



The Gospel Doctrine Class



Book of Mormon - Lesson 22 Have Ye Received His Image in Your Countenances?

“And now behold, I ask of you, my brethren of the church, have ye spiritually been born of God? Have ye received his image in your countenances? Have ye experienced this mighty change in your hearts?” (Alma 5:14)

Alma 5-7

A study of this lesson will help us understand what it means to experience a change of heart and continue in the process of conversion.

Andrew C. Skinner: "Alma's testimony illuminates the practical application of the doctrines associated with rebirth and provides a kind of spiritual checklist by which the people then and we today can measure our spiritual stature. In addition, Alma's testimony demonstrates his consummate skill as a teacher." (Studies In Scripture, 7:296)

Elder Mark E. Peterson: "Unless a man is born again, he cannot see the Kingdom of God. I do not believe that a person will ever see the Kingdom of God unless he is born again.... That birth of the spirit means something more than most of us normally realize. Through proper teaching, a conviction is born in our soul. Faith develops. Through it we see how important it is to become like Christ. We see ourselves as we are in contrast to a Christlike soul. A desire for a change-over is born within us. The change-over begins. We call it repentance. Through our faith and as part of our conversion or change from one state to another, we begin to see sin in its true light.... We strive with all our souls to become like the Savior." (quoted in A Companion To Your Study of the Book of Mormon, p197)

Andrew Skinner: "An 'image' is not just an outward visual impression but also a vivid representation, a graphic display, or a total likeness of something. It is a person or thing very much like another, a copy or counterpart. Likewise, countenance does not simply mean a facial expression or visual appearance. The word comes from an old French term originally denoting 'behavior,' 'demeanor,' or 'conduct.' In earlier times the word countenance was used with these meanings in mind.

"Therefore to receive Christ's image in one's countenance means to acquire the Savior's likeness in behavior, to be a

copy or reflection of the Master's life. This is not possible without a mighty change in one's pattern of living. It requires, too, a change in feelings, attitudes, desires, and spiritual commitment. This involves the heart." (Studies In Scripture, 7:301)

"The time will come when no man nor woman will be able to endure on borrowed light. Each will have to be guided by the light within himself. If you do not have it, how can you stand?" (Life of Heber C. Kimball, p450)

Elder Neal A. Maxwell: "It is not enough for us to have once been close to the Savior. (So was Sidney Rigdon.) Alma said, if we have once 'felt to sing the song of redeeming love,' can we 'feel so now?' Dutiful discipleship creates many happy memories, but it does not make nostalgia a substitute for fresh achievement." (Neal A. Maxwell Quote Book, p88)

President Marion G. Romney: "The implication of these questions is in strict harmony with the teachings of all the prophets and of the Lord himself. They all proclaim that he who can at that great day look up to God with the pure heart and clean hands that will qualify him for eternal life is he who so lives as to retain, to the end of his life, the forgiveness received through baptism of fire and of the Holy Ghost." (Learning for the Eternities, p135)

Joseph Fielding McConkie and Robert L. Millet wrote: "The antidote to virtually every spiritual ill is charity. When the people of the Lord's fold are filled with his pure love, they seek to build up one another, take joy in the accomplishments or acquisitions of one another, and feel no desire to have more than they need. Some of the most serious sins known to mankind, such as murder and adultery, are generally due to pride and envy and covetousness." (Doctrinal Commentary on the Book of Mormon, 3: 33)

Next Week's Reading Assignment
Alma 8-12