



## 3 Nephi 1–7

SEPTEMBER 7–13

# How can we keep from forgetting spiritual experiences?

The Nephites marveled at the fulfillment of Samuel the Lamanite’s prophecy of Christ’s birth when they saw a night and a day with no darkness (see 3 Nephi 1:15–21). Unfortunately, a few years later, “the people began to forget those signs and wonders” (3 Nephi 2:1) and turned to wickedness.

### How Did the Nephites Forget So Quickly?

There are several reasons the Nephites forgot the signs and wonders they had witnessed. Read 3 Nephi 1:22 and 3 Nephi 2:1–3, 10 and list the ways people forgot the Lord.

How does Satan use these same ways to deceive us today?



### How Do We Not Forget?

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles has said: “Recall, especially in times of crisis, when you felt the Spirit and your testimony was strong; remember the spiritual foundations you have built. I promise that if you will do this, . . . those precious times when your testimony prospered will return again to your memory through humble prayer and fasting. I assure you that you will once again feel the safety and warmth of the gospel of Jesus Christ.”<sup>1</sup>

What can you do to better remember the past spiritual experiences you have had?



### DISCUSSION

What other ways can we avoid forgetting the “unforgettable” spiritual experiences in our lives?

What spiritual experiences have you had? Consider writing them down. You could also share them with your family.

### NOTE

1. Ronald A. Rasband, “Lest Thou Forget,” *Ensign* or *Liahona*, Nov. 2016, 114.

