

LESSON 35 ? Helaman 13-16  
"Repent and Return Unto the Lord"

(Objective: remind members of importance of repentance)

Welcome

???

Outlined by  
Dennis Roberts

1- Samuel warns Nephites of destruction if no repentance

- Helaman 13:1-4 Why was Samuel preaching on the wall?
- Helaman 13:8 What did Samuel say the Lord would do?
- Helaman 13:11 What did the Lord say through Samuel?
- Supplement #1 President Ezra Taft Benson
- Helaman 13:20-21 Nephite hearts were set on what?
- Helaman 13:17-22 Why were Nephite riches cursed?
- Helaman 13:22 Samuel said Nephites forgot what?
- Helaman 13:24-26 How had Nephites deluded themselves?
- Helaman 13:38 Where did Nephites seek happiness?
- Supplement #2 Joseph Smith

2- Samuel prophecies of signs preceding Christ's birth

- Helaman 14:2,15 What else did Samuel prophesy of?
- Helaman 14:3-7,20-28 What signs did Samuel speak of?
- Helaman 14:13 On whose merits would forgiveness come?
- Supplement #3 President Ezra Taft Benson
- Helaman 14:15-18 Why did Savior have to die?
- Helaman 14:29 Why do people condemn themselves?

3- Some believe Samuel; others harden their hearts

- Helaman 15:3 Why did Lord chasten Nephites?
- Supplement #4 Helaman 15:7-8
- Helaman 15:8 Why did Lamanites remain firm in faith?
- Helaman 16:1-7 How did Nephites respond to prophet's words?
- Helaman 16:13-15 What did Nephites continue to do?
- Helaman 16:16-23 How did unbelieving Nephites explain signs?

How does this apply to me?

Supplement #5 The Book of Mormon was written for us!

Next Week  
General Conference

Next Lesson  
3 Nephi 1-7

LESSON 35 ? Helaman 13-16  
"Repent and Return Unto the Lord"

(Objective: remind members of importance of repentance)

Welcome

???

Outlined by  
Dennis Roberts

1- Samuel warns Nephites of destruction if no repentance

- Helaman 13:1-4 Why was Samuel preaching on the wall?
- Helaman 13:8 What did Samuel say the Lord would do?
- Helaman 13:11 What did the Lord say through Samuel?
- Supplement #1 President Ezra Taft Benson
- Helaman 13:20-21 Nephite hearts were set on what?
- Helaman 13:17-22 Why were Nephite riches cursed?
- Helaman 13:22 Samuel said Nephites forgot what?
- Helaman 13:24-26 How had Nephites deluded themselves?
- Helaman 13:38 Where did Nephites seek happiness?
- Supplement #2 Joseph Smith

2- Samuel prophecies of signs preceding Christ's birth

- Helaman 14:2,15 What else did Samuel prophesy of?
- Helaman 14:3-7,20-28 What signs did Samuel speak of?
- Helaman 14:13 On whose merits would forgiveness come?
- Supplement #3 President Ezra Taft Benson
- Helaman 14:15-18 Why did Savior have to die?
- Helaman 14:29 Why do people condemn themselves?

3- Some believe Samuel; others harden their hearts

- Helaman 15:3 Why did Lord chasten Nephites?
- Supplement #4 Helaman 15:7-8
- Helaman 15:8 Why did Lamanites remain firm in faith?
- Helaman 16:1-7 How did Nephites respond to prophet's words?
- Helaman 16:13-15 What did Nephites continue to do?
- Helaman 16:16-23 How did unbelieving Nephites explain signs?

How does this apply to me?

Supplement #5 The Book of Mormon was written for us!

Next Week  
General Conference

Next Lesson  
3 Nephi 1-7

# LESSON 35 SUPPLEMENTS

## Supplement #1

*Outlined by  
Dennis Roberts*

### **President Ezra Taft Benson**

“True repentance is based on and flows from faith in the Lord Jesus Christ. There is no other way. True repentance involves a change of heart and not just a change of behavior.”

*(The Teachings of Ezra Taft Benson [1988], 71)*

## Supplement #2

### **Joseph Smith**

“Happiness is the object and design of our existence; and will be the end thereof, if we pursue the path that leads to it; and this path is virtue, uprightness, faithfulness, holiness, and keeping all the commandments of God.”

*(Teachings of Joseph Smith [1976], 255-56)*

## Supplement #3

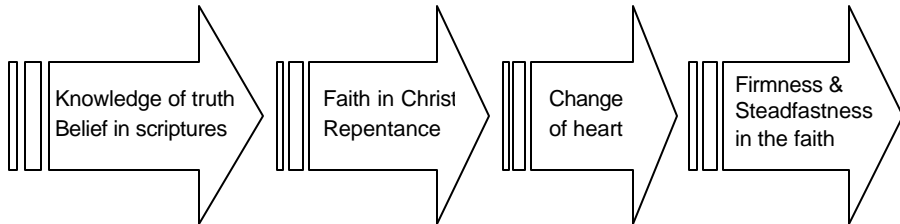
### **President Ezra Taft Benson**

“Even the most just and upright man cannot save himself solely on his own merits.”

*(The Teachings of Ezra Taft Benson, 71)*

## Supplement #4

### **Helaman 15:7-8**



## Supplement #5

### **President Ezra Taft Benson**

“In the Book of Mormon we find a pattern for preparing for the Second Coming. A major portion of the book centers on the few decades just prior to Christ’s coming to America. By careful study of that time period, we can determine why some were destroyed in the terrible judgments that preceded His coming and what brought others to stand at the temple in the land of bountiful and thrust their hands into the wounds of His hands and feet... Can anyone doubt that this book was meant for us and that in it we find great power, great comfort, and great protection?”

*(General Conference October 1986)*

# LESSON 35 SUPPLEMENTS

## Supplement #1

*Outlined by  
Dennis Roberts*

### **President Ezra Taft Benson**

“True repentance is based on and flows from faith in the Lord Jesus Christ. There is no other way. True repentance involves a change of heart and not just a change of behavior.”

*(The Teachings of Ezra Taft Benson [1988], 71)*

## Supplement #2

### **Joseph Smith**

“Happiness is the object and design of our existence; and will be the end thereof, if we pursue the path that leads to it; and this path is virtue, uprightness, faithfulness, holiness, and keeping all the commandments of God.”

*(Teachings of Joseph Smith [1976], 255-56)*

## Supplement #3

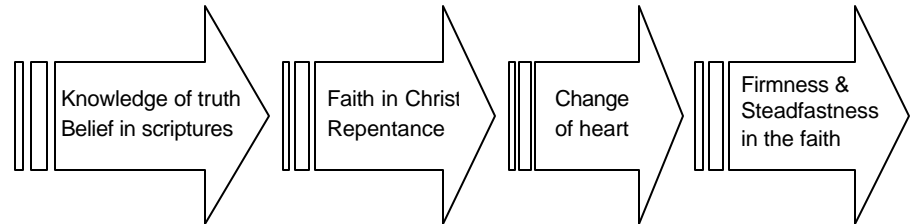
### **President Ezra Taft Benson**

“Even the most just and upright man cannot save himself solely on his own merits.”

*(The Teachings of Ezra Taft Benson, 71)*

## Supplement #4

### **Helaman 15:7-8**



## Supplement #5

### **President Ezra Taft Benson**

“In the Book of Mormon we find a pattern for preparing for the Second Coming. A major portion of the book centers on the few decades just prior to Christ’s coming to America. By careful study of that time period, we can determine why some were destroyed in the terrible judgments that preceded His coming and what brought others to stand at the temple in the land of bountiful and thrust their hands into the wounds of His hands and feet... Can anyone doubt that this book was meant for us and that in it we find great power, great comfort, and great protection?”

*(General Conference October 1986)*