

LESSON 22 ? Alma 5-7

“Have Ye Received His Image in Your Countenances?”

(Objective: help class understand meaning of

Outlined by  
Dennis Roberts

Welcome

How important is personal record keeping? (see Alma 5:2)

1- Alma tells people how to experience a change of heart

- Supplement #1 *Ezra Taft Benson*
- Alma 5:3-9 Who was Alma speaking about?
- Alma 5:10 (11-13) What are answers to three questions?
- Alma 5:13 What happened to people who believed Alma?
- Alma 5:14 Mighty change=born of God = conversion?
- Supplement #2 *Elder Bruce R. McConkie*
- Alma 5:14-20,22;26-30 How do we answer these 17 questions?
- Supplement#3 *Alma's Spiritual Checklist*
- Alma 5:31-35 After questions, what did Alma advise?
- Alma 5:37 Who is the shepherd?
- Alma 5:43-49 Alma's testimony (any prophet's testimony?)
- Alma 5:53-56 How many times "Will ye persist...?"
- Alma 5:57 How can we "be separate"?

2- Alma establishes the order of the Church in Zarahemla

- Alma 6:1-3 What did many do after Alma's discourse?
- Alma 6: 4-6 How does church help conversion process?

3- Alma testifies of Jesus Christ in Valley of Gideon

- Alma 6:8 Where did Alma preach after Zarahemla?
- Alma 7:7 What event is "of more importance" than any?
- Alma 7:10 Where was Jesus born?
- Alma 7:11 What did Alma teach about Savior's mission?
- Alma 7:12 Why did savior suffer so much pain?
- Alma 7:23-25 Who does this describe?

How does this apply to me?

Alma's words are like a pair of spiritual contact lenses. Looking through them we see the atonement of Christ more clearly than we have ever seen it before!

Next Lesson  
Alma 8 - 12

LESSON 22 ? Alma 5-7

“Have Ye Received His Image in Your Countenances?”

(Objective: help class understand meaning of

Outlined by  
Dennis Roberts

Welcome

How important is personal record keeping? (see Alma 5:2)

1- Alma tells people how to experience a change of heart

- Supplement #1 *Ezra Taft Benson*
- Alma 5:3-9 Who was Alma speaking about?
- Alma 5:10 (11-13) What are answers to three questions?
- Alma 5:13 What happened to people who believed Alma?
- Alma 5:14 Mighty change=born of God = conversion?
- Supplement #2 *Elder Bruce R. McConkie*
- Alma 5:14-20,22;26-30 How do we answer these 17 questions?
- Supplement#3 *Alma's Spiritual Checklist*
- Alma 5:31-35 After questions, what did Alma advise?
- Alma 5:37 Who is the shepherd?
- Alma 5:43-49 Alma's testimony (any prophet's testimony?)
- Alma 5:53-56 How many times "Will ye persist...?"
- Alma 5:57 How can we "be separate"?

2- Alma establishes the order of the Church in Zarahemla

- Alma 6:1-3 What did many do after Alma's discourse?
- Alma 6: 4-6 How does church help conversion process?

3- Alma testifies of Jesus Christ in Valley of Gideon

- Alma 6:8 Where did Alma preach after Zarahemla?
- Alma 7:7 What event is "of more importance" than any?
- Alma 7:10 Where was Jesus born?
- Alma 7:11 What did Alma teach about Savior's mission?
- Alma 7:12 Why did savior suffer so much pain?
- Alma 7:23-25 Who does this describe?

How does this apply to me?

Alma's words are like a pair of spiritual contact lenses. Looking through them we see the atonement of Christ more clearly than we have ever seen it before!

Next Lesson  
Alma 8 – 12

## LESSON 22 SUPPLEMENTS

### Supplement #1

Outlined by  
Dennis Roberts

#### **President Ezra Taft Benson**

“The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of the people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature.”

(Ensign, Nov. 1985, p. 6).

### Supplement #2

#### **Ezra Taft Benson**

“Except in unusual circumstances, as with Alma, spiritual rebirth is a process. It does not occur instantaneously. It comes to pass by degrees. Repentant persons become alive to one spiritual reality after another, until they are wholly alive in Christ and are qualified to dwell in his presence forever.”

(Doctrinal New Testament Commentary, 3:401)

### Supplement #3

#### **Alma’s Spiritual Checklist (Chapter 5)**

- 1 v14 Have ye spiritually been born of God?
- 2 v14 Have ye received his image in your countenances?
- 3 v14 Have ye experienced this mighty change in your hearts?
- 4 v15 Do ye exercise faith in the redemption?
- 5 v15 Do you look forward with an eye of faith?
- 6 v16 Can you imagine that ye hear the voice of the Lord?
- 7 v17 Do ye imagine that you can lie unto the Lord?
- 8 v18 Can ye imagine yourselves brought before God?
- 9 v19 Can ye look up to Go with a pure heart & clean hands?
- 10 v20 Can ye think being saved when you yielded to the devil?
- 11 v22 How will you feel before God with stained garments?
- 12 v26 If ye have experienced a change of heart, can ye feel so now?
- 13 v27 Have ye walked blameless before God?
- 14 v27 Could ye say that ye have been sufficiently humble?
- 15 v28 Are ye stripped of pride?
- 16 v29 Is there one among you who is not stripped of envy?
- 17 v30 Is there one among you that mocks his brother?

## LESSON 22 SUPPLEMENTS

### Supplement #1

Outlined by  
Dennis Roberts

#### **President Ezra Taft Benson**

“The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of the people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature.”

(Ensign, Nov. 1985, p. 6).

### Supplement #2

#### **Ezra Taft Benson**

“Except in unusual circumstances, as with Alma, spiritual rebirth is a process. It does not occur instantaneously. It comes to pass by degrees. Repentant persons become alive to one spiritual reality after another, until they are wholly alive in Christ and are qualified to dwell in his presence forever.”

(Doctrinal New Testament Commentary, 3:401)

### Supplement #3

#### **Alma’s Spiritual Checklist (Chapter 5)**

- 1 v14 Have ye spiritually been born of God?
- 2 v14 Have ye received his image in your countenances?
- 3 v14 Have ye experienced this mighty change in your hearts?
- 4 v15 Do ye exercise faith in the redemption?
- 5 v15 Do you look forward with an eye of faith?
- 6 v16 Can you imagine that ye hear the voice of the Lord?
- 7 v17 Do ye imagine that you can lie unto the Lord?
- 8 v18 Can ye imagine yourselves brought before God?
- 9 v19 Can ye look up to Go with a pure heart & clean hands?
- 10 v20 Can ye think being saved when you yielded to the devil?
- 11 v22 How will you feel before God with stained garments?
- 12 v26 If ye have experienced a change of heart, can ye feel so now?
- 13 v27 Have ye walked blameless before God?
- 14 v27 Could ye say that ye have been sufficiently humble?
- 15 v28 Are ye stripped of pride?
- 16 v29 Is there one among you who is not stripped of envy?
- 17 v30 Is there one among you that mocks his brother?

# LESSON 22 ? Alma 5-7

## “Have Ye Received His Image in Your Countenances?”

*Outlined by  
Dennis Roberts*

(Objective: help class understand meaning of ‘change of heart’)

### Welcome

How important is personal record keeping? (see Alma 5:2)

Who knows whose hearts will be changed by our recorded words and testimonies  
Does it matter that our personal history contains our testimonies, or is this a concern only for a Prophet?

### 1- Alma tells people how to experience a change of heart

Supplement #1	Ezra Taft Benson.....	Why was it important for Alma resign as chief judge and preach?
Alma 5:3-9	Who was Alma speaking about? <i>(Do not read)</i> .....	Why important to remember previous experience with god’s mercy?
Alma 5:10 (11-13)	What are answers to three questions? .....	Answers in v 11-13 / What was message that led to Alma’s conversion?
Alma 5:13	What happened to people who believed Alma? ....	They were saved / Can other testimonies lead to mighty change of heart?
Alma 5:14	Mighty change=born of God = conversion?.....	What does it mean to be converted? Mosiah 5:2; 27:24-26)
Supplement #2	Elder Bruce R. McConkie.....	Is conversion a single event or a process? (should give us hope)
Alma 5:14-20, 22, 26-30	How do each of us answer these questions?.....	Have 13 class members read these verses
Supplement #3	Alma’s Spiritual Checklist	Countenance = behavior, face, appearance express inner character
Alma 5:31-35	After questions, what did Alma advise? .....	How can this same invitation to us give us hope?
Alma 5:37	Who is the shepherd? .....	How does Savior call us? What shows we have hearkened? Not because of
Alma 5:43-49	Alma’s testimony (any prophet’s testimony?) .....	Pretend these are the words of President Hinckley today ..... seeing angel!
Alma 5:53-56	How many times “Will ye persist...”? .....	(4 times) If something in sermon needs your attention, persist or repent?
Alma 5:57	How can we “be separate”? .....	Can we be in the world but not of the world?

### 2- Alma establishes the order of the Church in Zarahemla

Alma 6:1-3	What did many do after Alma’s discourse? .....	Repentance and baptism (some excommunication – why? pride)
Alma 6: 4-6	How does church help the conversion process?...	Opportunities to have experiences & share experiences

### 3- Alma testifies of Jesus Christ in Valley of Gideon

Alma 6:8	Where did Alma preach after Zarahemla? .....	(19,094 killed in first battle) Valley of Gideon where Alma rested after pursuing and slaying Amlicites
Alma 7:7	What event is “of more importance” than any? .....	Savior’s coming I’m from WVC, from Salt Lake, from Utah
Alma 7:10	Where was Jesus born?.....	Bethlehem = “land of Jerusalem” / only 6 miles separate both cities
Alma 7:11	What did Alma teach about Savior’s mission?.....	Fulfillment of prophecy
Alma 7:12	Why did savior suffer so much pain? .....	So he can help his people in ways they need help
Alma 7:23-25	Who does this describe? .....	People who have experienced a change of heart spoken of by Alma

### How does this apply to me?

Alma’s words are like a pair of spiritual contact lenses. Looking through them we see the atonement of Christ more clearly than we have ever seen it before!

Next Lesson  
Alma 8 - 12