

## LESSON 33/34 ? Helaman 1-12

### "A Sure Foundation"

(Objective: help members build strong foundations to avoid pride cycle)

#### Welcome

Our house is destroyed 3 times by 3 hurricanes in 10 years.

What can we learn from these experiences?

Outlined by  
Dennis Roberts

#### 1- Strife, pride, and defeat among Nephites

- |                 |                                           |
|-----------------|-------------------------------------------|
| Helaman 3:1     | What disturbed the peace of the Nephites? |
| Helaman 3:36    | What caused the Nephite pride?            |
| Helaman 3:29    | What does this mean?                      |
| Helaman 3:33-34 | What did members start to do?             |
| Helaman 3:35    | How did humble members respond?           |

#### 2- Nephi and Lehi remember father's counsel

- |                  |                                             |
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| Helaman 5:1-4    | Why did Nephi give up judgment seat?        |
| Helaman 5:5-7    | What did Nephi and Lehi's father tell them? |
| Helaman 5:9-11   | What did Helaman teach his sons?            |
| Helaman 5:12     | What does this mean?                        |
| Helaman 5:17-19  | What great miracles occurred in Zarahemla?  |
| Helaman 5:19, 51 | Why should Lamanites reject traditions?     |
| Supplement #1    | Elder Richard G. Scott                      |
| Helaman 5:20-32  | Lets read                                   |
| Helaman 5:43-45  | What happened when the people repented?     |

#### 3- Nephite righteousness turns to pride and wickedness

- |               |                                        |
|---------------|----------------------------------------|
| Helaman 6:1   | Why were Lamanites more righteous?     |
| Helaman 6:4-8 | How did Lamanites help Nephites?       |
| Supplement #2 | Nephites and Lamanites characteristics |
| Helaman 6: 35 | Why did spirit withdraw from Nephites? |

#### 4- Nephites humbles themselves and repent

- |                    |                                            |
|--------------------|--------------------------------------------|
| Helaman 10:18-11:2 | What happened after rejecting Nephi?       |
| Helaman 11:3-4     | What did Nephi pray for?                   |
| Helaman 11:14-15   | How did Lord require before ending famine? |
| Helaman 11 & 12    | more ups and downs                         |

#### How does this apply to me?

Supplement #3      Pride Cycle lessons to be learned

Next Lesson  
Helaman 13-16

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## LESSON 33/34 SUPPLEMENTS

### Supplement #1

Outlined by  
Dennis Roberts

#### Elder Richard G. Scott

"I testify to you that you will remove barriers to happiness and find greater peace as you make your first allegiance your membership in the Church of Jesus Christ, and his teachings the foundation of your life. Where family or national traditions or customs conflict with the teachings of God, set them aside. Where traditions and customs are in harmony with His teachings, they should be cherished and followed to preserve your culture and heritage. There is one heritage that you need never change. It is that heritage that comes from your being a daughter or son of Father in Heaven."

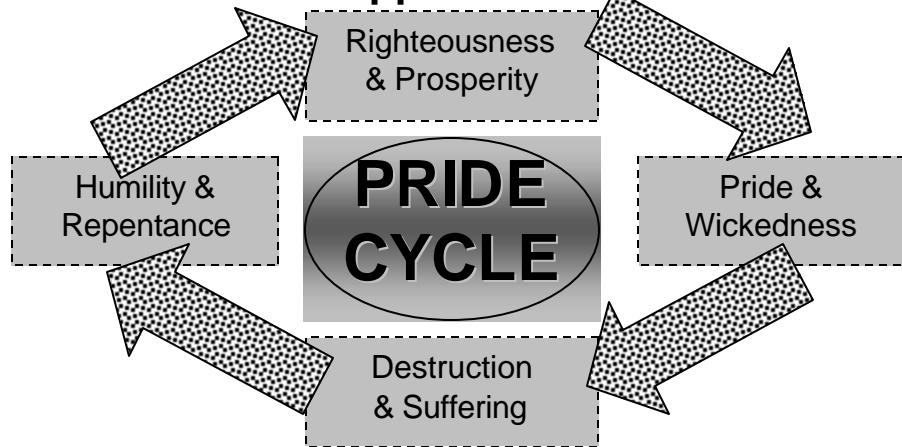
(April Conference 1998)

### Supplement #2

#### Nephites & Lamanites in Helaman Chapter 6

<u>Nephites</u>	<u>Lamanites</u>
v34/ Dwindled in unbelief	v34/ Grew in knowledge of God
v34/ Grew in wickedness & sin	v34/ Walked in truth & righteousness
v35/ Lost guidance of the spirit	v36/ Received the Spirit
v38/ Built up and supported Gadianton robbers	v37/ Preached the word of God to Gadianton robbers

### Supplement #3



"No other written testament so clearly illustrates the fact that when men and nations walk in the fear of God and in obedience to his commandments, they prosper and grow, but when they disregard him and his word, there comes a decay that, unless arrested by righteousness, leads to impotence and death."

(Gordon B Hinckley October Conference 1979)

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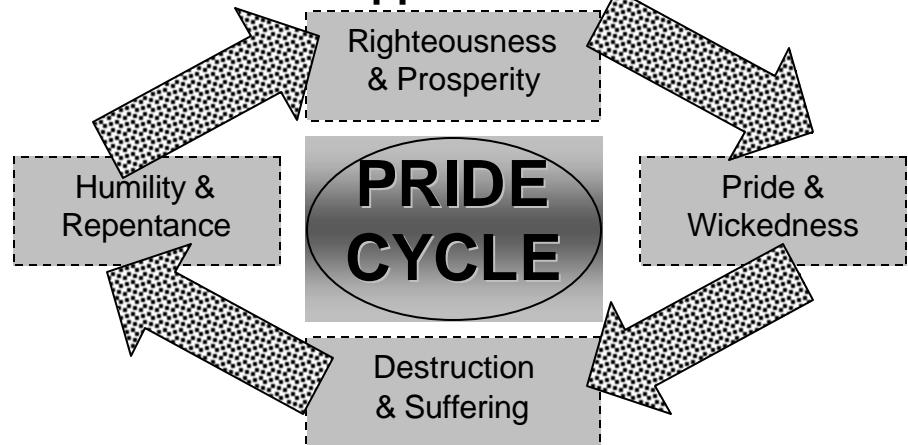
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Priesthood Meeting  
President Payne – Armor of God  
Kalen Williams – Putting off traditions  
President Campbell – Life experiences

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### Welcome

Our house is destroyed 3 times by 3 hurricanes in 10 years.

Nice to have refreshing rain.  
Ivan filled every reservoir and river to capacity  
What we need is a one good hurricane to relieve our draught

Summarize Helaman 1-2

### 1- Strife, pride, and defeat among Nephites

- Helaman 3:1 What disturbed the peace of the Nephites?.....Pride  
Helaman 3:36 What caused the Nephite pride?.....(riches and prosperity) What can we do to guard against pride?  
Helaman 3:29 What does this mean?.....(lay hold upon word of God) How can we do this?  
Helaman 3:33-34 What did members start to do?.....Next step after pride = persecute others who are living gospel  
Helaman 3:35 How did humble members respond? .....Did prayers stop persecution? No, but saints got stronger

### 2- Nephi and Lehi remember father's counsel

Hearts became sanctified = process of becoming pure, clean, free from sin through atonement

- Helaman 5:1-4 Why did Nephi give up judgment seat? .....More wicked than good / became weary / preached rest of his life  
Helaman 5:5-7 What did Nephi and Lehi's father tell them? .....How can righteous examples (family & church) help our families?  
Helaman 5:9-11 What did Helaman teach his sons? .....Previous teachings of Benjamin and Amulek about atonement  
Helaman 5:12 What does this mean?.....Satan sends storms / Why is Christ our rock? / Ex of other foundations?  
Helaman 5:17-19 What great miracles occurred in Zarahemla? .....8,000 Lamanites repented and baptized → My 2 baptisms story  
Helaman 5:19, 51 Why should Lamanites reject traditions? .....Why should Lamanites reject traditions?  
*Supplement #1* *Elder Richard G. Scott* .....*Do we maintain any difficult traditions?*  
Helaman 5:20-32 Lets read.....Have we seen miracles that should empower us to preach with conviction?  
Helaman 5:43-45 What happened when the people repented?.....Cloud of darkness dispersed / Can this apply to us?

### 3- Nephite righteousness turns to pride and wickedness

- Helaman 6:1 Why were Lamanites more righteous? ..... “Firmness and steadiness in faith”  
Helaman 6:4-8 How did Lamanites help Nephites? .....Spread out and preached gospel / peace in all the land  
*Supplement #2* *Nephites and Lamanites characteristics* .....cycle continues  
Helaman 6: 35 Why did spirit withdraw from Nephites?.....Wickedness and hardness hearts

### 4- Nephites humbles themselves and repent

- Helaman 10:18-11:2 What happened after rejecting Nephi? .....Contentions increased  
Helaman 11:3-4 What did Nephi pray for? .....Famine (to stir them up) and it happened  
Helaman 11:14-15 How did Lord require before ending famine? .....Repentance (and the famine went away)  
Helaman 11 & 12 more ups and downs .....

### How does this apply to me?

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