

Knowing Jesus Changes Our Response to Trial

2024 Book of Mormon...Again

Adult Study Class

February 25th, 2024

with Aubree Wilson



Review Last Week

- Heart check on Sunday
- Heart check over the last week...What did you struggle with that may have hardened your heart?
- How did you get out of it? Did you get out of it?
- How is your heart this morning?

Our Focus

1 Nephi 5:68-264



Condition of Our
Hearts



Praise and
Worship

1 Nephi 5:68-82

- Arrived in the place Bountiful
- God calls Nephi to the mountain and pray.
- V. 70 "...Thou shalt construct a ship after the manner which I shall show thee, that I may carry thy people across these waters."
- God tells Nephi where to find ore to make tools.
- Nephi makes a fire and then goes on to explain that until now, God had promised to "make thy food become sweet, that ye cook it not."



Trial and work...then knowledge

- V. 77-82
- V. 80 - "Yea and the Lord said also that, **After** ye have arrived to the promised land, ye shall know that I, the Lord, am God,
- V. 81 – And that I, the Lord, did deliver you from destruction,
- V. 82 – Yea, that I did bring you out of the land of Jerusalem.

**And I cried, I called, God knows I prayed
But most days, faith is climbing up a mountain that
stayed**

**Our faith shouldn't rest upon what God does or
doesn't do, it should remain intact during the climb or
a closed door.**

I Nephi 5:84-102

- Laman and Lemuel start murmuring.
- V. 88 - "And thus my brethren did complain against me and were desirous that they might not labor, for they did not believe that I could build a ship
- V. 89 - "Neither would they believe that I was instructed of the Lord."
- Nephi's Reaction – v. 90 - ..."I, Nephi, was exceeding sorrowful.."

Heart Check!

- What is our reaction to "brethren" who are critical, suspicious, unwilling to work, complain to others?
- Take a page out of Nephi's book (literally) and we should be reacting with hearts of sorrow, not stirred up into anger.



What does "hardness of heart" look like? Sound like? Feel like?

Looks Like :
Continual and
Unrepentant Sin

Feels Like:
Not understanding
Lack of faith
Anger
Pride
Forgetting

Sounds Like:
Murmuring

What does "hardness of heart" look like? Sound like? Feel like?

Mark - 8:17-22

8:17 And when they said this among themselves, Jesus knew it; and he said unto them,

8:18 Why reason ye because ye have no bread? Perceive ye not yet, neither understand ye? Are your hearts yet hardened?

8:19 Having eyes, see ye not? And having ears, hear ye not? And do ye not remember?

8:20 When I brake the five loaves among the five thousand, how many baskets full of fragments took ye up? They said unto him, Twelve.

8:21 And when the seven loaves among the four thousand, how many baskets full of fragments took ye up? And they said, Seven.

8:22 And he said unto them, How is it that ye do not understand?

This begs the question:

What are we doing with our testimonies and blessings? Share your daily or weekly practice to reflect where you are and what God has done for you.

Laman and Lemuel's Lament and Nephi's Response

- 1 Nephi 5:92-101
- **V. 97 – Behold, these many years we have suffered in the wilderness, which time we might have enjoyed our possessions and the land of our inheritance; yea and we might have been happy.**
- V. 133 –137
- V. 141-151
- V.149 - Yea, and ye know that by his word he can cause the rough places to be made smooth, and the smooth places shall be broken up.

Israelite comparison



- How many times do we choose to be content (destruction) over obeying God's commandments/going into the wilderness or unknown territory?
- God instructed Nephi to build a ship that was "of curious workmanship" (v.168) and "not after the manner of man (v.170)".

How many times do we seek to fix things after the manner of man rather than following God's instructions, even when it is unknown and scary?

Again, Nephi's Response

- 5:150 Oh, then, why is it that ye can be so hard in your hearts?
- 5:151 Behold, my soul is rent with anguish because of you, and my heart is pained; I fear lest ye shall be cast off forever.

What are our trials?

- What do you struggle with?
 - Health or Sickness?
 - Career?
 - Relationships?
 - Other peoples' actions?
 - Loss
 - Grief

Trouble on the boat

- 5:182 And after we had been driven forth before the wind for the space of many days, behold, my brethren, and the sons of Ishmael, and also their wives began to make themselves merry, insomuch that they began to dance, and to sing, and to speak with much rudeness,
- 5:183 Yea, even that they did forget by what power they had been brought thither;
- 5:184 Yea, they were lifted up unto exceeding rudeness.
- 5:185 And I, Nephi, began to fear exceedingly, lest the Lord should be angry with us and smite us because of our iniquity, that we should be swallowed up in the depths of the sea;
- 5:186 Wherefore, I, Nephi, began to speak to them with much soberness;
- 5:187 But behold, they were angry with me, saying, We will not that our younger brother shall be a ruler over us.
- 5:188 And it came to pass that Laman and Lemuel did take me and bind me with cords, and they did treat me with much harshness;
- 5:189 Nevertheless, the Lord did suffer it, that he might show forth his power, unto the fulfilling of his word which he had spoken concerning the wicked.
- 5:190 And it came to pass that after they had bound me, insomuch that I could not move, the compass, which had been prepared of the Lord, did cease to work;

Trouble on the boat con't.

- 5:191 Wherefore, they knew not whither they should steer the ship, insomuch that there arose a great storm, yea, a great and terrible tempest;
- 5:192 And we were driven back upon the waters for the space of three days.
- 5:193 And they began to be frightened exceedingly, lest they should be drowned in the sea;
- 5:194 Nevertheless, they did not loose me.
- 5:195 And on the fourth day which we had been driven back, the tempest began to be exceeding sore.
- 5:196 And it came to pass that we were about to be swallowed up in the depths of the sea.
- 5:197 And after we had been driven back upon the waters for the space of four days, my brethren began to see that the judgments of God were upon them, and that they must perish, save that they should repent of their iniquities;
- 5:198 Wherefore, they came unto me and loosed the bands which were upon my wrists, and behold, they had swollen exceedingly; and also mine ankles were much swollen, and great was the soreness thereof.
- **5:199 Nevertheless, I did look unto my God, and I did praise him all the day long; and I did not murmur against the Lord because of mine afflictions.**

Worship and the Brain

Structures of the
Limbic System

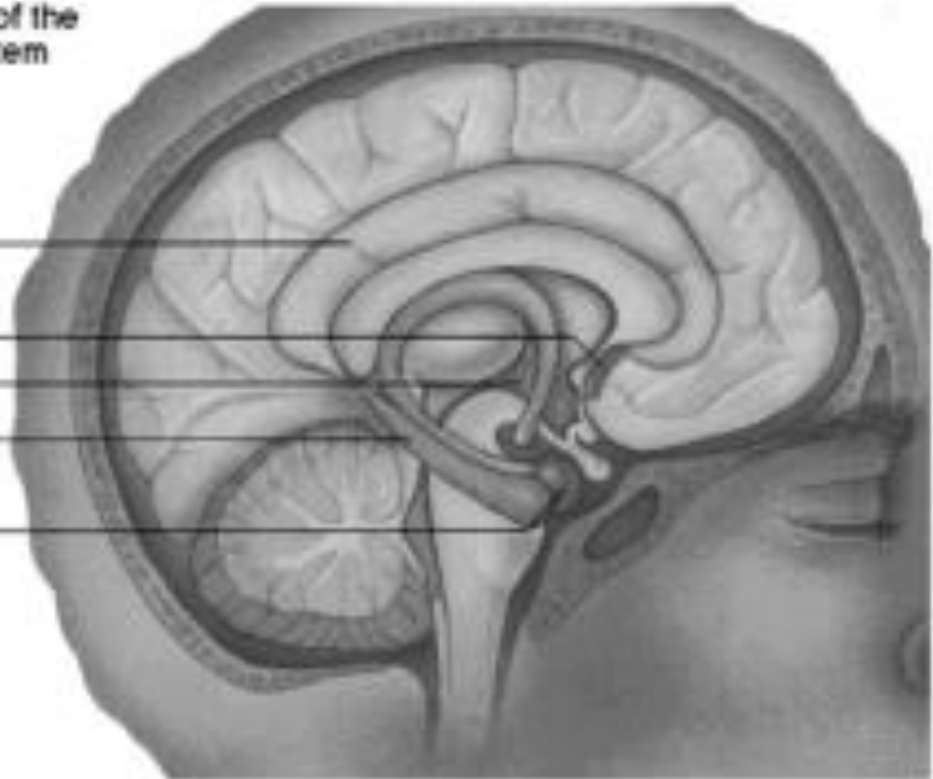
Cingulate cortex

Septal area

Hypothalamus

Hippocampus

Amygdala



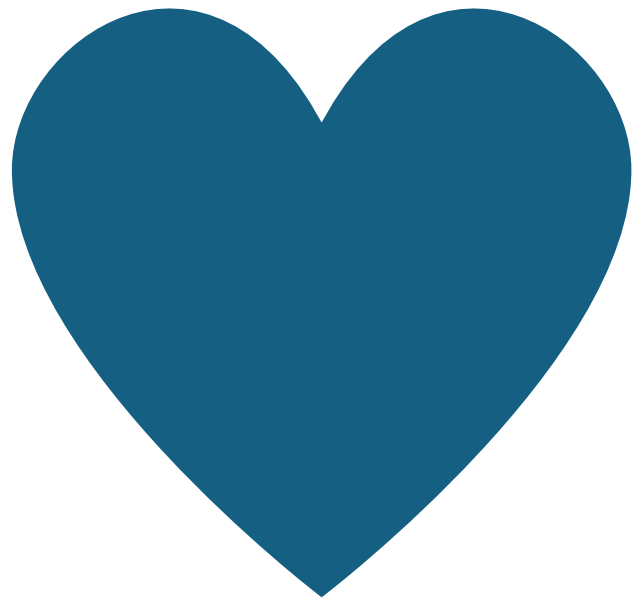
- Demonstrates a wide range of effects as a result of the hypoactivation or down-regulation to the fight or flight mechanism
- The result is a significant decrease in the deleterious effects of chronic fight or flight activation and the decrease in heart rate, blood pressure, blood glucose levels and serum markers of inflammation (Anderson & Nunnally, 2016).
- This hypoactivation also has measurable psychic effects, measurable decreases in depression, anxiety, chronic pain and even posttraumatic stress have been identified and can be traced back to one daily action, worship.

How Do You Praise Him?

Think about your daily and weekly activities and evaluate what you can do differently to refocus.



Similarities of Praise and
a soft/broken heart



Similarities of Praise and a soft/broken heart

- Humility
- Recognition of who God is
- Big picture

What is different when we endure trials?

John 16:33 – These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation; but be of good cheer; I have overcome the world!

