

# MOSIAH 5:15

*This year's Mutual theme teaches us how to stay firm in the gospel.*

## Steadfast

*Stead* means place; it is related to the word *stand*.

*Fast* means fixed or firm; think of the word *fasten*.

So, *steadfast* means something like “standing firmly in place.”



## Immovable

“Those who stand firm, steadfast, and immovable are given great inner hidden powers and unseen strengths. They will be endowed with full

and potent spiritual resources.”

**President James E. Faust (1920–2007), Second Counselor in the First Presidency, “Stand Up and Be Counted,” *New Era*, Aug. 1990, 6.**

## Abounding

Abounding—having in large numbers or great quantity

## Good Works

How can your life be “always abounding in good works”? Here are a few ideas:

- Pray for opportunities to serve others, and then look for those opportunities.
- Write in your journal each day the things you did that were kind, helpful, or spiritually uplifting.
- On a Sunday, make a list of good things you think you could accomplish that week. Put the list where you can see it every day to remind yourself of your goals, and then review the list on the following Sunday to see how you did.

## Good Works

“When faith springs up in the heart, good works will follow, and good works will increase that pure faith within them.”

**President Brigham Young (1801–77), *Teachings of the Presidents of the Church: Brigham Young* (1997), 57.**



## Omnipotent

Omnipotent—all-powerful

## Seal you his

In ancient times, a seal (usually a signet ring or small stone with writing on its surface) was pressed into soft clay or wax to leave a mark of ownership or authenticity on an object or document.

King Benjamin used this image in Mosiah 5 after discussing how we can become the children of Christ and take upon us His name through covenant (like we do when we are baptized or partake of the sacrament). He then says that our faith and good works will enable Christ to “seal [us] his.” The Apostle Paul taught that the Holy Spirit gives us this seal of approval (see 2 Corinthians 1:22; Ephesians 1:13; 4:30).

*Editor's note: This page is not meant to be a comprehensive explanation of the selected scripture verse, only a starting point for your own study.*

15 Therefore, I would that ye should be steadfast and immovable, always abounding in “good works, that Christ, the “Lord God Omnipotent, may “seal you his, that you may be brought to heaven, that ye may have everlasting salvation and eternal life, through the wisdom, and power, and justice, and mercy of him who “created all things, in heaven and in earth, who is God above all. Amen.

## CHAPTER 6