tenacious in defense of this privilege? Because liberty is the God-given right of every individual, and there is inherent within man the desire to act for himself. The plan of salvation was founded upon the principle that man is an agent unto himself, and only by his own volition may he advance.

But liberty is often confused with

license. Liberty gives one the right to do as he wishes only in so far as he does not infringe upon the rights of others, while license may mean the abuse of freedom, or freedom used in contempt of law.

There are two aspects to be considered regarding liberty: the freedom to act, and the responsibility that liberty imposes. Often we think only of the first, and give little consideration to the latter. We may be free to act but not free to avert the consequences of our actions — they

are irrevocable. No one can deny us the right to do as we wish, but each person must pay the price of doing as he wishes. Brother Richard L. Evans says, "All men have the God-given right to think and believe as they will, and all men have the God-given responsibility to render an accounting sometime, somewhere, for those things which they choose to think and believe."

Repeatedly we hear people say, "I want to live my own life," or "It is my own life, isn't it?" — to which we may observe, "It is your own life to live as you wish, if you do not touch the lives of others, but others may easily be influenced

for good or ill by your actions." This is part of the responsibility incurred by the possessor of liberty.

Physical liberty is greatly to be desired and to be defended, but far more important is liberty of the mind and spirit. To be in bondage to sin is spiritual imprisonment. The Lord said:

Abide ye in the liberty wherewith ye are made free; entangle not yourselves in sin, but let your hands be clean, until the Lord comes (D. & C. 88:86).

Obedience to the law is the means by which we may continue to stand fast in liberty.

Work Meeting—Selection, Care, and Use of Household Equipment

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

Lesson 8—Utensils for Surface Cookery

Rhea H. Gardner

For Tuesday, May 10, 1955

HAVING the right utensils can make the difference between a happy and an unhappy homemaker, and a successful or unsuccessful cook.

There are many things to be considered in buying utensils for surface cooking. The size of the pan should be proportional to the amount of food to be cooked. Pans nearly the same size as the elements over which they are to be placed will insure the most economical use of heat.

One utensil with a number of

uses is a better choice than several suited to only one job. A rounded union on the inside of a pan simplifies cleaning. A lip on at least one side is a convenience when pouring liquids. If the cover is to be tight-fitting, either the pan or the cover must have a beveled edge. A close-fitting cover permits the maintenance of the boiling temperature when low heat is used.

Handles of heat-resistant material insure safety. One should make sure that the handle is guaranteed to last as long as the kettle or pan