

“The Blessed and Happy State of Those Who Keep the Commandments of God”

Activity A: “Consider on the blessed and happy state of those that keep the commandments of God. . . . They are blessed in all things, both temporal and spiritual.”

Look at the list of blessings you created at the beginning of this lesson. Add any additional blessings that may have come to mind. Underline the blessings that are more temporal and circle the blessings that are more spiritual. You may realize that some fit both categories.

- What evidence do you see in your life that this statement from Mosiah 2:41 is true?
- Read Doctrine and Covenants 130:20–21. What do you learn about the relationship between keeping the commandments and receiving God’s blessings? You may want to cross-reference or link these verses to Mosiah 2:41.
- Why do you think Heavenly Father blesses us with both temporal and spiritual blessings? What does this teach about Him?

Activity B: “If they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness.”

Write this statement in the center of a blank page in your study journal, leaving room around it to make notes. Circle words or phrases in the statement that are significant to you. Attach a word bubble to each circled word or phrase, and write a definition, related scripture passages, or any other insights you may have.

For example, if you circled the phrase “received into heaven,” the connected word bubble might include something like “Being received suggests someone is there waiting or expecting me. Jesus taught that He was going to prepare a place for us in heaven and then receive us there (see John 14:2–3). My loving heavenly parents and Jesus Christ are there and will receive me if I remain faithful.”

Complete a word bubble for each word or phrase you circled. Pay attention to questions or impressions that come to your mind.

- What insights did you have while doing this activity?
- How can these insights help you in your life right now?

Activity C: “Remember, remember that these things are true; for the Lord God hath spoken it.”

- What are some things that are easy to remember? What things are more difficult to remember?

Remember what you have learned about God in your study of Mosiah 2. Read Mosiah 2:22, looking for eternal truths about God.

- What do you know about God that can help you trust in His promises and keep His commandments?
- What can you do to remember this about Him?