



How Can Alma's Questions Help Us Grow Spiritually?

HOW AM I DOING?

Alma asked the people of Zarahemla 36 questions to help them evaluate their spiritual progress. President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, explained that a spiritual evaluation is helpful. He said, “As a guide for me during this [evaluation] . . . , I like to read and ponder the introspective words found in the fifth chapter of Alma.”¹

What Do I Need to Change?

As you read Alma 5:7–13, look for what Alma taught about how we can change and come closer to Christ. Consider what things you can change, and make a plan to act.

How Has the Lord Blessed Me?

Alma also invited the people to remember how the Lord delivered their fathers and to recall their conversion. Consider writing your conversion story to remember how the Lord has blessed you. You could also read the conversion stories of your ancestors or early Church members.

“It would be a wonderful thing if every Latter-day Saint knew the conversion stories of their forefathers. . . . Each of us will be greatly blessed if we know the stories of faith and sacrifice that led our forefathers to join the Lord’s Church.”²

NOTES

1. M. Russell Ballard, “Return and Receive,” *Ensign or Liahona*, May 2017, 64.
2. William R. Walker, “Live True to the Faith,” *Ensign or Liahona*, May 2014, 97, 99.

