

Activity 1: Pondering and Personal Revelation

What have you learned about receiving revelation in your life? In the first part of Helaman 10, we learn about an experience Nephi had in which he received revelation and power from God. Nephi's example teaches us how we can increase our ability to receive and recognize revelation from the Lord.

Read Helaman 10:1–3, looking for what led to Nephi receiving revelation from the Lord.

Note the word pondering in verses 2 and 3. You may want to mark that word in your scriptures.

One truth we can learn from these verses is that pondering the things of the Lord prepares us to receive revelation.

- How might you describe pondering to someone who is unsure what it is?
- Why might pondering help us receive revelation?

President M. Russell Ballard of the Quorum of the Twelve Apostles taught:



It is important to be still and listen and follow the Spirit. We simply have too many distractions to capture our attention, unlike any time in the history of the world.

Everyone needs time to meditate and contemplate. Even the Savior of the world, during His mortal ministry, found time to do so. (M. Russell Ballard, “Be Still, and Know That I Am God” [Church Educational System devotional for young adults, May 4, 2014], broadcasts.ChurchofJesusChrist.org)

- What are some of the distractions that can make it difficult to ponder spiritual things?
- What are some of the “things of the Lord” you might take time to ponder?
- What experiences have you had or do you know about in which pondering led to receiving revelation?

Think of a goal you could make to apply this truth to your life. Consider recording your goal in your study journal.