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Web site "nathanolsen.com"

Next Weeks Lesson: Lesson 7 "I Know in Whom I Have Trusted" ([2 Nephi 3-5](#))

Today's Lesson: Lesson 6 "Free to Choose Liberty and Eternal Life" ([2 Nephi 1-2](#))

- A. _____
- B. _____
- C. _____
- D. _____

1. Lehi exhorts his sons to repent, obey the Lord's commandments, and put on the armor of righteousness. ([2 Nephi 1](#))

This chapter contains counsel that Lehi gave to his sons shortly before he died. Look for specific things that Lehi counseled his sons to do and for the blessings that he promised they would receive if they obeyed his counsel.

- A. Lehi said that despite their afflictions, his people had "obtained a land of promise" by covenant ([2 Nephi 1:5](#)). What was the covenant between the Lord and Lehi's people? (See [2 Nephi 1:6-7](#), [2 Nephi 1:9-10](#).) What did Lehi say would happen to the inhabitants of the land if they rejected the Savior? (See [2 Nephi 1:10-12](#).)
- B. Lehi called his sons to repentance by commanding them to "awake ... from the sleep of hell, and shake off the awful chains by which [they were] bound" ([2 Nephi 1:13](#); see also verses [2 Nephi 1:14, 21, 23](#)). How is sinfulness like being in a deep sleep? How is sinfulness like being bound by chains?
- C. Lehi counseled his sons to "arise from the dust ... and be men" ([2 Nephi 1:21](#)). What are the qualities of a righteous man? (See [2 Nephi 1:21-27](#).) What is the world's definition of manhood? How can we help young men choose righteousness over the world's definition of manhood?
- D. What blessings had Lehi received through his faithfulness? ([2 Nephi 1:15](#). Note that while some of his sons were bound by the "awful chains" of sin, Lehi was "encircled about eternally in the arms of [the Savior's] love." As we humbly come unto Christ through repentance and obedience, we will be redeemed and "encircled about eternally in the arms of his love.")

2. Lehi testifies of the Atonement of Jesus Christ. ([2 Nephi 2:1-10](#))

- A. Lehi said that "by the law no flesh is justified; or, by the law men are cut off" ([2 Nephi 2:5](#)). To be justified is to be reconciled to God, pardoned from punishment for sin, and declared righteous and guiltless. How does the law cut us off and prevent us from being justified? (See [James 2:10](#); [1 Nephi 10:21](#). When we disobey the commandments, we become guilty and unclean, and no unclean

thing can dwell with God.)

- B.** Since we cannot be justified by the law, how can we be justified and made worthy to enter God's presence? (See [2 Nephi 2:6-8](#). Because of the Atonement of Jesus Christ, we can repent and be forgiven of our sins.)
- C.** Lehi said that the Savior would "answer the ends of the law" ([2 Nephi 2:7](#)). The phrase "the ends of the law" refers to the consequences of the Fall and to the "punishment that is affixed" for disobedience to God's commandments ([2 Nephi 2:5](#), [2 Nephi 2:10](#)). How did the Savior answer the ends of the law? (See [2 Nephi 2:7](#); [Alma 34:13-16](#); [D&C 19:16-19](#); [D&C 45:3-5](#); see also the quotation below.)



President Joseph F. Smith said, "Jesus came and suffered, 'the just for the unjust,' he that was without sin for him that had sinned, and was subjected to the penalty of the law which the sinner had transgressed" (*Gospel Doctrine*, 5th ed. [1939], 204).

- D.** How must we live so we can be justified through Christ's suffering for our sins? (See [2 Nephi 2:7](#); see also [Romans 10:4](#); [D&C 19:15-16](#); [Articles of Faith 1:3](#).)
- E.** Read [2 Nephi 2:8](#). What are "these things" that we should make known? (See [2 Nephi 2:6-8](#).) How can we "make these things known"? How does our making these things known show gratitude to the Savior for His Atonement?
- 3. Lehi teaches the importance of opposition and the freedom to choose good from evil. ([2 Nephi 2:11-30](#))**

As Lehi taught his sons about the need for opposition, he reviewed the account of Adam and Eve partaking of the forbidden fruit. As we read [2 Nephi 2:15-25](#) look for (1) conditions that existed for Adam and Eve before they partook of the forbidden fruit and (2) the opposition Adam and Eve experienced after they partook of the fruit.

Note that in [2 Nephi 2](#) Lehi mentions some of the conditions that were brought about by the Fall. However, the doctrine of the Fall is broader in scope than is presented in this chapter. We should understand that the Fall brought physical death and spiritual death into the world, thus bringing the plan of redemption into operation.

CONDITIONS BEFORE PARTAKING OF THE FRUIT	OPPOSITION EXPERIENCED AFTER PARTAKING OF THE FRUIT
They could act for themselves (2 Nephi 2:15-16), but they did not do good “for they knew no sin” (2 Nephi 2:23).	They could do good, and they could also commit sin (2 Nephi 2:23). They were commanded to repent of their sins (2 Nephi 2:21).
They did not have to till the ground in order for food to grow in the garden (2 Nephi 2:19 ; see also Moses 2:29).	They had to work to obtain food (2 Nephi 2:19).
They knew no misery or joy (2 Nephi 2:23).	They experienced misery and joy (2 Nephi 2:23).
They would have remained “in the same state ... forever, and had no end” (2 Nephi 2:22).	They became fallen and mortal—subject to physical death (2 Nephi 2:22 ; see also Moses 6:48).

- A.** If Adam and Eve had not partaken of the fruit, they would not have experienced the opposition mentioned in this chart ([2 Nephi 2:22-23](#)). What blessings can we receive because the Fall of Adam and Eve brought opposition into the world? (See [2 Nephi 2:23-27](#); [Moses 5:10-12](#).)
- B.** Lehi told his children that “it must needs be, that there is an opposition in all things” ([2 Nephi 2:11](#); see also verse [2 Nephi 2:15](#)). How have you seen that it is important to have opposition in our daily lives? ([2 Nephi 2:11-13](#)) How can opposition help us progress?
- C.** According to [2 Nephi 2:24-28](#), what does our Father in Heaven want for us? (Joy, liberty, and eternal life.) How did He provide a way for us to receive these blessings? (See [2 Nephi 2:26-27](#); see also [John 14:6](#).) What does Satan want for us? (See [2 Nephi 2:18](#), [2 Nephi 2:27](#), [2 Nephi 2:29](#). Misery, captivity, and spiritual death.) How do our individual actions determine whether we receive joy, liberty, and eternal life or misery, captivity, and spiritual death?



Elder Joseph B. Wirthlin taught: “The Lord has given you the gift of agency (see [Moses 7:32](#)) and instructed you sufficiently to know good from evil (see [2 Nephi 2:5](#)). You are free to choose (see [2 Nephi 2:27](#)) and are permitted to act (see [2 Nephi 10:23](#); [Helaman 14:30](#)), but you are not free to choose the consequences. With absolute certainty, choices of good and right lead to happiness and peace, while choices of sin and evil eventually lead to unhappiness, sorrow, and misery” (in Conference Report, Oct. 1989, 94; or [Ensign, Nov. 1989, 75](#)).

D. [2 Nephi 2](#) contains the doctrines of the Creation ([2 Nephi 2:14-15](#)), the Fall ([2 Nephi 2:4-5](#), [2 Nephi 2:8](#), [2 Nephi 2:18-25](#)), and the Atonement ([2 Nephi 2:3-4](#), [2 Nephi 2:6-10](#), [2 Nephi 2:26-27](#)). How are these three doctrines central to Heavenly Father’s plan of redemption?

Through the Atonement of Jesus Christ, we can be “encircled about eternally in the arms of [the Savior’s] love” ([2 Nephi 1:15](#)). It is a great blessing to be “free to choose,” and to “choose liberty and eternal life” through Jesus Christ, “the great Mediator of all men” ([2 Nephi 2:27](#)).

4. Using Lehi’s teachings to counter the teachings of the world

Lehi shared truths that can give us peace and reassurance when we are confronted by the world’s false teachings. What are some ways to apply these scripture references in our lives?

FALSE TEACHINGS OF THE WORLD	LEHI’S TEACHINGS
There is no good or evil.	2 Nephi 2:5 . (“Men are instructed sufficiently that they know good from evil.”)
There is no law.	2 Nephi 2:5 . (“The law is given unto men.”)
There is no Christ.	2 Nephi 2:6 . (“Redemption cometh in and through the Holy Messiah.”)
There is no existence after this life.	2 Nephi 2:10 . (“All men [will] stand in the presence of [God], to be judged of him.”)
There is no God.	2 Nephi 2:14 . (“There is a God.”)
Life has no purpose.	2 Nephi 2:25 . (“Men are, that they might have joy.”)
Our actions are determined by genetics and environment.	2 Nephi 2:26-27 . (We are free “to act for [our]selves and not to be acted upon.” We are “free to choose liberty and eternal life ... or to choose captivity and death.”)