How Can Alma’s Questions Help Us Grow Spiritually?

**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.”

**NOTES**
