

### Day 1

**Read:** Preface (Title Page), Introduction, Testimony of Three Witnesses, Testimony of Eight Witnesses, Testimony of the Prophet Joseph Smith

**Mark:** The quote from Joseph Smith in the Introduction, “I told the brethren...any other book.”

“I would like to urge [everyone] to again read the Book of Mormon...There is nothing we could do of greater importance than to have fortified in our individual lives an unshakable conviction that Jesus is the Christ, the Living Son of the Living God. And, my brothers and sisters, that is the purpose of the coming forth of this remarkable and wonderful book.”

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**Day 2**

**Read:** Brief Explanation, 1 Nephi 1-2

**Mark:** 1 Nephi 1:20

“The Lord’s tender mercies are the very personal and individualized blessings, strength, protection, assurances, guidance, loving-kindnesses, consolation, support, and spiritual gifts which we receive from and because of and through the Lord Jesus Christ...The Lord’s tender mercies do not occur randomly or merely by coincidence. Faithfulness, obedience, and humility invite tender mercies into our lives, and it is often the Lord’s timing that enables us to recognize and treasure these important blessings.”  
~ Elder David A. Bednar

*How have you experienced the tender mercies of the Lord?*

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**Day 3**

**Read:** 1 Nephi 3-5

**Mark:** 1 Nephi 3:7

“I have learned not to put question marks but to use exclamation points when calls are issued through inspired channels of priesthood government.”

~ Elder Russell M. Nelson

*Why did Laman and Lemuel murmur? Why did Nephi support his father? What determines whether you are a murmurer or a supporter of the Lord’s work and His prophets?*

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**Mark:** 1 Nephi 10:17-19

“The intensity of our desire to share the gospel is a great indicator of the extent of our personal conversion.”

~ Elder Dallin H. Oaks

*What was Nephi’s response when the people in the strange building mocked him and the others who were partaking of the fruit? Why?*

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**Day 5**

**Read:** 1 Nephi 11-12

**Mark:** 1 Nephi 11:20-23

“You need time to meditate and ponder, to think, to wonder at the great plan of happiness that the Lord has outlined for His children. You need to read the scriptures....I heard President David O. McKay say to the members of the Twelve on one occasion, ‘Brethren, we do not spend enough time meditating.’”  
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*How often do you take time to ponder, to meditate on things that are important?*

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**Read:** 1 Nephi 13-14

**Mark:** 1 Nephi 14:14

“This great American nation the Almighty raised up by the power of his omnipotent hand, that it might be possible in the latter days for the kingdom of God to be established in the earth.”

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*Nephi saw that “other books” would come forth through the gentiles. What important things would the “other books” do? What are those “other books”?*

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**Read:** 1 Nephi 15-16

**Mark:** 1 Nephi 15:23-24

“If there is any one thing most needed in this time of tumult and frustration, when men and women and youth and young adults are desperately seeking for answers to the problems which afflict mankind, it is an ‘iron rod’ as a safe guide along the straight path on the way to eternal life.”

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*How can you ‘hold fast’ to the iron rod?*

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**Day 8**

**Read:** 1 Nephi 17-18

**Mark:** 1 Nephi 17:45

“Inspiration comes more as a feeling than as a sound... We do not have the words (even the scriptures do not have the words) which perfectly describe the Spirit. The scriptures generally use the word ‘voice,’ which does not exactly fit. These delicate, refined spiritual communications are not seen with our eyes, nor heard with our ears. And even though it is described as a voice, it is a voice that one feels, more than one hears.”

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*What things have you felt while reading or praying?*

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**Read:** 1 Nephi 19-21

**Mark:** 1 Nephi 19:23

“May I commend you faithful Saints who are striving to flood the earth and your lives with the Book of Mormon. Not only must we move forward in a monumental manner more copies of the Book of Mormon, but we must move boldly forward into our own lives and throughout the earth more of its marvelous messages. This sacred volume was written for us—for our day. Its scriptures are to be likened unto ourselves.”

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*How do the things you read in the scriptures relate to your life?*

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**Day 10**

**Read:** 1 Nephi 22 – 2 Nephi 1

**Mark:** 1 Nephi 22:26

“If Satan could but capture our minds, he would have won the battle and the war. He can only do this if we let him. If we refuse to walk with him, he will have no power over us, for God gave us our free agency and Satan cannot take it away. So what I am suggesting is that we refuse to even walk on the same street with Satan. In other words, not only should we avoid evil, we should avoid the very appearance of evil.”

~ Bishop Victor L. Brown

*How can Satan be bound in his efforts to influence you?*

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**Mark:** 2 Nephi 2:25, 27-28

“Happiness is the object and design of our existence; and will be the end thereof, if we pursue the path that leads to it; and this path is virtue, uprightness, faithfulness, holiness, and keeping all the commandments of God.”

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*What brings you true happiness?*

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**Read:** 2 Nephi 4-7

**Mark:** 2 Nephi 4:15-16

“No father, no son, no mother, no daughter should get so busy that he or she does not have time to study the scriptures and the words of modern prophets. None of us should get so busy that we crowd out contemplation and praying.”

~President Spencer W. Kimball

*What is it that brings a person to love the scriptures?*

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**Day 13**

**Read:** 2 Nephi 8-9

**Mark:** 2 Nephi 9:50-51

“Keeping everything in balance can be a real problem ...Often the lack of clear direction and goals can waste away our time and energy and contribute to imbalance in our lives. ...Our main goal should be to seek “immortality and eternal life.” With this as our goal, why not eliminate from our lives the things that clamor for and consume our thoughts, feelings, and energies without contributing to our reaching that goal?”

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*How do you spend your time, money and energy?*

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**Day 14**

**Read:** 2 Nephi 10-13

**Mark:** 2 Nephi 12:2-3

“I can visualize an army of righteous youth prepared and worthy to attend the temple. I can see families sealed together for eternity. I can see youth who understand what it means to be ‘saviours ... on mount Zion.’ I can see youth whose hearts are turned to their fathers. And I can envision youth growing up in such a way that they will come forth from the temples filled with strength to resist worldly pressures. I can see a generation of youth who will ‘stand ... in holy places, and be not moved.’

~ Sister Elaine S. Dalton

*Why do you think Isaiah compares the temple to a mountain?*

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**Mark:** 2 Nephi 15:20-21

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Pornography, though billed by Satan as entertainment, is a deeply poisonous, deceptive snake that lies coiled up in magazines, the Internet, and the television.”

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*What helps you to see things for what they really are?*

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**Read:** 2 Nephi 19-23

**Mark:** 2 Nephi 21:12

“The Standard of Truth has been erected; no unhallowed hand can stop the work from progressing; persecutions may rage, mobs may combine, armies may assemble, calumny may defame, but the truth of God will go forth boldly, nobly, and independent, till it has penetrated every continent, visited every clime, swept every country, and sounded in every ear, till the purposes of God shall be accomplished, and the Great Jehovah shall say the work is done.”

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*What part do you play in these prophecies?*

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**Mark:** 2 Nephi 21:12

“The Standard of Truth has been erected; no unhallowed hand can stop the work from progressing; persecutions may rage, mobs may combine, armies may assemble, calumny may defame, but the truth of God will go forth boldly, nobly, and independent, till it has penetrated every continent, visited every clime, swept every country, and sounded in every ear, till the purposes of God shall be accomplished, and the Great Jehovah shall say the work is done.”

~ Joseph Smith

*What part do you play in these prophecies?*

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**Day 17**

**Read:** 2 Nephi 24-25

**Mark:** 2 Nephi 25:23, 26

“Literally, the Atonement means to be ‘at one’ with Him. The nature of the Atonement and its effects is so infinite, so unfathomable, and so profound that it lies beyond the knowledge and comprehension of mortal man. I am profoundly grateful for the principle of saving grace... The overwhelming message of the Atonement is the perfect love the Savior has for each and all of us. It is a love which is full of mercy, patience, grace, equity, long-suffering, and, above all, forgiving.”  
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## Day 18

**Read:** 2 Nephi 26-27

**Mark:** 2 Nephi 26:8

Looking for the path to safety in the counsel of prophets makes sense to those with strong faith...the choice not to take prophetic counsel changes the very ground upon which we stand. It becomes more dangerous. The failure to take prophetic counsel lessens our power to take inspired counsel in the future. The best time to have decided to help Noah build the ark was the first time he asked. Each time he asked after that, each failure to respond would have lessened sensitivity to the Spirit. And so each time his request would have seemed more foolish, until the rain came. And then it was too late.

~ Elder Henry B. Eyring

*How does following the prophet keep you safe?*

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*What are you doing to avoid being deceived?*

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**Day 20**

**Read:** 2 Nephi 31 – Jacob 1

**Mark:** 2 Nephi 31:10-13, 20

“When we understand our baptismal covenant and the gift of the Holy Ghost, it will change our lives and will establish our total allegiance to the kingdom of God. When temptations come our way, if we will listen, the Holy Ghost will remind us that we have promised to remember our Savior and obey the commandments of God.”  
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**Mark:** Jacob 2:18-19

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*Are your decisions based on how your choices will help to build the Lord’s kingdom? If needed, how can you change?*

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Use your reading chart to find the chapters you still need to read to be caught up through:

Jacob 4

or

**If you're up to date with your reading,  
take time to study:**

2 Nephi 31-33

*What is the doctrine of Christ? What are some things the Holy Ghost can do for us? As Nephi finishes his record what are the things it seems like he most wants us to know?*

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**Read:** Jacob 5

**Mark:** Jacob 5:61-62

“Give me a young man who has kept himself morally clean and has faithfully attended his Church meetings. Give me a young man who has magnified his priesthood and has earned the Duty to God Award and is an Eagle Scout. Give me a young man who is a seminary graduate and has a burning testimony of the Book of Mormon. Give me such a young man, and I will give you a young man who can perform miracles for the Lord in the mission field and throughout his life.”

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*How can you prepare now to labor diligently in the Lord’s vineyard?*

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**Read:** Jacob 6 - Enos

**Mark:** Enos 1:4

“How many of you, with or without serious transgressions, have ever prayed all day and into the night? Have you ever wept and prayed for many hours? How many of you have prayed for five hours? for one? for thirty minutes? for ten?”

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*How often do you cry unto the Lord in mighty prayer?  
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**Read:** Jarom – Words of Mormon

**Mark:** Jarom 1:5

“We have become a nation of pleasure seeking sabbath breakers... What fits the purpose of the Sabbath? Activities that contribute to greater spirituality...I don’t believe that it is possible to keep our spirituality on a high plane by spending our Sabbaths on the beach, on the golf course...or in our own homes...looking at television.”

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*How can you more fully keep the Sabbath day holy?*

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**Read:** Mosiah 1-2

**Mark:** Mosiah 2:17

“Our focus should be on righteousness, not recognition; on service, not status. The faithful visiting teacher, who quietly goes about her work month after month, is just as important to the work of the Lord as those who occupy what some see as more prominent positions in the Church. Visibility does not equate to value...When we understand why we serve we will not worry about where we serve.”

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*How often do you serve?*

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**Read:** Mosiah 3-4

**Mark:** Mosiah 4:30

“Work at keeping your thoughts clean by thinking of something good. The mind can think of only one thing at a time. Use that fact to crowd out ugly thoughts. Above all, don’t feed thoughts by reading or watching things that are wrong. If you don’t control your thoughts, Satan will keep tempting you until you eventually act them out.”

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*What helps you most to control your thoughts?*

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**Day 28**

**Read:** Mosiah 5-8

**Mark:** Mosiah 5:2, 7

“No one can be born again without baptism, but the immersion of water and the laying on of hands to confer the Holy Ghost do not of themselves guarantee that a person has been or will be born again. The new birth takes place only for those who actually enjoy the Gift or companionship of the Holy Ghost, only for those who are fully converted, who have given themselves without restraint to the Lord.”  
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*How can you more fully give yourself to the Lord to experience the mighty change of heart?*

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Mosiah 8

or

**If you're up to date with your reading, take time to study:**

Mosiah 3-4

*Once we've felt the Lord's forgiveness, how do we retain the remission of our sins?*

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**Read:** Mosiah 9-11

**Mark:** Mosiah 9:17, 10:10-11

“The enabling and strengthening aspect of the Atonement helps us to see and to do and to become good in ways that we could never recognize or accomplish with our limited mortal capacity.

I testify and witness that the enabling power of the Savior’s Atonement is real.”

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*In what ways do we depend on our own strength? How can we more fully receive the strength of the Lord?*

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**Mark:** Mosiah 13:15

“When I was a little boy... I came home from school one day, threw my books on the table, and took the name of the Lord in vain in expressing my relief that school was out for the day. My mother heard me. She was shocked. She took me by the hand and led me to the bathroom...then proceeded to wash my mouth out with that terrible soap...and then said, ‘Don’t let me ever hear such words from your lips again.’ The taste was terrible. The reprimand was worse. I have never forgotten it, and I hope that I have never used the Lord’s name in vain since that time.”

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*How can we keep the Lord’s name sacred?*

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“When I was a little boy... I came home from school one day, threw my books on the table, and took the name of the Lord in vain in expressing my relief that school was out for the day. My mother heard me. She was shocked. She took me by the hand and led me to the bathroom...then proceeded to wash my mouth out with that terrible soap...and then said, ‘Don’t let me ever hear such words from your lips again.’ The taste was terrible. The reprimand was worse. I have never forgotten it, and I hope that I have never used the Lord’s name in vain since that time.”

~ President Gordon B. Hinckley

*How can we keep the Lord’s name sacred?*

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**Read:** Mosiah 12-14

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**Day 32**

**Read:** Mosiah 15-17

**Mark:** Mosiah 17:11-12

“You don’t need to compromise your standards to be accepted by good friends. The more obedient you are...the more the Lord can help you overcome temptation. You can also help others because they will feel your strength. Let them know about your standards by consistently living them...No one intends to make serious mistakes. They come when you compromise your standards to be more accepted by others. You be the strong one. You be the leader. Choose good friends and resist peer pressure together.”

~ Elder Richard G. Scott

*Why did King Noah not resist the pressure from the evil priests?  
What helps you to resist peer pressure?*

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**Day 33**

**Read:** Mosiah 18-20

**Mark:** 18:8-10

“We show by our behavior what we believe. Surely we are standing as witnesses of God when we sustain his living prophets, especially when we know what it means to sustain. We will abide by the direction and counsel of the prophets. We indeed become witnesses when we make this solemn covenant.”

~ Sister Janette Hales Beckham

*What commitments are part of our baptismal covenant?  
In what ways do you try to keep those commitments?*

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**Day 34**

**Read:** Mosiah 21-23

**Mark:** Mosiah 23:21-22

“Life is full of difficulties, some minor and others of a more serious nature. There seems to be an unending supply of challenges for one and all. Our problem is that we often expect instantaneous solutions to such challenges, forgetting that frequently the heavenly virtue of patience is required.”

~ President Thomas S. Monson

*When is it most difficult for you to be patient?  
Why is patience important?*

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**Day 35**

**Read:** Mosiah 24-25

**Mark:** Mosiah 24:14-15

“We should seek to be happy and cheerful and not allow Satan to overcome us with discouragement, despair, or depression.”

~ Elder Joseph B. Wirthlin

“The Lord...loves us..., comforts and strengthens us, and enables us to bear our afflictions with patience and fortitude.”

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*How can we submit more cheerfully to the will of the Lord?*

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**Day 36**

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**Use your reading chart to find the chapters you still need to read to be caught up through:**

Mosiah 25

or

**If you're up to date with your reading, take time to study:**

Mosiah 14-15

*Abinadi quoted Isaiah to testify of the Savior. What did Isaiah teach about Christ? What can you learn about the Savior from Abinadi's testimony?*

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**Day 37**

**Read:** Mosiah 26-28

**Mark:** 26:29-30

“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. Essential to forgiveness is a willingness to fully disclose to the Lord and, where necessary, His priesthood judge *all* that you have done.”

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*Why is confession an essential part of repentance?*

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**Read:** Mosiah 29 – Alma 1

**Mark:** Alma 1:6, 16

“The Nephite prophets repeatedly identified the wearing of costly clothing with apostasy and failure to live by gospel standards.”  
~ Elder Bruce R. McConkie

*What might your way of dressing say about you?*

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**Read:** Alma 2-4

**Mark:** Alma 2:18, 28

“Safety can’t be won by tanks and guns and airplanes and atomic bombs. There is only one place of safety and that is in the realm of the Almighty God that he gives to those who keep his commandments and listen to his voice.”

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*Why were the Nephites strengthened by the Lord? How can we receive the Lord’s help in the challenges we face?*

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**Day 40**

**Read:** Alma 5-6

**Mark:** Alma 5:14, 26

“The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature.”

~ President Ezra Taft Benson

*What would someone see in your countenance?*

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**Day 41**

**Read:** Alma 7-9

**Mark:** Alma 7:11-12

“To succor means to ‘run to.’ I testify that in my fears and in my infirmities the Savior has surely run to me. I will never be able to thank Him enough for such personal kindness and such loving care.”  
~ Elder Jeffrey R. Holland

*Why is it helpful to remember that the Savior knows what it's like to have your problems?*

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**Read:** Alma 10-11

**Mark:** Alma 11:42-44

“What a comfort to know that all who have been disadvantaged in life from birth defects, from mortal injuries, from disease, or from the natural deterioration of old age will be resurrected in ‘proper and perfect frame.’”

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*How does it bring you hope knowing that because of Christ we will all live again?*

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**Use your reading chart to find the chapters you still need to read to be caught up through:**

Alma 11

or

**If you're up to date with your reading, take time to study:**

Alma 5

*What are some of the questions Alma asks in order to ponder the process of becoming converted or reborn?*

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**Day 44**

**Read:** Alma 12-13

**Mark:** Alma 13:2-4

“God has saved for the final inning some of His strongest and most valiant children...Make no mistake about it – you are a marked generation. There has never been more expected of the faithful in such a short period of time than there is of us...The final outcome is certain – the forces of righteousness will finally win. But what remains to be seen is where each of us personally, now and in the future, will stand in this battle – and how tall we will stand. Will we be true to...our foreordained mission?

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*To what callings do you think you've been foreordained?*

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**Day 45**

**Read:** Alma 14-16

**Mark:** Alma 14:10-11

“The right question to ask is not why good people have trials, but how shall good people respond when they are tried?”

~ Elder Marion D. Hanks

“Suffering can make saints of people as they learn patience, long suffering and self-mastery. The sufferings of our Savior were part of his education.”

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*How do you respond to adversity?*

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**Day 46**

**Read:** Alma 17-18

**Mark:** Alma 17:2-3

“Fasting can help us overcome personal flaws and sins. It can help us overcome our weaknesses—help them become strengths. Fasting can help us become more humble, less prideful, less selfish, and more concerned about the needs of others. It can help us see more clearly our own mistakes and weaknesses and help us be less prone to criticize others...Throughout the scriptures the term fasting is usually combined with prayer... Fasting without prayer is just going hungry for 24 hours. But fasting combined with prayer brings increased spiritual power.”

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*What experiences have you had with fasting?*

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**Day 47**

**Read:** Alma 19-20

**Mark:** Alma 20:17

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When the weakness of anger takes over,  
the strength of reason leaves.”

~ President Gordon B. Hinckley

*When is it most difficult to control your anger? Why is it important to stay in control of your thoughts, words, and actions?*

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*When is it most difficult to control your anger? Why is it important to stay in control of your thoughts, words, and actions?*

**Day 47**

**Read:** Alma 19-20

**Mark:** Alma 20:17

“Anger is not an expression of strength. It is an indication of one’s inability to control his thoughts, words, his emotions...

When the weakness of anger takes over,  
the strength of reason leaves.”

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**Day 48**

**Read:** Alma 21-23

**Mark:** Alma 22:15-18

“No part of walking by faith is more difficult than walking the road of repentance. However, with ‘faith unto repentance,’ we can push roadblocks out of the way, moving forward to beg God for mercy... One simply surrenders, caring only about what God thinks, not what ‘they’ think... Giving away all our sins is the only way we can come to know God.”

~ Elder Neal A. Maxwell

*What are you willing to give to know Him?*

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**Day 49**

**Read:** Alma 24-26

**Mark:** Alma 26:11-12

“As children of God we are somebody. He will build us, mold us, and magnify us if we will but hold our heads up, our arms out, and walk with him. What a great blessing to be created in his image and know of our true potential in and through him!

What a great blessing to know that in his strength  
we can do all things!”

~ Elder Marvin J. Ashton

*What do you think some of the “mighty miracles” may be that the Lord will work through you?*

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**Day 50**

**GET BACK ON SCHEDULE**

**Use your reading chart to find the chapters you still need to read to be caught up through:**

Alma 26

or

**If you're up to date with your reading, take time to study:**

Alma 17

*What are the things that made the sons of Mosiah successful missionaries? What is your duty in sharing the gospel now and preparing for future full-time missionary service?*

**Day 50**

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**Day 51**

**Read:** Alma 27-29

**Mark:** Alma 27:27

True converts are those who “listen to the teachings and testimonies of missionaries and change their lives, leaving the past behind them, and moving forward into a new life.”

~ President Hinckley

*What is zeal? What difference does it make to have “zeal towards God”?*

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**Day 52**

**Read:** Alma 30-31

**Mark:** Alma 30:37-39

“Korihor’s arguments sound very contemporary to the modern reader, but Alma used a timeless and ultimately undeniable weapon in response—the power of a personal testimony.”  
~ Elder Jeffrey R. Holland

*How did Alma respond to Korihor’s claim that there is no God?*

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**Day 53**

**Read:** Alma 32-33

**Mark:** Alma 32:21

“Of all our needs, I think the greatest is an increase of faith”  
~ President Gordon B. Hinckley

*How often do you exercise faith? What difference can “a particle of faith” make in our actions? (see Matthew 17:20)*

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**Day 54**

**Read:** Alma 34-36

**Mark:** Alma 34:32-33

“The thought of intentionally committing serious sin now and repenting later is perilously wrong. Never do that. Many start that journey of intentional transgression and never make it back. Premeditated sin has greater penalties and is harder to overcome.

If there is sin, repent now—while you can.”

~ Elder Richard G. Scott

*What does Satan do to try to keep you from repenting?  
How many reasons can you think of for why it's important to  
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**Read:** Alma 37-38

**Mark:** Alma 37:35-37

“I have little or no fear for the young man or the young woman, who honestly and conscientiously supplicate God twice a day for the guidance of His Spirit. I am sure that when the temptation comes they will have strength to overcome it by the inspiration that shall be given to them. Supplicating the Lord for the guidance of His Spirit places around us a safeguard, and if we....honestly seek the guidance of the Spirit of the Lord, I can assure you that we will receive it.”

~ President Heber J. Grant

*What are some things you talk to the Lord about?  
How does He direct you for good?*

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**Day 56**

**Read:** Alma 39-41

**Mark:** Alma 41:10

“You cannot do wrong and feel right. It is impossible.”  
President Ezra Taft Benson

*Alma uses four chapters (39-42) to counsel his son Corianton to repent. How important is it to you to follow the counsel of your parents and other righteous priesthood leaders? Read Alma 36:20. During the time Alma was racked with torment for his sins whose words did he remember that caused him to cry out for forgiveness?*

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**Use your reading chart to find the chapters you still need to read to be caught up through:**

Alma 41

or

**If you're up to date with your reading, take time to study:**

Alma 32

*To what does Alma liken the seed? Why is faith important for the seed to grow? How can you know if it is a good seed?*

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**Day 58**

**Read:** Alma 42-43

**Mark:** Alma 42:14-15

“How great the wisdom and the love  
That filled the courts on high  
And sent the Savior from above  
To suffer, bleed and die!”  
~ Hymn 195

*How does understanding the Fall help you more fully love Jesus  
and appreciate what He did for us?*

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**Read:** Alma 44-46

**Mark:** Alma 46:12

“The value of a country rests upon the values of its people. For the people of God, for the people who want peace, for their women and their children, there is only one way, one church and one Lord.”

~ Elder Charles Didier

*Why do the wicked go to war? How are their motives different from the reasons why the righteous go to war?*

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**Day 60**

**Read:** Alma 47-49

**Mark:** Alma 48:11-13, 17

“Be true to your own convictions. You know what is right, and you know what is wrong. You know when you are doing the proper thing... We need not fear as long as we have in our lives the power that comes from righteously living by the truth.”

~ President Gordon B. Hinckley

*The Lamanites did not want to go to battle against the Nephites, but they also did not want to displease the king (Alma 47:2). Have you ever been in a situation where you wanted to do the right thing, but were afraid you would displease someone? Why is it always better to do the right thing than to worry about what others might think of you?*

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**Day 61**

**Read:** Alma 50-51

**Mark:** Alma 50:19

“Mormon wants to teach what will be of most worth to us, and his use of the words *thus* and *thus we see* make the lessons easier to recognize and understand. Pay close attention to the ‘thus we see’ phrases in the Book of Mormon. Here Mormon wants you to understand that the Lord is keeping His word to Lehi and blessing the Nephites with prosperity when they keep the commandments.”

~ Elder Henry B. Eyring

*In what ways has the Lord kept his word to you?*

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**Day 62**

**Read:** Alma 52-54

**Mark:** Alma 53:20-21

“In the spiritual battles you are waging,  
I see you as today’s sons of Helaman.”

~ President Ezra Taft Benson

Notice how Mormon describes these young men. How are you living so that you can be likened to the stripling warriors?

**Day 62**

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**Day 63**

**Read:** Alma 55-56

**Mark:** Alma 56:47-48

“We need more mothers who know the truth, whose children do not doubt their mothers know it.”

~ Elder Neal A. Maxwell

*What important lessons have you learned from your mother?*

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Alma 56

or

**If you're up to date with your reading,  
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Alma 42

*What things does Alma teach about the plan of salvation?  
How can God be "a perfect, just God and a merciful God also"?*

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*What things does Alma teach about the plan of salvation?  
How can God be "a perfect, just God and a merciful God also"?*

**Day 64**

**GET BACK ON SCHEDULE**

**Use your reading chart to find the chapters you still need to read to be caught up through:**

Alma 56

or

**If you're up to date with your reading,  
take time to study:**

Alma 42

*What things does Alma teach about the plan of salvation?  
How can God be "a perfect, just God and a merciful God also"?*

**Day 65**

**Read:** Alma 57-59

**Mark:** 57:27, 58:11-12

“He whose name this church bears has promised that He will be in our midst, lead us along, go before us, and even fight our battles. He has further counseled, ‘Be not afraid of your enemies, for I have decreed in my heart ... that I will prove you in all things, whether you will abide in my covenant, even unto death, that you may be found worthy’ (D&C 98:14).”

~ Elder Neal A. Maxwell

*How can the Lord help you overcome fear?*

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**Mark:** 57:27, 58:11-12

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**Day 66**

**Read:** Alma 60-61

**Mark:** Alma 60:20

“When you look in the dictionary for the most important word, do you know what it is? It could be *remember* ...our greatest need is to remember.”  
~ President Spencer W. Kimball

“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.”  
~ Sister Susan L. Warner

*What helps you to not forget the spiritual experiences you've had?*

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**Day 67**

**Read:** Alma 62-63

**Mark:** Alma 62:41

“These people all had basically the same experience. The war was the same length for all people; yet out of the same experience some were hardened and some were softened.

What made the difference?

It was what they thought of God and his Son.”

~ C. Max Caldwell

*When you experience trials, do you feel your heart is hardened or softened? What can you do to improve your thoughts of Heavenly Father and Jesus Christ? How do you think this will help to soften your heart?*

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**Day 68**

**Read:** Helaman 1-3

**Mark:** Helaman 3:35

“If Satan can succeed in creating in us the pastime of arguing, quarreling, and contention, it is easier for him to bind us with heavier sins which can destroy our eternal lives.”

~ Elder Marvin J. Ashton

*How can you avoid contention in your family and other relationships?*

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**Day 69**

**Read:** Helaman 4-5

**Mark:** Helaman 5:12

“We have an increasing number who have been convinced, through the Book of Mormon, that Jesus is the Christ. Now we need an increasing number who will use the Book of Mormon to become committed to Christ. We need to be convinced and committed.”

~ President Ezra Taft Benson

*What are some things you can do to build upon the sure foundation?*

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**Day 70**

**Read:** Helaman 6-7

**Mark:** Helaman 6:3

“Every [convert] needs three things: a friend, a responsibility, and nurturing with the ‘good word of God.’ It is our duty and opportunity to provide these things.”

~ President Gordon B. Hinckley

*What kind of friend are you to converts, members who are new to your ward, or the less-active? What things do you do to nourish others with the word of the Lord?*

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Helaman 7

or

**If you're up to date with your reading,  
take time to study:**

Helaman 5

*What did Helaman name his sons? Why? Whose name have you taken upon yourself? How were the Lamanites converted through their ministry?*

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**Day 72**

**Read:** Helaman 8-10

**Mark:** Helaman 8:4, 7-9

“How we respond to the words of a living prophet when he tells us what we need to know, but would rather not hear, is a test of our faithfulness.”

~ President Ezra Taft Benson

*Even though wicked men were arguing against Nephi, some righteous people knew he was a prophet and supported him.  
How can you sustain our living prophet?*

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**Day 73**

**Read:** Helaman 11-12

**Mark:** Helaman 12:2-3

“Afflictions can soften us and sweeten us, and can be a chastening influence. We often think of chastening as something being done to punish us... Divine chastening, however, is a form of learning as it is administered at the hands of a loving Father.”

~ Elder Neal A. Maxwell

*Why do you think it is so much easier to remember the Lord when we suffer, than when everything is going well? What can you do to remember the Lord even when times are good?*

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**Day 74**

**Read:** Helaman 13-15

**Mark:** Helaman 14:30-31

“Spiritual maturity is understanding that we cannot blame anybody else for our actions. Some factors may make it harder for us to perform according to God’s plan for us, but being accountable for how we use our agency means being answerable for our own behavior.”

~ Sister Elaine Cannon

*In what ways do you use your agency to help you to grow?*

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**Day 75**

**Read:** Helaman 16 – 3 Nephi 2

**Mark:** 3 Nephi 1:12-13

“Gifts of the Spirit which the Lord bestows upon those who believe and obey the gospel of Christ are called *signs*. That is, their receipt stands as an evidence or sign of the presence of that faith which results from believing the truth. Signs are wonders and miracles; they always and invariably are manifest to and among the faithful saints.”

~ Elder Bruce R. McConkie

*Why didn't Satan want the faithful Nephites to believe in the signs? What lies does he send today to try to keep you from believing the witness you've received as a result of your faith?*

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**Day 76**

**Read:** 3 Nephi 3-5

**Mark:** 3 Nephi 3:12-14; 4:10

“In providing out-of-home activities for the family, we must use care; otherwise, we could be like a father determined to provide everything for his family. He devotes every energy to that end and succeeds; only then does he discover that *what they needed most, to be together as a family*, has been neglected.”

~ President Boyd K. Packer

*How can you help your family receive the strength that comes from being “gathered together”?*

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**Day 77**

**Read:** 3 Nephi 6-8

**Mark:** 3 Nephi 6:12-14

“I testify that no one of us is less treasured or cherished of God than another. I testify that He loves each of us—insecurities, anxieties, self-image, and all. He doesn’t measure our talents or our looks; He doesn’t measure our professions or our possessions. He cheers on *every* runner, calling out that the race is against sin, *not* against each other.”

~ Elder Jeffrey R. Holland

*Why is pride “the great stumbling block of Zion”?  
What can help you be more humble?*

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**Use your reading chart to find the chapters you still need to read to be caught up through:**

3 Nephi 8

or

**If you're up to date with your reading,  
take time to study:**

Helaman 13

*What did Samuel the Lamanite preach to the wicked Nephites before the Savior came? What are modern prophets teaching us as we prepare for Christ's second coming?*

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**Day 79**

**Read:** 3 Nephi 9-10

**Mark:** 3 Nephi 9:13-15

“An atonement was made. Ever and always it offers amnesty from transgression and from death if we will but repent. Repentance is the escape clause in it all. Repentance is the key with which we can unlock the prison from inside. We hold that key within our hands... Humbly I lay claim upon the atonement of Christ. I find no shame in kneeling down in worship of our Father and His Son.”  
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*What can the Lord do for you when you repent?*

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**Day 80**

**Read:** 3 Nephi 11-12

**Mark:** 3 Nephi 11:10-11

“Look to the temple of the Lord as the great symbol of your membership...As we attend the temple, we learn more richly and deeply the purpose of life and the significance of the atoning sacrifice of the Lord Jesus Christ. Let us make the temple, with temple worship and temple covenants and temple marriage, our ultimate earthly goal and the supreme mortal experience.”

~ President Howard W. Hunter

*The Nephites were gathered at the temple when the Savior visited them. How are you preparing to go to the temple?*

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“Look to the temple of the Lord as the great symbol of your membership...As we attend the temple, we learn more richly and deeply the purpose of life and the significance of the atoning sacrifice of the Lord Jesus Christ. Let us make the temple, with temple worship and temple covenants and temple marriage, our ultimate earthly goal and the supreme mortal experience.”

~ President Howard W. Hunter

*The Nephites were gathered at the temple when the Savior visited them. How are you preparing to go to the temple?*

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**Day 81**

**Read:** 3 Nephi 13-16

**Mark:** 3 Nephi 15:21, 24

“Aren’t we rather prone to see the limitations and weaknesses of our neighbors? Yet that is contrary to the teachings of the gospel of Jesus Christ...If we have the spirit of fault finding...that never comes as the result of the companionship of the Spirit of our Heavenly Father and is always harmful.”

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*The Savior gave teachings to the Nephites similar to the Sermon on the Mount. He warned not to judge. What helps you to always look for the best in others and not be critical?*

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**Day 82**

**Read:** 3 Nephi 17-19

**Mark:** 3 Nephi 18:6-7, 11

“We are commanded to repent of our sins and to come to the Lord with a broken heart and a contrite spirit and partake of the sacrament in compliance with its covenants. When we renew our baptismal covenants in this way, the Lord renews the cleansing effect of our baptism. In this way we are made clean and can always have His Spirit to be with us. The importance of this is evident in the Lord’s commandment that we partake of the sacrament each week.”

~ Elder Dallin H. Oaks

*How can taking the sacrament each week help you to be just as clean as when you were baptized?*

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**Read:** 3 Nephi 20-21

**Mark:** 3 Nephi 21:6-7

“Every person who embraces the gospel becomes of the house of Israel...The great majority of those who become members of the Church are literal descendants of Abraham through Ephraim, son of Joseph. Those who are not literal descendants of Abraham and Israel must become such, and when they are baptized and confirmed they are grafted into the tree and are entitled to all the rights and privileges as heirs.”

~ President Joseph Fielding Smith

*What blessings are promised to you because you are of the house of Israel?*

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**Day 84**

**Read:** 3 Nephi 22-26

**Mark:** 3 Nephi 24:7-10

“I can’t list *all* the ways that blessings will come from obedience to this principle [of tithing], but I testify *many* will come in spiritual ways that go well beyond economics... I express my deepest gratitude for every blessing of the gospel of Jesus Christ, especially that greatest of all gifts, the exemplary life and atoning death of God’s Only Begotten Son. I know I can never repay heaven for any of this benevolence, but there are many ways I need to try to show my thankfulness. One of those ways is in the payment of tithes and freewill offerings.”

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**Use your reading chart to find the chapters you still need to read to be caught up through:**

3 Nephi 26

or

**If you're up to date with your reading,  
take time to study:**

3 Nephi 11

*What did the Nephites do to finally understand the voice they heard? What were the first things the Savior taught? What did Jesus say was his doctrine?*

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**Day 86**

**Read:** 3 Nephi 27-28

**Mark:** 3 Nephi 27:19-20

“The most important of all the commandments of God is the one that you’re having the most difficulty keeping...Today is the day for you to work...until you’ve been able to conquer that weakness. Then you start on the next one that’s most difficult for you to keep. That’s the way to sanctify yourselves by keeping the commandments of God.”

~ President Harold B. Lee

*What commandments are most difficult for you? What are you doing to be more obedient? Who can help you?*

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**Day 87**

**Read:** 3 Nephi 29 – Mormon 1

**Mark:** Mormon 1:13-15

“[President Brigham Young said] ‘I want you to teach the people – and I want you to follow this counsel yourself – that they must labor and so live as to obtain the Holy Spirit, for without this you cannot build up the kingdom; without the spirit of God you are in danger of walking in the dark.’”  
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*As a young man Mormon enjoyed the blessings of the Lord despite living in a wicked society. How can you keep the Spirit with you regardless of conditions in the world?*

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**Day 88**

**Read:** Mormon 2-4

**Mark:** Mormon 2:12-13

“Full repentance involves a *180-degree turn*, and without looking back! ...In ritual regret, we mourn our mistakes but without mending them. There can be no real repentance without personal suffering and the passage of sufficient time for the needed cleansing and turning...Chastening is often needed until the turning is really under way!”

~ Elder Neal A. Maxwell

*We can be sorry for the wrong reasons (like when we're caught or punished). What can help you be sorry for the right reason?*

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**Read:** Mormon 5-7

**Mark:** Mormon 6:16-20

“The tragedy of the Book of Mormon is not what became of the Nephites but what the Nephites became.”

~ Hugh Nibley

*What led to the fall of the Nephites?  
What things do you do each day to stay strong?*

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**Day 90**

**Read:** Mormon 8-9

**Mark:** Mormon 9:11-12, 21

“The Lord will never forsake or abandon anyone. You may abandon him, but he will never abandon you. You never need to feel that you are alone.”

~ Elder Joseph B. Wirthlin

*Mormon’s ministry ends in these chapters. Pay attention to Moroni’s warnings for **our** day. Righteousness sometimes seems to bring loneliness? Why are we not really as alone as we sometimes feel? In chapter 9, look for reasons why you can rely on the Lord.*

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**Day 91**

**Read:** Ether 1-3

**Mark:** Ether 3:4-5

“What ever Jesus lays his hand upon lives. If Jesus lays his hands upon a marriage, it lives. If he is allowed to lay his hands upon the family, it lives.”

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*Look at the symbolism in the account of the Savior touching the stones that lit the way for the Jaredites. What does this account teach you about the touch of the Savior’s hand? How have you felt the Lord’s hand in your life?*

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**Use your reading chart to find the chapters you still need to read to be caught up through:**

Ether 3

or

**If you're up to date with your reading,  
take time to study:**

3 Nephi 27

*What did the Lord teach His disciples about the name of His church? What is the gospel, or good news, that He has given us. What things did Jesus say we must do in His church?*

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**Day 93**

**Read:** Ether 4-7

**Mark:** Ether 6:9

“Sometimes ...we get nearer to the Lord through music than perhaps through any other thing than prayer.”  
~ President J. Reuben Clark, Jr.

“Music is one of the most forceful instruments for governing the mind and spirit of man.”  
~ President Boyd K. Packer

*In what ways do you use music in your personal worship?  
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**Day 94**

**Read:** Ether 8-10

**Mark:** Ether 8:26

“The Book of Mormon is Christ-centered. That is its essential feature, and that is the reason we are commanded to study it continually. We must use the Book of Mormon to bring us to Christ.”  
~ Elder Dallin H. Oaks

*How is your study of the Book of Mormon bringing you closer to the Savior?*

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**Day 95**

**Read:** Ether 11-13

**Mark:** Ether 12:27

“The Savior isn’t our last chance; He is our only chance. Our only chance to overcome self-doubt and catch a vision of who we may become. Our only chance to repent and have our sins washed clean. Our only chance to purify our hearts, subdue our weaknesses, and avoid the adversary. Our only chance to obtain redemption and exaltation. Our only chance to find peace and happiness in this life and eternal life in the world to come.”

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*What weaknesses has the Lord helped you to overcome? What weaknesses do you still have that you want to be strengths?*

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“The Savior isn’t our last chance; He is our only chance. Our only chance to overcome self-doubt and catch a vision of who we may become. Our only chance to repent and have our sins washed clean. Our only chance to purify our hearts, subdue our weaknesses, and avoid the adversary. Our only chance to obtain redemption and exaltation. Our only chance to find peace and happiness in this life and eternal life in the world to come.”

~ Sister Sheri L. Dew

*What weaknesses has the Lord helped you to overcome? What weaknesses do you still have that you want to be strengths?*

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**Day 96**

**Read:** Ether 14 – Moroni 4

**Mark:** Ether 15:19

“All beings who have bodies have power over those who have not. The devil has no power over us only as we permit him. The moment we revolt at anything which comes from God, the devil takes power.”

~ Joseph Smith

*What things help you most to prevent Satan from having any power over you?*

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**Day 97**

**Read:** Moroni 5-7

**Mark:** Moroni 7:47-48

“The phrase ‘love of Christ’ might have meaning in three dimensions: (1) love *for* Christ; (2) love *from* Christ; (3) love *like* Christ....People who have charity have a love for the Savior, have received of his love,

and love others as he does.”

~ Elder C. Max Caldwell

*How often do you pray for charity? Why do you think you would be a better person if you were filled with charity?*

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**Day 98**

**Read:** Moroni 8-9

**Mark:** Moroni 9:20

“Our capacity to feel controls our behavior in many ways, and by inaction when our feelings prompt us to do good, we deaden that capacity to feel...A sex saturated society cannot feel the needs of its suffering members because instead of developing the love that looks outward, it turns man selfishly inward...we have ears, but cannot hear, not only the promptings of God but also the pleas of men...We shut out people, nature, and God.”

~ Elder Neal A. Maxwell

*How do you respond to promptings or feelings that you should do something?*

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**Day 99**

**Read:** Moroni 10

**Mark:** Moroni 10:3-5, 32

“To meet the difficulties that are coming, it will be necessary for you to have a knowledge of the truth of this work for yourselves.

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