

# Teacher's Supplement - Cycles of Obedience and Disobedience

## Suggestions/Scriptures for Further Study/ Exploration/ Extension of Topic

### Church Education Lessons

- Righteousness
- The Life Span of Man
- Obedience Is Better Than Sacrifice
- God Empowers Alma to Restore the Church to Righteousness
- Zeniff is Over-zealous and Slow to Remember the Lord
- Are Your Garments White or Spotted?

### Activity: How to Avoid and Overcome Temptation (20 minutes)

**Q:** How can we strive for a steady course of obedience and becoming Christ-like?

1. Give participants a sheet of paper and have them write one temptation that they would like to overcome. They may share their response or keep it private.
2. Break participants into smaller groups and give them 10-15 minutes to find and discuss verses of scripture that advise on how to avoid temptation or assign them certain scriptures to read and discuss. (**See list below for scriptural references**)
3. Reunite groups and have them share what they learned about avoiding and overcoming temptation. Write responses on the board.
4. After all groups have shared, tell participants to write as many applicable responses from the board that they will implement this week to overcome a temptation.
5. Tell them to choose a partner to hold them accountable, checking in with them at the end of the week.

### Activity: Individuals Who Were Blessed Through Obedience (20 minutes) (Choose from the following)

- A.** Participants share a testimony of God's blessing resulting from obedience.
- B.** Share a few positive examples from the scriptures of youth who were blessed through obedience (**See examples below**). Tell students to recall other examples. Remind students that these individuals were "real people" such as we and not superhuman. We can receive God's blessings as well if our hearts are right with the Lord.

Discuss what may have made them successful in obeying God and resisting temptation.

**C.** Share testimony from the "Gospel News" or Church history books that demonstrate a blessing through obeying or a consequence for not.

### YOUTH WHO WERE BLESSED THROUGH OBEDIENCE

**JOSEPH** – Gift of spiritual dreams and interpretation as a teenager, promoted in Pharaoh's house, saves his family, Genesis 37 - 50

**RUTH** – A young, childless widow who chose to care for her widowed mother-in-law and who chose to serve the God of her mother-in-law; Ruth was favored with another husband, Boaz, of which they became the great-grandparents of David who became king of Israel, Ruth 1:16-17, 2:11-12

**SAMUEL** – Educated and employed in the Lord's work from childhood, 1 Samuel 1:22-28, chapters 2-3, (1 Samuel 3:19, "did let none of His words fall to the ground.")

**DAVID** - Divine strength in fighting the bear, lion, and Goliath; demonstration of strong faith in youth, 1 Samuel 17:33-37 spiritual gift of writing psalms of praise. After he became king, succumbed to temptation, was humbled to repentance.

**ESTHER** – Young, orphaned virgin who was taken captive but gained favor of king Ahasuerus and saved her people from annihilation – Esther 2:2,7 and 15; 4:16; 5:2

**DANIEL, HANANIAH, MISHAEL, AZARIAH** – Taken captive as children and were promoted in the king's house. Spiritual gifts of knowledge, skill in learning and wisdom as children Daniel – gift of interpreting visions and dreams, observed God's laws regarding food, idol worship and tradition of prayer. Daniel 1:17, chapters 2-6

**MARY** – Chosen by God to be the mother of Jesus; a virgin and humble servant of the Lord, 1 Nephi 11:13, Luke 1:30

**JESUS** – Great knowledge and understanding age twelve, Luke 2:41-27

## Scriptural References - Avoiding and Overcoming Temptation

**Matthew 6: [13]** And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

**Matthew 26: [41]** Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

**1 Corinthians 10: [13]** There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

**James 1: [12]** Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

**James 4: [7]** Submit yourselves therefore to God. Resist the devil, and he will flee from you.

**2 Peter 2: [9]** The Lord knoweth how to deliver the godly out of temptations, and to reserve the unjust unto the day of judgment to be punished:

**1 Nephi 12: [17]** And the mists of darkness are the temptations of the devil, which blindeth the eyes, and hardeneth the hearts of the children of men, and leadeth them away into broad roads, that they perish and are lost.

**1 Nephi 15: [24]** And I said unto them that it was the word of God, and whoso would hearken unto the word of God, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary overpower them unto blindness, to lead them away to destruction.

**2 Nephi 4: [18]** I am encompassed about, because of the temptations and the sins which do so easily beset me.

[19] And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted.

[20] My God hath been my support; He hath led me through mine afflictions in the wilderness; and He hath preserved me upon the waters of the great deep.

[21] He hath filled me with his love, even unto the consuming of my flesh.

[22] He hath confounded mine enemies, unto the causing of them to quake before me.

[23] Behold, He hath heard my cry by day, and He hath given me knowledge by visions in the nighttime.

[24] And by day have I waxed bold in mighty prayer before Him; yea, my voice have I sent up on high; and angels came down and ministered unto me.

[25] And upon the wings of his Spirit hath my body been carried away upon exceedingly high mountains. And mine eyes have beheld great things, yea, even too great for man; therefore I was bidden that I should not write them.

[26] O then, if I have seen so great things, if the Lord in His condescension unto the children of men hath visited men in so much mercy, why should my heart weep and my soul linger in the valley of sorrow, and my flesh waste away, and my strength slacken, because of mine afflictions?

[27] And why should I yield to sin, because of my flesh? Yea, why should I give way to temptations, that the evil one have place in my heart to destroy my peace and afflict my soul? Why am I angry because of mine enemy?

[28] Awake, my soul! No longer droop in sin. Rejoice, O my heart, and give place no more for the enemy of my soul.

[31] O Lord, wilt thou redeem my soul? Wilt Thou deliver me out of the hands of mine enemies? Wilt Thou make me that I may shake at the appearance of sin?

[32] May the gates of hell be shut continually before me, because that my heart is broken and my spirit is contrite! O Lord, wilt Thou not shut the gates of Thy righteousness before me, that I may walk in the path of the low valley, that I may be strict in the plain road!

[33] O Lord, wilt Thou encircle me around in the robe of Thy righteousness! O Lord, wilt Thou make a way for mine escape before mine enemies! Wilt Thou make my path straight before me! Wilt thou not place a stumbling block in my way -- but that Thou wouldst clear my way before me, and hedge not up my way, but the ways of mine enemy.

[34] O Lord, I have trusted in Thee, and I will trust in thee forever. I will not put my trust in the arm of flesh; for I know that cursed is he that putteth his trust in the arm of flesh. Yea, cursed is he that putteth his trust in man or maketh flesh his arm.

[35] Yea, I know that God will give liberally to him that asketh. Yea, my God will give me, if I ask not amiss; therefore I will lift up my voice unto thee; yea, I will cry unto thee, my God, the rock of my righteousness. Behold, my voice shall forever ascend up unto Thee, my rock and mine everlasting God. Amen.

**Jarom 1:[5]** And now, behold, two hundred years had passed away, and the people of Nephi had waxed strong in the land. They observed to keep the Law of Moses and the Sabbath day holy unto the Lord. And they profaned not; neither did they blaspheme. And the laws of the land were exceedingly strict.

**Alma 31: [10]** Neither would they observe the performances of the church, to continue in prayer and supplication to God daily, that they might not enter into temptation.

**Alma 34: [39]** Yea, and I also exhort you, my brethren, that ye be watchful unto prayer continually, that ye may not be led away by the temptations of the devil, that he may not overpower you, that ye may not become his subjects at the last day; for behold, he rewardeth you no good thing.

**Alma 37: [13]** O remember, remember, my son Helaman, how strict are the commandments of God. And he said: If ye will keep My commandments ye shall prosper in the land -- but if ye keep not His commandments ye shall be cut off from His presence.

**[33]** Preach unto them repentance, and faith on the Lord Jesus Christ; teach them to humble themselves and to be meek and lowly in heart; teach them to withstand every temptation of the devil, with their faith on the Lord Jesus Christ

**Alma 58: [40]** But behold, they have received many wounds; nevertheless they stand fast in that liberty wherewith God has made them free; and they are strict to remember the Lord their God from day to day; yea, they do observe to keep his statutes, and his judgments, and his commandments continually; and their faith is strong in the prophecies concerning that which is to come.

#### **Moroni 6:**

**[4]** And after they had been received unto baptism, and were wrought upon and cleansed by the power of the Holy Ghost, they were numbered among the people of the church of Christ; and their names were taken, that they might be remembered and nourished by the good word of God, to keep them in the right way, to keep them continually watchful unto prayer, relying alone upon the merits of Christ, who was the author and the finisher of their faith.

**[5]** And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls.

**[6]** And they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.

**[7]** And they were strict to observe that there should be no iniquity among them; and whoso was found to commit iniquity, and three witnesses of the church did condemn them before the elders, and if they repented not, and confessed not, their names were blotted out, and they were not numbered among the people of Christ.

**[8]** But as oft as they repented and sought forgiveness, with real intent, they were forgiven.