

# How Do We Overcome Death?

**T**he Fall of Adam and Eve introduced physical and spiritual death to the world (see 2 Nephi 9:6).

## Discussion

How does the Savior's Atonement bring you hope? (See 2 Nephi 9:7, 19–23 for some ideas.)

## Spiritual Death

Sin, the "death of the spirit," separates us from God (see 2 Nephi 9:8–10).



## Physical Death

At the end of our mortal life, we experience the "death of the body," or the separation of the spirit from the body (see 2 Nephi 9:4–7, 10).

## The Solution

Christ's Atonement overcomes physical and spiritual death so we can reenter God's presence (see 2 Nephi 9:11–12, 21–23). After the Resurrection, our spirits and bodies will be reunited. To be worthy of eternal life, we must have faith in God, repent of our sins, and faithfully live the gospel.



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THE TRUMPET SHALL SOUND, BY J. KIRK RICHARDS