

Preparing for the Second Coming

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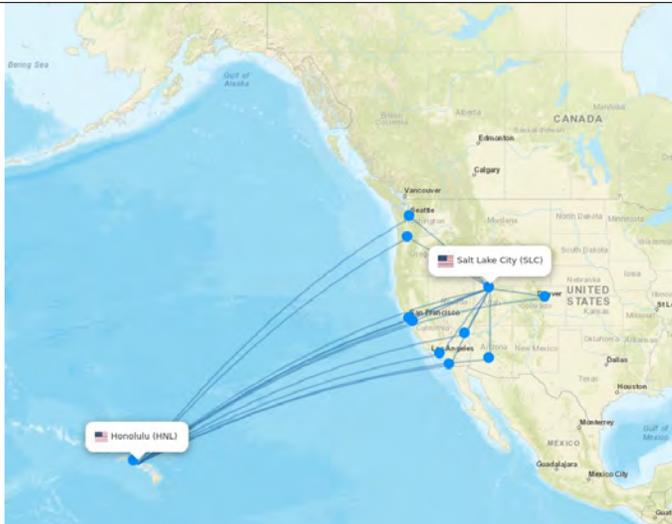
LESSON 5: BOOK OF MORMON



“I testify that Joseph Smith was and is the prophet of this last dispensation. It was he who, through the gift and power of God, translated this holy book. This is the book that will help to prepare the world for the Second Coming of the Lord” (Russell M. Nelson, October 2017).



How to prepare for your trip to Hawaii.



Non-stop from SLC to Honolulu or make a stop or two

Shop in advance for cheap airfare



Park Shore Waikiki • Waikiki Banyan • 'Ilikai Hotel • The Breakers • Halekulani

Book your hotel close to the beach



www.discounthawaiicarrental.com

Rent a car, but not a convertible

TUESDAY

- Arrive
- Go to Don Quixote to get supplies
- Check in to your hotel
- Swim at the beach near your hotel

WEDNESDAY

- > PEARL HARBOR DAY
- > ALOHA SWAP MEET
- > KO'OLINA SWIMMING

THURSDAY

- > DIAMOND HEAD HIKE
- > HANAUMA BAY
- > MAKAPU'U HIKE
- > SANDY BEACH

FRIDAY

- > MANOA FALLS HIKE
- > WAIOLI KITCHEN
- > WAIKIKI BEACH

SATURDAY

- > POLYNESIAN CULTURAL CENTER

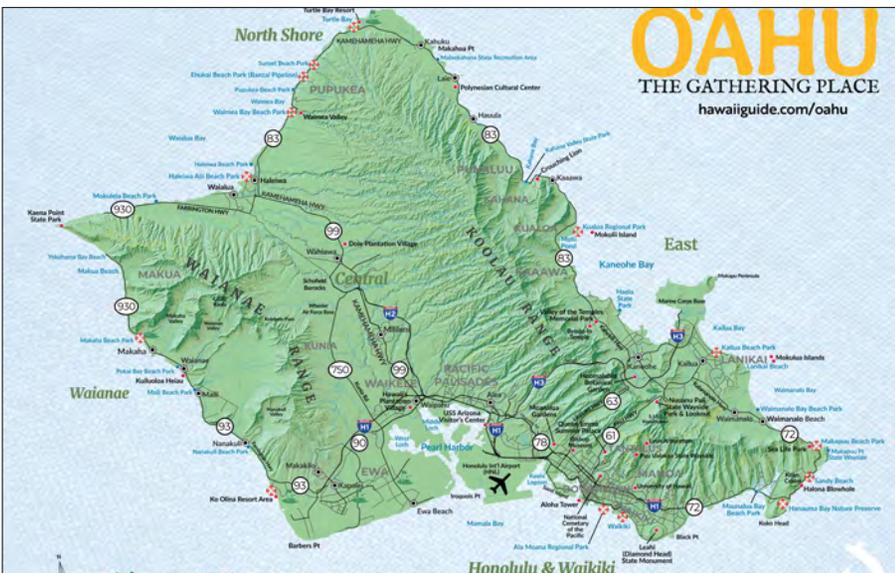
SUNDAY

- > Church @ 1560 Bertania
- > Nuuanu Pali Lookout
- > Punch Bowl Cemetery
- > Round Top Drive
- > Leeward side of Oahu

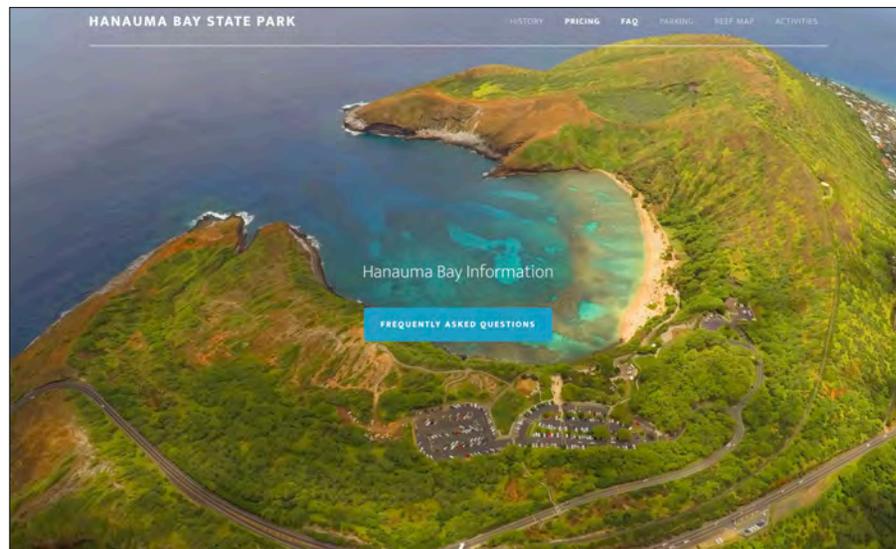
MONDAY

- > NORTH SHORE DAY
- > MOKULEIA

Plan your itinerary



Get an accurate map and make sure your go on H1, H2, H3, Pali and Likelike freeways



Get Hanauma Bay tickets in advance



Reserve your USS Arizona tickets in advance and consider touring the USS Missouri



Book your Polynesian Culture tickets online in advance and save 10%

BRING



- Shorts. It is muggy.
- Two swimsuits
- Flip flops and walking shoes
- Light rain jacket. It can rain daily.
- Shoes that can get ruined in mud
- Wide-brimmed hat
- Snorkel, if you plan a lot of swimming



DO NOT BRING

- Swim Fin Flippers (rent them)
- Beach towels (hotels supply them)
- Beach chairs (rent them)
- Too many clothes

ADVICE

- Do not get sunburned
- Do not turn your back to the ocean
- Do not go into the ocean alone
- Do not keep any valuables in the car
- Do not forget your swimsuit every day
- Do not dehydrate...drink lots of water

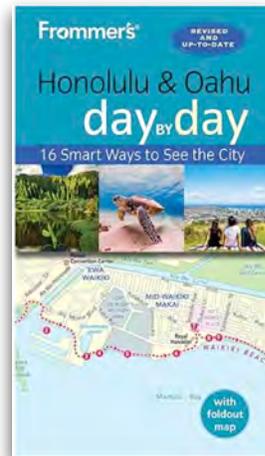


Are you
READY?

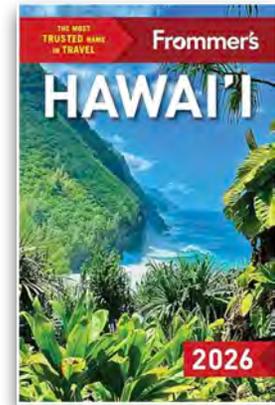


Not until
you buy
these three
books...

Frommer's Honolulu and Oahu day by day

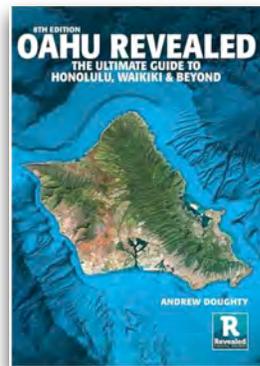


Frommer's Hawaii 2026



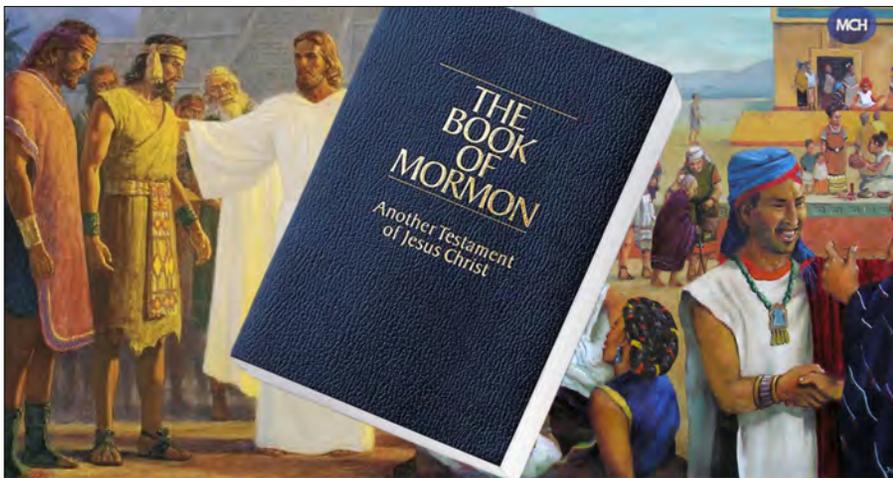
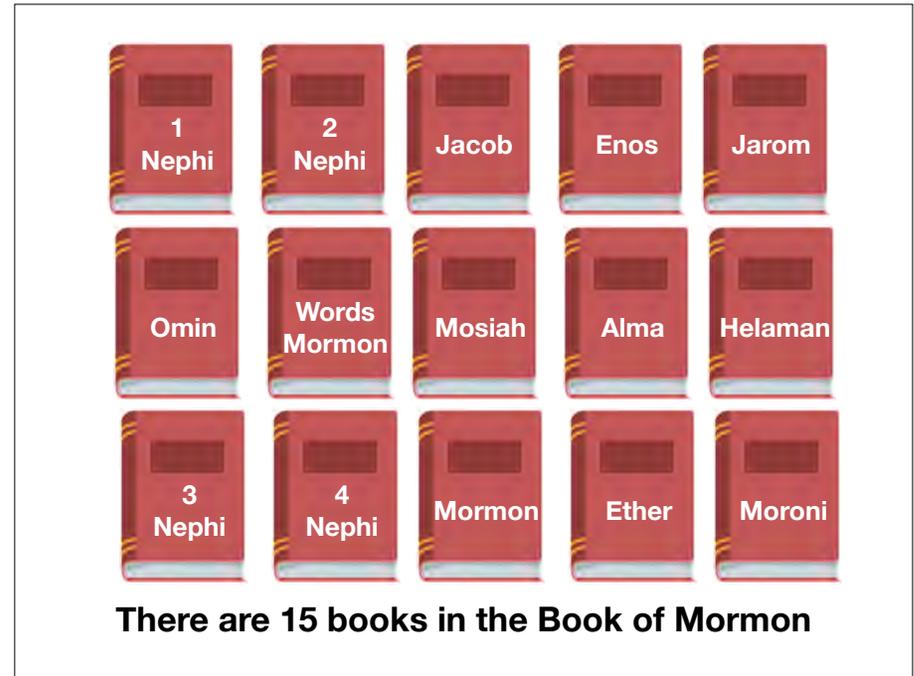
Oahu Revealed: The Ultimate Guide to Honolulu, Waikiki & Beyond

by Andrew Doughty



BOTTOM LINE

If you buy, study, and follow the advice in these 3 books, you will be 95% ready to have a memorable trip to Hawaii.



If you follow the advice in the 15 books in the Book of Mormon, you will be better prepared for the Second Coming of Christ.



"I testify that Joseph Smith was and is the prophet of this last dispensation. It was he who, through the gift and power of God, translated this holy book. **This is the book that will help to prepare the world for the Second Coming of the Lord**" (Russell M. Nelson, "The Book of Mormon: What Would Your Life Be Like without It?," Oct. 2017).



LET'S TALK ABOUT IT

Why is the Book of Mormon
the book that will prepare
you for the Second Coming?



GOSPEL TRUTH:

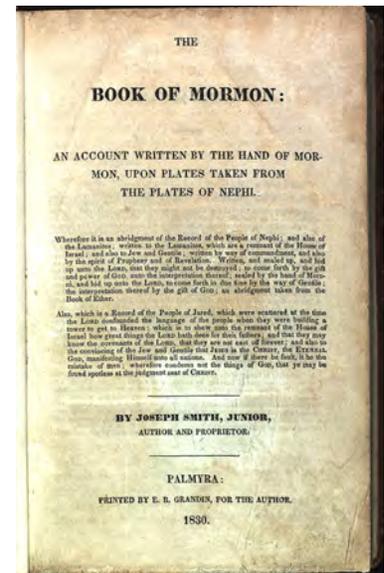
The Book of Mormon talks about Jesus Christ (the Man we wait for) on almost every page.



What is the purpose of the Book of Mormon?

The Title Page of the Book of Mormon tells us the purpose:

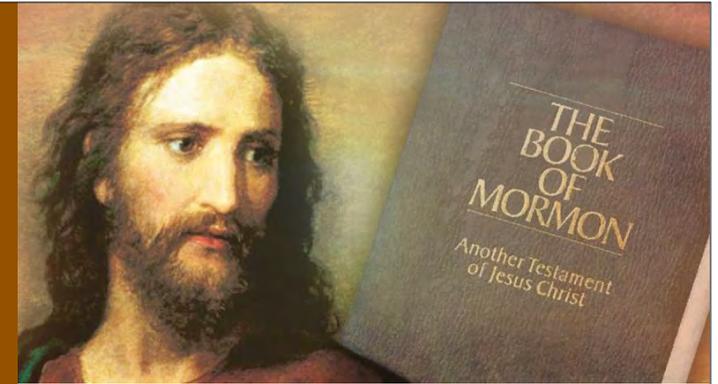
“And also to the **convincing** of the Jew and Gentile **that Jesus is the Christ**, the Eternal God, manifesting himself unto all nations”





.39

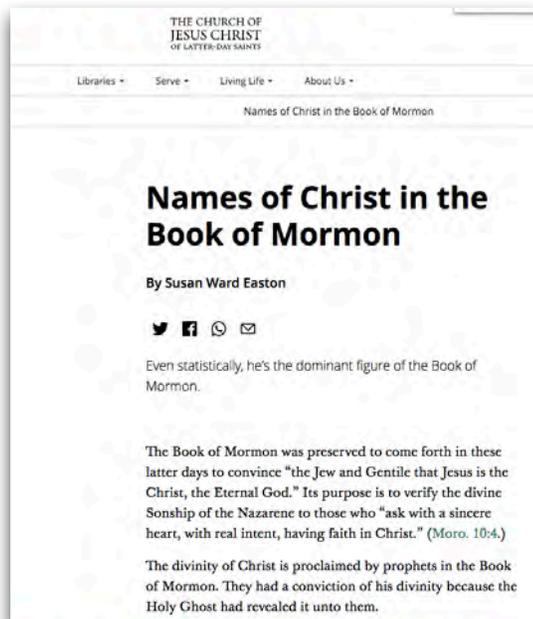
“From about every page of the book, there will come to them a moving testimony that Jesus is indeed the Christ, the Son of the living God, our Redeemer and Savior. This witness alone will be a sustaining anchor in every storm. In the Book of Mormon they will find the plainest explanation of Christ’s divine mission and his atonement to be found anywhere in our sacred scriptures” (Marion G. Romney, April 1980).



How much of the Book of Mormon is about Jesus Christ?



Susan Easton Ward
Ensign Magazine
July 1978



In the Book of Mormon,
Christ—or a reference to Christ—is mentioned every

1.7

VERSES

Average Number of References to Christ's Name Per Verse of the Book of Mormon

Book	References to Christ	Number of verses per book	Average number of verses per mention of Christ's name
First Nephi	474	618	1.303
Second Nephi	591	779	1.318
Jacob	156	203	1.301

Book	Christ References	Number of Verses	Mention of Christ's name
Omni	20	30	1.500
Words of Mormon	15	18	1.200
Mosiah	492	785	1.596
Alma	1,012	1,975	1.950
Helaman	225	497	2.209
Third Nephi	293	788	2.689

Book	Christ References	Number of Verses	Mention of Christ's name
Ether	220	433	1.968
Moroni	166	163	1.018
TOTAL	3,925	6,607	1.7

The above figures show that some form of Christ's name is mentioned in **every 1.7 verses** of the Book of Mormon.

How often is Christ mentioned?

	References to Christ:	Number of verses per book:	Average number of verses per mention of Christ's name:
First Nephi	474	618	1.303
Second Nephi	591	779	1.318
Jacob	156	203	1.301
Enos	22	27	1.227
Jarom	8	15	1.875
Omni	20	30	1.500
Word of Mormon	15	18	1.200
Mosiah	492	785	1.596
Alma	1,012	1,975	1.950
Helaman	225	497	2.209
Third Nephi	293	788	2.689
Fourth Nephi	42	49	1.167
Mormon	188	227	1.207
Ether	220	433	1.968
Moroni	166	163	1.018
TOTAL	3,925	6,607	1.683

Christ—or a reference to Christ—is mentioned every

1.7
VERSES



"Names of Christ in the Book of Mormon" by Susan Ward Easton, Ensign, July 1978
<https://www.churchofjesuschrist.org/study/ensign/1978/07/discovery/names-of-christ-in-the-book-of-mormon?lang=eng>.



Susan Black said: “The Savior is referred to by one hundred different names. Each of the one hundred names signifies a different attribute or characteristic of the Lord and was used appropriately to convey the prophets’ recognition of who he is and what his mission represents.”

Names for Jesus Christ as Found in the Book of Mormon

Name	One verses using this name	Total number of this name
1. Almighty	2 Ne. 23:6	2
2. Almighty God	Jacob 2:10	4
3. Alpha and Omega	3 Ne. 9:18	1
4. Being	Mosiah 4:19	5

20. Father of heaven and of earth	Hel. 14:12	2
21. Founder of Peace	Mosiah 15:18	1
22. God	2 Ne. 1:22	1,351
23. God of Abraham	1 Ne. 19:10	5
24. God of Abraham, and Isaac, and Jacob	Mosiah 7:19	2
25. God of Abraham, and of Isaac, and the God of Jacob	1 Ne. 19:10	1

45. Jesus	2 Ne. 31:10	113
46. Jesus Christ	2 Ne. 25:19	51
47. Keeper of the gate	2 Ne. 9:41	1
48. King	2 Ne. 16:5	4
49. King of heaven	2 Ne. 10:14	1
50. Lamb	1 Ne. 13:35	34
51. Lamb of God	1 Ne. 10:10	35
52. Lord	1 Ne. 10:14	1,350

81. Savior	2 Ne. 31:13	8
82. Savior Jesus Christ	3 Ne. 5:20	2
83. Savior of the world	1 Ne. 10:4	2
84. Shepherd	1 Ne. 13:41	1
85. Son	2 Ne. 31:13	44
86. Son of God	1 Ne. 10:17	51
87. Son of Righteousness	Ether 9:22	3
88. Son of the Eternal Father	1 Ne. 11:21	2

95. True and Living God	1 Ne. 17:30	1
96. True Messiah	2 Ne. 1:10	2
97. True Shepherd	Hel. 15:13	1
98. True Vine	1 Ne. 15:15	1
99. Well Beloved	Hel. 5:47	3
100. Wonderful	2 Ne. 19:6	1
TOTAL	The number of times Christ is mentioned	3,925



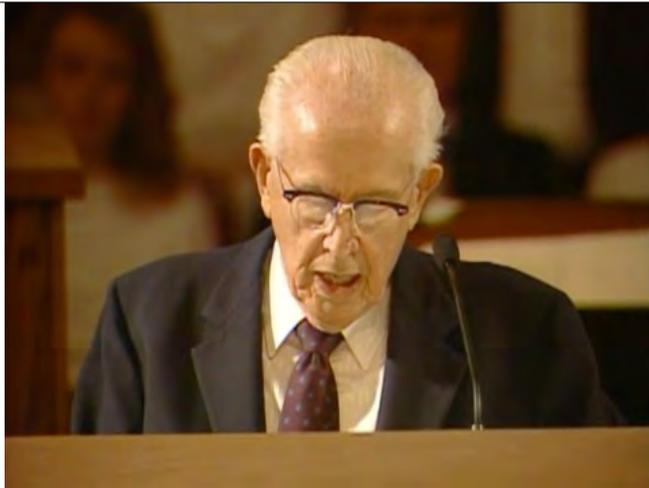
Christ's name or a variation of His name is mentioned at least 3,925 times in the Book of Mormon!

Other names of Jesus Christ in the Book of Mormon:

<ul style="list-style-type: none"> Almighty Almighty God Alpha and Omega Being Beloved Beloved Son Christ (312 times) Christ Jesus Christ the Son Counselor Creator (7) Eternal Father Eternal God Eternal Head Eternal Judge Everlasting Father Everlasting God Father (31 times) Father of heaven Father of heaven and of earth Founder of Peace God (1,351 times) God of Abraham God of Abraham, and Isaac, and Jacob God of Abraham, and of Isaac, and the God of Jacob God of Isaac God of Israel (11) God of Jacob God of miracles God of nature God of the whole earth Good shepherd 	<ul style="list-style-type: none"> Great Creator Great Spirit (18) Head Holy Child Holy God Holy Messiah Holy One of Israel (40) Holy One of Jacob Husband Immanuel Jehovah Jesus (113 times) Jesus Christ (51) Keeper of the gate King King of heaven Lamb (34 times) Lamb of God (35) Lord (1,350) Lord God (104 times) Lord God Almighty Lord God Omnipotent Lord God of Hosts (52) Lord Jehovah (33) Lord Jesus Lord Jesus Christ (14) Lord of Hosts Lord of the Vineyard Lord Omnipotent Maker Man Master Mediator 	<ul style="list-style-type: none"> Messiah (28) Mighty God Mighty One of Israel Mighty One of Jacob Most High Most High God Only Begotten of the Father Only Begotten Son Prince of Peace Prophet Redeemer (37 times) Redeemer of Israel Redeemer of the world Rock Savior Savior Jesus Christ Savior of the world Shepherd Son (44 times) Son of God (51 times) Son of Righteousness Son of the Eternal Father Son of the Everlasting God Son of the Living God Son of the Most High God Stone Supreme Being Supreme Creator True and Living God True Messiah True Shepherd True Vine Well Beloved Wonderful
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SOURCE: Susan Ward Easton, Ensign, July 1978

“And now, my beloved brethren, and also Jew, and all ye ends of the earth, hearken unto these words and believe in Christ; and if ye believe not in these words believe in Christ. And if ye shall believe in Christ ye will believe in these words, for they are the words of Christ, and he hath given them unto me; and they teach all men that they should do good” (2 Nephi 33:10).



.30

Is there not something deep in our hearts that longs to draw nearer to God, to be more like Him in our daily walk, to feel His presence with us constantly? **If so, then the Book of Mormon will help us do so more than any other book.**

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



LET'S TALK ABOUT IT
How has the Book of Mormon brought you to Jesus Christ more than any other book?

GOSPEL TRUTH:



The Book of Mormon was written for our day to help us prepare for the **Second Coming.**



.42

The second great reason why we must make the Book of Mormon a center focus of study is that **it was written for our day.** The Nephites never had the book; neither did the Lamanites of ancient times. It was meant for us. Mormon wrote near the end of the Nephite civilization. Under the inspiration of God, who sees all things from the beginning, **he abridged centuries of records, choosing the stories, speeches, and events that would be most helpful to us.**

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)

GOSPEL TRUTH:

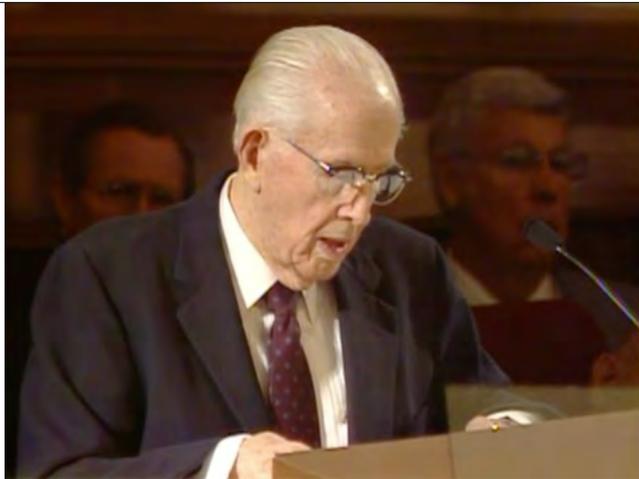


In the Book of Mormon we find a pattern for preparing for the Second Coming.



And there ample example after example of how that question will be answered. For example, in the Book of Mormon we find a pattern for preparing for the Second Coming.

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



A major portion of the book centers on the few decades just prior to Christ's coming to America.

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



From the Book of Mormon we learn how disciples of Christ live in times of war.

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



.09

From the Book of Mormon we see the evils of secret combinations portrayed in graphic and chilling reality.

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



.08

In the Book of Mormon we find lessons for dealing with persecution and apostasy.

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



.04

We learn much about how to do missionary work.

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



.14

And more than anywhere else, we see in the Book of Mormon the dangers of materialism and setting our hearts on the things of the world.

(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



:14

Can anyone doubt that this book was meant for us and that in it we find great power, great comfort, and great protection?

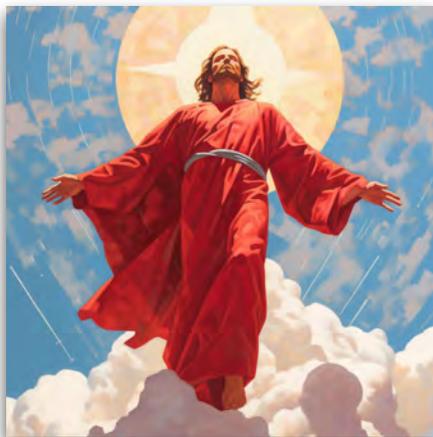
(Ezra Taft Benson, "The Book of Mormon—Keystone of Our Religion," October 1986)



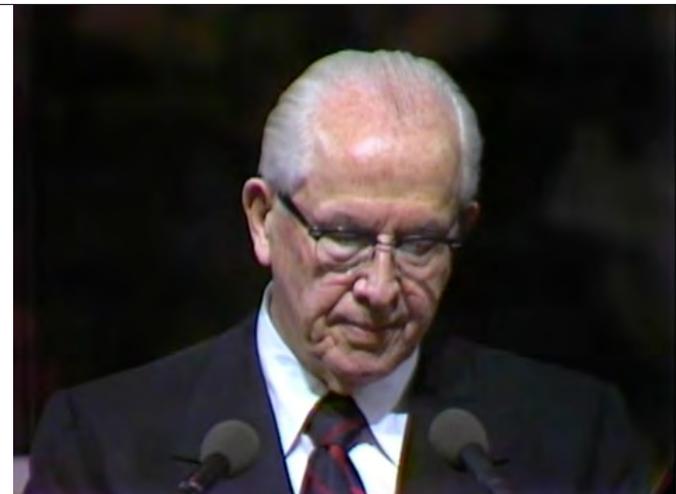
LET'S TALK ABOUT IT

Where can you see that the Book of Mormon was meant for us and "that in it we find great power, great comfort, and great protection"?

GOSPEL TRUTH:

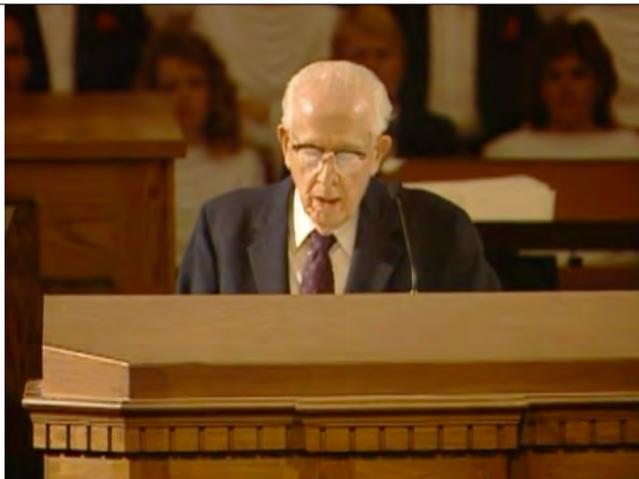


The Book of Mormon warns us of the conditions of the world before the Second Coming.



:42

"The Book of Mormon was written for us **today**. God is the author of the book. It is a record of a fallen people, compiled by inspired men for our blessing **today**. Those people never had the book—**it was meant for us**. Mormon, the ancient prophet after whom the book is named, abridged centuries of records. God, who knows the end from the beginning, told him what to include in his abridgment that **we would need for our day**." (Ezra Taft Benson, "The Book of Mormon is the Word of God," April 1975)



:17

Mormon himself said, “Yea, I speak unto you, ye remnant of the house of Israel” (Morm. 7:1). **And Moroni, the last of the inspired writers, actually saw our day and time.**

(Ezra Taft Benson, “The Book of Mormon—Keystone of Our Religion,” October 1986)



What did Moroni actually see in our day and time?



“and it shall come in a day when it shall be said that miracles are done away” (Mormon 8:26).



“And it shall come in a day when the blood of saints shall cry unto the Lord, because of secret combinations and the works of darkness” (Mormon 8:27).



“Yea, it shall come in a day when the power of God shall be denied” (Mormon 8:28)



“And churches become defiled and be lifted up in the pride of their hearts; yea, even in a day when leaders of churches and teachers shall rise in the pride of their hearts, even to the envying of them who belong to their churches” (Mormon 8:28).



“Yea, it shall come in a day when there shall be heard of fires, and tempests, and vapors of smoke in foreign lands” (Mormon 8:29).



“And there shall also be heard of wars, rumors of wars” (Mormon 8:30).



“And earthquakes in divers places”
(Mormon 8:30).



“Yea, it shall come in a day when there shall be
great pollutions upon the face of the earth”
(Mormon 8:31).



“There shall be murders, and robbing, and lying,
and deceivings, and whoredoms, and all
manner of abominations” (Mormon 8:31)



"When there shall be many who will say, Do this,
or do that, and it mattereth not, for the Lord will
uphold such at the last day. But wo unto such,
for they are in the gall of bitterness and in the
bonds of iniquity” (Mormon 8:31).



“Yea, it shall come in a day when there shall be churches built up that shall say: Come unto me, and for your money you shall be forgiven of your sins” (Mormon 8:32).



“O ye wicked and perverse and stiffnecked people, why have ye built up churches unto yourselves to get gain? Why have ye transfigured the holy word of God, that ye might bring damnation upon your souls?”
(Mormon 8:33)



“Behold, look ye unto the revelations of God; for behold, the time cometh at that day when all these things must be fulfilled” (Mormon 8:33).



“Behold, the Lord hath shown unto me great and marvelous things concerning that which must shortly come, at that day when these things shall come forth among you” (Mormon 8:34).



“Behold, I speak unto you as if ye were present, and yet ye are not. But behold, Jesus Christ hath shown you unto me, and I know your doing” (Mormon 8:35).



“And I know that ye do walk in the pride of your hearts; and there are none save a few only who do not lift themselves up in the pride of their hearts, unto the wearing of very fine apparel, unto envying, and strifes, and malice, and persecutions, and all manner of iniquities; and your churches, yea, even every one, have become polluted because of the pride of your hearts” (Mormon 8:36).



“For behold, ye do love money, and your substance, and your fine apparel, and the adorning of your churches, more than ye love the poor and the needy, the sick and the afflicted” (Mormon 8:37).



“O ye pollutions, ye hypocrites, ye teachers, who sell yourselves for that which will canker, why have ye polluted the holy church of God?” (Mormon 8:38).



“Why are ye ashamed to take upon you the name of Christ?” (Mormon 8:38).



“Why do ye not think that greater is the value of an endless happiness than that misery which never dies—because of the praise of the world?” (Mormon 8:38).



“Why do ye adorn yourselves with that which hath no life, and yet suffer the hungry, and the needy, and the naked, and the sick and the afflicted to pass by you, and notice them not?” (Mormon 8:39).



“Yea, why do ye build up your secret abominations to get gain, and cause that widows should mourn before the Lord, and also orphans to mourn before the Lord, and also the blood of their fathers and their husbands to cry unto the Lord from the ground, for vengeance upon your heads?” (Mormon 8:40)



“Behold, the sword of vengeance hangeth over you; and the time soon cometh that he avengeth the blood of the saints upon you, for he will not suffer their cries any longer” (Mormon 8:41).



LET’S TALK ABOUT IT

What other evidences can you see the Book of Mormon written for our day to help us prepare for the Second Coming?



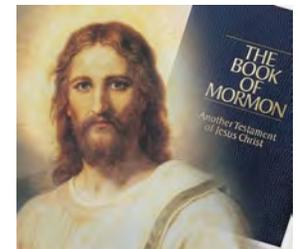
TO DO

HOMEWORK ASSIGNMENTS

WEEK 5 CHALLENGE

BOOK OF MORMON

Will you learn about, apply the teachings of and believe the Book of Mormon— “the book that will help to prepare the world for the Second Coming of the Lord”?



(Russell M. Nelson, October 2017)

ONLINE CLASS

Watch this lesson online or download a PDF of today's slides.



www.iloveinstitute.com

READING LIST



Ezra Taft Benson, “The Book of Mormon—Keystone of Our Religion,” October 1986



Susan Easton Ward, “Names of Christ in the Book of Mormon,” Ensign, July 1978



NEXT CLASS

▶ February 12
Increase your time in His house

“Increased time in the temple will help us prepare for the Second Coming of our Savior, Jesus Christ” (Russell M. Nelson, April 2024).



Footnotes

**Additional
Study
Materials**



Am I **LEARNING** the teachings found in the Book of Mormon?



Am I **APPLYING** what I have learned in the Book of Mormon?



Am I **BELIEVING** what I learned in the Book of Mormon?

Last semester, I taught a class entitled, “The Book of Mormon—your ultimate handbook”



This class was focused on how to find solutions to life’s toughest problems using...



Using teachings from the Book of Mormon, the lessons focused on how to:

- Find happiness
- Come unto Christ
- Become financially rich
- Stay happily married
- Truly forgive
- Survive anything
- Return to Jesus Christ
- Develop unshakable faith
- Be a good parent
- Handle the depressing days
- Consider your life a success

What are some OTHER LESSONS we can learn from the Book of Mormon?



Book of Mormon Teachings

- **Make hard decisions when the answer scares you**
Nephi going back for the plates; Captain Moroni's wartime choices
- **Lead when you feel inadequate**
Mosiah, Helaman, Nephi son of Helaman
- **Stand alone without losing your faith**
Abinadi, Samuel the Lamanite, Nephi tied to the mast
- **Recover after serious mistakes**
Alma the Younger, the sons of Mosiah, Corianton
- **Raise kids who choose righteousness**
Helaman teaching Nephi & Lehi; King Benjamin teaching his sons
- **Deal with unfair criticism**
Captain Moroni vs. Pahoran; Nephi accused of treason

Book of Mormon Teachings

- **Not let success spiritually ruin you**
The pride cycles in 3rd & 4th Nephi
- **Survive prosperity without forgetting God**
Again... basically the warning theme of the whole book
- **Respond when life suddenly falls apart**
Lehi's family in the wilderness; people at Christ's crucifixion
- **Handle betrayal**
Nephi with Laman & Lemuel; Moroni with Amalickiah
- **Keep going when prayers seem unanswered**
The stripling warriors' mothers; Enos
- **Influence a nation for good**
King Benjamin, Captain Moroni

Book of Mormon Teachings

- **Teach powerfully, not just speak**
Alma 17–18 (Ammon's method)
- **Defend truth without being contentious**
Alma vs. Korihor
- **Avoid deception and flattery**
Korihor, Sherem, Amalickiah
- **Deal with corrupt leaders**
King Noah
- **Understand freedom and government**
The reign of the judges
- **Avoid spiritual apathy**
The "nothing could shake them" generation vs. the next
- **Build a Christ-centered society**
4 Nephi

Book of Mormon Teachings

- **Deal with grief**
Mormon watching his people fall; Lehi losing Jerusalem
- **Know when to speak and when to be silent**
Ammon before Lamoni; the Savior in 3 Nephi 11
- **Recognize false philosophies**
"Eat, drink, and be merry" thinking
- **Develop courage under pressure**
The 2,000 stripling warriors
- **Trust God with outcomes you can't control**
Ether, Moroni finishing the record alone
- **Keep hope when society collapses**
Mormon, Moroni



“I testify that one cannot come to full faith in this latter-day work —and thereby find the fullest measure of peace and comfort in these, our times—until he or she embraces the divinity of the Book of Mormon and the Lord Jesus Christ, **of whom it testifies**”
(Jeffrey R. Holland, October 2009)

