

Nephi's Psalm and Me (2 Nephi 4:16–35)

	Nephi's Experience	My Experience
2 Nephi 4:16	How was Nephi feeling?	When have I had similar feelings?
2 Nephi 4:17–19	How was Nephi feeling?	When have I had similar feelings?
2 Nephi 4:20–25	What experiences with God helped Nephi respond faithfully to his temptations and discouragement?	What are some spiritual experiences that I could remember when I am tempted or discouraged?
2 Nephi 4:26–29	What kinds of thoughts helped Nephi to be strong when feeling tempted or discouraged?	What kinds of thoughts can help me be strong when feeling tempted or discouraged?
2 Nephi 4:30–35	What impresses me from Nephi's prayer?	How can I apply Nephi's example to my own prayers?