



## Alma 8–12

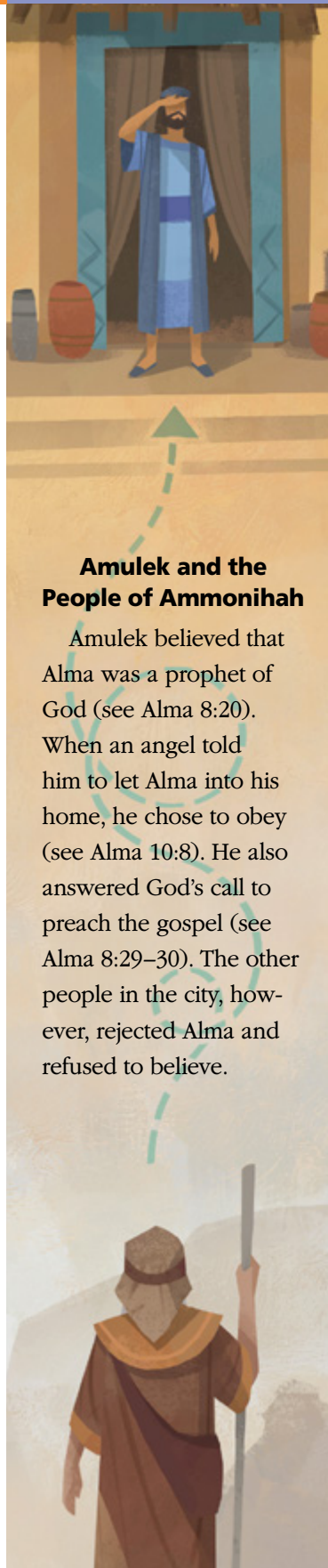
JUNE 8–14

# How Does Developing a Soft Heart Help Us Gain Spiritual Knowledge?

**W**hen Alma preached the gospel in Ammonihah, most of the people rejected him, but Amulek listened and believed. The difference between Amulek and the rest of Ammonihah shows us the consequences of having a softened heart or hardened heart to the things of God (see Alma 12:10). You can choose to have a soft heart.

### DISCUSSION

- What characteristics did Amulek have? How can you develop his good characteristics?
- If you're seeking answers to a specific question, what can you do to be more receptive to revelation from Heavenly Father?
- What blessings might the Lord have in store for you and your family as you choose to have a soft and obedient heart?

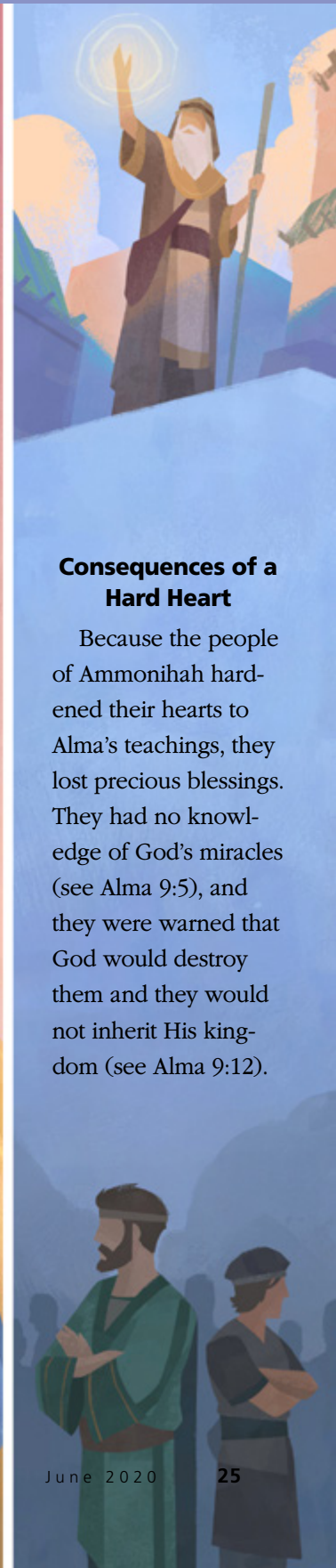
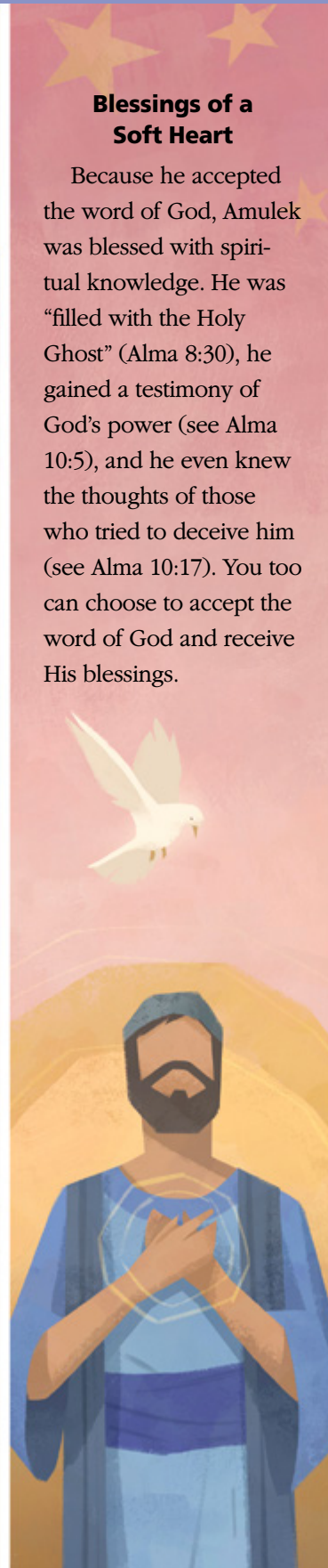


### Amulek and the People of Ammonihah

Amulek believed that Alma was a prophet of God (see Alma 8:20). When an angel told him to let Alma into his home, he chose to obey (see Alma 10:8). He also answered God's call to preach the gospel (see Alma 8:29–30). The other people in the city, however, rejected Alma and refused to believe.

### Blessings of a Soft Heart

Because he accepted the word of God, Amulek was blessed with spiritual knowledge. He was “filled with the Holy Ghost” (Alma 8:30), he gained a testimony of God's power (see Alma 10:5), and he even knew the thoughts of those who tried to deceive him (see Alma 10:17). You too can choose to accept the word of God and receive His blessings.



### Consequences of a Hard Heart

Because the people of Ammonihah hardened their hearts to Alma's teachings, they lost precious blessings. They had no knowledge of God's miracles (see Alma 9:5), and they were warned that God would destroy them and they would not inherit His kingdom (see Alma 9:12).