

What Blessings Did the Fall Make Possible?

Adam and Eve’s decision to partake of the forbidden fruit was an essential part of Heavenly Father’s plan. Without the Fall, we wouldn’t have access to some of Heavenly Father’s choicest blessings. Consider these:

1. Our existence on the earth (see 2 Nephi 2:20, 25)

2. Families (see 2 Nephi 2:19–20, 22–23)

3. Knowledge of good and evil (see 2 Nephi 2:26)

4. Growth and progress (see 2 Nephi 2:11, 22)

8. Resurrection (see 2 Nephi 2:8)

9. Eternal life (see 2 Nephi 2:27)

7. Redemption through the Atonement of Jesus Christ (see 2 Nephi 2:5–10, 26)

6. Freedom to choose between right and wrong (see 2 Nephi 2:16, 26–27)

5. The ability to feel joy and happiness (see 2 Nephi 2:23–25; 5:27)



In what ways could you express gratitude to Heavenly Father for these blessings? ■