



## Study Guide, Episode 123–How to Remember

*Alma 8-12*

00:00-05:38	"QOTW: How can I remember Christ and what He has done for me?"
05:39-23:55	"Remember He has delivered, saved, prospered, and prepared you"
23:56-30:58	"Remember what He does for you each day; Soften your heart"
30:59-39:48	"He is with you in tribulation; Remember to rest, recover, and obey"
39:49-END	"Repent; Prepare to meet God; Remember The Plan of Redemption"

- 1) What comes to mind when you hear the word, "Remember"? What helps you remember what matters most? Remember Jesus' hand in your life? Remember your Divine Purpose? Remember to keep His commandments? Remember Him?
- 2) How do you use the scriptures to help you remember Jesus daily? What is one thing you might do to improve your "remembering" using the scriptures?
- 3) Set aside some time to ponder all the Lord has done to prepare, protect, deliver, bless and prosper you. Use Alma 9 for inspiration. Write about these things, and then share them with someone you love this week.
- 4) What does it mean to you to remember to "soften your heart"? What can you do to protect against a hardened heart? To remain teachable, meek, and humble?
- 5) When have you experienced the "anguish of tribulation"? How has the Lord been with, helped, led, and/or loved you through these difficult times? Write about this in your journal, and then discuss it with your family or friends.
- 6) Who have you "been" so far in your life? How have you been? Spend a few moments writing about this. Then, write about who and how you want to become. What is one step you can take this week to become this person?
- 7) Take President Eyring's challenge: At the end of each day ask, "Have I seen the hand of God reaching out to touch [me or my family] today?" Write what comes to mind, Do this for one week, and ponder on the ways this has impacted your life.

### Resources

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