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Next Weeks Lesson: Lesson 20 "My Soul Is Pained No More" ([Mosiah 25-28](#); [Alma 36](#))

Today's Lesson: Lesson 19 "None Could Deliver Them but the Lord" ([Mosiah 18-24](#))

- What are some of the most beautiful places you have ever seen? What makes those places so beautiful for you?
- What made this place beautiful for Alma's people? Let's read [Mosiah 18:30](#).

This lesson you will discuss a covenant that Alma's people made at "the place of Mormon."



1. Alma teaches the baptismal covenant and baptizes many people. ([Mosiah 18](#))

Alma, one of King Noah's priests, believed the teachings of Abinadi. He fled from Noah's servants and hid in the wilderness, where he wrote "all the words which Abinadi had spoken" ([Mosiah 17:2-4](#)). He then "repented of his sins ... and began to teach the words of Abinadi" ([Mosiah 18:1-3](#)). The people who believed Alma went to hear him teach in a place called Mormon ([Mosiah 18:4-6](#)).

- A.** What did Alma teach at "the place of Mormon"? (See [Mosiah 18:7](#).) What did the people desire after Alma taught them? (See [Mosiah 18:8](#).) What does it mean to "come into the fold of God, and ... be called his people"? (See [Mosiah 18:16-17](#); see also [Hebrews 8:10](#); [Alma 5:60](#).)
- B.** What were the people willing to do as members of "the fold of God"? ([Mosiah 18:8-9](#).)
- (1) "Bear one another's burdens" ([Mosiah 18:8](#)). How can we "bear one another's burdens"? How does bearing one another's burdens make those burdens light? How have you been blessed as others have helped bear your burdens?
 - (2) "Mourn with those that mourn" ([Mosiah 18:9](#)). Why is it helpful to "mourn with those that mourn"?
 - (3) "Comfort those that stand in need of comfort" ([Mosiah 18:9](#)). How can we appropriately offer comfort to others?

(4) “Stand as witnesses of God” ([Mosiah 18:9](#)). What does it mean “to stand as witnesses of God at all times and in all things, and in all places”? ([Mosiah 18:9](#)).

C. After Alma preached to the people, what did he invite them to do? (See [Mosiah 18:10](#).) What is a covenant?



President Joseph Fielding Smith taught: “A covenant is a contract and an agreement between at least two parties. In the case of gospel covenants, the parties are the Lord in heaven and men on earth. Men agree to keep the commandments and the Lord promises to reward them accordingly” (in Conference Report, Oct. 1970, 91; or *Improvement Era*, Dec. 1970, 26).

D. Referring to [Mosiah 18:8-13](#), President Marion G. Romney said, “I know of no better

explanation of the baptismal covenant” (in Conference Report, Oct. 1975, 109; or *Ensign*, Nov. 1975, 73). According to [Mosiah 18:8-13](#), what do we covenant to do when we are baptized? (See also [Moroni 6:2-3](#); [D&C 20:37](#).) What does the Lord promise to do when we are baptized and keep our baptismal covenant? (See [Mosiah 18:10](#), [Mosiah 18:12-13](#); see also [2 Nephi 31:17](#).)



E. How did the people respond to Alma’s invitation to be baptized? (See [Mosiah 18:11](#).) What can we do to help others receive this great joy?

F. After the people were baptized, Alma commanded them to have “their hearts knit together in unity and in love” ([Mosiah 18:21](#)). What can we do at home and in our ward or branch to follow this command? (See [Mosiah 18:19-21](#).)

2. King Noah betrays his people and suffers death by fire. ([Mosiah 19](#))

Some of King Noah’s people began to turn against him ([Mosiah 19:2-3](#)). One of those people, Gideon, was about to kill Noah when Noah saw an army of Lamanites advancing toward them ([Mosiah 19:4-6](#)).

A. What did King Noah do when he saw the advancing Lamanites? (See [Mosiah 19:7](#).) Who was Noah most concerned about? (See [Mosiah 19:8](#).) How does this compare to people today who, like Noah, try to lead us away from the Lord and His prophets?

B. What had Abinadi prophesied about King Noah’s death? (See [Mosiah 12:3](#).) How was this prophecy fulfilled? (See [Mosiah 19:18-20](#). The people who eventually valued Noah’s life “as a garment in a hot furnace” had at one time been blind to

his wickedness, as shown in [Mosiah 11:29](#).)

3. Limhi's people are chastened and eventually delivered by the Lord. ([Mosiah 20-22](#))

After Noah was killed, his son Limhi became king. Limhi made an oath that he and his people would pay one-half of all they possessed to the king of the Lamanites in exchange for a promise that the Lamanites would not slay them ([Mosiah 19:25-26](#)).

- A. After two years of peace, the Lamanites waged war against Limhi's people ([Mosiah 20:7-10](#)). Why did the Lamanites seek to destroy Limhi's people? (See [Mosiah 20:1-6](#).)
- B. When the Lamanites learned that they had misjudged Limhi's people, they returned to their own land in peace ([Mosiah 20:17-26](#)). However, "after many days the Lamanites began again to be stirred up in anger against the Nephites" ([Mosiah 21:2](#)). What did the Lamanites do to the Nephites rather than break their king's oath that they would not kill them? (See [Mosiah 21:3](#).)
- C. How did the bondage of Limhi's people fulfill prophecies made by Abinadi? (Compare [Mosiah 21:3-5](#), [Mosiah 21:14-15](#) with [Mosiah 11:20-25](#) and [Mosiah 12:2](#), [Mosiah 4-5](#).) Why were Limhi's people brought into bondage? (See [Mosiah 7:25-32](#); [Mosiah 20:21](#). They had rejected Abinadi's teachings and his warnings about the consequences of their sinfulness.) Why is it important to remember that sin brings consequences?
- D. After failing three times to defeat the Lamanites in battle, what did Limhi's people finally do? (See [Mosiah 21:13-14](#).) Why was the Lord slow to respond to their cries? (See [Mosiah 21:15](#); see also [D&C 101:1-9](#).) Although the Lord did not deliver them immediately, what did He do for them? (See [Mosiah 21:15-16](#).) How does the Lord sometimes permit us to "prosper by degrees"?
- E. How did Limhi's people escape from the Lamanites? (See [Mosiah 22:3-12](#).) How were they received by the people in Zarahemla? (See [Mosiah 22:13-14](#).)

4. The Lord delivers Alma's people from bondage. ([Mosiah 23-24](#))

What is the difference between the way the Lord blessed Limhi's people, who attempted three times to deliver themselves before they turned to Him, and the way He blessed Alma's people, who had turned to Him completely?

- A. When Alma and his people were in the place of Mormon, King Noah "sent his army to destroy them" ([Mosiah 18:33](#)). The Lord warned Alma's people and strengthened them so they could escape ([Mosiah 18:34-35](#); [Mosiah 23:1-5](#)). How was this different from the experience of Limhi's people? (See [Mosiah 19:6](#). Note that the first time the Lamanites attacked these people, when Noah was still their

king, the people received no warning.)

- B.** How did Alma respond when the people asked him to be king? (See [Mosiah 23:6-7](#).) How had Alma learned the danger of “one man think[ing] himself above another”? (See [Mosiah 23:8-14](#).) What can we learn from Alma and his people to help us avoid this error? (See [Mosiah 23:15](#).)
- C.** Under Alma’s leadership, his people lived righteously and prospered ([Mosiah 23:15-20](#)). Nevertheless, the Lord allowed them to be brought into bondage under Amulon, who had been one of King Noah’s priests ([Mosiah 23:23-39](#)). How did the bondage of Alma’s people fulfill prophecies made by Abinadi? (See [Mosiah 12:2](#), [Mosiah 12:4-5](#).) In what ways can our poor choices bring lingering consequences even after we have been forgiven of our sins?

Elder Marvin J. Ashton said: “Our freedom to choose our course of conduct does not provide personal freedom from the consequences of our performances. God’s love for us is constant and will not diminish, but he cannot rescue us from the painful results that are caused by wrong choices” (in Conference Report, Oct. 1990, 24; or [Ensign, Nov. 1990, 20](#)).



Although the Lord could not prevent Alma’s people from suffering the consequences of their past sins, He comforted and strengthened them in their afflictions. The rest of this lesson discusses how He delivered them from bondage.

- D.** Referring to the bondage of Alma’s people, Mormon said, “The Lord seeth fit to chasten his people” ([Mosiah 23:21](#)). Why does the Lord chasten His people? (See [Mosiah 23:21](#); [D&C 95:1-2](#).) How should we respond when the Lord chastens us? (See [Mosiah 23:22](#).)
- E.** What did Alma’s people do when Amulon threatened to kill them if they prayed? (See [Mosiah 24:10-12](#).) How did the Lord answer their silent prayers? (See [Mosiah 24:13-16](#).) How did this help them “stand as witnesses” for the Lord, as they had covenanted in the waters of Mormon? (See [Mosiah 24:14](#).)
- F.** Why are our burdens easier to bear when we “submit cheerfully and with patience to all the will of the Lord”? ([Mosiah 24:15](#)). In what ways has the Lord strengthened you to help you “bear up [your] burdens with ease”? How has this helped you stand as a witness of God?
- G.** Why did the Lord bless Alma’s people while they were in bondage more quickly and abundantly than He blessed Limhi’s people? (Compare [Mosiah 21:5-15](#) with [Mosiah 23:26-27](#); [Mosiah 24:10-16](#).) How does this apply in our lives?

H. Before the Lord delivered them, both Alma's people and Limhi's people were in bondage to wicked rulers. Alma observed that in the days of King Noah, the people had also been "bound with the bands of iniquity" ([Mosiah 23:12](#)). How is iniquity, or sin, a kind of bondage? What can we learn from Limhi's people and Alma's people about receiving deliverance from the bondage of sin? (See [Mosiah 7:33](#); [Mosiah 21:14](#); [Mosiah 23:23](#); [Mosiah 29:18-20](#); see also [D&C 84:49-51](#). Only the Lord can deliver us from the bondage of sin. We must turn to Him through repentance, faith, humility, and enduring obedience.)

Briefly review the Lord's promises in the baptismal covenant ([Mosiah 18:10](#), [Mosiah 18:13](#)). In light of the blessings the Lord has promised to us, it should not be difficult to keep our covenant to "serve him and keep his commandments" ([Mosiah 18:10](#)). When we receive the ordinance of baptism and continue in repentance, faith in Jesus Christ, humility, and obedience, we are delivered from the bondage of sin and are on the path to eternal life ([2 Nephi 31:17-20](#)).

5. "Both Alma and Helam were buried in the water" ([Mosiah 18:14](#))

To explain how Alma had the authority to baptize and to show that Alma did not baptize himself when he baptized Helam, let's refer to the statement below:

President Joseph Fielding Smith taught, "Alma was baptized and held the priesthood before the coming of Abinadi, but he became involved with other priests under the reign of the wicked King Noah, and when he baptized Helam, he felt he needed a cleansing himself so he buried himself in the water as a token of full repentance" (*Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. [1954-56], 2:336-37).



6. Serving the Lord humbly

A. Before Alma began baptizing the people, he prayed, "O Lord, pour out thy Spirit upon thy servant, that he may do this work with holiness of heart" ([Mosiah 18:12](#)). How might we be blessed as we approach our service to the Lord in this spirit?

7. "Observe the sabbath day, and keep it holy" ([Mosiah 18:23](#))

A. Why is it important that we observe the Sabbath day? (See [Mosiah 18:23](#), [Mosiah 18:25](#).) How have you felt blessed when you have kept the Sabbath day holy? What are some things you do to help make this a holy day?

8. Helping those who are in need

A. What principles did Alma teach about giving to the needy? (See [Mosiah 18:27-29](#).) Why is it important that we give spiritually as well as temporally? What blessings come from giving generously and receiving graciously?