



Helaman 1–6

AUGUST 17–23

Do you remember to remember?

Helaman counseled his sons to remember:

Helaman gave his sons the names Nephi and Lehi so that they would remember the good works of the Nephi and Lehi who came before them.

In Helaman chapter 5, Helaman uses the word *remember* 11 times.

DISCUSSION

The Book of Mormon includes over 200 references to remembering. As you read, consider looking for the things we are counseled to remember. Most importantly, we should remember that redemption comes through the Lord Jesus Christ. What can you do to better remember the Savior?

Nephi and Lehi “did remember [Helaman’s] words; and therefore they went forth, keeping the commandments of God” (Helaman 5:14).

▶ That Christ would come to redeem people from their sins (see Helaman 5:9–11).

▶ To look to the righteous examples of their ancestors (see Helaman 5:6).

▶ To build their foundation on Jesus Christ (see Helaman 5:12).

▶ To “keep the commandments of God” (Helaman 5:6).

▶ That it is only through the Atonement of Jesus Christ that we can be saved (see Helaman 5:9).

