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Book of Mormon Gems of Truth: Lesson 4

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Abstract: Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

mately brought about the decline and fall of the empire.

Knowing that the time of his death was near, the brother of Jared encouraged Jared to call the people together to ask them what they most desired of them before they departed from this life. The people clamored for a king, and Orihah, son of Jared, was anointed king over the people.

Soon after the establishment of this monarchical form of govern-

ment, "it came to pass that Jared died, and his brother also."

Questions for Discussion

1. How does this lesson establish the fact that God rules the destiny of nations?
2. How can we help to keep America a land of freedom?
3. What does this lesson teach us of the personality of Jesus Christ (Ether 3:14; 4:7)?
4. What was the nature and extent of the Jaredite civilization?

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 4—"Look Unto God With Firmness of Mind, and Pray Unto Him With Exceeding Faith, and He Will Console You in Your Afflictions . . ." (Jacob 3:1).

Leone O. Jacobs

For Tuesday, January 8, 1952

Objective: To remind us that God is ever willing to comfort us in trial.

THERE are times in the life of every individual when he is in dire need of comfort, encouragement, or relief from mental or physical anguish. In the above quotation, a Book of Mormon prophet Jacob, tells us how we may receive consolation in our afflictions.

How wonderful it is to know that we have a sure source of comfort—someone to whom we can turn for help with implicit trust. When we encounter trials our greatest consolation is received from God. He alone can ease the pain, can give us hope in the future, the courage to continue. No earthly power or influence is comparable. The words of the following song express the feeling of confidence we have in his help:

I know my heav'nly Father knows
The storms that would my way oppose;
But He can drive the clouds away,
And turn my darkness into day.

I know my heav'nly Father knows,
The balm I need to soothe my woes,
And with His touch of love divine,
He heals this wounded soul of mine . . .
He knows, He knows, and tempers ev'ry
wind that blows.

Sometimes we look at certain of our friends who have recently undergone great sorrow, and we wonder at the serenity of spirit they possess. We marvel that they are able to bear up under the heavy blows that have befallen them. And then we realize that God has come to their aid. He it is who has given them support, cheered their hearts, made them equal to their afflictions.

We know that consolation and peace do come from our Heavenly Father; but they do not come without effort. Every gift and blessing from God is based upon obedience to law. There are certain prerequisites of worthiness to the receiving of any blessing. In this quotation we are told that the prerequisites are that we look to God with firmness of mind and that we pray unto him with exceeding faith. Firmness of mind implies steadfastness and strength, not wavering nor doubting, but confidence that our petition will be answered. Then, if we show sufficient faith, the heavens

cannot be restrained from pouring out blessings upon us.

The prophet Jacob does not promise us that our afflictions will vanish if we do these things. He promises only that we may be consoled in bearing them. We know it would not be good for us to have all our afflictions removed. Through them we grow in strength, in wisdom, in patience, and understanding.

The Lord will comfort our troubled hearts. No matter how sore the trial, we may go to our Heavenly Father in humbleness of spirit and he will sustain us, he will console us in our afflictions.

Work Meeting—Sewing

THE ART OF MENDING

(A Course for Optional Use by Wards and Branches at Work Meeting)

Lesson 4—Knitted Goods

Jean Ridges Jennings

For Tuesday, January 15, 1952

(Textbook: *The Complete Book of Sewing*, by Constance Talbot.)

KNITTED garments require a special method of mending and care. Snags or breaks stretch very easily to form holes and they run readily. These should be caught and mended as soon as discovered and while still small.

Mends in knit wear should be done with matching yarn. If unable to buy a similar skein, ravel out a pocket or some other part of the garment that you can do without.

To keep a simple break in the knitting from growing, catch each

loop with a needle and matching thread. Tie off threads securely on the wrong side. In this type of garment mend holes with a knit stitch which matches better and has more "give."

Proper use and care can eliminate much of your stocking mending. Educate children and adults alike to put on hosiery correctly. Both long and short hose should be rolled down to the toe and drawn on easily to avoid tearing and snagging. (See *Relief Society Magazine*, May 1949, "Handle