

Helaman 5: 1-3

1 Assuredly in the preservation of virtue, mortality, and intelligence she [a nation] may look for the perpetuity of her free institutions, and the preservation of her liberty. And in the moment of her disregard of these principles, when wickedness and sin can run riot with impunity, and not moral influence and force enough be found in the people to check it, and walk it under foot, then may she reckon on a speedy downfall. When moral obligations cease to exert an influence, and virtue hides its face, and the unblushing effrontery of sin and foul corruption takes its place, then may the nation consider there is danger. “When the wicked rule the people mourn,”...

In the sincere observances of the principles of true religion and virtue, we recognize the base, the only sure foundation of enlightened society and well-established government....

... That city, nation, government, or kingdom which serves not God, and gives no heed to the principles of truth, and religion, will be utterly wasted away and destroyed.

Brigham Young in JD 2:176, 178. Italics added.

Helaman 5: 3-4

2 Nothing but a revolution in human behavior and a reappraisal of what is enduring in values can rescue us from seemingly impending chaos. There must be a reorientation of life around spiritual verities if individual or national integrity is to be saved. This miracle can be wrought only in the hearts of men. Laws on the statute books howsoever multiplied can never work it. No amount of force which it is possible for human ingenuity to devise or impose can ever introduce a regenerating influence into the human soul. I know of only one power that can do it, the power of a revived living faith and an acceptance of the anciently declared truth that to be saved man must be born again, purged and cleansed. This is one of the messages of religion to this age.

Albert E. Bowen, *Constancy amid Change*, pp. 41-42.

Helaman 5: 5

3 “Remembered the words their father spoke”

Another father taught a son a never-to-be-forgotten lesson in obedience and, by example, to honor the Sabbath day. I learned of this at the funeral service of a noble General Authority, H. Verlan Anderson. A Tribute was paid to him by one of his sons....

The son of Elder Anderson related that years earlier he had a special school date on a Saturday night. He borrowed from his father the family car. As he obtained the car keys and was heading for the door, his father said: “That car will need more gasoline before tomorrow. Be sure to fill the tank before coming home.”

Elder Anderson’s son related that the evening activity was wonderful.... In his exuberance, however, he failed to follow his father’s instructions to add fuel to the car’s tank before returning home.

Sunday morning dawned. Elder Anderson discovered the gas gauge showed empty. The son saw his father walk back into the house and put the car keys on the table. In the Anderson home, the Sabbath day was a day for worship and thanksgiving, and not for purchases.

As the funeral message continued, Elder Anderson's son declared, "I saw my father put on his coat, bid us good-bye, and then walk the long distance to the chapel, that he might attend an early meeting,"...

In concluding his funeral message, he said: "No son was ever taught more effectively by his father than I was on that occasion. My father not only knew the truth—he lived it."

Thomas S. Monson, *Ensign*, Nov. 1999 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1999], 19.

4 [From the life of Arun Ghandi, the grandson of the great leader Mahatma Ghandi:] One Saturday my father had to go to town to attend a conference, and he didn't feel like driving, so he asked me if I would drive him into town and bring him back in the evening... Since I was going into town, my mom gave me a list of groceries she needed, and on the way into town, my dad told me that there were many small chores that had been pending for a long time, like getting the car serviced and the oil changed.

When I left my father at the conference venue, he said, "At 5 o'clock in the evening, I will wait for you outside this auditorium. Come here and pick me up, and we'll go home together.

I said, "Fine." I rushed off and I did all my chores as quickly as possible—I bought the groceries, I left the car in the garage with instructions to do whatever was necessary—and I went straight to the nearest movie theatre. In those days, being a 16-year-old, I was extremely interested in cowboy movies... I got so engrossed in a John Wayne double feature that I didn't realize the passage of time. The movie ended at 5:30, and I came out and ran to the garage and rushed to where Dad was waiting for me. It was almost 6 o'clock when I reached there, and he was anxious and pacing up and down wondering what had happened to me. The first question he asked me was, "Why are you late?"

Instead of telling him the truth, I lied to him, and I said, "The car wasn't ready; I had to wait for the car," not realizing that he had already called the garage.

When he caught me in the lie, he said, "There's something wrong in the way I brought you up that didn't give you the confidence to tell me the truth, that made you feel you had to lie to me. I've got to find out where I went wrong with you, and to do that," he said, "I'm going to walk home—18 miles. I'm not coming with you in the car." There was absolutely nothing I could do to make him change his mind.

It was after 6 o'clock in the evening when he started walking. Much of those 18 miles were through sugar-cane plantations—dirt roads, no lights, it was late in the night—and I couldn't leave him and go away. For five and a half hours I crawled along in the car behind him Father, watching him go through all this pain and agony for a stupid lie. I decided there and then I was never going to lie again.

I think of that episode often. It's almost 50 years since the event, and every time I talk or think about it, I still get goose bumps.... Anything that is brought by fear doesn't last. But anything that is done by love lasts forever.

Brigham Young Magazine, Spring 2000, 37-43; as quoted in Jack R. Christianson and K. Douglas Bassett, *Life Lessons for the Book of Mormon* [Salt Lake City: Deseret Book, 2003], 88-89.

5 On January 10, 1945, I received my patriarchal blessing from my father’s mission president, John M. Knight.... After he pronounced my lineage, his next words—the first words of counsel in my blessing—were “Remember the teachings of your father.” That counsel has been and continues to be a great blessing in my life.

Not long after receiving my blessing, I came home for Sunday School. Our lesson had been about Joseph Smith’s First Vision, and I was wondering if it was really true. My father was leaving for a Church meeting. I stopped him and asked, “Dad, how do we really know that Joseph Smith had that vision?” My father put his arm around me, and we sat on the sofa in our living room. There he shared with me the Prophet Joseph’s account, and my father bore his own testimony of its truthfulness. That experience with my father burns in my heart today. Since then I have never doubted the Prophet Joseph’s account of his First Vision.

Over my teenage years, I remember vividly my father’s regular study of the Book of Mormon. His love of the Book of Mormon and counsel to me to study and ponder over it were the beginning of a journey with that sacred record that is the foundation of my personal testimony today. It is a journey each of us must take....

I remember the summer before entering college having a chance to go to Monument Valley to work on the first high school built there for the Navajo people. As I was about to leave home, my father asked me if I was going to take my Book of Mormon. I hadn’t thought to, but I paid heed to his question. I remember lying in my bunk late at night at the construction site and feeling the spirit and power of the Book of Mormon.

I remember as a young missionary in the Great Lakes Mission coming to that great knowledge and absolute testimony that the Book of Mormon was another witness of another nation that Jesus is the Christ and that this Church is true....

After our son John received his mission call to Japan, he said to me, “Dad, before I enter the Missionary Training Center, I am going to read the Book of Mormon twice.”.... I felt his resolve and made the decision to follow his example.... A few days later when I came home from work, John said to me, “I caught up with you today.” I asked, “What do you mean?” His response: I caught up to where you are in the Book of Mormon. You left it open on your desk.” The next morning after my reading, I felt inspired to turn about 150 pages past where I was. I left my Book of Mormon open where he could not miss it and went to work. After a meeting that morning, I checked my voice mail. The very first message said, “Yeah, sure, Dad!”

Why this story? As I watched my son read from the Book of Mormon, I began to see a special change in his life as he prepared to enter the Mission Training Center. That experience has anchored my son to the gospel of Jesus Christ....

“Remember the teachings of your father.” I will ever be grateful for my father. Though he has been gone for nearly 30 years, his teachings continue to live in my heart.

H. Bryan Richards, in Conference Report, Oct. 2004 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2004], 100-101, 103.

Helaman 5: 5-14*Remember*

- 6 When you look into the dictionary for the most important word, do you know what it is? It could be remember. Because all of you have made covenants—you know what to do and you know how to do it—our greatest need is to remember.... Remember is the word. Remember is the program. (“Circles of Exaltation,” p. 8)
- Remembering covenants prevents apostasy.... I suppose there would never be an apostate, there would never be a crime, if people remembered, really remembered, the things they had covenanted at the water’s edge or at the sacrament table and in the temple.... I guess we as humans are prone to forget. It is easy to forget. Our sorrows, our joys, our concerns, our great problems seem to wane to some extent as time goes on, and there are many lessons that we learn which have a tendency to slip from us. The Nephites forgot.
Spencer W. Kimball, *Teachings*, pp. 112-13.
- 7 Remember is the most important word in the English language.
Spencer W. Kimball, *Charge to Religious Ed.*, June 28, 1968.
- 8 If you love the truth you can remember it
Discourses of Brigham Young, p. 10.
- 9 God gave us memories that we might have June roses in the December of our lives.
James Barrie, as quoted by Thomas Monson, *Ensign*, May 1995, p.98.
- 10 Satan wants us to be slow to remember what we have received and heard. He wants us to minimize and even forget the quiet witnesses of the Spirit that have told us who we really are.
Susan L. Warner, *Ensign*, May 1996, pp. 78-79.
- 11 How can you and I remember, always, the goodness of God, that we can retain a remission of our sins? The Apostle John recorded what the Savior taught us of a gift of remembrance which comes through the gift of the Holy Ghost: “But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.” (John 14:26.)....
Henry B. Eyring
- 12 Through the Holy Ghost the truth is woven into the very fibre and sinews of the body so that it cannot be forgotten.
Joseph Fielding Smith, *Instructor*, Oct. 1935 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1935], 431.

13 In Helaman 5, the word *remember* is mentioned fifteen times in ten verses. Verse 14 begins, “And they did remember his words.” One of the major reasons Satan doesn’t want us to study the scriptures is because we will then remember the blessings of our fathers. We will remember the covenants made to Abraham, Isaac, and Jacob and all the great Book of Mormon prophets. We will remember who we are and why we are here. We will remember how the Lord delivered so many people from bondage, heartache, and sorrow.

Satan does not want us to read the Book of Mormon because then we will be ‘reminded’ every day. Remember what King Benjamin taught: “I would that ye should remember that were it not for these plates, which contain these records and these commandments, we must have suffered in ignorance, even at this present time, not knowing the mysteries of God.

“For it were not possible that our father, Lehi, could have remembered all these things.... Except it were for the help of these plates...” (Mosiah 1:3-5). The first major purpose of the book [of Mormon], then, is to help us remember what the Lord has done for our father.

Jack R. Christianson and K. Douglas Bassett, *Life Lessons from the Book of Mormon* [Salt Lake City: Deseret Book, 2003], 19-20.

14 That is the real purpose of the sacrament, to keep us from forgetting, to help us to remember. I suppose there would never be an apostate, there would never be a crime, if people remembered, really remembered, the things they had covenanted at the water’s edge or at the sacrament table and in the temple.... I guess we as humans are prone to forget. It is easy to forget. Our sorrows, our joys, our concerns, our great problems seem to wane to some extent as time goes on, and there are many lessons that we learn which have a tendency to slip from us. The Nephites forgot. They forgot the days when they felt good. I remember a young Navajo boy returning from his mission.... I happened to be present on the day he made his report and as tears rolled down his face, he said, “Oh, if I could only remember always just how I feel now.”

The Teaching of Spencer W. Kimball, ed. by Edward L. Kimball [Salt Lake City: Bookcraft, 1982], 112-113.

Helaman 5: 6

15 *Your Name*

You got it from your father, it’s all he had to give.

It’s yours to use and cherish for as long as you may live.

You may lose the watch he gave you; it can always be replaced.

But, a black mark on your name, son can never be erased.

It was clean the day you took it, a worthy name to bear.

When he got it from his father there was no dishonor there.

So always guard it wisely after all is said and done;

So there will be no dishonor when you give it to your son.

Shane Harrison, a former student, had this on a plaque in his room, from his father.

16 Those who know him understand that President [James E.] Faust will not yield to mere pressure.... [His] son Robert.... Relates his father's integrity to the motto "To thine own self be true," citing how his father regularly counseled, "The most important thing is your name and reputation."

Neal A. Maxwell, *Ensign*, Aug. 1995 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1995], 12.

17 Each of us represents the latest chapter in a long line of generations. Included in those generations are forebears, many of whom made terrible sacrifices for that which we have today. They have left us good names that have been safeguarded through the generations. The names we carry are treasured possessions to be kept unsullied, to be passed to the next generation without stain or embarrassment. We must stand up with loyalty to those who have gone before us.

Gordon B. Hinckley, *Standing for Something* [New York: Times Books, 2000], 171.

18 A number of years ago, I was seriously ill... With my family I went to St. George, Utah, to see if it would improve my health. We went as far as we could by train, and then continued the journey in a wagon.... I became so weak as to be scarcely able to move. It was a slow and exhausting effort for me even to turn over in bed. One day, under these conditions, I lost consciousness of my surroundings and thought I had passed to the Other Side. I found myself standing with my back to a large and beautiful lake, facing a great forest of trees.... I realized, or seemed to realize, that I had finished my work in mortality and had gone home. I began to look around, to see if I could not find someone. There was no evidence of anyone living there, just those great, beautiful trees in front of me and the wonderful lake behind me. I began to explore, and soon I found a trail through the woods which seemed to have been used very little, and which was almost obscured by grass. I followed this trail, and after I had walked for some time and had traveled a considerable distance through the forest, I saw a man coming towards me. I became aware that he was a very large man, and I hurried my steps to reach him, because I recognized him as my grandfather.... I remember how happy I was to see him coming. I had been given his name and had always been proud of it. When Grandfather came within a few feet of me, he stopped. His stopping was an invitation for me to stop. Then...he looked at me very earnestly and said: "I would like to know what you have done with my name." Everything I had ever done passed before me as though it were a flying picture on a screen—everything I had done.... My whole life had passed before me, I smiled and looked at my grandfather and said: "I have never done anything with your name of which you need be ashamed." He stepped forward and took me in his arms, and as he did so, I became conscious again of my earthly surroundings. My pillow was as wet as though water had been poured on it—wet with tears of gratitude that I could answer unashamed. I have thought of this many times, and I want to tell you that I have been trying, more than ever since that time, to take care of that name. So I want to say to the boys and girls, to the young men and women, to the youth of the Church and of all the world: Honor your fathers and your mothers. Honor the names that you bear, because some day you

will have the privilege and the obligation of reporting to them (and to your Father in heaven) what you have done with their name.

George Albert Smith, *Improvement Era*, Mar. 1947 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1947], 139.

Helaman 5: 8

19 Simply stated, we are not assured of the highest heaven in the celestial world because of our parentage, surname, or given name. Ancestry and heritage can guarantee nothing more than a great legacy, a memory, and a motivation to goodness. To be sure, all of us, whether reared in the Church or converts are under covenant to be true to our shared heritage, to those who went before, who gave their lives that we might enjoy the privileges of Church membership today. We have a moral obligation to be loyal to the royal within us, to be true to our good names, to bear them with dignity and fidelity.

Nephi and Lehi were called to bear a name, however, which was more significant than that of their noble forebears. It is a name that is above every name that is named, whether on earth or in heaven, save only the name of the almighty Elohim. It is a name that brings joy to the desolate heart, a name that speaks peace to the sorrowing soul. It is a name that falls in hushed and hallowed tones from the lips of Saints and angels, a name that leads true believers on both sides of the veil to glory and honor everlasting. It is the name of the One sent of God to bring salvation, the name of the One who paid an infinite price to ransom us from Satan's grasp. It is the blessed name of Jesus Christ.

Robert Millt, *A Sure Foundation, Studies in Scripture*, Vol. 7, p. 17.

Helaman 5: 9

20 *No other way*
There is a name that is above every name that is named, whether on earth or in heaven, save only the name of the almighty Elohim. There is a name that brings joy to the desolate heart, a name that speaks peace to the sorrowing soul. There is a name that falls in hushed and hallowed tones from the lips of Saints and angels, a name that leads true believers on both sides of the veil to glory and honor everlasting. It is the name of the one sent of God to bring salvation, the name of the one who paid an infinite price to ransom us from Satan's grasp. It is the blessed name of Jesus Christ.

Robeert L. Millet and Joseph Fielding McConkie, *In His Holy Name*, p. 16.

21 Full repentance is absolutely essential for the Atonement to work its complete miracle in your life. By understanding the Atonement, you will see that God is not a jealous being who delights in persecuting those who misstep. He is an absolutely perfect, compassionate, understanding, patient, and forgiving Father. He is willing to entreat, counsel, strength, lift, and fortify. He so loves each of us that He was willing to have His perfect, sinless, absolutely obedient, totally righteous Son experience indescribable agony and pain and give Himself in sacrifice for all [see Helaman 5:9]. Through that atonement we can live in a world where absolute justice reigns in its sphere so the world will have order. But that justice is tempered through mercy attainable by obedience to the teachings of Jesus Christ.

Which of us is not in need of the miracle of repentance? Whether your life is lightly blemished or heavily disfigured from mistakes, the principles of recovery are the same. The length and severity of the treatments are conditioned to fit the circumstances. Our goal surely must be forgiveness. The only possible path to that goal is repentance, for it is written: “There is no other way nor means whereby man can be saved, only through the atoning blood of Jesus Christ.”

Richard G. Scott, in Conference Report, Apr. 1995, 101; or *Ensign*, May 1995, 75.

Helaman 5:11

22 *Power of the Redeemer*

This passage may be better understood if one word, which is implicit in the scripture, were explicitly inserted. “Which bringeth unto [them] the power of the Redeemer....” Amulek taught that as a result of the people’s “faith unto repentance” the Atonement and the mercy of Christ “can satisfy the demands of justice, and encircles them in the arms of safety” (Alma 34:15-16). Our faith and repentance brings to us that power which redeems—even the power of the Redeemer.

Millet and McConkie, *Doctrinal Commentary on the Book of Mormon*, Vol 3, p. 355.

Helaman 5: 12

23 *Jesus Christ—Sure Foundation*

Every person builds a house of faith. We do so knowingly or unknowingly. And every builder soon learns that a good building with bad foundations is worse than useless; it is dangerous. As one Christian writer has observed, “If the stability of buildings depends largely on their foundations, so does the stability of human lives. The search for personal security is a primal instinct, but many fail to find it today. Old familiar landmarks are being obliterated. Moral absolutes which were once thought to be eternal are being abandoned” (Stott 22). Thus our house of faith can be no more secure than the foundation upon which it is built. Foolish men build upon the shifting sands of ethics and the marshlands of human philosophies and doctrines. The wise build upon the rock of revelation, heeding carefully the living oracles, lest they be “brought under condemnation...and stumble and fall when the storms descend, and the winds blow, and the rains descend, and beat upon their house” (D&C 90:5). All that we do as members of The Church of Jesus Christ of Latter-day

Saints must be built i[on a foundation of faith and testimony and conversion. When external supports fail us, then our hearts must be riveted upon the things of the Spirit, those internal realities which provide the meaning, the perspective, and the sustenance for all else that matters in life.

Robert Millet, *A Sure Foundation, Studies in Scriptures*, vol 7, p. 17.

24 In 1989 a storm hit Ghana—not a storm of wind or rain but a storm of persecution, slander, and misunderstandings. It was trying time; the Church was new there. All our non-African missionaries were required to leave the country. Our meetinghouses were locked and guarded so they could not be used by the members. The Saints could not gather together, so they worshiped as families in their own homes. Some members were arrested and even imprisoned.

This period of time is referred to as “the freeze.” Members had little contact or support from the outside Church, but they were not left on their own to weather the storm. They had the scriptures and the words of the prophets; they put their trust and faith in the Lord, and He poured out His Spirit upon them. One member of the Church said, “We had the Spirit of the Lord with us; we could feel Him guiding and directing us. We drew closer to one another and we drew nearer to the Savior.

For 18 months the Saints fasted and prayed for the day when the freeze would end. In November of 1990 the ban was lifted. The worst of the storm had passed, but it had taken its toll. There were those who had fallen away. Their roots had been shallow and their foundation weak. The foundation of the Church in Ghana today is built on the faith of those who weathered the storm. They were deeply rooted in the gospel of Jesus Christ.

Brothers and Sisters, the scriptures, the living prophets, and the Holy Ghost all testify of Christ. They will help us build on “a sure foundation, a foundation whereon it mem build they cannot fall.”

Sheldon F. Child, in Conference Report, Oct. 2003 [Salt Lake City: The Churcxd of Jesus Christ of Latter-day Saints, 2003], 8.

25 Thus the apostolic and prophetic foundation of the Church was to bless in all times, but *especially* in times of adversity or danger, times when we might feel like children, confused or disoriented, perhaps a little fearful, times in which the devious hand of men or the maliciousness of the devil would attempt to unsettle or mislead. Against such times as come in our modern day, the First Presidency and Quorum of the Twelve are commissioned by God and sustained by you..

Such a foundation in Christ was and is always to be a protection in days... in such days as we are now in—and will more or less always be in—the storms of life “shall have no power over you...because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall.”

Jeffrey R. Holland, in Conference Report, Oct.2004 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints,2004], 5.

26 Someone once said you can’t visually tell the diffeence between a strand of cobweb and a strand of powerful cable—until stress is put on the strand. Our testimonies are that way, and for most of us, the days of stress for our testimonies have already begun. It may not be the death of a loved one. We might not yet have been asked to give up something that is really precious to us, though the time for such a test may well come to us by and by. Our current stress is more likely to come in the form of overpowering temptations, which show us that a shallow acceptance of the gospel does not have the power to cope with the full fury of the powers of

darkness. Perhaps there is a mission call to a place of illness and disappointment, when we had planned on a mission to a place of unbounded opportunity. Or perhaps there are too many questions to which our limited knowledge simply has no answer, and those who claim to know more than we do taunt us with what appears to be a persuasive certainty.

When those times come, our testimonies must be more than the cobweb strands of a fairweather faith. They need to be like strands of cable, powerful enough to resist the shafts of him who would destroy us. In our days of stress and trouble, we must be built “upon the rock of our Redeemer, who is Christ, the Son of God, . . .that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, . . . and his mighty storm shall beat upon you, it shall have no power over you, . . . because of the rock upon which ye are built.” (Helaman 5:12)

Bruce C. Hafen, *The Believing Heart*, 2nd ed. [1990], 21-22.

27 The place to cure most of the ills of society is in the homes of the people. Building our homes as fortresses of righteousness for protection from the world takes constant labor and diligence. Membership in the Church is no guarantee of a strong, happy family. Often parents feel overwhelmed. . . . The righteous molding of an immoral soul is the highest work we can do, and the home is the place to do it. To accomplish this eternal work, we should make our homes gospel centered. When peace and harmony abound, the Holy Spirit will ever be present. The storms of the evil one can be stopped at the very entrance of our homes. Let us be sure the spiritual foundation of each home is the rock of our Redeemer, as Helaman taught his sons: [Hel. 5:12]. The Lord’s standards for building a temple apply also to building spiritual strength in our homes: “Organize yourselves; prepare every needful thing; and establish a house of order, a house of God” (D&C 88:119). Do we heed this counsel from the Lord? Do we do what He asks? We would do well to build our homes according to this plan or they are destined to fail. Joseph B. Wirthlin, *Ensign*, May 1993, p. 69.

28 Anchor your life in Jesus Christ, your Redeemer. Make your Eternal Father and his Beloved Son the most important priority in your life—more important than life itself, more important than a beloved companion or children or anyone on earth. Make their will your central desire. Then all that you need for happiness will come to you.

Richard G. Scitt, *Ensign*, May 1993, pp. 32-34.

29 If our lives are centered in Christ, nothing can go permanently wrong. . . . On the other hand, if our lives are not centered on the Savior and his teachings, no other success can ever be permanently right.

Howard W. Hunter, *Teachings*, 40.

30 Like the polar star in the heavens, regardless of what the future holds, there stands the Redeemer of the world, the Son of God, certain and sure as the anchor of our immortal lives. He is the rock of our salvation, our strength, our comfort, the very focus of our faith. In sunshine and in shadow we look to Him, and He is there to assure and smile upon us. He is the central focus of our worship.

Gordon B. Hinckley, "We Look to Christ," *Ensign*, May 2002, 90.

Helaman 5: 12

31 *Mighty storm shall beat upon you*

We, too, are faced with powerful destructive forces unleashed by the adversary. Waves of sin, wickedness, immorality, degradation, tyranny, deceitfulness, conspiracy, and dishonesty threaten all of us. They come with great power and speed and will destroy us if we are not watchful.

But a warning is sounded for us. It behooves us to be alert and to listen and flee from the evil for our eternal lives. Without help we cannot stand against it. We must flee to high ground or cling fast to that which can keep us from being swept away. That to which we must cling for safety is the gospel of Jesus Christ. It is our protection from whatever force the evil one can muster. An inspired Book of Mormon prophet counseled his people: "Remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwinds, yea, When all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo." (Hel. 5:12)

Spencer W. Kimball, in Conference Report, Oct. 1978, 6; or *Ensign*, Nov. 1978, 6.

Helaman 5:12

32 *Sure Foundation = Whereon if men build they cannot fall*

When I think of this kind of faith in the face of adversity and understandable fear, I think of a very current example. Shortly after Elder Neal A. Maxwell's leukemia was diagnosed and he began chemotherapy, my husband and I went to the hospital to visit with him. He was so sick and fragile and frail. I'll never forget the sweet look on his face and his tear-filled eyes as he said softly, "I just hope that I do not shrink from this cup which has been given me."

That was more than two years, one book, dozens of regional conferences, and four general conferences ago. And he is still serving without shrinking—walking by faith, knowing that he still has leukemia, and never knowing for sure what the Lord may have in store for the next leg of the race. The treatments go on, the nausea returns, the hair comes and goes, but there is Neal Maxwell with his shoulder to the wheel. Elder and Sister Maxwell are perfect modern examples of faith overcoming fear, of hope tinged with sadness, of light shining in otherwise dark moments, or a couple who will never shrink nor shun the fight. To be around them is to feel drawn into an aura of serenity and calm. You know that Christ has pleasure in the strength of their covenants (see Hebrews 11:38).

In these times, many people are starting to worry over the calamities of the last days. Fear is waxing strong, and the hearts of some men and women grow cold. To that I say as they do in Australia, "No worry, mate!" Curl up comfortably in your favorite easy chair, wrap yourself in the loving spirit of God, and read the italicized heading for the very chapter of 3 Nephi I have been quoting: "In the last days, Zion and her stakes shall be established, and Israel shall be gathered in mercy and tenderness—They shall triumph" (headnote to 3 Nephi 22).

Not long ago we experienced the worst windstorm Bountiful has seen in several decades. The wind on the freeway was gauged at 113 miles an hour. Coming out of the canyon, it seemed even more than that. Just as I was hearing news reports of semitrailer trucks—twenty of them—being blown over on the roadside, I looked out my back window down toward our creek, and I saw one of our large trees go down with a crash. A smaller one followed almost immediately.

For a moment, I confess I was truly fearful. I thought of Kosovo and Littleton, Colorado, or our own Salt Lake Family History Library, and even the great bug-a-boo Y2K. The wind became even more furious and loud.

It was very early in the morning as the worst of this was happening, and Jeff was just leaving for the office. I am a little embarrassed to admit that I was scared. I said to him, “Do you think this is the end? Is it all over-or about to be?” I whispered. My husband, a man of deep faith and endless optimism, took me in his arms and said, “No, but wouldn’t it be wonderfull if it were? Wouldn’t it be wonderful if Christ really did come and his children really were ready for him? Wouldn’t it be terrific if evil was finally conquered, once and for all, and the Savior of the world came down in the midst of the New Jerusalem to wipe away *every* tear from *every eye*? Yes,” my husband said, “in lots of ways I wish it were the end, but it’s not. It is just a stiff windstorm in Bountiful. We have got more work to do.” So, he kissed me and drove off to work, with trees falling and rafters rattling.

I was probably imagining it, but I thought I could hear him whistling a few bars of “Master, the Tempest Is Raging,” especially that lovely closing refrain: “Peace, be still; peace, be still.”

“They mount up to the heaven, they go down again to the depths: their soul is melted because of trouble. They reel to and fro, and stagger like a drunken man, and are at their wits’ end. Then they cry unto the Lord in their trouble, and he bringeth them out of their distresses. He maketh the storm a calm, so that the waves thereof are still. Then are they glad because they be quiet; so he bringeth them unto their desired haven” (Psalm 107:26-30). This is God’s covenant of peace to you. His kindness shall not depart from you, and terror shall not come near you, God’s covenant of peace shall not be removed, for he has so declared.

Patricia T. Holland, *God’s Covenant of Peace*.

Helaman 5:23

Fire

33

The scriptures, and even our church history, record miraculous instances when visible flames encircled the humble followers of Christ—literal manifestations of fire and the Holy Ghost—but more often this fire works quietly and unseen in the hearts of those who have received the gift of the Holy Ghost.

Loren C. Dunn, *Ensign*, June 1995, 24.

34

Now God will not permit America, His base of operations, to be destroyed. He has promised protection to this land if we will but serve the God of the land. He has also promised protection to the righteous even, if necessary, to send fire from heaven to destroy their enemies. No, God’s base of operations will not be destroyed. But it may be weakened and made less effective.

Ezra Taft Benson, *A Nation Asleep* [Salt Lake City: Bookcraft, 1963]. 11.

Helaman 5: 30-3135 *Still small voice*

A few years ago I met with a prospective mission president and his wife to discuss their availability for service. I asked whether their responsibilities to aged parents would preclude their service at the time. This sister was the only daughter of a wonderful mother then about 80, whom she visited and helped each week. Though somewhat dependent physically, this mother was strong spiritually. She had served four missions and fifteen years as a temple worker. Because she was in tune with the Spirit, she had a remarkable experience. Several months before this interview she told her daughter that the Spirit had whispered that her daughter's husband would be called as a mission president. So advised, the mother had prepared herself for the needed separation and assured her daughter, long in advance of my assignment for the exploratory interview, that she would "not be a hindrance" to their service.

Dallin H. Oaks, *Ensign*, Nov. 1996 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1996], 61.

36 [President Heber J. Grant] sought the will of the Lord in appointing a new member of the Quorum of the Twelve Apostles. As he pondered this responsibility, his thoughts turned repeatedly to his lifelong friend Richard W. Young.... President Grant discussed this possibility with his counselors, who supported his decision. When he finally felt confident with this course of action, he wrote his friend's name on a piece of paper and took the paper with him to the weekly temple meeting with the First Presidency and the Quorum of the Twelve. However, when he was about to present the name for approval of his Brethren, he was unable to do so. Instead of presenting the name of Richard W. Young, he presented the name of Melvin J. Ballard, a man whom he hardly knew. President Grant later told of the impact this experience had on him:

"I have felt the inspiration of the living God directing me in my labors. From the day that I chose a comparative stranger to be one of the apostles, instead of my lifelong and dearest living friend, I have known as I know that I live, that I am entitled to the light and the inspiration and the guidance of God in directing His work here upon this earth."

Teachings of Presidents of the Church—Heber J. Grant [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2002], 181-182.

37 [Wilford Woodruff's experience in helping the Saints emigrate to the Salt Lake Valley:] I saw a steamer making steam ready to go out. I went to the captain and asked him how many passengers he had, "Three hundred and fifth." "Could you take another hundred?" "Yes." I was just about to tell him we wanted to go aboard when that Spirit said to me. "Don't go aboard that steamer, you nor your company." "All right," said I. I had learned something about that still, small voice. I did not go aboard that steamer, but waited till the next morning. In thirty minutes after that steamer left, it took fire. It had ropes instead of wheel chains, and they could not go ashore. It was a dark night, and not a soul was saved. If I had not obeyed the influence of that monitor within me, I would have been there myself, with the rest of the company.

Teachings of the Presidents of the Church—Wilford Woodruff [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2004], xxvi-xxvii.

38 Two men formed a partnership. They built a small shed beside a busy road. They obtained a truck and drove it to a farmer’s field, where they purchased a truckload of melons for a dollar a melon. They drove the loaded truck to their shed by the road, where they sold their melons for a dollar a melon. They drove back to the farmer’s field and bought another truckload of melons for a dollar a melon. Transporting them to the roadside, they again sold them for a dollar a melon. As they drove back toward the farmer’s field to get another load, one partner said to the other, “We’re not making much money on this business, are we?” “No, we’re not,” his partner replied. “Do you think we need a bigger truck?”

We don’t need a bigger truckload of information, either. Like the two partners in my story, our biggest need is a clearer focus on how we should value and use what we already have.

Because of modern technology, the contents of huge libraries and other data resources are at the fingertips of many of us. Some choose to spend countless hours in unfocused surfing the Internet, watching trivial television, or scanning other avalanches of information. But to what purpose? Those who engage in such activities are like the two partners in my story, hurrying to and fro, hauling more and more but failing to grasp the essential truth that we cannot make a profit from our efforts until we understand the true value of what is already within our grasp....

We... need quiet time and prayerful pondering as we seek to develop information into knowledge and mature knowledge into wisdom....

Each of us should be careful that the current flood of information does not occupy our time so completely that we cannot focus on and hear and heed the still, small voice that is available to guide each of us with our own challenges today.

Dallin H. Oaks, *Ensign*, May 2001 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2001], 82-83.

Helaman 5: 35-41

39 *Aminadab and a cloud of darkness*

To find the way back, as Aminadab [remembered], one must repent and pray until doubt and darkness disappear and important things can be seen again...

... It is possible to return. It is possible for those who have ceased to pray, to pray again. It is possible for those who are lost to find their way through the dark and come home.

And when they do, they will know, as I know, that the Lord is more concerned with what a man is than with what he was, and with where he is than with where he has been.

F. Burton Howard, in Conference Report, Oct. 1986, 99-100; or *Ensign*, Nov. 1986, 77-78.

Helaman 5: 35-41

40 *Faith removes cloud of darkness*

“Faith is a gift of God,” wrote Elder Orson Pratt. “In what manner does He impart this gift to the mind by the immediate operation of the Holy Spirit independent of any other means? Does He bestow it unsought for and irrespective of the preparation of the mind? Does He confer it independent of the agency of man? To say that man obtains this gift without preparing himself,

or without the exercise of any agency, is to deprive him of all responsibility in regard th whether he has faith or not.”

In *The True Faith*, p. 8.

- 41 Faith is a gift of God bestowed as a gift for personal righteousness. It is always given when righteousness is present, and the greater the measure of obedience to God’s laws, the greater will be the endowment of faith.

Bruce R. McConkie

Helaman 5: 43-45

- 42 I had no sooner opened my lips in an effort to pray than I heard a sound just above my head like the rushing of silken robes; and immediately the Spirit of God descended upon me, completely enveloping my whole person, filling me from the crown of my head to the soles of my feet, and oh, the joyful happiness I felt! No language can describe the almost instantaneous transition from a dense cloud of spiritual darkness into a refulgence of light and knowledge, as it was at that time imparted to my understanding. I received a perfect knowledge that God lives, that Jesus Christ is the Son of God, and of the restoration of the Holy Priesthood, and the fullness of the Gospel. It was a complete baptism—a tangible immersion in the heavenly principle or element, the Holy Ghost; and even more physical in its effect upon every part of my system than the immersion by water.

Lorenzo Snow, *A Comprehensive History of the Church*, 6:384.

Helaman 5:47

- 43 Here we have the voice or words of Elohim, the Eternal Father. Whether he spoke them himself, or whether they were spoken by the Son by divine investiture of authority (see *Commentary 2:227-29*), we cannot tell from the passage.

Millet & McConkie, *Doctrinal Commentary of Book of Mormon*, Vol 3, pp.359-360.

Helaman 5:48

- 44 *Angels*

“There never has been a gospel dispensation without the ministering of angels. A people who cannot claim the ministering of angels cannot claim an everlasting gospel.... Without the ministering of angels and other forms of revelation, our theology would be like a body without a spirit.” (Robert L. Millet and Joseph Fielding McConkie, *The Life Beyond*, p. 71.) Joseph Smith explained that “there are no angels who minister to this earth but those who do belong or have belonged to it” (D&C 130:5). Thus President Joseph F. Smith observed: “When messengers are sent to minister to the inhabitants of this earth, they are not strangers, but from the ranks of our kindred, friends, and fellow-beings and fellow-servants. The ancient prophets who died were those who came to visit their fellow creatures upon the earth. They came to Abraham, to Isaac, and to Jacob; it was such beings—holy beings if you please—who waited upon the Savior and administered to him on the Mount...

“In like manner our fathers and mothers, brothers, sisters and friends who have passed away from this earth, having been faithful, and worthy to enjoy these rights and privileges, may have a mission given them to visit their relatives and friends upon the earth again, bringing from the

divine Presence messages of love, or warning, or reproof and instruction, to those whom they had learned to love in the flesh.” (*Gospel Doctrine*, pp. 435-37.)

Ibid, p.360

Helaman 5:48-52

Gospel Brings Peace

45 Peace upon earth is not to be established by Congress or Parliament, or by a group of international representatives.... *Peace cannot be legislated into existence...*

Peace comes from within: peace is myself, if I am a truly peaceful man.... The only way to build a peaceful community is to build men and women who are lovers and makers of peace...

That makes me responsible for the peace of the world, and makes you individually responsible for the peace of the world. The responsibility cannot be sifted to someone else.

John A. Widtsoe, in Conference Report, Oct. 1943, 113; as quoted in *Prophets, principles and National Survival*, comp. by Jerreld L. Newquist [Salt Lake City: Publishers Press, 1964], 482.

46 When Christians throughout the world... feel a loyalty in their hearts to the resurrected Christ,... mankind will have taken the first great step toward the perpetual peace for which we daily are praying: Reject Him and the world will be filled with hatred, and drenched in blood by recurring wars...

Let men and women everywhere keep their eyes upon him... for Christ is the Way, the Truth, the Life, the only safe Guide to that haven of peace for which people the wide world over are earnestly praying.

Teachings of the Presidents of the Church—David O. McKay [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2003], 3.

47 The gospel is the only answer to the problems of the world. We may cry peace. We may hold peace conferences. And I have nothing but commendation for those who work for peace. But it is my conviction that peace must come only by following the teachings and the example of the Prince of Peace.

Ezra Taft Benson, *Title of Liberty* [Salt Lake City: Deseret Book, 1964], 213-214.

48 We do not favor war. We do not like the blood of war, the stench of war, the suffering of war, the deprivations of war, the cruelty of war, the degradation of war. We hate war but there are considerations that must be kept in mind. How can war be eliminated from the earth? The answer is simple but hard to realize. Let the people of this live the gospel. Before peace can come to the world around us, it must come into our hearts.

The Teachings of Spencer W. Kimball, ed. by Edward L. Kimball [Salt Lake City: Bookcraft, 1982], 414.

49 In these days of uncertainty and unrest, liberty-loving people's greatest responsibility and paramount duty is to preserve and proclaim the freedom of the individual, his relationship to Deity, and the necessity of obedience to the principles of the gospel of Jesus Christ. Only thus will mankind find peace and happiness.

David O. McKay, in Conference Report, Oct. 1962 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1962], 7-8.

Helaman 5 Conclusion

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David O. McKay, *Conference Report*, Oct. 1962, pp.7-8.