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Next Weeks Lesson: Lesson 34 “How Could You Have Forgotten Your God?” ([Helaman 6-12](#))

Today’s Lesson: Lesson 33 “A Sure Foundation” ([Helaman 1-5](#))

Today’s lesson shows the difference between people who build on weak foundations, such as people who place their trust in wealth or physical strength, and people who build their foundations on “the rock of [their] Redeemer, ... which is a sure foundation” ([Helaman 5:12](#)).

1. Internal strife develops among the Nephites. ([Helaman 1–2](#))

Pahoran, the chief judge, had died, and three of his sons—Pahoran, Paanchi, and Pacumeni—contended for the judgment seat ([Helaman 1:1–4](#)).

A. How did Paanchi and Pacumeni each respond when Pahoran was chosen to be chief judge? (See [Helaman 1:5–7](#).) What happened because of Paanchi’s rebellion? (See [Helaman 1:8–13](#).)

B. After Pacumeni became chief judge, the Lamanites came to battle against the Nephites ([Helaman 1:13–17](#)). Why were the Nephites unprepared to defend themselves against an outside attack from the Lamanites? (See [Helaman 1:18](#).) How does contention weaken nations and communities? Wards and stakes? Families and individuals? What can we do to avoid or overcome contention?

C. Gadianton, who was “exceedingly expert in many words, and also in his craft,” became the leader of the band of Kishkumen ([Helaman 2:4](#)). What did Gadianton promise the followers of Kishkumen in order to persuade them to follow him? (See [Helaman 2:5](#); see also [Helaman 5:8](#).) In what ways are people sometimes influenced by flattery and the promise of power? How can we avoid this influence?

2. Thousands join the Church; some Church members are lifted up in pride. ([Helaman 3](#))

A. [Helaman 3](#) covers about 11 years of Nephite history. During those 11 years, the Nephites experienced periods of peace and periods of contention. What disturbed the peace of the Nephites during those years? (See [Helaman 3:1](#), [Helaman 3:33–34](#).) What was the cause of the Nephites’ pride? (See [Helaman 3:36](#).) How can pride disturb the peace in our lives? What can we do to guard against pride? (See [Helaman 3:27–30](#); see also [Deuteronomy 8:11](#), [Deuteronomy 8:17–18](#); [Alma 62:48–51](#).)

B. Have a class member read [Helaman 3:29](#) aloud. What does it mean to “lay hold upon the word of God”? How will we be blessed as we “lay hold upon the word of

God”? (See [Helaman 3:27–30](#); see also [1 Nephi 11:25](#); [1 Nephi 15:24](#).)

- C. In the 51st year, some Church members began to persecute others ([Helaman 3:33–34](#)). How did the humble followers of Christ respond to the persecution from the proud members of the Church? (See [Helaman 3:35](#).) How can their example help us when we face persecution, criticism, or affliction?
- D. Humble Church members were sanctified because they “[yielded] their hearts unto God” ([Helaman 3:35](#)). What is sanctification? (See [D&C 76:41](#); [D&C 88:74–75](#).) What does it mean to yield our hearts to God?

3. Lamanites and Nephite dissenters defeat the Nephites. ([Helaman 4](#))

- A. Nephite dissenters convinced the Lamanites to go to war against the Nephites. The Lamanites defeated the Nephites and obtained many of their lands ([Helaman 4:5](#)). What did Mormon, who abridged the book of Helaman, observe was the cause of the Nephites’ weakness? (See [Helaman 4:11–13](#).) What parallels exist between the Nephites’ actions and the actions of some people today? How can acknowledging our dependence on the Lord strengthen us?
- B. Moronihah, Lehi, and Nephi prophesied “many things unto the people ... concerning their iniquities, and what should come unto them if they did not repent of their sins” ([Helaman 4:14](#)). What happened when the people began to repent? (See [Helaman 4:15–16](#); see also verses [Helaman 4:21–26](#).)

4. Nephi and Lehi remember their father’s counsel. Miracles attend their ministry. ([Helaman 5](#))

- A. Why did Nephi give up the judgment seat to preach the word of God? (See [Helaman 5:1–4](#).) What did Nephi and Lehi remember that their father had told them about their names? (See [Helaman 5:5–7](#).) How have the examples of prophets, other Church leaders, and other righteous people helped you?
- B. What did Helaman teach his sons about the Atonement of Jesus Christ? (See [Helaman 5:9–11](#).)
- C. Let’s read [Helaman 5:12](#) aloud. What does it mean to build on the rock of Christ? (See also [3 Nephi 14:24–27](#).) What are some of the mighty winds and storms that Satan sends upon us? How can Christ help us withstand these winds and storms?
- D. Why do we refer to Christ as our rock? What foundations other than Christ do people sometimes build their lives upon? How have you been blessed as you have built your life on the rock of Christ?

- E. What great miracles occurred in Zarahemla as Nephi and Lehi preached the gospel? (See [Helaman 5:17–19](#).) Why was it important that the Lamanites reject “the wickedness of the traditions of their fathers”? (See [Helaman 5:19](#), [Helaman 5:51](#); see also [Mosiah 1:5](#).)



Elder Richard G. Scott said: “I testify 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” (in Conference Report, Apr. 1998, 114; or [Ensign, May 1998, 87](#)).

- F. Let’s read [Helaman 5:21–32](#) aloud. What happened after the people began to repent? (See [Helaman 5:43–45](#).) How did the Holy Ghost testify to the people? (See [Helaman 5:45–47](#).) How has the Holy Ghost testified of truth in your life?
- G. What did the people do once they had received a witness of the Savior? (See [Helaman 5:49–52](#).) What is our responsibility once we receive a witness of the divinity and saving power of Jesus Christ? (See [D&C 33:9](#); [D&C 88:81](#).)

Let’s read again [Helaman 5:12](#) aloud. We can protect ourselves against pride, contention, and Satan’s “mighty storm” by building our foundation on the rock of Jesus Christ.

5. “Remember, remember, my sons” ([Helaman 5:5–14](#))

- A. In the Book of Mormon there are over 240 instances of the word *remember* or forms of the word (such as *remembered*, *remembrance*, or *forget not*). Fifteen of these instances are in [Helaman 5](#). What must we remember? (See [Helaman 5:9](#); see also [Mosiah 3:17](#).) Why is it important to remember?

Elder Spencer W. Kimball said:

“When you look in the dictionary for the most important word, do you know what it is? It could be ‘remember.’ Because all of [us] have made covenants ... our greatest need is to remember. That is why everyone goes to sacrament meeting every Sabbath day—to take the sacrament and listen to the priests pray that [we] ‘... may



always remember him and keep his commandments which he has given [us].’ ... ‘Remember’ is the word” (*Circles of Exaltation* [address to religious educators, Brigham Young University, 28 June 1968], 8).

6. “Yielding [our] hearts unto God” ([Helaman 3:35](#))

Elder Neal A. Maxwell said:

“It is only by yielding to God that we can begin to realize His will for us. And if we truly trust God, why not yield to His loving omniscience? After all, He knows us and our possibilities much better than do we” (in Conference Report, Apr. 1985, 91; or *Ensign*, [May 1985, 72](#)).

