



The Gospel Doctrine Class



Book of Mormon - Lesson 6

Free to Choose Liberty and Eternal Life

“Awake, my sons; put on the armor of righteousness. Shake off the chains with which ye are bound, and come forth out of obscurity, and arise from the dust.” (2 Nephi 1:23)

2 Nephi 1-2

A study of this lesson will help us have a greater desire to “choose liberty and eternal life” through Jesus Christ, “the great Mediator of all men” (2 Nephi 2:27).

Joseph Smith: "You know there has been great discussion in relation to Zion--where it is, and where the gathering of the dispensation is, and which I am now going to tell you. The prophets have spoken and written upon it; but I will make a proclamation that will cover a broader ground. The whole of America is Zion itself from north to south, and is described by the prophets, who declare that it is the Zion where the mountain of the Lord should be, and that it should be in the center of the land. When elders shall take up and examine the old prophecies in the Bible, they will see it." (Teachings, p362)

President Spencer W. Kimball: "[There] are Church members who are steeped in lethargy. They neither drink nor commit the sexual sins. They do not gamble nor rob nor kill. They are good citizens and splendid neighbors, but spiritually speaking they seem to be in a long, deep sleep. They are doing nothing seriously wrong except in their failures to do the right things to earn their exaltation. To such people as this, the words of Lehi might well apply: 'O that ye would awake; awake from a deep sleep, yea, even from the sleep of hell, and shake off the awful chains by which ye are bound, which are the chains which bind the children of men, that they are carried away captive down to the eternal gulf of misery and woe' (2 Nephi 1:13)." (Teachings of Spencer W. Kimball, p149)

Elder Marvin J. Ashton: "As I have been rereading the Book of Mormon, following the counsel of President Ezra Taft Benson, our beloved Prophet, I have been even more impressed with the counsel Father Lehi gave his family shortly before his death. He pleaded with his sons with these words: "Awake, my sons; put on the armor of righteousness. Shake off the chains with which ye are bound, and come

forth out of obscurity, and arise from the dust." ("2 Nephi 1:23.)

"Those words apply to us today. Who among us hasn't felt the chains of bad habits? These habits may have impeded our progress, may have made us forget who we are, may have destroyed our self-image, may have put our family life in jeopardy, and may have hindered our ability to serve our fellow beings and our God. So many of us tend to say, 'This is the way I am. I can't change. I can't throw off the chains of habit.'

"Lehi warned his sons to "shake off the chains" because he knew that chains restrict our mobility, growth, and happiness. They cause us to become confused and less able to be guided by God's Spirit....

"Righteous living is a shield, a protector, an insulation, a strength, a power, a joy, a Christlike trait. Yes, living a life of righteousness is a chainbreaker.

"Many of us today are shackled by the restrictive chains of poor habits. We are bound by inferior self-images created by misconduct and indifference. We are chained by an unwillingness to change for the better. Is it any wonder, in our day as it was in Nephi's, that God's pleas are 'awake,' 'listen,' 'procrastinate no longer,' 'believe me,' 'come back,' and 'seek the straight course'?

"Shaking off restrictive chains requires action. They cannot be wished away. A declaration will never break chains. It requires commitment, self-discipline, and work.

"Chains weigh heavily on troubled hearts and souls. They relegate us to lives of no purpose or light. They cause us to become confused and to lose the Spirit. We need to arise from the dust and enjoy the fresh air of righteousness. We need to move forward in patience, understanding, love, and never-ending commitment." (Be of Good Cheer, p65)

Next Week's Reading Assignment
2 Nephi 3-5