

“Feast Upon the Words of Christ”

ADULT SESSION

Burley Idaho West Stake Conference

April 18, 2026





“Search the
scriptures; for in
them ye think ye
have eternal life:
and they are
they which
testify of me.”

~ John 5:39

“Feast Upon the
Words of
Christ”

~ 2 Nephi 32:3]

45

In the past 10 years, at least **45** separate general conference talks have encouraged us to “*Study the Scriptures.*”

One Prophetic Example



“Become an **engaged learner**. **Immerse yourself in the scriptures** to understand better Christ’s mission and ministry. Know the doctrine of Christ so that you understand its power for your life. Internalize the truth that the Atonement of Jesus Christ applies to you.”

Why Study the Scriptures?

7 Reasons ...

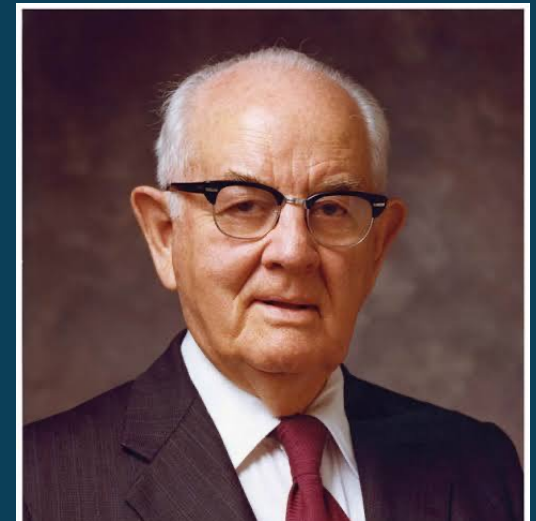
1 Deepens Conversion & Faith in God

“With frightening speed, a testimony that is not nourished daily ‘by the good word of God’ can crumble. Thus, the antidote to Satan’s scheme is clear: we need daily experiences worshipping the Lord and studying His gospel.”

~ President Russell M. Nelson

1 Deepens Conversion & Faith in God

“When it seems that no divine ear is listening and no divine voice is speaking, ... if [we] immerse [ourselves] in the scriptures the distance narrows and the spirituality returns.”



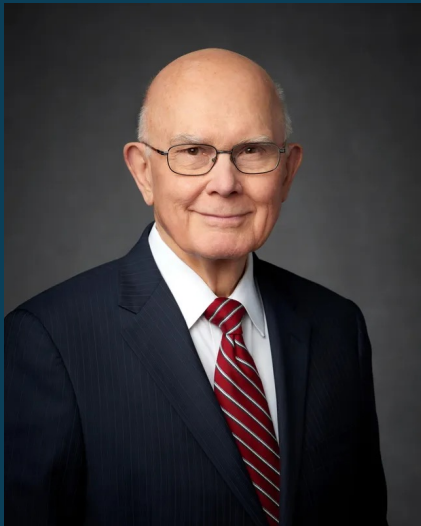
~ President Spencer W. Kimball

2 A Pivotal Time for Personal Revelation

“I promise that as you ponder what you study [in the Book of Mormon], the windows of heaven will open, and **you will receive answers to your own questions and direction for your own life.**”

~ President Russell M. Nelson

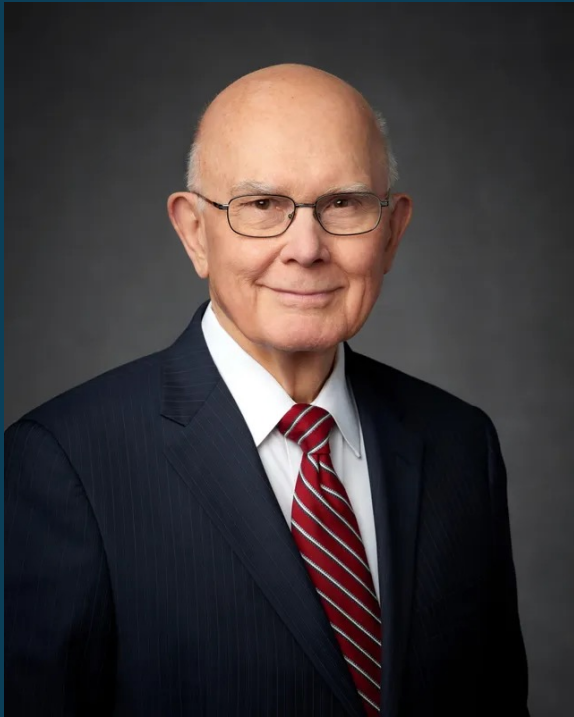
2 A Pivotal Time for Personal Revelation



“A study of the scriptures enables men and women to receive revelations. Elder Bruce R. McConkie said, “I sometimes think that one of the best-kept secrets of the kingdom is that the scriptures open the door to the receipt of revelation.” This happens because scripture reading puts us in tune with the Spirit of the Lord.

Scripture reading may also lead to current revelation on whatever else the Lord wishes to communicate to the reader at that time. We do not overstate the point when we say that the scriptures can be a Urim and Thummim to assist each of us to receive personal revelation.”

2 A Pivotal Time for Personal Revelation



“Because we believe that scripture reading can help us receive revelation, we are encouraged to read the scriptures **again and again**. By this means, we obtain access to what our Heavenly Father would have us know and do in our personal lives today. That is one reason Latter-day Saints believe in **daily scripture study**.”

~ Elder Dallin H. Oaks, “Scripture Reading & Revelation”, Ensign, January

3 Enlightens Our Understanding

“Something powerful happens when a child of God seeks to know more about Him and His Beloved Son. **Nowhere are those truths taught more clearly and powerfully** than in the Book of Mormon.”

~ President Russell M. Nelson

3 Enlightens Our Understanding

“The Book of Mormon provides the fullest and most authoritative understanding of the Atonement of Jesus Christ to be found anywhere. It teaches what it really means to be born again. The full power of the gospel of Jesus Christ is contained in the Book of Mormon.”

“[The Book of Mormon] contains the answers to life’s most compelling questions. It teaches the doctrine of Christ. It expands and clarifies many of the ‘plain and precious’ truths that were lost through centuries of time and numerous translations of the Bible.”

~ President Russell M. Nelson

4 Exposes Satan's Tactics

“The Book of Mormon both illuminates the teachings of the Master and **exposes the tactics of the adversary.**”

“The Book of Mormon teaches true doctrine to **dispel false religious traditions...** [it] **shatters the false beliefs** that happiness can be found in wickedness and that individual goodness is all that is required to return to the presence of God. It **abolishes forever** the false concepts that revelation ended with the Bible and that the heavens are sealed today.”

~ President Russell M. Nelson

5 Gives Us Hope and Encouragement

“We call it ‘study,’ and that’s good because it implies effort. But we don’t always need to learn some new fact. Sometimes reading the Book of Mormon is just about **feeling connected to God today**—nourishing the soul, being strengthened spiritually before heading out to face the world, or **finding healing after a rough day** out in the world.”

~ Elder Mark L. Pace

6 Gives Us Power to Keep Commandments

“When I think of the Book of Mormon, I think of the word **power**. The truths of the Book of Mormon have the **power** to heal, comfort, restore, succor, strengthen, console, and cheer our souls.”

“I promise that as you daily immerse yourself in the Book of Mormon, you can be **immunized against the evils of the day**, even the gripping plague of pornography and other **mind-numbing addictions**.”

~ President Russell M. Nelson

7 Invites the Spirit into Our Lives

- The Spirit brings *power in the priesthood / power in promises* made from our covenants
- The Spirit is the source of all *revelation*
- The Spirit is what *edifies and gives us hope*
- The Spirit *enriches all aspects of our life*
- The Spirit *Cleanses and Sanctifies Us from Sin*

7 Reasons to Study the Scriptures...

1. Deepens Conversion & Faith in God
2. A Pivotal Time for Personal Revelation
3. Enlightens Our Understanding
4. Exposes Satan's Tactics
5. Gives Us Hope and Encouragement
6. Power to Keep Commandments
7. Invites the Spirit into Our Lives

How do we study

in a way that meaningfully brings in the Spirit?



In April 2017, President Thomas S. Monson's gave his final General Conference Talk. He concluded his defense of the Book of Mormon by saying:

“I implore each of us to **prayerfully study and ponder the Book of Mormon each day**. As we do so, we will be in a position to hear the voice of the Spirit, to resist temptation, to overcome doubt and fear, and to receive heaven's help in our lives.”

President Nelson's Example



Six Months later: October 2017

“Since President Monson’s challenge six months ago, I have tried to follow his counsel.”

~ President Russell M. Nelson, October 2017

President Nelson's Study Notes

- The BOM **is**...
- The BOM **affirms**...
- The BOM **refutes** notions that...
- The BOM **fulfills** biblical prophecies...
- The BOM **clarifies** understanding about...
- The BOM **reveals** information previously unknown...

See Pres. Nelson's Study Notes at end of talk
(November 2017 Ensign)

It was he who, through the gift and power of God, translated this holy book. This is *the* book that will help to prepare the world for the Second Coming of the Lord.

I testify that Jesus Christ is the literal and living Son of our living God. He is our Savior, our Redeemer, our great Exemplar, and our Advocate with the Father. He was the promised Messiah, the mortal Messiah, and will be the millennial Messiah. I testify with my whole soul that in a most miraculous and singular way, the Book of Mormon teaches us of Jesus Christ and His gospel.

I know that President Thomas S. Monson is the prophet of God on the earth today. I love him and sustain him with all of my heart. I so testify in the sacred name of Jesus Christ, amen. ■

President Nelson's Book of Mormon Lists

The Book of Mormon is:

- Another testament of Jesus Christ. Its major writers—Nephi, Jacob, Mormon, Moroni—and its translator, Joseph Smith, were *all* eyewitnesses of the Lord.
- A record of His ministry to people who lived in ancient America.
- True, as attested by the Lord Himself.

The Book of Mormon affirms:

- The individual identity of Heavenly Father and His Beloved Son, Jesus Christ.
- The necessity of the Fall of Adam and the wisdom of Eve, that men might have joy.

The Book of Mormon refutes notions that:

- Revelation ended with the Bible.
- Infants need to be baptized.
- Happiness can be found in wickedness.
- Individual goodness is adequate for exaltation (ordinances and covenants are needed).
- The Fall of Adam tainted mankind with "original sin."

The Book of Mormon fulfills biblical prophecies that:

- "Other sheep" shall hear His voice.
- God will do "a marvelous work and a wonder," speaking "out of the dust."
- The "stick of Judah" and the "stick of Joseph" will become one.
- Scattered Israel will be gathered "in the latter days" and how that will be done.

- The land of inheritance for the lineage of Joseph is the Western Hemisphere.

The Book of Mormon clarifies understanding about:

- Our premortal existence.
- Death. It is a necessary component of God's great plan of happiness.
- Postmortal existence, which begins in paradise.
- How the resurrection of the body, reunited with its spirit, becomes an immortal soul.
- How our judgment by the Lord will be according to our deeds and the desires of our hearts.
- How ordinances are properly performed: for example, baptism, sacrament, conferring the Holy Ghost.
- The Atonement of Jesus Christ.
- The Resurrection.
- The important role of angels.
- The eternal nature of priesthood.
- How human behavior is influenced more by the power of the word than the power of the sword.

The Book of Mormon reveals information previously unknown:

- Baptisms were performed before Jesus Christ was born.
- Temples were built and used by people in ancient America.
- Joseph, 11th son of Israel, foresaw the prophetic role of Joseph Smith.
- Nephi (in 600–592 BC) foresaw the discovery and colonizing of America.
- Plain and precious parts of the Bible have been lost.
- The Light of Christ is given to each person.
- The importance of individual agency and the need for opposition in all things.
- Warnings about "secret combinations."

NOTES

1. See 3 Nephi 17:9–12.
2. Thomas S. Monson, "The Power of the Book of Mormon," *Ensign* or *Liahona*, May 2017, 87.
3. See Alma 42:8.
4. See Alma 7:11–12.
5. See, for example, 2 Nephi 31:2–21.
6. See 1 Nephi 13:29–33.
7. See 2 Nephi 26–33.
8. See Moroni 8:11–15.
9. Mosiah 2:41; see also Alma 28:12.
10. See Alma 41:10–11.
11. Special sacred ordinances and covenants are also required.
12. See Alma 13:27.
13. See *Teachings of Presidents of the Church: Brigham Young* (1997), 299. He was referring to the importance of temple and family history work.

President Cook's Experiences

- Read the Book of Mormon each month for six months
- Mormon's use of "And Thus We See..."
- 3 Nephi: Studied Words of Christ / *every* footnote
- **Leadership:** King Benjamin vs King Noah
- Elder Holland: Study the Book of John to note the relationship between the Father and the Son
- President Nelson: "Learn about miracles"
- Studied the Book of Mark for 1 year (with commentary)
- Deep dive comparison of the accounts of the Holy Week

Other Study Ideas to Try

- Read the BOM to become a subject-matter expert on one or more topics (atonement theology, Last Days, justice vs mercy, role of angels, how we access mercy)
- Pres. Nelson BOM: list “what it affirms, what it refutes, what it fulfills, what it clarifies, and what it reveals”
- Study the teachings of a certain prophet (King Benjamin, Alma)
- Characteristics of Jesus from BOM and New Testament
- Pres. Nelson: Read scriptures and list all the Lord has promised He will do for covenant Israel
- Parables of Jesus — Elder Andersen
- The Holy Week: Perform your own comparison of all 4 Gospels; Compare and contrast the stories
- Develop a list of all the names of Jesus used in the Book of Mormon and what each means (Elder Holland)
- **Buy a *new/unmarked* BOM to read**



An Invitation

An Invitation

- Study the Scriptures *differently* for 60 Days
- Try something *new*!
 - If you usually read from phone, try physical book
 - If you usually *listen*, try *reading*
 - If you usually read at night, try the morning
- Consider focusing on the Book of Mormon
- Use a study idea from tonight (or your own idea)
- Make a *sacrifice* of time and mental effort and quietness
 - Wake up early / Stay up late
 - Trade time spent with distractions & replace with gospel study

Be Prepared To Take Notes

2 Yea, behold, I will ^atell you in your mind and in your ^bheart, by the ^cHoly Ghost, which shall come upon you and which shall dwell in your heart.

3 Now, behold, this is the spirit of revelation; behold, this is the spirit by which Moses ^abrought the children of Israel through the Red Sea on dry ground.

~ Doctrine & Covenants Section 8:2-3

*Revelation will come to you while you study through your thoughts, your feelings, and impressions on **every topic important to you** (family, relationships, problems, work issues, your calling, ministering assignments, people, and more).*

A Promise