

Helaman 14: 1-25

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PROPHECY	EVENTS ABOUT THE BIRTH OF CHRIST	FULFILLMENT
Helaman 14:2	Christ to be born in five years	3 Nephi 1:13
Helaman 14:3-4	No darkness for a day, a night, and a day	3 Nephi 1:15
Helaman 14:5	The appearance of a new star	3 Nephi 1:21
Helaman 14:6	Many signs in the heavens	3 Nephi 2:1
Helaman 7	People would fall to the earth	3 Nephi: 16-17

PROPHECY	EVENTS ABOUT THE DEATH OF CHRIST	FULFILLMENT
Helaman 14:20	Sun, moon, and stars to be darkened	3 Nephi 8:19-23
Helaman 14:21	Thundereings and lightnings for many hours	3 Nephi 8:6-7
Helaman 14:21	Earth to shake and be broken up	3 Nephi 8, 17-18
Helaman 14:23	Tempests, mountains made low, valleys made high	3 Nephi 8:5-6
Helaman 14:24	Highways to be broken up, cities desolate	3 Nephi 8:8-11, 13
Helaman 14:25	Graves to be opened to a mass resurrection	3 Nephi 23:9-14

Brian D Garner, *Search These Things Diligently*, p. 247

Helaman 14:22 *To redeem*

Redemption is made from the effects of Adam's fall. Adam's posterity are subject to both physical and spiritual death. The atonement of Christ brings an unconditional and universal victory over the physical death. All things that are subject to death are to be pardoned from its effects and granted an inseparable union of body and spirit. Victory over spiritual death, which is synonymous with exaltation or eternal life, becomes ours when we take upon ourselves the name of Christ and endure in faith to the end of our mortal probation.

Millet and McConkie, *BOM Commentary*, p. 409

Helaman 14:8

3 Belief brings salvation and belief brings damnation. Men are saved or damned, depending upon what they believe. If they believe in Christ and his saving truths, they are heirs of salvation. If they believe in a false system of salvation, they will be damned. It is one thing to worship the living Lord and quite another to worship dead deities that have been graven by art and man's device. It is one thing to believe God is a personal being in whose image man is made, as the scriptures attest, and quite another to believe he is a spirit nothingness that fills the immensity of space, as the creeds of Christendom aver. What men believe is the governing force in their lives. If they truly believe the truth, they will be saved in the kingdom of God; if they truly believe a lie, they will fail to gain this high reward.

Bruce R. McConkie, *New Witness for the Articles of Faith*, 23.

Helaman 14:114 *Conditions of Repentance*

In *The Miracle of Forgiveness*, Spencer W. Kimball gives a superb guide to forgiveness through repentance. It has helped many find their way back. He identifies five essential elements of repentance.

Sorrow for sin. Study and ponder to determine how serious the Lord defines your transgression to be. That will bring healing sorrow and remorse. It will also bring a sincere desire for change and a willingness to submit to every requirement for forgiveness...

Abandonment of sin. This is an unyielding, permanent resolve to not repeat the transgression. By keeping this commitment, the bitter aftertaste of that sin need not be experienced again...

Confession of sin. You always need to confess your sins to the Lord. If they are serious transgressions, such as immorality, they need to be confessed to a bishop or stake president. Please understand that confession is not repentance. It is an essential step but is not of itself adequate. Partial confession by mentioning lesser mistakes will not help you resolve a more serious, undisclosed transgression....

Restitution for sin. You must restore as far as possible all that which is stolen, damaged, or defiled. Willing restitution is concrete evidence to the Lord that you are committed to do all you can to repent.

Obedience to all the commandments. Full obedience brings the complete power of the gospel into your life with strength to focus on the abandonment of specific sins. It includes things you might not initially consider part of repentance, such as attending meetings, paying tithing, give service, and forgiving others...

I would add a sixth step: *Recognition of the Savior.* Off all the necessary steps to repentance, I testify that the most critically important is for you to have a conviction that forgiveness comes because of the Redeemer. It is essential to know that only on His terms can you be forgiven.

Richard G. Scott, in Conference Report, Apr. 1995, 102; or *Ensign*, May 1995, 76.

- 5 We must change anything we can change that may be part of the problems... We thank our Father in Heaven we are *allowed* to change, we thank Jesus we *can* change, and ultimately we do so only with Their divine assistance. Certainly not everything we struggle with is a result of our actions. Often it is the result of the actions of others or just the mortal events of life. But anything *we* can change we *should* change, and we must forgive the rest. In this way our access to the Savior's Atonement becomes as unimpeded as we, with our imperfections, can make it. He will take it from there.

Jeffrey R. Holland, in Conference Report, Apr. 2006, 70-71; or *Ensign*, May 2006, 70.

Helaman 14:126 *Signs of His coming*

The coming of the Son of Man never will be—never can be till the judgments spoken of for this hour are poured out: which judgments are commenced. Paul says, “Ye are the children of the light, and not of the darkness, that that day should overtake you as a thief in the night.” It is

not the design of the Almighty to come upon the earth and crush it and grind it to powder, but he will reveal it to His servants the prophets.

Judah must return, Jerusalem must be rebuilt, and the temple, and water come out from under the temple, and the waters of the Dead Sea be healed. It will take some time to rebuild the walls of the city and the temple, and all this must be done before the Son of Man will make His appearance. There will be wars and rumors of wars, signs in the heavens above and on the earth beneath, the sun turned into darkness and the moon to blood, earthquakes in divers places, the seas heaving beyond their bounds; then will appear one grand sign of the Son of Man in heaven. But what will the world do? They will say it is a planet, a comet, etc. But the Son of Man will come as the sign of the coming of the Son of Man, which will be as the light of the morning cometh out of the east.

TPJS, 286-7

Helaman 14:15-19

7 *What is the difference between the first death and the second “spiritual death”?*

The term “first spiritual death” refers to the original transgression of Adam and Eve when they were cast out of the Garden of Eden and to the condition which comes upon a person when he commits his first sin... The “second spiritual death” ... is used in the Book of Mormon to refer to a death which takes place after physical death wherein the person is “cut off again”... The second spiritual death refers essentially to the state or condition of those who become sons of perdition.

Daniel H. Ludlow, *Companion*, 248.

Helaman 14:16

8 *“More terrible death”*

Concerning spiritual death, President Joseph F. Smith said:

“I want to speak a word or two in relation to another death, which is a more terrible death than that of the body. When Adam, our first parent, partook of the forbidden fruit, transgressed the law of God, and became subject unto Satan, he was banished from the presence of God and was thrust out into outer spiritual darkness. This was the first death. Yet living, he was dead—dead to God, dead to light and truth, dead spiritually; cast out from the presence of God; communication between the Father and the son cut off. He was as absolutely thrust out from the presence of God as was Satan and the hosts that followed him. That was spiritual death. But the Lord said that He would not suffer Adam nor his posterity to come to the temporal death until they should have the means by which they might be redeemed from the first death, which is spiritual. Therefore angels were sent unto Adam, who taught him the Gospel and revealed to him the principle by which he could be redeemed from the first death, and be brought back from banishment and outer darkness into the marvelous light of the Gospel. He was taught faith, repentance and baptism for the remission of sins, in the name of Jesus Christ, who should come in the meridian of time and take away the sin of the world, and was thus given a chance to be redeemed from the spiritual death before he should die the temporal death. Now, all the world today, I am sorry to say, with the exception of a handful of people who have obeyed the new and

everlasting covenant, are suffering this spiritual death. They are cast out from the presence of God. They are without God, without Gospel truth, and without the power of redemption; for they know not God nor His Gospel. In order that they may be redeemed and saved from the spiritual death which has spread over the world like a pall, they must repent of their sins, and be baptized by one having authority, for the remission of their sins, that they may be born of God. That is why we want these young men to go out into the world to preach the Gospel. While they themselves understand but little perhaps, the germ of life is in them.”

In Conference Report, Oct, 1899, p. 72.

Helaman 14:18

9 *Cast into Fire*

This fire and brimstone, we are informed, is a representation of the torment which shall be suffered by the wicked. It is not actual fire, but it is the torment of the mind; in other words, it is the punishment which the Savior speaks of as being the worm that dieth not and the fire that is not quenched, which shall endure forever.

Let us be thankful that there will be but a few who partake of this dreadful punishment.

Joseph Fielding Smith, *Doctrines of Salvation*, 2:224-25.

Helaman 14:15-19

The Atonement Overcomes Death

10 Samuel the Lamanite described the difference between physical death, the first spiritual death, and the second spiritual death—as well as how the Savior’s Atonement helps us overcome these deaths.

Physical death. Elder Earl C. Tingey of the Presidency of the Seventy defined physical death and who will experience it: “Physical death is the separation of the spirit from the physical body. Because of the Fall of Adam, all mankind will suffer physical death” (in Conference Report, Apr. 2006, 74; or *Ensign*, May 2006, 73).

The first spiritual death. Spiritual death when someone is “cut off from the presence of the Lord” (Alma 42:9).

President Spencer W. Kimball (1895-1985) explained that both of these deaths are the result of the Fall of Adam and Eve: “Our first parents, Adam and Eve, disobeyed God. By eating the forbidden fruit, they became mortal. Consequently, they and all of their descendants became subject to both mortal and spiritual death (mortal death, the separation of body and spirit; and spiritual death, the separation of the spirit from presence of God and death as pertaining to the things of the spirit)” (in Conference Report, Apr. 1978, 7; or *Ensign*, May 1978, 6).

For us, this spiritual death occurred when we left God’s presence and were born into mortality. Samuel the Lamanite called being cut off from His presence “the first death” (Helaman 14:16).

Samuel the Lamanite taught that all of Heavenly Father’s children who lived in mortality will overcome physical and spiritual death through the powers of the Atonement of Jesus Christ (see Helaman 14:17). Many other scriptures also attest to this fact (see 2 Nephi 2:9-10; 9:15, 22, 38; Alma 11:43-44; 3 Nephi 26:4).

The second spiritual death. The second death is an ultimate or final spiritual death that comes not because of leaving God’s presence to be born into mortality, but comes because of unrepented personal sin.

The Savior has also provided help to overcome this second spiritual death. By suffering for our sins, He offers us the opportunity to repent. But to those who do not repent, there “cometh upon them again a spiritual death, yea a second death, for they are cut off again as to things pertaining to righteousness” (Helaman 14:18). This means that a person with unresolved sin cannot remain in God’s presence after he or she is brought back to Him for judgment.

Elder Russell M. Nelson of the Quorum of the Twelve Apostles described this condition:

“If physical death should strike before moral wrongs have been made right, opportunity for repentance will have been forfeited. Thus, ‘the [real] sting of death is sin’ (1 Corinthians 15:56).

“Even the Savior cannot save us in our sins. He will redeem us from our sins, but only upon condition of our repentance. We are responsible for our own spiritual survival our death (see Romans 8:13-14; Helaman 14:18; D&C 29:41-45)” (in Conference Report, Apr. 1992, 102; or *Ensign*, May 1992, 73).

BYU Book of Mormon Student Manual, 2009, pp. 284-95.

Helaman 14:29

11 Without question we are rapidly approaching the great day of the Lord, that time of “refreshing,” when he will come in the clouds of heaven to take vengeance upon the ungodly and prepare the earth for the reign of peace for all those who are willing to abide in his law. It is only just that the Lord would speak again from the heavens, before that great day shall come, and commission his servants and send them forth to proclaim repentance and once again say to the people, “The kingdom of heaven is at hand.”... True it is, that the warnings given of old are to be heeded, but near the approach of those great events, it is right, and reason compels us to believe, that the Lord would again raise his voice through his appointed servants in a warning that the people might know that this great and dreadful day is even now at our door. It is to be a day of peace and joy to the righteous, but a dreadful day to the wicked.

The Restoration of All Things [Salt Lake City: Deseret Book, 1973], 302-303.

Helaman 14:30-31

12 *Agency*

Satan... tries to create an atmosphere where one unwittingly begins to feel that he can not only choose what to do, but can determine what is right...

But our Eternal Father defined truth and established what is right and wrong before the creation of this earth. He also fixed the consequences of obedience and disobedience....

Please understand, no one has the privilege to choose what is right... We are bound to the consequences God has decreed.

Richard G. Scott, *Ensign*, November 1992, 61.

Parents, don't make the mistake of purposefully intervening to soften or eliminate the natural consequences of your child's deliberate decisions to violate the commandments. Such acts reinforce false principles, open the door for more serious sin, and lessen the likelihood of repentance.

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