

A Reading Guide to  
**The Book of Mormon:**  
**Another Testament of Jesus Christ**

*Designed to help a person find joy, spiritual rebirth, and a new closeness to the Spirit*



©IRI, Inc.

*"... how great the importance to make these things known unto the inhabitants of the earth, that they may know that there is no flesh that can dwell in the presence of God, save it be through the merits, and mercy, and grace of the Holy Messiah . . ." (2 Nephi 2:8)*

Despite life's difficulties and trials, there is a way to feel peace, comfort, and a continuing sense of joy. It is through receiving and following Jesus Christ. As the Son of God, He came to earth to teach us how to live and love in order to become "one" with God and to suffer and die to pay the debt for our sins, so we can receive forgiveness when we repent. Resurrected, Jesus lives in heaven and can give us gifts of joy and grace as we receive Him as our Savior and seek to abide in His love. The Book of Mormon, a history of an ancient people who came to the Americas from Jerusalem in 600 B.C., teaches how to receive Him. Jesus Christ visited them after His resurrection and taught His Gospel, including the Beatitudes—blessed ways to come unto Him and feel His love. All those who received Jesus Christ were spiritually reborn and filled with joy. The Book of Mormon is thus a blueprint to the born-again process. As you read it with a desire to find truth, you will know its testimony of Jesus is true.

If you come unto Christ by embracing His blessed ways, offering Him your "broken heart" of repentant sorrow for sin and your "contrite spirit" of total submission to the will of God, and making a covenant to obey Him, you will feel the joy and warmth of the Holy Spirit. When you seal this covenant in baptism, and receive the gift of the Holy Ghost, the Spirit can be with you always. You will sense a new closeness to the Spirit and feel peace.

**1. God, the Eternal Father** is a real Being with infinite glory, power, knowledge, love, and joy. We are His children, created in His image. He knows and loves each of us, and wants us to return to live in His presence in glory. *"Hosanna to the Lord, the Most High God; for He is God . . . yea, even above all"* (1 Nephi 11:6).

- 1 Nephi 1:4-15 \_\_\_\_\_
- Mosiah 2:19-26, 32-41 \_\_\_\_\_
- Mosiah 4:9-10 \_\_\_\_\_
- Alma 18:24-40 \_\_\_\_\_
- Alma 26:8-16, 35-37 \_\_\_\_\_
- Alma 30:39-60 \_\_\_\_\_
- Moroni 9:26 \_\_\_\_\_

**2. Jesus Christ** is the Son of God. Before his birth, He lived with God as a spirit being of power and glory, and was known as the Lord Omnipotent. Under God's direction, Jesus created all things. He was born to the virgin Mary as the Only Begotten Son of God, the Savior of the world. Though separate persons, God, Jesus Christ, and the Holy Spirit are "one" in power, purpose, and glory. *"The Lord Omnipotent . . . shall come down from heaven among the children of men . . . He shall be called Jesus Christ, the Son of God"* (Mosiah 3:5, 8).

- 1 Nephi 10:4-11 \_\_\_\_\_
- 2 Nephi 25:12-29 \_\_\_\_\_
- Mosiah 3:2-27 \_\_\_\_\_
- Alma 7:7-16, 20-22 \_\_\_\_\_
- Helaman 14:1-31 \_\_\_\_\_
- 3 Nephi 1:4-23 \_\_\_\_\_
- 3 Nephi 11:1-41 \_\_\_\_\_
- Ether 3:1-26 \_\_\_\_\_
- Ether 12:38-41 \_\_\_\_\_

**3. God sent us to earth to learn how to live, love, and treat others as He does, so we can live with Him again.** To do so, we need to be spiritually reborn, develop charity, be filled with God's light and love, and become "one" with Him and Jesus Christ. *"...this life is the time for men to prepare to meet God"* (Alma 34:32).

- Mosiah 27:24-28 \_\_\_\_\_
- Alma 12:9-35 \_\_\_\_\_
- Alma 34:28-41 \_\_\_\_\_

**4. So we could progress, God gave us the freedom to choose between good and evil.** God allowed evil so we could have a real choice. We become free, receive God's light, and feel joy when we choose good. We become darkened and weak if we choose evil. *"... ye are free to act for yourselves . . . to choose . . . death or . . . life"* (2 Nephi 10:23).

- 2 Nephi 2:11-29 \_\_\_\_\_
- 2 Nephi 10:20,23-24 \_\_\_\_\_
- Alma 29:4-5 \_\_\_\_\_
- Helaman 14:30-31 \_\_\_\_\_
- Moroni 7:5-19 \_\_\_\_\_

**5. To discourage people from choosing to sin, God established the "eternal law of justice"** which requires that sins be paid for by intense personal suffering. *"...the demands of divine justice do awaken his immortal soul to a lively sense of his own guilt"* (Mosiah 2:38).

- Mosiah 2:32-41 \_\_\_\_\_
- Alma 41:2-15 \_\_\_\_\_

**6. Sin began as Adam and Eve chose to disobey God** and ate the forbidden fruit. This made them mortal, able to have children, and unworthy to dwell in God's presence. When we choose to sin, we also fall into a carnal state and need spiritual re-birth. *"...they had become carnal, sensual, and devilish... which man had brought upon himself because of his own disobedience"* (Alma 42:10-12).

- Mosiah 27:25-26 \_\_\_\_\_
- Mosiah 16:1-15 \_\_\_\_\_
- Alma 42:1-31 \_\_\_\_\_

**7. God sent Jesus Christ as our Savior** to suffer and die, pay the penalty for our sins, satisfy the demands of justice, and offer us mercy and grace when we repent. *"... there could be no redemption for mankind save it were through the death and sufferings of Christ, and the atonement of his blood"* (Alma 21:9).

- Mosiah 14:1-12 \_\_\_\_\_
- Mosiah 15:7-12, 19-27 \_\_\_\_\_
- Alma 34:8-19 \_\_\_\_\_
- 3 Nephi 27:13-21 \_\_\_\_\_

**8. Through His redeeming sacrifice, Jesus can offer us gifts of enabling, redeeming power called "grace."** *"... he is full of grace"* (2 Nephi 2:6). *"... it is only in and through the grace of God that ye are saved"* (2 Nephi 10:24).

- 2 Nephi 2:3-8 \_\_\_\_\_
- Alma 33:14-23 \_\_\_\_\_
- 2 Nephi 10:23-25 \_\_\_\_\_
- Ether 12:41 \_\_\_\_\_

**9. Jesus offers a physical resurrection to all persons as a gift of His grace.** *"... all shall rise from the dead . . . The spirit and the body shall be reunited again in its perfect form"* (Alma 11:41-43).

- 2 Nephi 9:3-43 \_\_\_\_\_
- Alma 11:40-45 \_\_\_\_\_
- Alma 40:11-26 \_\_\_\_\_

**10. Jesus offers to forgive our sins as a gift of His grace when we have faith in Him, repent of sin, and covenant to obey Him in baptism.** *"... we preach of Christ . . . that our children may know to what source they may look for a remission of their sins"* (2 Nephi 25:26).

- 2 Nephi 31:4-19 \_\_\_\_\_
- Helaman 5:10-11 \_\_\_\_\_
- Mosiah 26:20-32 \_\_\_\_\_
- Moroni 8:4-26 \_\_\_\_\_

**11. Jesus offers the gift of the Holy Ghost** by the laying on of hands, thus authorizing the Holy Spirit to dwell continually in us. *"... on as many as they laid their hands, fell the Holy Ghost"* (Moroni 2:3).

- 3 Nephi 18:36-37 \_\_\_\_\_
- Moroni 2:1-4 \_\_\_\_\_

**12. Jesus offers a gift of spiritual re-birth through the baptism of fire and the Holy Ghost.** This cleanses our soul and changes our heart so we have no desire to do evil. We receive this gift as we offer Christ our whole soul with a **“broken heart and contrite spirit.”** “. . . whoso cometh unto me with a broken heart and a contrite spirit, him will I baptize with fire and with the Holy Ghost” (3 Nephi 9:20). “. . . all mankind must be born again; yea, born of God, changed from their carnal and fallen state, to a state of righteousness . . .” (Mosiah 27:25).

- 3 Nephi 9:15-22 \_\_\_\_\_
- Enos 1:1-8 \_\_\_\_\_
- Mosiah 4:1-3, 5, 11, and Mosiah 5:1-2 \_\_\_\_\_
- Mosiah 27:8-37 \_\_\_\_\_
- Alma 5:7-21,26, 33-39 \_\_\_\_\_
- Alma 18:16-43 and Alma 19:6,29-36 \_\_\_\_\_
- Alma 22:6-23 and Alma 26:13-22 \_\_\_\_\_
- Alma 36:3-28 \_\_\_\_\_
- Helaman 3:35 \_\_\_\_\_
- Helaman 5:18-52 and Ether 12:14 \_\_\_\_\_
- 3 Nephi 19:7-14 \_\_\_\_\_

**13. Jesus described ten “blessed” attitudes that define God’s ways.** Known as the “Beatitudes,” they are the qualities of a little child that enable us, if we embrace them as our own, to come unto Jesus Christ and offer Him our broken heart and contrite spirit. All those who were born again embraced these ten attitudes before spiritual re-birth. The first five were things they DID; the next five were things they DESIRED TO DO. To be born again we must “receive” Christ by embracing His Blessed ways, offering Him our whole soul, and covenanting to obey God’s will.

- 3 Nephi 12:1-16, 19-20 \_\_\_\_\_
- 3 Nephi 11:37-38 \_\_\_\_\_

\* [1] All those born again in the Book of Mormon chose to **believe** in the power of Christ, and desired to obey Him.

- Jacob 4:4-12 \_\_\_\_\_
- Alma 5:44-50 \_\_\_\_\_
- Alma 32:16-43 \_\_\_\_\_
- Ether 12:6-22, 38-41 \_\_\_\_\_
- Moroni 7:22-39 \_\_\_\_\_

\* [2] They became **poor in spirit** humbly acknowledging their dependence on God the Father and Jesus; seeing all people as equals.

- 2 Nephi 9:30; 41-43 \_\_\_\_\_
- Alma 26:11-12 \_\_\_\_\_
- Jacob 2:13-17, 20-21 \_\_\_\_\_
- Alma 62:41, 48-51 \_\_\_\_\_
- Mosiah 2:19-26,34 \_\_\_\_\_
- Mosiah 4:2,5,11,20 \_\_\_\_\_
- Mosiah 23:7 \_\_\_\_\_
- Mosiah 27:3-4 \_\_\_\_\_
- Ether 3:2,11-13 \_\_\_\_\_
- Alma 32:2-16 \_\_\_\_\_

\* [3] They **mourned** with deep anguish of soul over their sins, repented, confessed their sins, and tried to make amends:

- Mosiah 2:36-40; Mosiah 3:12-27; and Mosiah 4:2 \_\_\_\_\_
- Mosiah 23:9-11 \_\_\_\_\_
- Alma 14:6-7 \_\_\_\_\_
- Alma 36:11-20 \_\_\_\_\_
- Mosiah 27:35 \_\_\_\_\_
- Alma 42:12,18,24-30 \_\_\_\_\_

\* [4] They became **meek**—totally submissive to the will of God—by making a covenant to obey Him in all things. This covenant to obey God is made officially during baptism.

- Mosiah 5:5-8 \_\_\_\_\_
- Omni 1:26 \_\_\_\_\_
- Mosiah 18:13-14 \_\_\_\_\_
- Helaman 10:4-5 \_\_\_\_\_
- Mosiah 21:31-35; 25:17-18 \_\_\_\_\_
- Moroni 7:43-44 \_\_\_\_\_

\* [5] They **hungered** with an intense desire of heart to be cleansed of sin, receive the Spirit, and be one with God:

- Enos 1:3-4 \_\_\_\_\_
- Alma 38:5-9 \_\_\_\_\_
- Alma 22:15 \_\_\_\_\_
- Alma 17:2-3 \_\_\_\_\_
- Alma 34:17-31 \_\_\_\_\_
- 3 Nephi 19:7-9 \_\_\_\_\_

\* [6] They **desired to be merciful, kind, compassionate, helpful; generous to the poor, and forgiving of offenses.**

- 3 Nephi 13:1-4 \_\_\_\_\_
- Alma 35:6-9 \_\_\_\_\_
- Mosiah 4:16-27 \_\_\_\_\_
- Alma 1:27-31 \_\_\_\_\_
- 3 Nephi 13:14-15 \_\_\_\_\_
- 1 Nephi 7:21 \_\_\_\_\_
- 3 Nephi 14:1-5,12 \_\_\_\_\_
- 3 Nephi 26:19 \_\_\_\_\_

\* [7] They **desired to be pure of heart** to be totally virtuous and honest, giving up all that nurtured the carnal state.

- 2 Nephi 9:34-39,49 \_\_\_\_\_
- 2 Nephi 4:31-35 \_\_\_\_\_
- Jacob 2:5-7; 23-30 \_\_\_\_\_
- Moroni 10:30 \_\_\_\_\_
- Alma 22:15,17,18 \_\_\_\_\_
- Alma 27:27-30 \_\_\_\_\_
- Alma 39:3-15 \_\_\_\_\_
- Alma 13:11-13, 27-30 \_\_\_\_\_
- 3 Nephi 12:27-32 \_\_\_\_\_
- Alma 45:16 \_\_\_\_\_

\* [8] They **desired to be peacemakers**, to “turn the other cheek,” to endure offense from others and not retaliate.

- Alma 34:40-41 \_\_\_\_\_
- 3 Nephi 6:13 and Moroni 7:3-4 \_\_\_\_\_
- Alma 48:11-19 \_\_\_\_\_
- Alma 44:1-20; 55:19 \_\_\_\_\_
- 3 Nephi 11:29-30 \_\_\_\_\_
- Alma 61:9 \_\_\_\_\_
- 3 Nephi 12:2-25,38-45 \_\_\_\_\_
- Alma 24:6-19 \_\_\_\_\_

\* [9] They **desired to be a valiant witness of Christ despite persecution and remain faithful, filled with His joy.**

- Alma 26:23-37 \_\_\_\_\_
- 1 Nephi 8:20-34 \_\_\_\_\_
- 2 Nephi 9:18 \_\_\_\_\_
- Mosiah 13:5-9 \_\_\_\_\_

\* [10] They **desired to accept His commission to be the “salt of the earth” [make a positive difference], and the “light of the world” [share the Gospel of Jesus Christ].**

- Words of Mormon 1:18 \_\_\_\_\_
- Alma 23:16,18 \_\_\_\_\_
- Mosiah 28:1-9 \_\_\_\_\_
- Alma 36:24-27 \_\_\_\_\_
- 3 Nephi 15:11-12 \_\_\_\_\_
- 3 Nephi 18:24-25 \_\_\_\_\_
- Alma 46:9-37 \_\_\_\_\_
- Moroni 9:16 \_\_\_\_\_

**14. We can develop these same ten Blessed attitudes of heart by praying earnestly for them and daily meditating upon God’s Word.** “. . . their souls were illuminated by the light of the everlasting word” (Alma 5:7).

- 1 Nephi 8:2-34; 1 Nephi 11:1-36; and 1 Nephi 15:21-25 \_\_\_\_\_
- Alma 5:7-9 \_\_\_\_\_
- Helaman 3:29-30 \_\_\_\_\_
- Alma 37:11-8,32-46 \_\_\_\_\_
- 3 Nephi 17:2-3 \_\_\_\_\_

**15. If we strive to live Christ’s blessed ways and repent weekly in renewing our covenants in the sacrament, we can remain in a joyful, born again state.** “. . . ye shall always rejoice, and be filled with the love of God, and always retain a remission of your sins” (Mosiah 4:12).

- 2 Nephi 31:19-21 \_\_\_\_\_
- Mosiah 4:9-30 \_\_\_\_\_
- Alma 7:22-25; Alma 13:27-29 \_\_\_\_\_
- Alma 34:17-29, 38-41 \_\_\_\_\_
- 3 Nephi 18:1-32; 20:8-9 \_\_\_\_\_
- Alma 23:6-7 \_\_\_\_\_

**16. After we are born again, Jesus Christ will give us many other gifts of grace to bless our lives. He offers us:**

**-His grace to comfort us in all our afflictions,**

- Jacob 3:1-2 \_\_\_\_\_
- Alma 31:30-38 \_\_\_\_\_
- Alma 17:10-12 \_\_\_\_\_
- Moroni 8:25-26 \_\_\_\_\_

**-His grace to help us overcome our weaknesses,**

- Ether 12:27 \_\_\_\_\_
- 2 Nephi 4:16-35 \_\_\_\_\_

**-His grace to strengthen us in trials and deliver us,**

- Mosiah 7:29-33; Mosiah 21:1-16; Mosiah 22:1-16 \_\_\_\_\_
- Mosiah 24:8-25 \_\_\_\_\_
- Helaman 10:11-16 \_\_\_\_\_
- Alma 36:3-5,27 \_\_\_\_\_
- Alma 38:5-6 \_\_\_\_\_

**-His grace to teach us daily through the Holy Spirit,**

- 1 Nephi 10:17-19 \_\_\_\_\_
- Helaman 9:1-38 \_\_\_\_\_
- Alma 10:7-10 \_\_\_\_\_
- 3 Nephi 7:15-21 \_\_\_\_\_

**-His grace to answer our righteous requests in prayer,**

- 3 Nephi 18:18-21 \_\_\_\_\_
- Alma 25:17 \_\_\_\_\_
- Alma 33:3-11 \_\_\_\_\_
- Moroni 7:26 \_\_\_\_\_

**-His grace to prosper us if we seek riches only to do good,**

- Jacob 2:17-19 \_\_\_\_\_
- Alma 50:18-23 \_\_\_\_\_
- Mosiah 2:22,41 \_\_\_\_\_
- Helaman 4:14-15 \_\_\_\_\_
- Helaman 3:24-28 \_\_\_\_\_

**-His grace to give us charity, the pure love of Christ,**

- Ether 12:34, 36 \_\_\_\_\_
- 2 Nephi 26:30; 33:7-9 \_\_\_\_\_
- Moroni 7:43-48 \_\_\_\_\_
- Moroni 8:17 \_\_\_\_\_

**-His grace to sanctify and perfect us to enter God’s presence,**

- Alma 13:11-13 \_\_\_\_\_
- Moroni 10:32-33 \_\_\_\_\_
- Alma 36:28 \_\_\_\_\_

**-His grace to allow us to perform miracles in His name,**

- Mormon 9:15-25 \_\_\_\_\_
- Alma 26:11-14 \_\_\_\_\_

**-His grace to make us one with Him and his Father through an infusion of Christ’s light or glory into our souls [see John 17:5, 20-23; Alma 19:6].**

- 3 Nephi 19:23-24 \_\_\_\_\_
- 3 Nephi 28:9-10 \_\_\_\_\_
- Moroni 10:30 \_\_\_\_\_
- Ether 12:41 \_\_\_\_\_

**17. How does God view and value the Book of Mormon?** “Wherefore murmur ye, because that ye shall receive more of my word?” (2 Nephi 29:8).

- 2 Nephi 29:1-14 \_\_\_\_\_
- 2 Nephi 33:1-15 \_\_\_\_\_
- 3 Nephi 21:2-11 \_\_\_\_\_
- Moroni 10:2-8 \_\_\_\_\_