

LESSON

5

Avoiding A Faith Crisis

TODAY'S KEY WORD:

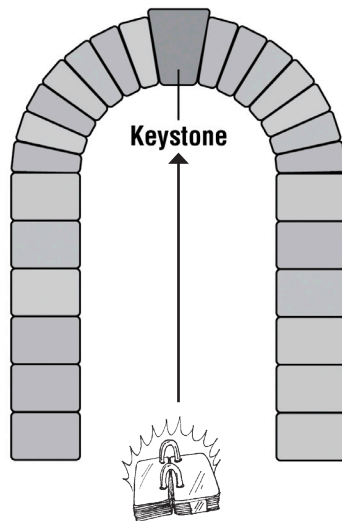
Book Mormon

TODAY'S MAIN POINT:

Will you “hold fast” to the Book of Mormon, so you will “never perish” (1 Nephi 15:24)?

“I told the brethren that the Book of Mormon was the most correct of any book on earth, and the keystone of our religion, and a man would get nearer to God by abiding by its precepts, than by any other book.”

—JOSEPH SMITH



WEEKLY Q&A

Answer these questions in your study journal.

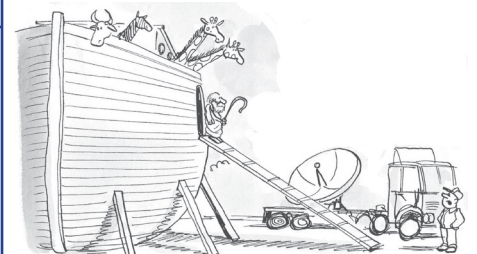
1. If you ever have doubts about the Church—or if you are thinking of leaving the Church—will you read the Book of Mormon again and ask God in prayer again to know that it is the word of God?
2. How can you use the Book of Mormon to help strengthen your testimony of the restored gospel?
3. How do the Book of Mormon and Bible support each other?
4. What questions does the Book of Mormon answer?
5. How does the Book of Mormon draw you nearer to God?
6. How can the Book of Mormon overcome any objections you may have?
7. How can your study of the Book of Mormon strengthened your testimony of Jesus Christ?

QUOTE OF THE DAY



First, what would your life be like without the Book of Mormon? Second, what would you not know? And third, what would you not have? Something powerful happens when a child of God seeks to know more about Him and His Beloved Son. Something powerful happens when a child of God seeks to know more about

Him and His Beloved Son. Nowhere are those truths taught more clearly and powerfully than in the Book of Mormon. It contains the answers to life's most compelling questions. It teaches the doctrine of Christ. It expands and clarifies many of the “plain and precious” truths that were lost through centuries of time and numerous translations of the Bible. (Russell M. Nelson, October 2017)



“I am here to install the satellite dish you ordered for the trip.”



The Book of Mormon brings you closer to Jesus Christ.

1 TABLE 1: How often is Christ referenced?

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

2 TABLE 2: What are the other names for Christ in the Book of Mormon?

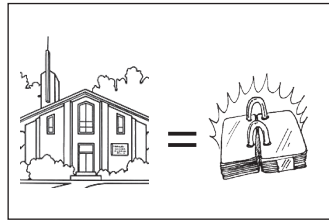
Names for Jesus Christ as Found in the Book of Mormon

Almighty	Lamb (34 times)
Almighty God	Lamb of God (35)
Alpha and Omega	Lord (1,350)
Being	Lord God (104 times)
Beloved	Lord God Almighty
Beloved Son	Lord God Omnipotent
Christ (312 times)	Lord God of Hosts (52)
Christ Jesus	Lord Jehovah (33)
Christ the Son	Lord Jesus
Counselor	Lord Jesus Christ (14)
Creator (7)	Lord of Hosts
Eternal Father	Lord of the Vineyard
Eternal God	Lord Omnipotent
Eternal Head	Maker
Eternal Judge	Man
Everlasting Father	Master
Everlasting God	Mediator
Father (31 times)	Messiah (28)
Father of heaven	Mighty God
Father of heaven and of earth	Mighty One of Israel
Founder of Peace	Mighty One of Jacob
God (1,351 times)	Most High
God of Abraham	Most High God
God of Abraham, and Isaac, and Jacob	Only Begotten of the Father
God of Abraham, and of Isaac, and the God of Jacob	Only Begotten Son
God of Isaac	Prince of Peace
God of Israel (11)	Prophet
God of Jacob	Redeemer (37 times)
God of miracles	Redeemer of Israel
God of nature	Redeemer of the world
God of the whole earth	Rock
Good shepherd	Savior
Great Creator	Savior Jesus Christ
Great Spirit (18)	Savior of the world
Head	Shepherd
Holy Child	Son (44 times)
Holy God	Son of God (51 times)
Holy Messiah	Son of Righteousness
Holy One of Israel (40)	Son of the Eternal Father
Holy One of Jacob	Son of the Everlasting God
Husband	Son of the Living God
Immanuel	Son of the Most High God
Jehovah	Stone
Jesus (113 times)	Supreme Being
Jesus Christ (51)	Supreme Creator
Keeper of the gate	True and Living God
King	True Messiah
King of heaven	True Shepherd
	True Vine
	Well Beloved
	Wonderful

No book: no church

IT IS THE KEYSTONE

Joseph Smith taught: "Take away the Book of Mormon and the revelations, and where is our religion? We have none" (History of the Church, 2:52).



Why the Book of Mormon?

- It proves the Church is true, God's Church on earth.
- It is proof that Joseph Smith is a prophet.
- It is the keystone of our religion. Without it, we fall.
- It is your most powerful resource in conversion.
- It is the most correct of any book on earth.
- It testifies of Christ in every 1.683 verses.
- It mentions Jesus Christ more than 3,925 times.
- It supports the Bible; the Bible supports it.
- It draws people to nearer to God more than any book.
- It is physical, tangible evidence of the Restoration.
- It overcomes any objection and answers questions
- It contains the fullness of the gospel (D&C 20:9; 27:5).
- It helps gather Israel (1 Nephi 10:14).



Christ is mentioned 3,925 times

Christ's name or a variation of His name is mentioned at least 3,925 times in the Book of Mormon. (SOURCE of Tables 1 and 2: See "Names of Christ in the Book of Mormon" by Susan Ward Easton, Ensign, July 1978.



HOMWORK

Study the Book of Mormon. Every day. Consider focusing on one of these items: "I've made lists of what the Book of Mormon is, what it *affirms*, what it *refutes*, what it *fulfills*, what it *clarifies*, and what it *reveals*. Looking at the Book of Mormon through these lenses has been an insightful and inspiring exercise! I recommend it to each of you. (Russell M. Nelson, General Conference, October 2017).