

“As Sisters in Zion”

Text: Emily Hill Woodmansee, 1836-1906
Music: Janice Kapp Perry, b. 1938. (c) 1985 IRI

1. As sisters in Zion, we'll all work (pull) together;
The blessings of God on our labors we'll seek.
We'll build up his kingdom with earnest endeavor;
We'll comfort the weary and strengthen the weak.
2. The errand ('Tis the office) of angels is given to
(conferred upon) women;
And this is a gift (Right) that, as sisters (women), we
claim:
To do whatsoever is gentle and human,
To cheer and to bless in humanity's name.
3. How vast is our purpose (are our labors),
how broad is our mission,
If we but fulfill it in spirit and deed.
Oh, naught but the Spirit's divinest tuition
Can give us the wisdom to truly succeed.

Emily Hill and her sister, Julia were converts from England who crossed with the Willie Handcart Company when they were 20 and 23. This hymn originally contained 10 verses and was first called “Song of the Sisters of the Female Relief Society” and was sung to the tune, “Hail to the Brightness of Zion’s Glad Morning.” Additional verses describe how “The daughters of Zion—the children of light” should dress-- “We’ll wear what is sensible, neat and becoming;” how to be good mothers-- “We’ll bring up our children to be self-sustaining; To love and to do what is noble and right;” and how to reach out to the poor—“The aged, the feeble, the poor and afflicted, Our labors

shall comfort, our efforts shall bless.” The words and phrases in parenthesis represent Emily’s original lyrics.

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“As Zion's Youth in Latter Days”

Text: Susan Evans McCloud, b. 1945
Music: Irish Melody

1-As Zion's youth in latter days,
We stand with valiant heart,
With promise shining in our eyes,
Resolved to do our part.
Upon a noble past we build;
The future fills our view.
We face the challenge of our day
And pledge we will be true.

2-The truths and values we embrace
Are mocked on ev'ry hand.
Yet as we listen and obey
We know we can withstand
The evils that would weaken us,
The sin that would destroy.
With faith, we hold the iron rod
And find in this our joy.

3-Thru test and trial we'll have our fears,
But we will not despair.
We're here to serve a righteous cause;
Truth gives us strength to dare.
We'll love and learn, and overcome;
We'll sing a joyful song,
As Zion's youth in latter days,
Triumphant, pure, and strong.

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“Come, Come Ye Saints”

Text: William Clayton, 1814-1879

This hymn embodies the spirit of the pioneers!

1-Come, come, ye Saints, no toil nor labor fear;
But with joy wend your way.
Though hard to you this journey may appear,
Grace shall be as your day.
'Tis better far for us to strive
Our useless cares from us to drive;
Do this, and joy your hearts will swell—
All is well! All is well!

2-Why should we mourn or think our lot is hard?
'Tis not so; all is right.
Why should we think to earn a great reward
If we now shun the fight?
Gird up your loins; fresh courage take.
Our God will never us forsake;
And soon we'll have this tale to tell—
All is well! All is well!

3-We'll find the place which God for us prepared,
Far away in the West,
Where none shall come to hurt or make afraid;
There the Saints will be blessed.
We'll make the air with music ring,
Shout praises to our God and King;
Above the rest these words we'll tell—
All is well! All is well!

4-And should we die before our journey's through,
Happy day! All is well!
We then are free from toil and sorrow, too;
With the just we shall dwell!
But if our lives are spared again
To see the Saints their rest obtain,
Oh, how we'll make this chorus swell—
All is well! All is well!

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“Faith in Every Footstep”

Text & music by K. Newell Dayley
taken from D&C 4

1-A marvelous work has begun to come forth
among all the children of men.
Oh ye that embark in the service of God,
give heart, mind and strength unto him;

For prophets have spoken and angels have come
to lift the world from sin,
That Christ may reign over all the earth
and bless his gathered kin.

Chorus:

With faith in ev'ry footstep, we follow Christ, the
Lord;
And filled with hope through his pure love,
we sing with one accord.

2-Those marvelous Saints who embraced this great
work
and shared it in lands far and near;
Who gave all their heart, mind, and strength to the
Lord
with wisdom and vision so clear;
Now stand as examples of virtue and faith,
of souls prepared to hear,
Of knowledge sure, born of humble heart,
and love that banished fear.

Chorus

3-If we now desire to assist in this work
and thrust in our sickles with might,
If we will embark in the service of God
to harvest in fields that are white;
Our souls may receive the salvation of God—
the fullness of his light,
That we may stand, free of sin and blame,
God's glory in our sight.

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Chorus

“God Be With You”

Text: Jeremiah E. Rankin, 1828-1904
Music: William G. Tomer, 1833-1896

1-God be with you till we meet again;
By his counsels guide, uphold you;

With his sheep securely fold you.
God be with you till we meet again.

Chorus:

Till we meet, till we meet,
Till we meet at Jesus' feet,
Till we meet, till we meet,
God be with you till we meet again.

2-God be with you till we meet again;
When life's perils thick confound you,
Put his arms unfailing round you.
God be with you till we meet again.

Chorus

3-God be with you till we meet again;
Keep love's banner floating o'er you;
Smite death's threat'ning wave before you.
God be with you till we meet again.

Chorus

We all say the familiar “goodbye” so often that we may not realize we are using a shortened form of the phrase, “God be with you.” The writer of this hymn, a Pastor, thought it was too bad that we should lose the really beautiful meaning underlying the simple words, and wrote it as a Christian benediction hymn. The tune is subdued at first, suggestive of the sadness of farewell, yet in the refrain, it breaks into strains that have the uplift of bright hope.

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“High on the Mountain Top”

Text: Joel H. Johnson, 1802-1882

Music: Ebenezer Beesley, 1840-1906

1-High on the mountain top
A banner is unfurled.
Ye nations now look up;
It waves to all the world.
In Deseret's sweet, peaceful land,
On Zion's mount behold it stand!

2-For God remembers still

His promise made of old
That he on Zion's hill
Truth's standard would unfold!
Her light should there attract the gaze
Of all the world in latter days.

3-His house shall there be reared,
His glory to display,
And people shall be heard
In distant lands to say:
We'll now go up and serve the Lord,
Obey his truth, and learn his word.

4-For there we shall be taught
The law that will go forth,
With truth and wisdom fraught,
To govern all the earth.
Forever there his ways we'll tread,
And save ourselves with all our dead.

Bro. Johnson crossed the plains with the Willard Richards Company in 1848. He was a prolific poet and hymn writer. His journal contains 736 hymns.

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“How Firm a Foundation”

Text: Attr. To Robert Keen, ca. 1787
Music: Attr. To J. Ellis, ca. 1889

1-How firm a foundation, ye Saints of the Lord,
Is laid for your faith in his excellent word!
What more can he say than to you he hath said,
Who unto the Savior, who unto the Savior,
Who unto the Savior for refuge have fled?

2-In ev'ry condition—in sickness, in health,
In poverty's vale or abounding in wealth,
At home or abroad, on the land or the sea—
As thy days may demand, as thy days may demand,
As thy days may demand, so thy succor shall be.

3-Fear not, I am with thee; oh, be not dismayed,
For I am thy God and will still give thee aid.
I'll strengthen thee, help thee, and cause thee to stand,
Upheld by my righteous, upheld by my righteous,
Upheld by my righteous, omnipotent hand.

7-The soul that on Jesus hath leaned for repose
I will not, I cannot, desert to his foes;
That soul, though all hell should endeavor to shake,
I'll never, no never, I'll never, no never,
I'll never, no never, no never forsake!

This hymn was included in the first LDS hymnbook.
Verse 3 was taken from Isaiah 41:10
Verse 7 was taken from Hebrews 13:5

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“I Am a Child of God”

Text: Naomi W. Randall, 1908-2001

Music: Mildred T. Pettit, 1895-1977

1-I am a child of God, And he has sent me here,
Has given me an earthly home With parents kind and
dear.

Chorus:

Lead me, guide me, walk beside me,
Help me find the way.
Teach me all that I must do
to live with him someday.

2-I am a child of God, And so my needs are great;
Help me to understand his words Before it grows to
late.

Chorus

3-I am a child of God. Rich blessings are in store;
If I but learn to do his will I'll live with him once more.

Chorus (4th verse added in 1978)

4-I am a child of God. His promises are sure.
Celestial glory shall be mine If I can but endure.

The General Primary board asked Sis. Randall to write a song on the nature of a child's relationship with God. Sis. Randall said, “I got down on my knees and prayed aloud, pleading that our Heavenly Father would let me know the right words. Around 2 AM I awakened....Words came to my mind....I immediately got up and began to write the words down as they had come to me. Three verses and a chorus were soon formed...I returned to my bedroom where I knelt before my Father in Heaven to say “Thank you!”

The song was first performed at a Stake Primary Conference in 1957. After hearing the song, Apostle Spencer W. Kimball asked that the phrase “Teach me all that I must know” be changed to “Teach me all that I must **do**.” He explained, “To know isn't enough. The devils know and tremble; the devils know everything. We have to **do** something. Sis. Randall accepted the change.

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“I Know That My Redeemer Lives”

Text: Samuel Medley, 1738-1799 Music: Lewis D. Edwards, 1858-1921
Included in the first LDS hymnbook

1-I know that my Redeemer lives.
What comfort this sweet sentence gives!
He lives, he lives, who once was dead.
He lives, my ever living Head.
He lives to bless me with his love.
He lives to plead for me above.
He lives my hungry soul to feed.
He lives to bless in time of need.

2-He lives to grant me rich supply.
He lives to guide me with his eye.
He lives to comfort me when faint.
He lives to hear my soul's complaint.
He lives to silence all my fears.
He lives to wipe away my tears.
He lives to calm my troubled heart.
He lives all blessings to impart.

3-He lives, my kind, wise heav'nly Friend.
He lives and loves me to the end.
He lives, and while he lives, I'll sing.
He lives, my Prophet, Priest, and King.
He lives and grants me daily breath.
He lives, and I shall conquer death.
He lives my mansion to prepare.
He lives to bring me safely there.

4-He lives! All glory to his name!
He lives, my Savior, still the same.
Oh, sweet the joy this sentence gives:
“I know that my Redeemer lives!”
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“My Country, 'Tis of Thee”

Text: Samuel F. Smith, 1808-1895

1-My country, 'tis of thee,
Sweet land of liberty, Of thee I sing
Land where my fathers died,
Land of the pilgrim's pride.
From ev'ry mountainside, Let freedom ring!

2-My native country, thee,
Land of the noble free, Thy name I love
I love thy rocks and rills,
Thy woods and templed hills.
My heart with rapture thrills, Like that above.

3-Let music swell the breeze,
And ring from all the trees, Sweet freedom's song
Let mortal tongues awake,
Let all that breathe partake
Let rocks their silence break, The sound prolong.

4-Our father's God, to thee,
Author of liberty, To thee we sing
Long may our land be bright,
With freedom's holy light,
Protect us by thy might, Great God our King!

After reading a German patriotic hymn “God bless Our Native Land,” Samuel Smith immediately felt that the United States also needed a stirring national poem. Writing on scraps of paper in Feb. 1832, he finished within thirty minutes a poem he titled “America.” It gained immediate popularity. It was “strong in simplicity and deep in trust in God, children and philosophers can repeat the hymn together. Every crisis will hear it above the storm.”

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“Pioneer Children”

Words and music: Elizabeth Fetzner Bates, 1909-1999

Pioneer children sang as they walked
and walked and walked and walked.
Pioneer children sang as they walked
and walked and walked and walked.
They washed at streams and worked and played.
Sundays they camped and read and prayed.
Week after week, they sang as they walked
and walked and walked and walked and walked.

Sister Bates said, “I wrote 'Pioneer Children' because we are all pioneers—we've never been in today before.” She believed that everyone should write a song. “Heavenly Father has created so many lovely things, that we should sing as we walk along! We can always be happy if we remember to be grateful.” She went blind when she was 42 years old. She also wrote the song “Book of Mormon Stories.”

“To Be a Pioneer”

Words and music: Ruth Muir Gardner, 1927-1999

You don't have to push a handcart,
Leave your fam'ly dear,
Or walk a thousand miles or more
To be a pioneer!

You do need to have great courage,
Faith to conquer fear,
And work with might for a cause that's right
To be a pioneer!

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“Press Forward Saints”

Text: Marvin K. Gardner, b. 1952

Music: Vanja Y. Watkins, b. 1938

1-Press forward, Saints, with steadfast faith in Christ,

With hope's bright flame alight in heart and mind,
With love of God and love of all mankind.
Alleluia! Alleluia! Alleluia!

2-Press forward, feasting on the word of Christ.
Receive his name, rejoicing in his might.
Come unto God; find everlasting light.
Alleluia! Alleluia! Alleluia!

3-Press on, enduring in the ways of Christ.
His love proclaim thru days of mortal strife.
Thus saith our God: "Ye have eternal life!"
Alleluia! Alleluia! Alleluia!

Based on 2 Nephi 31:20, the 2016 Mutual theme

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Alleluia! Alleluia! Alleluia!

Based on 2 Nephi 31:20, the 2016 Mutual theme

"Press Forward Saints"

Text: Marvin K. Gardner, b. 1952

Music: Vanja Y. Watkins, b. 1938

1-Press forward, Saints, with steadfast faith in Christ,
With hope's bright flame alight in heart and mind,
With love of God and love of all mankind.

“Put Your Shoulder to the Wheel”

Text and Music by Will L. Thompson, 1847-1909

1-The world has need of willing men,
Who wear the worker's seal.
Come, help the good work move along
Put your shoulder to the wheel.

Chorus:

Put your shoulder to the wheel; push along,
Do your duty with a heart full of song,
We all have work; let no one shirk.
Put your shoulder to the wheel.

2-The church has need of helping hands,
And hearts that know and feel.
The work to do is here for you
Put your shoulder to the wheel.

Chorus

3-Then don't stand idly looking on
The fight with sin is real.
It will be long but must go on
Put your shoulder to the wheel.

Chorus

4-Then work and watch and fight and pray,
With all your might and zeal.
Push ev'ry worthy work along
Put your shoulder to the wheel.

Most of the pioneers used handcarts or wagons for their journey westward. The origin of the phrase to “put one's shoulder to the wheel” is a phrase that describes the work of leaning against the wheel of the vehicle that is stuck in mud or a rut, and using physical strength to push the wheel ahead out of the hole.

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“The Handcart Song”

Original text & music by John D.T. McAllister, 1827-1910
New verse by Lucile Cardon Reading, 1909-1982

New verse:

When pioneers moved to the West,
With courage strong they met the test.
They pushed their handcarts all day long,
And as they pushed they sang this song:

Chorus:

For some must push and some must pull,
As we go marching up the hill
So merrily on our way we go,
Until we reach the Valley-o.

**Some of the original text sung by the Pioneers
as a source of encouragement:**

Ye Saints that dwell on Europe's shores,
Prepare yourselves with many more,
To leave behind your native land,
For sure God's judgments are at hand.
Prepare to cross the stormy main
Before you do the valley gain,
And with the faithful make a start
To cross the plains with your handcart.

Chorus

But some will say it is too bad
The Saints upon their feet to pad,
And more than that, to push a load,
As they go marching up the road.
We say this is Jehovah's plan,
To gather out the best of men
And women too, for none but they
Will ever gather in this way.

Chorus

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Chorus

The Missionary's Handcart Song

By Elder Philip Margetts; first and last verse
(Tune—"Oh, Susannah")

1-No purse, no scrip they bear with them
But cheerfully they start
To cross the plains a thousand miles
And draw with them a cart.
Ye nations list, the men of God
From Zion now they come
Clothed with the priesthood and the power
To gather Israel home.

Chorus:

Then cheer up ye Elders,
You to the world will show
That Israel must be gathered soon
And oxen are too slow.

5-Then come ye faithful ministers,
With blessings now we'll go,
To gather out the honest hearts
From darkness and from woe.
Our strength increasing day by day
As from this land we part,
We'll bless the day that we were called
To go with our handcart.

Chorus

Written for the east-bound missionary handcart
company of 1857, by a member of that party,
and published in *The Millennial Star* Aug. 15, 1857.

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"The Spirit of God"

Text: William W. Phelps, 1792-1872

1- The Spirit of God like a fire is burning!

The latter-day glory begins to come forth;
The visions and blessings of old are returning,
And angels are coming to visit the earth.

Chorus:

We'll sing and we'll shout with the armies of heaven,
Hosanna, hosanna to God and the Lamb!
Let glory to them in the highest be given,
Hence-forth and forever, Amen and amen!

2-The Lord is extending the Saints' understanding,
Restoring their judges and all as at first.
The knowledge and power of God are expanding;
The veil o'er the earth is beginning to burst.

Chorus

3-We'll call in our solemn assemblies in spirit,
To spread forth the kingdom of heaven abroad,
That we through our faith may begin to inherit
The visions and blessings and glories of God.

Chorus

4-How blessed the day when the lamb and the lion
Shall lie down together without any ire,
And Ephraim be crowned with his blessing in Zion,
As Jesus descends with his chariot of fire!

This hymn was included in the first LDS hymnbook.
It was sung at the Kirtland Temple dedication in 1836.
It is now sung at all temple dedications.

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“They, the Builders of the Nation”

Text: Ida R. Alldredge, 1892-1943
Music: Alfred M. Durham, 1872-1957

1-They, the builders of the nation,
Blazing trails along the way
Stepping-stones for generations,
Were their deeds of ev'ry day.
Building new and firm foundations,
Pushing on the wild frontier,
Forging onward, ever onward,
Blessed, honored Pioneer!

2-Service ever was their watch-cry
Love became their guiding star
Courage, their unfailing beacon,
Radiating near and far.
Ev'ry day some burden lifted,
Ev'ry day some heart to cheer,
Ev'ry day some hope the brighter,
Blessed, honored Pioneer!

3-As an ensign to the nations,
They unfurled the flag of truth,
Pillar, guide, and inspiration,
To the hosts of waiting youth.
Honor, praise, and veneration,
To the founders we revere!
List our song of adoration,
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“They, the Builders of the Nation”

“We Thank Thee, O God, for a Prophet”

Text: William Fowler, 1830-1865
Music: Caroline Sheridan Norton, 1808—ca. 1877

1-We thank thee, O God, for a prophet
To guide us in these latter-days.
We thank thee for sending the gospel
To lighten our minds with it's rays.
We thank thee for every blessing
Bestowed by thy bounteous hand.
We feel it a pleasure to serve thee
And love to obey thy command.

2-When dark clouds of trouble hang o'er us
And threaten our peace to destroy,
There is hope smiling brightly before us,
And we know that deliv'rance is nigh.
We doubt not the Lord nor his goodness.
We've proved him in days that are past.
The wicked who fight against Zion
Will surely be smitten at last.

3-We'll sing of his goodness and mercy.
We'll praise him by day and by night,
Rejoice in his glorious gospel,
And bask in its life-giving light.
Thus on to eternal perfection
The honest and faithful will go,
While they who reject this glad message
Shall never such happiness know.

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“We Thank Thee, O God, for a Prophet”

“Ye Elders of Israel”

Text: Cyrus H. Wheelock, 1813-1894

Music: Thomas H. Bayly, 1797-1839

1. Ye elders of Israel, come join now with me
And seek out the righteous, where'er they may be—
In desert, on mountain, on land, or on sea—
And bring them to Zion, the pure and the free.

(Chorus) O Babylon, O Babylon, we bid thee fare well;
We're going to the mountains of Ephraim to dwell.

2. The harvest is great, and the lab'ers are few;
But if we're united, we all things can do.
We'll gather the wheat from the midst of the tares
And bring them from bond - age, from sorrows and snares.

3. We'll go to the poor, like our Captain of old,
And visit the weary, the hungry, and cold;
We'll cheer up their hearts with the news that he bore
And point them to Zion and life ever more.

Cyrus Wheelock left England after completing his third mission to England in 1856, having arranged emigration matters for over 3,000 Saints that season. He traveled with President Franklin D. Richards and other returning missionaries, arriving in Florence, Nebraska in time to help the Martin Handcart Company with their preparations. He rode ahead with the other missionaries to let Brigham Young know of their condition, then went right back out on the plains to help with the rescue effort. John Jacques of the Martin Handcart Co. wrote, “Cyrus Wheelock could scarcely refrain from shedding tears, and he declared that he would willingly give his own life if that would save the lives of the emigrants.” He wrote the lyrics to this song while on his first mission to England.

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Pioneer Trivia True or False

1. _____ No one died during the first company of pioneers to reach the Valley on July 24, 1847.

2. _____ The average US citizen only had a slightly better mortality rate (about 2.9%) than LDS wagon pioneers (3.5%).

3. _____ The transcontinental railroad was completed May 10, 1869, thus reducing the trip from about 95 days to 58 hours.
4. _____ The Mormon Battalion was largely comprised of men in the Martin Handcart Company
5. _____ All seven of the pioneers bit by rattlesnakes died.
6. _____ Brigham Young told the Saints that it was better to feed the Indians than to fight them. Only 4 pioneers died from Indian attacks.
7. _____ Of about 56,000 pioneers, 1,900 pioneers died on the trail or within a year of reaching the valley. The leading cause of accidental death was by wagon accidents.
8. _____ Wolves were feared by the pioneers since they often dug up graves, and were responsible for 19 pioneer deaths.
9. _____ There were three main groups of pioneers: those who came by wagon from 1846-1856; the Handcart pioneers of 1856-1860; and those who traveled in “there and back” wagons, which brought goods to Iowa and then carried Saints back, from 1860-1869.
10. _____ The same day the pioneers left Nauvoo (Feb. 4, 1846), a small group of Saints left in the ship *The Brooklyn* from New York to California around the Cape of Good Hope (24,000 miles).
11. _____ It is over 1,300 miles from Nauvoo to Salt Lake City, but most European Saints traveled over 5,000 miles.
12. _____ The Perpetual Emigrating Fund helped one out of every three pioneers. Today, PEF stands for the Perpetual Education Fund.
13. _____ By 1847, just ten years after missionaries first preached the gospel in England, there were 30,000 members of the church in England, which was more than in the Salt Lake Valley.

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Answers: 1. True 2. True 3. True 4. False—The Mormon Battalion left 10 years before the handcarts 5. False—Though 7 pioneers were bit by rattlesnakes, none died. 6. True 7. True 8. False—wolves were responsible for 2 deaths 9. True 10. True. 11. True 12. True 13. True

Fill in the blanks with these often deadly illnesses: cholera, dysentery, frostbite, measles, and small pox.

a. _____ A highly contagious infection that causes fever, cough, runny nose, inflamed eyes, diarrhea, blindness and white spots inside the mouth with a red, flat rash on the face and body. This illness killed 23 Saints on the ship, *The Clara Wheeler*, in 1852.

b. _____ This virus causes high fever and a disfiguring skin rash that can cause blindness and death. One tribe of hostile Indians was once scared away from a camp when the captain directed them to the wagon containing a man suffering from this very contagious illness.

c. _____ A condition where the skin goes from red to pale white to black. Affected tissue usually has to be removed.

d. _____ An illness similar to cholera and Typhoid fever that causes fever, abdominal pain, and bloody diarrhea.

e. _____ is an intestinal infection causing diarrhea, vomiting, muscle cramps, sunken eyes, cold, bluish skin, and extreme dehydration. This illness killed over 200 Scandinavian Saints on the trail in 1854.

Answers: a. measles b. smallpox c. frostbite d. dysentery e. cholera

Sites along the Mormon Trail



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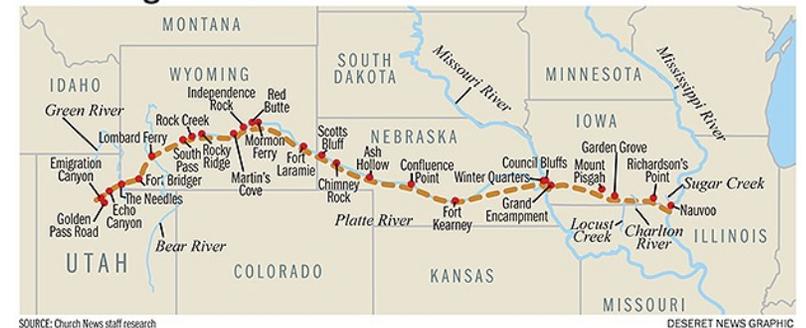
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Handcart Trivia

1. _____ Most LDS pioneers went by handcart.
2. _____ Handcart pioneers left from Nauvoo in 1846.
3. _____ While the Martin and Willie Handcart companies had a mortality rate of 16.5%; the overall mortality rate among handcart pioneers was only 4.5%.
4. _____ Most handcart pioneers were experienced outdoorsmen.
5. _____ Over 50% of the Willie handcart company was comprised of children under the age of 15.
6. _____ One reason the Willie Handcart suffered so greatly from hunger was because a herd of wild buffalo stampeded through their camp, causing 30 of the Saints' best oxen and cattle to get lost.
7. _____ The Martin and Willie Handcart Companies did not travel with any wagons.
8. _____ Once the rescuers came, most people were able to ride in wagons the rest of the way
9. _____ Parley P. Pratt visited the Willie Handcart Company on his way back to Salt Lake City.
10. _____ The first four rescuers to reach the Willie Handcart Company brought wagons loaded with food and supplies.
11. _____ The Martin and Willie Handcart Companies each had around 500 members and travelled together.
12. _____ Captain Willie and 22 year old Joseph Elder rode ahead in the blizzard 25 miles to find the rescuers.
13. _____ The Martin Handcart Company burned their excess clothing and bedding to reduce their baggage from 17 pounds per person to 10 pounds per person just 2 days before the winter storms hit.
14. _____ Rocky Ridge, where the rescuers met the Willie Handcart Company, was almost 80 miles from Salt Lake.

15. _____ The Martin Handcart company camped in Martin's Cove for 5 days, where howling winds dropped the temperatures to -11 degrees.
16. _____ The storms had already started by October 4, 1856, when Brigham Young asked the Saints to gather warm bedding and clothes for the Handcart companies.
17. _____ The 250 wagons full of clothing and food donated by the Saints in Salt Lake were enough to give every member of both handcart companies at least one new article of clothing.

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18. _____ Many rescuers were pushing through 3-5 feet of snow for almost a month.
19. _____ "Not one of [the Martin and Willie Handcart Companies] ever apostatized or left the Church."
20. _____ When the Martin Co. crossed at the Sixth Crossing of the Sweetwater there was ice 3-4 inches thick on the water, which was two to three feet deep in most places and 30-40 yards wide.
21. _____ Because handcart companies could not carry enough food for the whole journey, Brigham Young planned to have the handcart companies stop every 400 miles to resupply food. The leaders did not know that the Martin and Willie companies were still on the trail, so there was no food at the last supply station.
22. _____ The rescue teams did not know where the handcart companies were, and often pushed through 3-5 feet of new snow for much of the 350 miles to locate the stranded pioneers.

Answers: 1.False—of the approx. 60,000 pioneers only about 3,000 went by handcart 2.False—The handcart pioneers didn't leave until 1856, almost ten years after the first wagon train 3.True 4.False—most handcart pioneers were from cities and had worked in factories. 5.True 6.True 7.False—All handcart companies contained some wagons to carry food, and the Martin Handcart Company traveled closely with the Hodgett and Hunt Wagon Companies. 8.False—for the first 200 miles, only the very sickest could ride until they reached Ft. Bridger, which was 116 miles from Salt Lake City). 9.True 10.False—The wagons with food were about 25 miles away. 11.False—The Martin Co. was typically 9-10 days behind the Willie Company. 12.True 13.True 14. False—They were still 400 miles away. 15.True 16.False—It was around 70 degrees in SLC when Brigham Young started the rescue. 17.False—From the 250 wagons, only about half of the people received additional clothing or bedding. 18. False—some rescuers were on the trail for up to 3 months. 19.False—the faithful man who made this statement did not know the experiences of all the other pioneers, and there were unfortunately several people who left the church after traveling in the Martin and Willie Handcart Companies. 20.True 21.True 22.True

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Answers: 1.False--of the approx. 60,000 pioneers only about 3,000 went by handcart 2.False--The handcart pioneers didn't leave until 1856, almost ten years after the first wagon train 3.True 4.False--most handcart pioneers were from cities and had worked in factories. 5.True 6.True 7.False--All handcart companies contained some wagons to carry food, and the Martin Handcart Company traveled closely with the Hodgett and Hunt Wagon Companies. 8.False--for the first 200 miles, only the very sickest could ride until they reached Ft. Bridger, which was 116 miles from Salt Lake City). 9.True 10.False--The wagons with food were about 25 miles away. 11.False--The Martin Co. was typically 9-10 days behind the Willie Company. 12.True 13.True 14. False--They were still 400 miles away. 15.True 16.False--It was around 70 degrees in SLC when Brigham Young started the rescue. 17.False--From the 250 wagons, only about half of the people received additional clothing or bedding. 18. False--some rescuers were on the trail for up to 3 months. 19.False--the faithful man who made this statement did not know the experiences of all the other pioneers, and there were unfortunately several people who left the church after traveling in the Martin and Willie Handcart Companies. 20.True 21.True 22.True

Preparation

How did you do in your attempts to meet the following goals in preparing for trek?

1. Be spiritually prepared to help make trek a powerful and strengthening experience.
2. Be physically able to enjoy the trek experience.
3. Connect with an ancestor that you can “walk with” on trek.

Which of the following were you able to complete? Circle the experiences that were most meaningful to you.

- Read “**They Came By Handcart**” by Paul H. Peterson.
- Record in your journal your feelings about the pioneers.
- Review Joseph Smith History.
- Read D&C 135 about Joseph Smith’s Martyrdom.
- Journal your feelings about Joseph and the Restoration.
- Read “**Finding Faith in Every Footstep**” by Bonnie D. Parkin.
- Read “**Faith in Every Footstep**” by M. Russell Ballard.
- Read Alma 32 in the Book of Mormon and then record your thoughts about faith in your journal.
- Learn how to use Relative Finder.
- Watch the movie “Legacy.”
- Watch “We Lived with God.”
- Read “**Following in Their Footsteps**,” by Vaughn J. Featherstone
- Journal what it means to you to “Follow in Their Footsteps.”
- Have a temple experience to do temple baptisms. If possible, take a family name that you have prepared. Think about your ancestors.
- Go an entire 24 hours without technology.
- Watch the movie “17 Miracles.”
- Read “**Bring Them in From the Plains**” by James E. Faust.
- Record your thoughts and feelings about serving a mission.
- Watch “Ephraim’s Rescue.”
- Record your expectations for Trek. What are you nervous about? What are you looking forward to?
- Receive a priesthood blessing prior to trek.
- For a Family Home Evening, share with your family what you have learned from the ancestor you will be “walking with.”

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Walk with an Ancestor Challenge:

Name of your Ancestor _____

Jot down a few things you admire about this ancestor:

Malachi 4:5-6: Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord: And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.

How have you felt the spirit of Elijah while preparing for trek?
What was most meaningful to you in your preparation for trek?

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Morningside:

Emma James, age 18, was at the meeting where they discussed whether they should continue their journey or stay for the winter in Nebraska. She wrote: "Brother Savage, with tears streaming down his cheeks, he pleaded with the people. 'Brothers and sisters, wait until spring to make this journey. Some of the strong may get through in case of bad weather, but the bones of the weak and old will strew the way.' I can remember that when he finished there was a long time of silence. I was frightened.

Father looked pale and sick. I turned to mother to see what she was thinking, and all I saw was her old determined look. She was ready to go on tomorrow. There were many others like her. We really didn't have much choice. There was no work here for us to keep ourselves through the winter, and our family had to live. 'We must put our trust in the Lord as we have always done,' said mother, and that was that."

What do you think you would have done had you been there?

Levi Savage said, "Brethren and sisters, what I have said I know to be true, but seeing you are to go forward, I will go with you, will help you all I can, will work with you, will rest with you, will suffer with you, and if necessary I will die with you. May God have mercy bless and preserve us."

What can we learn from his example?

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Traveling Elders

How did you feel as you listened to the testimonies of the traveling elders? What can you do to prepare to serve a full-time mission or to share the gospel with your friends?

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Women's Pull:

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The trials experienced by Emily Hill (author of the lyrics to the hymn, "As Sisters in Zion") were not over when she returned home. Emily married and had one child, who she was left to care for when her husband left to serve a mission in England. Four years later he wrote back and announced that he was not coming home. Significantly, Emily said, "All that I had hitherto suffered seemed like child's play compared to being deserted by one in whom I had chosen to place the utmost confidence." Emily's house was sold out from under her. One night when she was so weary with overwork and anxiety, pondering what to do, words came into her mind so clear as if audibly spoken. "Trust in God and thyself.' She got up, penned her heart in poetry, and went to work. In time she would remarry and bear eight children. By the things which she suffered, Emily become gifted in business, cheerful in nature, a champion of women's rights, and one of Zion's great poets. She later testified, "I doubt not that all my troubles have been for my good, and today I am more than thankful for my standing in the Church of Jesus Christ of Latter-Day Saints."

What do you admire about Emily Hill Woodmansee and her sister, Julia?

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What do you admire about Emily Hill Woodmansee and her sister, Julia?

Prayer

“Look unto me in every thought; doubt not, fear not.” D & C 6:36

How has the power of prayer helped you, either in your life or on Trek?

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Family Devotionals

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Adversity

1 Nephi 16:18-32 Nephi's bow breaks

18 And it came to pass that as I, Nephi, went forth to slay food, behold, I did break my bow, which was made of fine steel; and after I did break my bow, behold, my brethren were angry with me because of the loss of my bow, for we did obtain no food. 19 And it came to pass that we did return without food to our families, and being much fatigued, because of their journeying, they did suffer much for the want of food. 20 And it came to pass that Laman and Lemuel and the sons of Ishmael did begin to murmur exceedingly, because of their sufferings and afflictions in the wilderness; and also my father began to murmur against the Lord his God; yea, and they were all exceedingly sorrowful, even that they did murmur against the Lord.

Circle the names of those who complain when Nephi breaks his bow. Think of a situation in your life that is difficult.

21 Now it came to pass that I, Nephi, having been afflicted with my brethren because of the loss of my bow, and their bows having lost their springs, it began to be exceedingly difficult, yea, insomuch that we could obtain no food. 22 And it came to pass that I, Nephi, did speak much unto my brethren, because they had hardened their hearts again, even unto complaining against the Lord their God. 23 And it came to pass that I, Nephi, did make out of wood a bow, and out of a straight stick, an arrow; wherefore, I did arm myself with a bow and an arrow, with a sling and with stones. And I said unto my father: Whither shall I go to obtain food?

How does Nephi feel about losing the bow? Underline and number the 2-3 things he does.

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<p>24 And it came to pass that he did inquire of the Lord, for they had humbled themselves because of my words; for I did say many things unto them in the energy of my soul.</p>	<p>Why does Nephi ask Lehi for direction rather than just going himself?</p>
<p>25 And it came to pass that the voice of the Lord came unto my father; and he was truly chastened because of his murmuring against the Lord, insomuch that he was brought down into the depths of sorrow.</p>	<p>What happens to Lehi?</p>

<p>26 And it came to pass that the voice of the Lord said unto him: Look upon the ball, and behold the things which are written. 27 And it came to pass that when my father beheld the things which were written upon the ball, he did fear and tremble exceedingly, and also my brethren and the sons of Ishmael and our wives.</p>	<p>Though we aren't told what the Liahona said, what do you think it said?</p>
<p>28 And it came to pass that I, Nephi, beheld the pointers which were in the ball, that they did work according to the faith and dili-gence and heed which we did give unto them. 29 And there was also written upon them a new writing, which was plain to be read, which did give us understanding concern- ing the ways of the Lord; and it was written and changed from time to time, according to the faith and diligence which we gave unto it. And thus we see that by small means the Lord can bring about great things. 30 And it came to pass that I, Nephi, did go forth up into the top of the mountain, according to the directions which were given upon the ball.</p>	<p>What might the Liahona be symbolic of in our day? Underline what the Liahona tells Nephi to do.</p>

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<p>31 And it came to pass that I did slay wild beasts, insomuch that I did obtain food for our families.</p> <p>32 And it came to pass that I did return to our tents, bearing the beasts which I had slain; and now when they beheld that I had obtained food, how great was their joy! And it came to pass that they did humble themselves before the Lord, and did give thanks unto him.</p>	<p>Circle the words that describe how the family felt when they obtained food. How has the Lord helped you through adversity?</p>
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Adversity--Scriptures to Ponderize:

D & C 121:7 My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment; And then, if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes.

Alma 33:11 And thou didst hear me because of mine afflictions and my sincerity; and it is because of thy Son that thou hast been thus merciful unto me, therefore I will cry unto thee in all mine afflictions, for in thee is my joy; for thou hast turned thy judgments away from me, because of thy Son.

Pioneer Example:

Elizabeth Horrocks Jackson of the Martin Handcart Company, wrote: "I will not attempt to describe my feelings at finding myself thus left a widow with three children, under such excruciating circumstances. I cannot do it. But I believe the Recording Angel has inscribed in the archives above, and that my sufferings for the Gospel's sake will be sanctified unto me for my good . . . I [appealed] to the Lord . . . He who had promised to be a husband to the widow, [see Isaiah 54:4-5] and a father to the fatherless. I appealed to him and he came to my aid . . . One night there were not enough men with strength to raise poles and pitch tents. The result was that we camped out with nothing but the vault of Heaven for a roof, and the stars for companions. The snow lay several inches deep upon the ground. The night was bitterly cold. I sat down on a rock with one child in my lap and one on each side of me. In that condition I remained until morning. . . . I was six or seven thousand miles from my native

land, in a wild, rocky, mountain country, in a destitute condition, the ground covered with snow, the waters covered with ice, and I with three fatherless children with scarcely anything to

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How did the Lord bless Elizabeth during her adversity? How has he helped you through trials and challenges?

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Charity

1 Corinthians 13 The Apostle Paul's description of charity

<p>1 Though I speak with the tongues of men and of angels, and have not charity I am become <i>as</i> sounding brass, or a tinkling cymbal.</p> <p>2 And though I have <i>the gift</i> of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.</p> <p>3 And though I bestow all my goods to feed <i>the poor</i>, and though I give my body to be burned, and have not charity, it profiteth me nothing.</p>	<p>Underline the positive qualities these verses mention. Why are we 'nothing' without charity, or love, even if we do good things?</p>
<p>4 Charity suffereth long, <i>and</i> is kind; charity envieth not; charity vaunteth not itself, is not puffed up,</p> <p>5 Doth not behave itself unseemly, itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;</p> <p>6 Rejoiceth not in iniquity, but rejoiceth in the truth; 7 Beareth all things, believeth all things, hopeth all things, endureth all things.</p>	<p>Circle one quality that you are good at. Underline one quality you'd like to work on.</p>
<p>8 Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. 9 For we know in part, and we prophesy in part.</p>	<p>Why does charity never fail? Who is the essence of charity?</p>
<p>10 But when that which is perfect is come, then that which is in part shall be done away.</p>	<p>Who is "that which is perfect?"</p>

<p>11 When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.</p>	<p>How does charity help us spiritually mature?</p>
<p>13 And now abideth faith, hope, charity, these three; but the greatest of these <i>is</i> charity.</p>	<p>Why?</p>

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Charity-- Scriptures to Ponderize

Moroni 7:48 Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure. Amen.

D & C 88:125 And above all things, clothe yourselves with the bond of charity, as with a mantle, which is the bond of perfectness and peace.

Pioneer Example:

President Hinckley tells how President Brigham Young responded when he learned that the Martin and Willie Handcart companies were still 400 miles away from Salt Lake and would likely get caught in winter storms. He stood in the Tabernacle and said:

“On the 5th day of October, 1856, many of our brethren and sisters are on the plains with handcarts, and probably many are now seven hundred miles from this place, and they must be brought here, we must send assistance to them. The text will be, ‘to get them here.’ ... That is my religion; that is the dictation of

the Holy Ghost that I possess. It is to save the people. ... I shall call upon the Bishops this day. I shall not wait until tomorrow, nor until the next day . . . I will tell you all that your faith, religion, and profession of religion, will never save one soul of you in the Celestial Kingdom of our God, unless you carry out just such principles as I am now teaching you. *Go and bring in those people now on the plains.*”

In what ways do we practice true religion as we love and serve others?

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Cheerfulness

Ether 6:1-12 The Jaredite's journey to the Promised Land

<p>1 And now I, Moroni, proceed to give the record of Jared and his brother. 2 For it came to pass after the Lord had prepared the stones which the brother of Jared had carried up into the mount, the brother of Jared came down out of the mount, and he did put forth the stones into the vessels which were prepared, one in each end thereof; and behold, they did give light unto the vessels. 3 And thus the Lord caused stones to shine in darkness, to give light unto men, women, and children, that they might not cross the great waters in darkness.</p>	<p>How does receiving light from the Lord help people through the difficult journeys of life? How do you receive light from the Lord?</p>
<p>4 And it came to pass that when they had prepared all manner of food, that thereby they might sub-sist upon the water, and also food for their flocks and herds, and whatsoever beast or animal or fowl that they should carry with them—and it came to pass that when they had done all these things they got aboard of their vessels or barges, and set forth into the sea, commending themselves unto the Lord their God.</p>	<p>Imagine what it would be like to cross the sea in an enclosed barge with animals. The word 'commend' means "to entrust someone or something to." How can we commend ourselves to God during difficult situations?</p>

5 And it came to pass that the Lord God caused that there should be a furious wind blow upon the face of the waters, towards the promised land; and thus they were tossed upon the waves of the sea before the wind. 6 And it came to pass that they were many times buried in the depths of the sea, because of the mountain waves which broke upon them, and also the great and terrible tempests which were caused by the fierceness of the wind.

What do you think the furious winds and terrible tempests felt like for the Jaredites?

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<p>7 And it came to pass that when they were buried in the deep there was no water that could hurt them, their vessels being tight like unto a dish, and also they were tight like unto the ark of Noah; therefore when they were encompassed about by many waters they did cry unto the Lord, and he did bring them forth again upon the top of the waters.</p> <p>8 And it came to pass that the wind did never cease to blow towards the promised land while they were upon the waters; and thus they were driven forth before the wind.</p>	<p>Do you think the Jaredites recognized the constant wind and storm as a blessing to help them on their journey, or did it feel like an affliction?</p>
<p>9 And they did sing praises unto the Lord; yea, the brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord.</p>	<p>Underline what the Jaredites did to be cheerful in adversity.</p>
<p>10 And thus they were driven forth; and no monster of the sea could break them, neither whale that could mar them; and they did have light continually, whether it was above the water or under the water.</p> <p>11 And thus they were driven forth, three hundred and forty and four days upon the water.</p>	<p>Approximately how long is 344 days? _____ months. Would it be hard not to complain if you were in a barge during a continual storm for almost a year?</p>

<p>12 And they did land upon the shore of the promised land. And when they had set their feet upon the shores of the promised land they bowed themselves down upon the face of the land, and did humble themselves before the Lord, and did shed tears of joy before the Lord, because of the multitude of his tender mercies over them.</p>	<p>Mark words that describe how they felt when they reached the promised land? How do you feel when the Lord helps you through challenges?</p>
<p>7 And it came to pass that when they were buried in the deep there was no water that could hurt them, their vessels being tight like unto a dish, and also they were tight like unto the ark of Noah; therefore when they were encompassed about by many waters they did cry unto the Lord, and he did bring them forth again upon the top of the waters. 8 And it came to pass that the wind did never cease to blow towards the promised land while they were upon the waters; and thus they were driven forth before the wind.</p>	<p>Do you think the Jaredites recognized the constant wind and storm as a blessing to help them on their journey, or did it feel like an affliction?</p>
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Cheerfulness—Scriptures to Ponderize

D & C 59:14-16 Verily, this is fasting and prayer, or in other words, rejoicing and prayer. And inasmuch as ye do these things with thanksgiving, with cheerful hearts and countenances . . . with a glad heart and a cheerful countenance—Verily I say, that inasmuch as ye do this, the fullness of the earth is yours . . .

2 Corinthians 9:7 Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

Pioneer Example:

Agnes Caldwell was 9 years old when she crossed with the Willie Handcart Company and her widowed mother and three siblings. She tells the following story:

“Just before we crossed the mountains, relief wagons reached us, and it certainly was a relief. The infirm and aged were allowed to ride, all able-bodied continuing to walk. When the

wagons started out, a number of us children decided to see how long we could keep up with the wagons, in hopes of being asked to ride. At least that is what my great hope was. One by one they all fell out, until I was the last one remaining, so determined was I that I should get a ride. After what seemed the longest run I ever made before or since, the driver, who was Heber [William Henry] Kimball, called to me, "Say, sissy, would you like a ride?" I answered in my very best manner, "Yes sir." At this he reached over, taking my hand, clucking to his horses to make me run, with legs that seemed to me could run no farther. On we went, to what to me seemed miles. What went through my head at that time was that he was the meanest man that ever lived or that I had ever heard of, and other things that would not be a credit nor would it look well coming from one so young. Just at what seemed the breaking point, he stopped. Taking a blanket, he wrapped me up and lay me in the bottom of the wagon, warm and comfortable. Here I had time to change my mind, as I surely did, knowing full well by doing this he saved me from freezing when taken into the wagon."

How did Agnes' attitude change when she realized the purpose of her run?

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Agnes later said the following in a talk given to her Relief Society:

“Did you ever know how many of us complain unthinkingly? We complain about the weather. We complain about the seasons. It is either too hot or too cold. Did it ever occur to you that our Father in Heaven rules overall and does all things well. This reminds me of a lady who stayed overnight with me. She had to go by team miles before she got to her train. It was pouring down rain that morning. As she was going, I said I was sorry it was such a bad morning. Think how I felt, me being a Latter-day Saint and she a non-Mormon, when she said, “The Lord does everything well.” I commenced to think how ungrateful I was of the Lord’s blessings. I started right then trying to be more conscious of the Lord’s blessings by trying to be more grateful, cheerful and uncomplaining.”

How can you be more cheerful?

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How can you be more cheerful?

Diligence

D & C 58:26-29 Revelation to the Prophet Joseph Smith

<p>26 For behold, it is not meet that I should command in all things; for he that is compelled in all things, the same is a slothful and not a wise servant; wherefore he receiveth no reward. 27 Verily I say, men should be anxiously engaged in a good cause, and do many things of their own free will, and bring to pass much righteousness; 28 For the power is in them, where-in they are agents unto themselves. And inasmuch as men do good they shall in nowise lose their reward.</p>	<p>Underline words that describe someone who has to be commanded in all things. Circle words that describe what we should do instead.</p>
<p>29 But he that doeth not anything until he is commanded, and receiveth a commandment with a doubtful heart, and keepeth it with slothfulness, the same is damned. 30 Who am I that made man, saith the Lord, that will hold him guilt-less that obeys not my command- ments? 34 And now I give unto you further directions concerning this land.</p>	<p>Find and number 3 reasons in verse 29 that we might be ‘damned,’ which is another way of saying that we’re limited in our progression.</p>
<p>31 Who am I, saith the Lord, that have promised and have not fulfilled?</p>	<p>Can we trust the Lord’s promises?</p>

32 I command and men obey not; I revoke and they receive not the blessing. 33 Then they say in their hearts: This is not the work of the Lord, for his promises are not fulfilled. But wo unto such, for their reward lurketh beneath, and not from above.

Mark what happens when we choose not to obey. How does our lack of obedience change how we see God?

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Diligence-- Scriptures to Ponderize:

Moroni 9: 6 And now, my beloved son, notwithstanding their hardness, let us labor diligently; for if we should cease to labor, we should be brought under condemnation; for we have a labor to perform whilst in this tabernacle of clay, that we may conquer the enemy of all righteousness, and rest our souls in the kingdom of God.

Mosiah 4:27 And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And again, it is expedient that he should be diligent, that thereby he might win the prize; therefore, all things must be done in order.

Pioneer Example:

Andrew Smith was a 19-year old convert from Scotland who traveled with the Willie Handcart Company. He was put in charge of the 18 other people in his tent, which included three widows with their children, four young single women, and two men, ages 57 and 22. The starving company had to climb the steep Rocky Ridge in a blizzard. 57-year old Joseph McKay collapsed under the strain and was left for dead. When Andrew Smith found him he lifted Joseph up and carried him over the mountain summit. Andrew kept returning to help others until sub-captain Millen Atwood stopped him. He said, "Hold on there, Andrew boy, hold on there. You've done enough, my boy. The Lord knows you've done enough!" Andrew's descendants believe that this saved his life. Andrew's son later said of his father, "Since his early manhood, he could be depended upon in anything he was asked to do by the leading brethren and was beloved by all of them because of his loyalty."

How did Andrew exercise diligence while still obeying the Lord's counsel not to run faster than he had strength? How do you find this balance in your own life?

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Faith

Ether 12:6-22 Moroni's description of faith. Circle the word "Faith" every time you see it in these verses. How many times is faith mentioned? _____

<p>6 And now, I, Moroni, would speak somewhat concerning these things; I would show unto the world that faith is things which are hoped for and not seen; wherefore, dispute not because ye see not, for ye receive no witness until after the trial of your faith.</p>	<p>Mark the definition of faith. Think of something that might be a trial of your faith.</p>
<p>7 For it was by faith that Christ showed himself unto our fathers, after he had risen from the dead; and he showed not himself unto them until after they had faith in him; wherefore, it must needs be that some had faith in him, for he showed himself not unto the world. 8 But because of the faith of men he has shown himself unto the world, and glorified the name of the Father, and prepared a way that thereby others might be partakers of the heavenly gift, that they might hope for those things which they have not seen. 9 Wherefore, ye may also have hope, and be partakers of the gift, if ye will but have faith.</p>	<p>Underline a few things Christ has done by faith. What is the 'heavenly gift?'</p>
<p>10 Behold it was by faith that they of old were called after the holy order of God. 11 Wherefore, by faith was the law of Moses given. But in the gift of his Son hath God prepared a more excellent way; and it is by faith that it hath been fulfilled.</p>	<p>Find 2 more things done by faith.</p>

12 For if there be no faith among the children of men God can do no miracle among them; wherefore, he showed not himself until after their faith. 13 Behold, it was the faith of Alma and Amulek that caused the prison to tumble to the earth. 14 Behold, it was the faith of Nephi and Lehi that wrought the change upon the Lamanites, that they were

Mark some miracles God has accomplished because of faith in Him.

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<p>22 And it is by faith that my fathers have obtained the promise that these things should come unto their brethren through the Gentiles; therefore the Lord hath commanded me, yea, even Jesus Christ.</p>	<p>What book do we have today because of faith?</p>
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Faith-- Scriptures to Ponderize:

Mosiah 4:9 Believe in God; believe that he is, and that he created all things, both in heaven and in earth; believe that he has all wisdom, and all power, both in heaven and in earth; believe that man doth not comprehend all the things which the Lord can comprehend.

Moroni 7:33 And Christ hath said: If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me.

Pioneer Example:

Elizabeth Bradshaw was widowed twice before she took her 5 children across the plains in the Martin Company. Before leaving England she received a blessing that promised she would take all her children to Zion. When the company reached the last crossing of the Platte River, the winter storm began. Even though she was only about five feet tall herself, Elizabeth's oldest daughter, Sarah Ann Haigh (age 19) made 32 trips across the river, carrying 16 people across the icy water. Sarah told how the icicles jingled from her wet skirts and mud froze to their feet. Also at this crossing, Sarah's mother, who was also a small and dainty woman, carried her youngest son, Richard (age 6) across the river. He was seated upon her shoulders with his legs around her neck as he held to her head. As they started across the stream, they were caught by the current and carried downstream. Several called, 'Let the boy go . . . or you will both be drowned. Save yourself!' Elizabeth refused to give them heed and struggled on until she made it to the opposite side. Finally, others came to help her out of the water. Immediately, in her exhausted condition, she raised her right arm to the square as a witness of the testimony she then bore to the waiting crowd that God had protected and saved her and her son. Another time, her son Samuel (age 20) was brought into camp and pronounced dead. It appeared that he was, but his mother's faith was strong in the promise of taking all her children to Zion.

She asked that the Elders anoint him with oil and administer to him and Samuel recovered.

How did Sarah and her mother Elizabeth exercise faith? How can you exercise greater faith in your life?

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Hope

3 Nephi 1: Samuel the Lamanite prophesied that the sign of the Savior's birth would be given in five years. This chapter takes place just as that time period elapses.

<p>4 And it came to pass that in the commencement of the ninety and second year, behold, the prophecies of the prophets began to be fulfilled more fully; for there began to be greater signs and greater miracles wrought among the people.</p>	<p>Underline what happens as the time for the Savior's birth draws near.</p>
<p>5 But there were some who began to say that the time was past for the words to be fulfilled, which were spoken by Samuel, the Lamanite. 6 And they began to rejoice over their brethren, saying: Behold the time is past, and the words of Samuel are not fulfilled; therefore, your joy and your faith concerning this thing hath been vain. 7 And it came to pass that they did make a great uproar throughout the land;</p>	<p>How did the unbelievers respond? Why do you think they acted this way?</p>
<p>and the people who believed began to be very sorrowful, lest by any means those things which had been spoken might not come to pass. 8 But behold, they did watch stead-fastly for that day and that night and that day which should be as one day as if there were no night, that they might know that their faith had not been vain.</p>	<p>Underline how the believers felt. Circle the two words that described what they did. Would this be hard to do?</p>

9 Now it came to pass that there was a day set apart by the unbelievers, that all those who believed in those traditions should be put to death except the sign should come to pass, which had been given by Samuel the prophet.

As a believer, would it influence your faith to know you might die for your beliefs?

Hope

3 Nephi 1: Samuel the Lamanite prophesied that the sign of the Savior's birth would be given in five years. This chapter takes place just as that time period elapses.

<p>4 And it came to pass that in the commencement of the ninety and second year, behold, the prophecies of the prophets began to be fulfilled more fully; for there began to be greater signs and greater miracles wrought among the people.</p>	<p>Underline what happens as the time for the Savior's birth draws near.</p>
<p>5 But there were some who began to say that the time was past for the words to be fulfilled, which were spoken by Samuel, the Lamanite. 6 And they began to rejoice over their brethren, saying: Behold the time is past, and the words of Samuel are not fulfilled; therefore, your joy and your faith concerning this thing hath been vain. 7 And it came to pass that they did make a great uproar throughout the land;</p>	<p>How did the unbelievers respond? Why do you think they acted this way?</p>

<p>and the people who believed began to be very sorrowful, lest by any means those things which had been spoken might not come to pass.</p> <p>8 But behold, they did watch stead-fastly for that day and that night and that day which should be as one day as if there were no night, that they might know that their faith had not been vain.</p>	<p>Underline how the believers felt. Circle the two words that described what they did. Would this be hard to do?</p>
<p>9 Now it came to pass that there was a day set apart by the unbelievers, that all those who believed in those traditions should be put to death except the sign should come to pass, which had been given by Samuel the prophet.</p>	<p>As a believer, would it influence your faith to know you might die for your beliefs?</p>
<p>10 Now it came to pass that when Nephi, the son of Nephi, saw this wickedness of his people, his heart was exceedingly sorrowful.</p> <p>11 And it came to pass that he went out and bowed himself down upon the earth, and cried mightily to his God in behalf of his people, yea, those who were about to be destroyed because of their faith in the tradition of their fathers.</p> <p>12 And it came to pass that he cried mightily unto the Lord all that day; and behold, the voice of the Lord came unto him, saying:</p>	<p>Underline how Nephi felt. Circle what he did. How long did he do this?</p>

<p>13 Lift up your head and be of good cheer; for behold, the time is at hand, and on this night shall the sign be given, and on the morrow come I into the world, to show unto the world that I will fulfil all that which I have caused to be spoken by the mouth of my holy prophets.</p> <p>14 Behold, I come unto my own, to fulfil all things which I have made known unto the children of men from the foundation of the world, and to do the will, both of the Father and of the Son—of the Father because of me, and of the Son because of my flesh. And behold, the time is at hand, and this night shall the sign be given.</p>	<p>What assurance is Nephi given? As a believer, would Nephi's word be enough to calm your fears, or would you have the attitude that you'd believe it when you saw it?</p>
<p>15 And it came to pass that the words which came unto Nephi were fulfilled, according as they had been spoken; for behold, at the going down of the sun there was no darkness; and the people began to be astonished because there was no darkness when the night came.</p>	<p>Circle the word describing how the unbelievers felt.</p>

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<p>16 And there were many, who had not believed the words of the prophets, who fell to the earth and became as if they were dead, for they knew that the great plan of destruction which they had laid for those who believed in the words of the prophets had been frustrated; for the sign which had been given was already at hand. 17 And they began to know that the Son of God must shortly appear; yea, in fine, all the people upon the face of the whole earth from the west to the east, both in the land north and in the land south, were so exceedingly astonished that they fell to the earth. 18 For they knew that the prophets had testified of these things for many years, and that the sign which had been given was already at hand; and they began to fear because of their iniquity and their unbelief.</p>	<p>Underline what the unbelievers did. Circle what they felt.</p>

<p>19 And it came to pass that there was no darkness in all that night, but it was as light as though it was mid-day. And it came to pass that the sun did rise in the morning again, according to its proper order; and they knew that it was the day that the Lord should be born, because of the sign which had been given. 20 And it had come to pass, yea, all things, every whit, according to the words of the prophets.</p>	<p>How would you feel as a believer?</p>
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The world teaches us that we must see something to believe it.
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Hope-- Scriptures to Ponderize:

Romans 15 :13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Psalms 31:24 Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.

Pioneer Example:

George Cunningham, who was 15 when he travelled with the Willie Company, told the following experience when his company was in its most desperate need: "I dreamed a dream that ... we had started out on the road. I thought that I saw two men coming toward us on horseback. They were riding very swiftly and soon came up to us. They said that they had volunteered to come to our rescue and that they would go on further east to meet a company which was still behind us and that on the morrow we would meet a number of wagons loaded with provisions for us. They were dressed in blue soldier overcoats and had Spanish saddles on their horses. I examined them, particularly the saddles, as they were new to me. I also could discern every expression of their countenances. They seemed to rejoice and be exceedingly glad that they had come to our relief and saved us."

Full of faith, George's mother bore witness to the gathered crowd that "she knew the dream would be fulfilled, for it was [George's] promise in [his] blessing to dream dreams and see things come to pass." George recorded: "We therefore set out and to our great pleasure, every word of my dream was fulfilled. ... I spotted the two persons that I had dreamed of the night before, riding fast towards us. I called the fact to the attention of the crowd, being quite a distance off. I roared out, "Here they come. See them coming over that hill." They told me that I was a true dreamer, and we all felt that we should thank God."

In what ways was George's experience similar to that of the Nephites before Christ was born?

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Hope-- Scriptures to Ponderize:

Humility

1 Nephi 15:7-11 Nephi's conversation with Laman and Lemuel

<p>7 And they said: Behold, we cannot understand the words which our father hath spoken concerning the natural branches of the olive tree, and also concerning the Gentiles.</p> <p>8 And I said unto them: Have ye inquired of the Lord? 9 And they said unto me: We have not; for the Lord maketh no such thing known unto us.</p>	<p>Underline why Laman and Lemuel think they can't understand the scriptures. Circle Nephi's question.</p>
<p>10 Behold, I said unto them: How is it that ye do not keep the commandments of the Lord? How is it that ye will perish, because of the hardness of your hearts? 11 Do ye not remember the things which the Lord hath said?—If ye will not harden your hearts, and ask me in faith, believing that ye shall receive, with diligence in keeping my commandments, surely these things shall be made known unto you.</p>	<p>Find and number the 4 things Nephi tells Laman and Lemuel to do in verse 11 so they will understand the scriptures.</p>

What does this conversation between Nephi and his older brothers teach us about how to recognize pride in ourselves?

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What does this conversation between Nephi and his older brothers teach us about how to recognize pride in ourselves?

1 Nephi 16:1-3

<p>1 And now it came to pass that after I, Nephi, had made an end of speaking to my brethren, behold they said unto me: Thou hast declared unto us hard things, more than we are able to bear.</p> <p>2 And it came to pass that I said unto them that I knew that I had spoken hard things against the wicked, according to the truth; and the righteous have I justified, and testified that they should be lifted up at the last day; where-fore, the guilty taketh the truth to be hard, for it cutteth them to the very center.</p>	<p>Circle how the righteous respond to the truth. Underline how the guilty feel.</p>
<p>3 And now my brethren, if ye were righteous and were willing to hearken to the truth, and give heed unto it, that ye might walk uprightly before God, then ye would not murmur because of the truth, and say: Thou speakest hard things against us.</p> <p>4 And it came to pass that I, Nephi, did exhort my brethren, with all diligence, to keep the commandments of the Lord.</p>	<p>What can we do if we find ourselves ‘murmur[ing] because of the truth?’ Underline Nephi’s suggestions.</p>

<p>5 And it came to pass that they did humble themselves before the Lord; insomuch that I had joy and great hopes of them, that they would walk in the paths of righteousness.</p>	<p>Underline words describing how Laman and Lemuel responded. Knowing what happens later, does this surprise you?</p>
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Humility--Scriptures to Ponderize:

Alma 26:11-12 But Ammon said unto him: I do not boast in my own strength, nor in my own wisdom; but behold, my joy is full, yea, my heart is brim with joy, and I will rejoice in my God. Yea, I know that I am nothing; as to my strength I am weak; therefore I will not boast of myself, but I will boast of my God, for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name forever.

Ether 12:27 And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.

Pioneer Example:

Francis Webster and his wife, Betsy had \$1600 when they prepared to leave England, which was more than enough to travel to Utah in luxury. He had placed an order for a good wagon, full camp equipment, and two yoke of good cattle for \$500. Soon after this order was placed, Brigham Young advised the well-to-do in England to give assistance to the poor members of the Church so that they also might come to Zion. Francis Webster heard that advice and obeyed the counsel. Even with the knowledge that a baby would be born to them on the plains, the Websters canceled the wagon order and elected to travel by handcart so the money could be used for the emigration fund. Francis wrote: On the 23 of May 1856 I left Liverpool on board the ship *Horizon* paying the fare for 9 persons besides myself and Wife to Salt Lake City. . . I arrived in Salt Lake City on the 30th day of November 1856. . . I paid my Tithing on the little clothing I brought with me My own feet were badly frozen on the journey.”

His daughter who was born on the plains later told how her father had lived on nothing but unsalted Buffalo meat for five days when the rations were cut to 4 ounces of flour a day and before the relief train came. She writes, “Father had done that so grandmother and mother could have his quarter lb. of flour.”

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others who were in those ill-fated companies. Members of the group spoke critically of the Church and its leaders because the company of converts had been permitted to start so late in the season. I now quote from a manuscript which I have:

“One old man in the corner sat silent and listened as long as he could stand it. Then he arose and said things that no person who heard will ever forget. His face was white with emotion, yet he spoke calmly, deliberately, but with great earnestness and sincerity. He said in substance, ‘I ask you to stop this criticism. You are discussing a matter you know nothing about. Cold historic facts mean nothing here for they give no proper interpretation of the questions involved. A mistake to send the handcart company out so late in the season? Yes. But I was in that company and my wife was in it and Sister Nellie Unthank whom you have cited was there too. We suffered beyond anything you can imagine and many died of exposure and starvation, but did you ever hear a survivor of that company utter a word of criticism? Not one of that company ever apostatized or left the Church because every one of us came through with the absolute knowledge that God lives for we became acquainted with him in our extremities.’”

How did Francis Webster and his family demonstrate both humility and faith in the Lord and in his leaders? What can we learn from his example?

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Obedience

Alma 56:44-56 The first assignment of the Army of Helaman was to march into the wilderness to draw the Lamanites away from the Nephite army. The Lamanites pursued them for over a day but then stopped following them. Assuming that the Lamanites were now fighting the rest of the Nephite army, Helaman asked his army if they were willing to join the battle against the Lamanites. He tells the story to Captain Moroni in a letter:

<p>44 Therefore what say ye, my sons, will ye go against them to battle? 45 And now I say unto you, my beloved brother Moroni, that never had I seen so great courage, nay, not amongst all the Nephites. 46 For as I had ever called them my sons (for they were all of them very young) even so they said unto me: Father, behold our God is with us, and he will not suffer that we should fall; then let us go forth; we would not slay our brethren if they would let us alone; therefore let us go, lest they should overpower the army of Antipus.</p>	<p>The Sons of Helaman were tired from their march and were young and inexperienced, but were still willing to fight the most powerful army of the Lamanites. Underline and number 3 reasons why:</p>
<p>47 Now they never had fought, yet they did not fear death; and they did think more upon the liberty of their fathers than they did upon their lives;</p>	<p>State the reason they didn't fear death.</p>
<p>yea, they had been taught by their mothers, that if they did not doubt, God would deliver them. 48 And they rehearsed unto me the words of their mothers, saying: We do not doubt our mothers knew it.</p>	<p>Underline what their mothers had taught them.</p>

49 And it came to pass that I did return with my two thousand against these Lamanites who had pursued us. And now behold, the armies of Antipus had over-taken them, and a terrible battle had commenced. 50 The army of Antipus being weary, because of their long march in so short a space of time, were about to fall into the hands of the Lamanites; and had I not returned with my two thousand they would have obtained their purpose. 51 For Antipus had fallen by the sword, and many of his leaders, because of their weariness, which was occasioned by the speed of

Mark what would have happened if the Army of Helaman hadn't returned to help?

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<p>52 And it came to pass that the Lamanites took courage, and began to pursue them; and thus were the Lamanites pursuing them with great vigor when Helaman came upon their rear with his two thousand, and began to slay them exceedingly, insomuch that the whole army of the Lamanites halted and turned upon Helaman. 53 Now when the people of Antipus saw that the Lamanites had turned them about, they gathered together their men and came again upon the rear of the Lamanites.</p>	<p>What would it be like to be part of the Army of Helaman and have the whole army of the Lamanites fighting against you?</p>
<p>54 And now it came to pass that we, the people of Nephi, the people of Antipus, and I with my two thousand, did surround the Lamanites, and did slay them; yea, insomuch that they were compelled to deliver up their weapons of war and also themselves as prisoners of war.</p>	
<p>55 And now it came to pass that when they had surrendered themselves up unto us, behold, I numbered those young men who had fought with me, fearing lest there were many of them slain. 56 But behold, to my great joy, there had not one soul of them fallen to the earth; yea, and they had fought as if with the strength of God; yea, never were men known to have fought with such miraculous strength; and with such mighty power did they fall upon the Lamanites, that they did frighten them; and for this cause did the Lamanites deliver themselves up as prisoners of war.</p>	<p>Underline ways that Lord blessed the Army of Helaman for their obedience.</p>

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<p>52 And it came to pass that the Lamanites took courage, and began to pursue them; and thus were the Lamanites pursuing them with great vigor when Helaman came upon their rear with his two thousand, and began to slay them exceedingly, insomuch that the whole army of the Lamanites halted and turned upon Helaman. 53 Now when the people of Antipus saw that the Lamanites had turned them about, they gathered together their men and came again upon the rear of the Lamanites.</p>	<p>What would it be like to be part of the Army of Helaman and have the whole army of the Lamanites fighting against you?</p>
<p>54 And now it came to pass that we, the people of Nephi, the people of Antipus, and I with my two thousand, did surround the Lamanites, and did slay them; yea, insomuch that they were compelled to deliver up their weapons of war and also themselves as prisoners of war.</p>	

<p>55 And now it came to pass that when they had surrendered themselves up unto us, behold, I numbered those young men who had fought with me, fearing lest there were many of them slain. 56 But behold, to my great joy, there had not one soul of them fallen to the earth; yea, and they had fought as if with the strength of God; yea, never were men known to have fought with such miraculous strength; and with such mighty power did they fall upon the Lamanites, that they did frighten them; and for this cause did the Lamanites deliver themselves up as prisoners of war.</p>	<p>Underline ways that Lord blessed the Army of Helaman for their obedience.</p>
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Alma 57:19-27

<p>19 But behold, my little band of two thousand and sixty fought most desperately; yea, they were firm before the Lamanites, and did administer death unto all those who opposed them. 20 And as the remainder of our army were about to give way before the Lamanites, behold, those two thousand and sixty were firm and undaunted. 21 Yea, and they did obey and observe to perform every word of command with exactness;</p>	<p>Circle words that describe Helaman's army.</p>
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<p>yea, and even according to their faith it was done unto them; and I did remember the words which they said unto me that their mothers had taught them. 22 And now behold, it was these my sons, and those men who had been selected to convey the prisoners, to whom we owe this great victory; for it was they who did beat the Lamanites; therefore they were driven back to the city of Manti. 23 And we retained our city Cumeni, and were not all destroyed by the sword; nevertheless, we had suffered great loss. 24 And it came to pass that after the Lamanites had fled, I immediately gave orders that my men who had been wounded should be taken from among the dead, and caused that their wounds should be dressed.</p>	<p>How do you think obedience to their mothers prepared them to fight ?</p>
<p>25 And it came to pass that there were two hundred, out of my two thousand and sixty, who had fainted because of the loss of blood; nevertheless, according to the goodness of God, and to our great astonishment, and also the joy of our whole army, there was not one soul of them who did perish; yea, and neither was there one soul among them who had not received many wounds. 26 And now, their preservation was astonishing to our whole army, yea, that they should be spared while there was a thousand of our brethren who were slain.</p>	<p>Find and mark the miracle they are blessed with.</p>

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<p>And we do justly ascribe it to the miraculous power of God, because of their exceeding faith in that which they had been taught to believe—that there was a just God, and whosoever did not doubt, that they should be preserved by his marvelous power. 27 Now this was the faith of these of whom I have spoken; they are young, and their minds are firm, and they do put their trust in God continually.</p>	<p>Circle the reasons they receive this great blessing.</p>

Obedience--Scriptures to Ponderize:

D & C 82:10 I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise.

D & C 105:6 And my people must needs be chastened until they learn obedience, if it must needs be, by the things which they suffer.

Pioneer Example:

Harvey Cluff was a member of the rescue party who followed the inspiration to post a signboard on the trail to clarify that the rescuers had left the trail to find shelter from the storm. He

tells the story in these words: “During the following days the storm raged with increasing fury until it attained the capacity of a northern blizzard. . . In facing a northern blast uphill I found it quite difficult to keep from freezing. I had only been back to camp a short time when two men rode up from Willie Handcart Company. The signboard had done the work of salvation. Had Captain Willie and his fellow traveler . . . continued on the road they certainly would have perished as they would have reached the Sweetwater where the storm first struck us. The handcart company was then 25 miles from our camp. As they had travelled that distance without food for themselves or horse and no bedding they must have perished. I have always regarded this act of mine as the means of their salvation.”

Reddick Allred was another rescuer who stayed and waited with supply wagons for almost a month, even though others tried to persuade him to go back to Salt Lake. When the advance party told him of the location of the company, Reddick rode all night to reach them. He later wrote in

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his journal: “Thus ended one of the hardest and most successful missions I have ever performed, for although the mission with the Mormon Battalion was a long, hard, tedious and therefore very severe, yet this was short and sharp in the extreme. President Kimball blessed me from the standard with a multiplicity of blessings for my integrity and labors in not leaving my post but sticking by to the last under trying circumstances.”

Another rescuer, Arza Hinckley was a teamster who did not turn back from his original errand but continued moving east in search of the stranded immigrants. He met two companies of supply wagons returning to Salt Lake City and convinced them to camp nearby until he found the handcart company. When asked why he thought he could find the handcarts when they hadn’t been able to, Hinckley replied, “Brigham Young sent me out to find the handcart folks and I will find them or give my life trying.”

How did these three men demonstrate obedience to their leaders and to the direction of the Holy Ghost? In what ways can you be obedient, even when it is difficult?

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How did these three men demonstrate obedience to their leaders and to the direction of the Holy Ghost? In what ways can you be obedient, even when it is difficult?

Patience

Read the story of the people of Alma in Mosiah 24. You'll remember that the prophet Abinadi was sent to call the wicked King Noah and his people to repentance. Alma was one of King Noah's high priests who tried to persuade the king that Abinadi was telling the truth, but King Noah threw him out of the court and sent guards to kill him. Alma went into hiding, but a group of people found Alma and were baptized in the Waters of Mormon. The Lord then warned Alma to take the people and flee into the wilderness, but they were captured and put under the control of Ammulon, one of King Noah's wicked priests.

<p>8 And now it came to pass that Amulon began to exercise authority over Alma and his brethren, and began to persecute him, and cause that his children should persecute their children.</p> <p>9 For Amulon knew Alma, that he had been one of the king's priests, and that it was he that believed the words of Abinadi and was driven out before the king, and therefore he was wroth with him; for he was subject to king Laman, yet he exercised authority over them, and put tasks upon them, and put task-masters over them.</p>	<p>Have you experienced anything similar to the way Amulon persecuted Alma and his people? What 'tasks' or burdens do you carry?</p>
<p>10 And it came to pass that so great were their afflictions that they began to cry mightily to God.</p>	<p>How does prayer help when you experience 'great afflictions'?</p>

11 And Amulon commanded them that they should stop their cries; and he put guards over them to watch them, that whosoever should be found calling upon God should be put to death.

12 And Alma and his people did not raise their voices to the Lord their God, but did pour out their hearts to him; and he did know the thoughts of their hearts.

Have you ever been punished for being righteous?

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<p>13 And it came to pass that the voice of the Lord came to them in their afflictions, saying: Lift up your heads and be of good comfort, for I know of the covenant which ye have made unto me; and I will covenant with my people and deliver them out of bondage.</p> <p>14 And I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while you are in bondage; and this will I do that ye may stand as witnesses for me hereafter, and that ye may know of a surety that I, the Lord God, do visit my people in their afflictions.</p>	<p>Underline what the Lord promised to do. Circle why.</p>
<p>15 And now it came to pass that the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord.</p>	<p>Circle words that describe how the people responded. Think of a situation in your own life where you could follow this example.</p>

<p>16 And it came to pass that so great was their faith and their patience that the voice of the Lord came unto them again, saying: Be of good comfort, for on the morrow I will deliver you out of bondage.</p> <p>17 And he said unto Alma: Thou shalt go before this people, and I will go with thee and deliver this people out of bondage.</p> <p>18 Now it came to pass that Alma and his people in the night-time gathered their flocks together, and also of their grain; yea, even all the night-time were they gathering their flocks together.</p>	<p>How did the Lord bless them? How has he helped you through personal challenges?</p>
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<p>19 And in the morning the Lord caused a deep sleep to come upon the Laman-ites, yea, and all their task-masters were in a profound sleep. 20 And Alma and his people departed into the wilderness; and when they had traveled all day they pitched their tents in a valley, and they called the valley Alma, because he led their way in the wilderness.</p>	

<p>21 Yea, and in the valley of Alma they poured out their thanks to God because he had been merciful unto them, and eased their burdens, and had delivered them out of bondage; for they were in bondage, and none could deliver them except it were the Lord their God.</p> <p>22 And they gave thanks to God, yea, all their men and all their women and all their children that could speak lifted their voices in the praises of their God.</p>	<p>How did the people respond?</p>
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Scriptures to Ponderize:

Mosiah 21:22 Nevertheless the Lord seeth fit to chasten his people; yea, he trieth their patience and their faith. Nevertheless—whosoever putteth his trust in him the same shall be lifted up at the last day.

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Pioneer Example:

John Jaques of the Martin Company wrote: “On the 19th day of October the company crossed the Platte for the last time at Red Buttes, about 4 miles above the bridge. That was a bitter cold day. Winter came on all at once, and that was the first day of it. The river was wide, the current strong, the water exceedingly cold and up to the wagon beds in the deepest parts, and the bed of the river was covered with cobble stones. Some of the men carried some of the women over on their backs or in their arms, but others of the women tied up their skirts and waded through, like heroines as they were, and as they had done through many other rivers and creeks. The company was barely over when snow, hail and sleet began to fall, accompanied with a piercing north wind. . . That was a nipping night, and it told on the oxen as well as on the people . . . The next day after crossing the Platte, the company moved on slowly . . . It snowed three days . . . and the teams and many of the people were so far given out that it was deemed advisable not to proceed further for a few days . . . Here the flour fell to four ounces per day. In addition to the flour ration, considerable beef was killed and served to the company, as had been the case most of the journey. But the cattle had now grown so poor that there was little flesh left on them, and that little was as lean as could be. Stewed meat and soups were found to be bad for diarrhea and dysentery, of which there was considerable in the company . . . The outlook was certainly not encouraging, but it need not be supposed that the company was in despair, notwithstanding the situation was rather desperate. Oh! No! A hopeful and cheerful spirit pervaded the camp, and that ‘Songs of Zion’ were frequently heard at this time, though the company was in the very depths of privation. Though the bodies of the people were worn down, their spirits were buoyant, while at the same time they had become so accustomed to looking death in the face that they seemed to have no fear of it.”

How did the company exercise patience under extreme circumstances? In what ways can you exercise greater patience, either at home or on Trek?

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Sacrifice

Alma 24:5-27 The Anti-Nephi-Lehies

5 Now when Ammon and his brethren and all those who had come up with him saw the preparations of the Lamanites to destroy their brethren, they came forth to the land of Midian, and there Ammon met all his brethren; and from thence they came to the land of Ishmael that they might hold a council with Lamoni and also with his brother Anti-Nephi-Lehi, what they should do to defend themselves against the Lamanites. 6 Now there was not one soul among all the people who had been converted unto the Lord that would take up arms against their brethren; nay, they would not even make any preparations for war; yea, and also their king commanded them that they should not.

What do the Anti-Nephi-Lehies decide to do—or not do—when they see that the Lamanites are preparing to attack them?

7 Now, these are the words which he said unto the people concerning the matter: I thank my God, my beloved people, that our great God has in goodness sent these our brethren, the Nephites, unto us to preach unto us, and to convince us of the traditions of our wicked fathers. 8 And behold, I thank my great God that he has given us a portion of his Spirit to soften our hearts, that we have opened a correspondence with these brethren, the Nephites. 9 And behold, I also thank my God, that by opening this correspondence we have been convinced of our sins, and of the many murders which we have committed. 10 And I also thank my God, yea, my great God, that he hath granted unto us that we might repent of these things, and also that he hath forgiven us of those our many sins and murders which we have committed, and taken away the guilt the guilt from our hearts, through the merits of his Son.

Number the 4-6 things the king thanks God for.

Sacrifice

Alma 24:5-28 The sacrifices of the Anti-Nephi-Lehies

<p>5 Now when Ammon and his brethren and all those who had come up with him saw the preparations of the Lamanites to destroy their brethren, they came forth to the land of Midian, and there Ammon met all his brethren; and from thence they came to the land of Ishmael that they might hold a council with Lamoni and also with his brother Anti-Nephi-Lehi, what they should do to defend themselves against the Lamanites. 6 Now there was not one soul among all the people who had been converted unto the Lord that would take up arms against their brethren; nay, they would not even make any preparations for war; yea, and also their king commanded them that they should not.</p>	<p>What do the Anti-Nephi-Lehies decide to do—or not do—when they see that the Lamanites are preparing to attack them?</p>	<p>7 Now, these are the words which he said unto the people concerning the matter: I thank my God, my beloved people, that our great God has in goodness sent these our brethren, the Nephites, unto us to preach unto us, and to convince us of the traditions of our wicked fathers. 8 And behold, I thank my great God that he has given us a portion of his Spirit to soften our hearts, that we have opened a correspondence with these brethren, the Nephites. 9 And behold, I also thank my God, that by opening this correspondence we have been convinced of our sins, and of the many murders which we have committed. 10 And I also thank my God, yea, my great God, that he hath granted unto us that we might repent of these things, and also that he hath forgiven us of those our many sins and murders which we have committed, and taken away the guilt the guilt from our hearts, through the merits of his Son.</p>	<p>Number the 4-6 things the king thanks God for.</p>
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<p>11 And now behold, my brethren, since it has been all that we could do (as we were the most lost of all man-kind) to repent of all our sins and the many murders which we have committed, and to get God to take them away from our hearts, for it was all we could do to repent sufficiently before God that he would take away our stain —</p> <p>12 Now, my best beloved brethren, since God hath taken away our stains, and our swords have become bright, then let us stain our swords no more with the blood of our brethren. 13. Behold, I say unto you, Nay, let us retain our swords that they be not stained with the blood of our brethren; for perhaps, if we should stain our swords again they can no more be washed bright through the blood of the Son of our great God, which shall be shed for the atonement of our sins.</p>	<p>Mark the reasons why the king urges his people not to fight.</p>
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<p>14 And the great God has had mercy on us, and made these things known unto us that we might not perish; yea, and he has made these things known unto us beforehand, because he loveth our souls as well as he loveth our children; therefore, in his mercy he doth visit us by his angels, that the plan of salvation might be made known unto us as well as unto future generations. 15 Oh, how merciful is our God! And now behold, since it has been as much as we could do to get our stains taken away from us, and our swords are made bright, let us hide them away that they may be kept bright, as a testimony to our God at the last day, or at the day that we shall be brought to stand before him to be judged, that we have not stained our swords in the blood of our brethren since he imparted his word unto us and has made us clean thereby. 16. And now, my brethren, if our brethren seek to destroy us, behold, we will hide away our swords, yea, even we will bury them deep in the earth, that</p>	<p>Star who visited the Anti-Nephi-Lehies. <u>Underline reasons the Lord sent missionaries to the people.</u></p>
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<p>11 And now behold, my brethren, since it has been all that we could do (as we were the most lost of all man-kind) to repent of all our sins and the many murders which we have committed, and to get God to take them away from our hearts, for it was all we could do to repent sufficiently before God that he would take away our stain —</p> <p>12 Now, my best beloved brethren, since God hath taken away our stains, and our swords have become bright, then let us stain our swords no more with the blood of our brethren. 13. Behold, I say unto you, Nay, let us retain our swords that they be not stained with the blood of our brethren; for perhaps, if we should stain our swords again they can no more be washed bright through the blood of the Son of our great God, which shall be shed for the atonement of our sins.</p>	<p>Mark the reasons why the king urges his people not to fight.</p>	<p>14 And the great God has had mercy on us, and made these things known unto us that we might not perish; yea, and he has made these things known unto us beforehand, because he loveth our souls as well as he loveth our children; therefore, in his mercy he doth visit us by his angels, that the plan of salvation might be made known unto us as well as unto future generations. 15 Oh, how merciful is our God! And now behold, since it has been as much as we could do to get our stains taken away from us, and our swords are made bright, let us hide them away that they may be kept bright, as a testimony to our God at the last day, or at the day that we shall be brought to stand before him to be judged, that we have not stained our swords in the blood of our brethren since he imparted his word unto us and has made us clean thereby. 16. And now, my brethren, if our brethren seek to destroy us, behold, we will hide away our swords, yea, even we will bury them deep in the earth, that</p>	<p>Star who visited the Anti-Nephi-Lehies. Underline reasons the Lord sent missionaries to the people.</p>
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<p>17 And now it came to pass that when the king had made an end of these sayings, and all the people were assembled together, they took their swords, and all the weapons which were used for the shedding of man's blood, and they did bury them up deep in the earth. 18 And this they did, it being in their view a testimony to God, and also to men, that they never would use weapons again for the shedding of man's blood; and this they did, vouching and covenanting with God, that rather than shed the blood of their brethren they would give up their own lives; and rather than take away from a brother they would give unto him; and rather than spend their days in idleness they would labor abundantly with their hands. 19 And thus we see that, when these Laman-ites were brought to believe and to know the truth, they were firm, and would suffer even unto death rather than commit sin; and thus we see that they buried their weapons of peace, or they buried the weapons of war, for peace.</p>	<p>Underline what the people chose to do. Circle words that describe why they did this and what kind of people they were.</p>
<p>20 And it came to pass that their brethren, the Lamanites, made preparations for war, and came up to the land of Nephi for the purpose of destroying the king, and to place another in his stead, and also of destroying the people of Anti-Nephi-Lehi out of the land. 21 Now when the people saw that they were coming against them they went out to meet them, and prostrated themselves before them to the earth, and began to call on the name of the Lord; and thus they were in this attitude when the Lamanites began to fall upon</p>	<p>To prostrate means "to lay oneself flat on the ground face downward, especially in reverence or submission." Circle what else they did.</p>

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<p>them, and began to slay them with the sword. 22 And thus without meeting any resistance, they did slay a thousand and five of them; and we know that they are blessed, for they have gone to dwell with their God.</p>	<p>How many people were killed? What percent of your school would this represent?</p>

<p>23 Now when the Lamanites saw that their brethren would not flee from the sword, neither would they turn aside to the right hand or to the left, but that they would lie down and perish, and praised God even in the very act of perishing under the sword- 24 Now when the Lamanites saw this they did forbear from slaying them; and there were many whose hearts had swollen in them for those of their brethren who had fallen under the sword, for they repented of the things which they had done. 25 And it came to pass that they threw down their weapons of war, and they would not take them again, for they were stung for the murders which they had committed; and they came down even as their brethren, relying upon the mercies of those whose arms were lifted to slay them. 26 And it came to pass that the people of God were joined that day by more than the number who had been slain; and those who had been slain were righteous people, therefore we have no reason to doubt but what they were saved.</p>	<p>Mark the blessings that come from the sacrifice of these valiant men.</p>
<p>27 And there was not a wicked man slain among them; but there were more than a thousand brought to the knowledge of the truth; thus we see that the Lord worketh in many ways to the salvation of his people.</p>	<p>How many people join the church?</p>

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Alma 26:32-34

<p>32 For behold, they had rather sacrifice their lives than even to take the life of their enemy; and they have buried their weapons of war deep in the earth, because of their love towards their brethren. 33 And now behold I say unto you, has there been so great love in all the land? Behold, I say unto you, Nay, there has not, even among the Nephites. 34 For behold, they would take up arms against their brethren; they would not suffer themselves to be slain. But behold how many of these have laid down their lives; and we know that they have gone to their God, because of their love and of their hatred to sin.</p>	<p>What two reasons does Ammon list in explaining why the Anti-Nephi-Lehies refuse to take up arms against their brethren, even at the risk of losing their own lives?</p>
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Sacrifice—Scriptures to Ponderize

Psalms 4:5 Offer the sacrifices of righteousness, and put your trust in the Lord.

Leviticus 22: 29 And when ye will offer a sacrifice of thanksgiving unto the Lord, offer it at your own will.

Pioneer Example

John Jaques, a member of the Martin Company, wrote in his journal on October 29, 1856: “I remember well poor Brother Blair. He was a fine, tall man, had been one of the Queen Victoria’s life guards in London. He had a wife and four children. He made a cover for his cart and put his four children on the cart. He pulled his cart alone, his wife helped by pushing behind. The poor man was so weak and worn down that he fell several times that day but still he kept his dear little children on the cart all day. This man had so much love for his wife and children that instead of eating his morsel of food himself he would give it to his children. Poor man, he pulled his cart as long as he could, then he died and his wife and children had to do the best they

could without his help. The children got frozen. Some parts of their bodies were all sores, but they got to Salt Lake City alive.”

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Testimonies

Elizabeth Georgiana Quilley Read testified in a letter to her children, “My dear children, we have suffered beyond anything you can imagine. We have seen our comrades weaken and die and be buried in trenches of snow. But in all this suffering we have come face to face with God. It was God who upheld us when our weary bodies would have given up the ghost. It was God who preserved Thisbe [her 11 year old daughter] to us when it seemed that she would never live. Yes, my children, for the first time in my life I know God. I know that He hears our prayers, and that in his wisdom all is for the best.”

Jesse Soar Taylor, who was 10 years old when he traveled with the Martin Co., wrote: “I have written this sketch of my life as stated for the benefit of my grandchildren and others and I also add my testimony of the divinity of this work. I know that it is the work of God and hope and trust that any of my posterity that may come in possession of this may be strengthened in their faith by it, and be worthy of such parentage for truly we suffered much for the truth’s sake, but the reward of the faithful is sure.”

John Toone, who was 43 years old when he traveled with the Martin Handcart Co., said: “We know in whom we have believed, that he is able to defend his own whatever powers oppose, and we testify to all around, that we have found the Church and Kingdom of the Living God.”

Elizabeth Horrocks Jackson, who was 30 years old when she traveled with the Martin Company, wanted her posterity to know “that my suffering for the Gospel’s sake will be sanctified unto me for my good. . . It was in obedience to the commandments of the true and living God, and with the assurance of an eternal reward—an exaltation to eternal life in His kingdom—that we suffered these things. I hope, too, that it will inspire my posterity with fortitude to stand firm and faithful to the truth, and be willing to suffer, and sacrifice all things they may be required to pass thru for the Kingdom of God’s sake.”

George was only a year old at the time of his parents’ baptism in Scotland and was raised “in the strictest sense of the word a Mormon.” He recorded: “The faith, religion, and piety that was then implanted on my mind in my infancy has never been eradicated and I believe never will be. I have often thought of the two thousand young men which we read of in the Book of Mormon, who had faith instilled into them by their mothers and the good effects it had on them. . . . My experience was much like theirs.”

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Mary Goble, mother of 7 who died as they descended the canyon with the Salt Lake Valley in sight, said: "Polly, I want to go to Zion while my children are small, so they can be raised in the Gospel of Christ for I know this is the true church."

Anson Call, who was 46 when he joined the rescuers, described his conversion in writing: "When I finished the [Bible and Book of Mormon], I became a firm believer in the Book of Mormon. I was then taught by the spirit to obey the principles of the gospel . . . I was proud and haughty and to obey the gospel was worse than death. I labored under those feelings for three months, becoming at times almost insane . . . To be called a Mormon, I thought, was more than I could endure. . . I at last covenanted before the Lord that if he would give me confidence to face the world in Mormonism, I would be baptized for the remission of my sins; before I arose from my knees the horrors of my mind were cleared; I feared no man, no set of men."

When embarking on a mission to England in 1849, rescuer Cyrus Wheelock wrote, "Heaven only knows how long or what is to be our future lot, but we feel to put our trust in him who has ever been our faithful & undeviating friend . . . He can give us comfort in every time of trouble; he can shield us from the raging and fearful blast."

As an 18 year old boy, Heber J. Grant heard Willie Handcart survivor, Millen Atwood, share his testimony. He later wrote: "When Millen Atwood stopped preaching tears were rolling down my cheeks, tears of gratitude and thanksgiving that welled up in my eyes because of the marvelous testimony which that man bore of the divine mission of Joseph Smith, the prophet of God. Although it is now more than sixty-five years since I listened to that sermon, it is just as vivid today, and the sensations and feelings that I had are just as fixed

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Solo Experience

“Life isn’t always easy. At some point in our journey we may feel much as the pioneers did...up to our knees in mud, forced to bury some of our dreams along the way. We all face rocky ridges with the wind in our face...and how will we feel then, as we stand shoulder to shoulder with the great pioneers? How will they feel about us? Will they see faith in our footsteps? I believe they will, particularly as they view our lives...from the expanded perspective of eternity.”
—Elder M. Russell Ballard

You have prepared over the past few months for this pioneer trek. You have now walked many miles, with faith in every footstep, hearing stories about our pioneer heritage and experiencing a small taste of what they went through. You have had the chance to remember and honor your own ancestor. ***What have you learned and what will you change in your life?***

Please take a few moments to ponder and remember the experiences you have had and then count them down with a
3—2-- 1.

Write down **3 experiences** that have had the biggest *spiritual impact* on you during this pioneer trek.

1.

2.

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Describe **2 pioneer stories** that have been most *memorable and motivating*.

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What is at least **1 thing you will change or recommit to** in your life upon finishing trek? How will you do this? (Feel free to write more than one thing!)

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