What comes to mind when you think of the Resurrection of Jesus Christ? Do you think of Mary Magdalene seeing the resurrected Savior at the empty tomb? Or the Savior’s appearances to His Apostles? What about the Savior’s appearance to the Nephites in the Book of Mormon?

Of course, we can learn a lot about the Resurrection in the New Testament. In addition, President Dallin H. Oaks, First Counselor in the First Presidency, has taught, “The literal and universal nature of the resurrection is vividly described in the Book of Mormon.”

From the prophecies, witnesses, and teachings in the Book of Mormon, we learn not only about the Savior’s Resurrection but also how His Resurrection makes possible the resurrection of all mankind.
Prophecies
From the time of Lehi, prophets in the Book of Mormon continually prophesied of the Savior’s birth, death, and Resurrection.

For example, Nephi prophesied that Jesus Christ would appear to the Nephites after His Resurrection (see 2 Nephi 26:1).

Abinadi boldly taught and testified before King Noah that the Redeemer would bring to pass the resurrection of the dead. He said that Jesus Christ “is the light and the life of the world; yea, a light that is endless, that can never be darkened; yea, and also a life which is endless, that there can be no more death” (Mosiah 16:9).

These prophecies, and many others in the Book of Mormon, show us God’s love and teach us important truths about this crucial part of the plan of salvation. These teachings also help us learn of the resurrection promised to each of us through the Savior.

Witnesses
Along with the prophecies recorded in the Book of Mormon, there are also first-hand witnesses of the resurrected Savior.

The Nephites saw the Savior descend from the heavens and heard Him declare, “Behold, I am Jesus Christ, whom the prophets testified shall come into the world” (3 Nephi 11:10).
He then invited everyone to feel the marks in His hands, feet, and side so they would know that He is “the God of Israel, and the God of the whole earth, and [was] slain for the sins of the world” (3 Nephi 11:14).

One by one, people came to Him (see 3 Nephi 11:15). He healed the sick, the hurt, and the afflicted (see 3 Nephi 17:7, 9). He also blessed the children and prayed for them (see 3 Nephi 17:21).

Imagine being among those who saw, heard, and even touched the Savior. Months earlier, the people had endured terrifying tempests, earthquakes, fires, and whirlwinds that signaled the Savior’s death (see 3 Nephi 8). Now they gained a personal witness that the Savior lives and is resurrected with a perfect physical body.

The Savior tenderly told the Nephites, “I have commanded that none of you should go away” (3 Nephi 18:25). He says the same to us today. Although we can’t physically see Him or touch His hands and feet, the Savior doesn’t want us to go away. He invites all of us to come to Him and gain our own testimonies of His divinity and Resurrection.

Teachings
The Book of Mormon is full of teachings about the Resurrection. Here are just a few of the truths we can learn:

• **Jesus Christ was the first to rise** (see 2 Nephi 2:8). Lehi taught that Jesus Christ was the first to be resurrected and to receive a glorified, perfected body.

• **Resurrection comes because of the Fall** (see 2 Nephi 9:6). Jacob taught that “resurrection must needs come unto man by reason of the fall” and that death and resurrection are all part of Heavenly Father’s plan.

Although we can’t physically see Him or touch His hands and feet, the Savior doesn’t want us to go away. He invites all of us to come to Him and gain our own testimonies of His divinity and Resurrection.

• **Resurrection brings us back to God’s presence to be judged** (see Alma 33:22; 42:23; Mormon 7:6). After our resurrection, we will be brought back to God’s presence to be judged. Without resurrection, we would not be able to be in God’s presence or have the chance to live with Him eternally.

• **The body and the spirit will be reunited** (see Alma 11:45). Resurrection means our spirit and body will reunite, never to be parted again. Not only will we regain our bodies, but they will be immortal and perfect—not subject to pain, disease, or other problems.

• **Jesus Christ loosed the bands of death for all** (see Alma 11:42–44). Because of Jesus Christ, everyone who has received a physical body—whether they were wicked or righteous—will be resurrected and saved from physical death. We learn in the Book of Mormon that it’s up to us if we will repent and escape spiritual death.

Our Greatest Hope
President Oaks has said that the Resurrection is the hope that “changes the whole perspective of mortal life.” Because of Jesus Christ and His Resurrection, death is not the end but “merely a necessary step in the destined transition from mortality to immortality.”

Because of the sacrifice and Resurrection of Jesus Christ, our lives will continue after death. We are blessed to have the Book of Mormon to give us this understanding and help us know this truth for ourselves.

NOTES