Grounded: Alma 5 - 7

Barbara Morgan Gardner & Kaylen Nelson



SOURCES CITED AND STUDY RESOURCES:

- Come Follow Me
- Alma 5-7
- Moroni 10:3-5
- O Remember, Remember - President Henry B. Eyring
- Spiritually Defining Memories - Elder Neil L. Andersen
- Pillars and Rays - Elder Alexander Dushku
- Notwithstanding My Weakness - Elder Neal A. Maxwell
- Each a Better Person - President Gordon B. Hinckley
- Sharing Insights from My Life - Elder Neal A. Maxwell
- Seeing God's Family through the Overview Lens - Sister Tamara W. Runia
- God's Intent Is to Bring You Home - Elder Patrick Kearon

TIMESTAMPS:

(00:00) Introduction
(2:58) Power of the Past
(15:25) Firm in the Testimony
(31:20) Numbered Among the Righteous
(42:50) How has the Book of Mormon Changed your Life?

TRANSCRIPT

Introduction

Barbara Morgan Gardner	00:00:00:02	Welcome to our home. We are so excited to have you with us as we continue our study of the Book of Mormon. Today we're going to be studying Alma chapters five through seven. We're going to be looking at the topics of the power of the past, firm in the testimony and numbered among the righteous. We're looking forward to a great study with you.
Barbara Morgan Gardner	00:00:19:06	Welcome to grounded, where women of all ages, nationalities and backgrounds gathered together with me, Barbara Morgan Gardner, and my guests as we strive to gain a bedrock understanding of the life and teachings of Jesus Christ and become more like him. We are so excited to have our friend Kaylen Walton Nelson with us. Yeah, Kaylen, thank you for being here.
Kaylen Walton Nelson	00:00:38:14	I am so grateful and thankful to join you.
Barbara Morgan Gardner	00:00:41:08	Well, thank you and thank you for being one who has studied the scriptures and taught the gospel. I'm just giddy for this conversation.
Kaylen Walton Nelson	00:00:46:05	Me too.
Barbara Morgan Gardner	00:00:47:18	Okay, so, Kaylen, President Nelson, as you know, has reminded us all that we are children of God, children of the covenant, and disciples of Christ. We love those identities. Beyond those three identities, how would you describe yourself? Who are you?
Kaylen Walton Nelson	00:01:00:21	I'm a teacher. I am a teacher. Like to like my DNA. And I feel that so strongly. But, I grew up in small towns in eastern Utah. So vernal and Price and, my dad taught for seminaries and institutes, so, so when I say it's like, in my blood, it is. It's in my blood. It's the conversations I have at home.
Kaylen Walton Nelson	00:01:22:01	Anyway, I graduated from BYU and started teaching seminary, so we have some similar roots, some similar rules. And, anyway, I teach seminary for about ten years in Salt Lake, so, a beautiful experience. There are natural things that are natural gifts that people have. And maybe that's why, you know, someone might not consider themself a good teacher, but teaching really is skills.
Kaylen Walton Nelson	00:01:44:20	Yeah, that are absolutely learnable. There are things that you, tools and skills that you can practice and employ. Because you don't become a Barbara Morgan Gardner overnight and you don't you don't just naturally learn.
Barbara Morgan Gardner	00:01:56:16	You don’t become Kaylen Walton Nelson overnight.
Barbara Morgan Gardner	00:02:02:03	That’s something that we have in common, right. We both like to use our

maiden name.

Kaylen Walton Nelson 00:02:05:09 We do, because.

Barbara Morgan Gardner 00:02:06:01 We got married a little bit later in life and for other reasons as well. But people know us by that. And it's important.

Kaylen Walton Nelson 00:02:12:11 So when people say my name, you know, how many years of students knew me as Sister Walton. Exactly. And that's a huge part of who I am. And I'm connected to my family. And my dad taught me and I, seminaries and institutes. And so I want to be connected to him in the system and in people's minds. but I've been Nelson for a good ten years now, you know?

Kaylen Walton Nelson 00:02:30:10 And so that's also an identity of mine. And you know what else?

Barbara Morgan Gardner 00:02:33:02 One of the things that I, one of the reasons I love using my maiden name, there are many reasons, but one that I love is it brings honor to my parents, I believe, is I live a righteous life. I'm bringing honor to my parents by using their name as well.

Kaylen Walton Nelson 00:02:43:19 I agree, I agree that that connection is also strong. So anyway, we have some good connections, but I just. Yeah, teaching has been an immense blessing. Something that even after, you know, having a baby, I was going to come back and maybe this could even be a segue with Alma. Alma giving up one of his hats and wearing two hats and feeling that and and and you're experiencing that with motherhood as well.

Power of the Past

Kaylen Walton Nelson 00:03:09:13 Where you are trying to, there are times to wear all the hats and some of the hats. And then Alma's going to show us today what it's like to take off a hat.

Barbara Morgan Gardner 00:03:17:17 And that's Alma chapter four, where he says, you know, I, I am now going to be preaching the Word of God to people. I'm going to put up the judgment seat now. I'm going to be out here being amongst you, teaching, as it says in verse one, I'm going to deliver the Word of God into the people, and that's where he's really going to hone in.

Barbara Morgan Gardner 00:03:33:22 But I appreciate you saying that, especially as women, as we are talking about this together, we do wear many hats. We have a lot of roles and responsibilities and much of that as president, as president, Balor says, is the ambiguity of the life of a woman. And we have to take it to the Lord. What is right for me may not be right for you, and may or may not be right for someone else, and vice versa.

Barbara Morgan Gardner 00:03:52:09 And the importance of understanding God's will for us as women and doing what he would have us do.

Kaylen Walton Nelson 00:03:57:13 And ultimately, if you are right with God, then you have to just say to everybody else, judge away. Yeah, have your opinions, whatever they are. But, this is what I'm going to do. And this is where I feel drawn. And so, you know, I love Alma's examples. Sometimes there are time to wear hats.

Kaylen Walton Nelson 00:04:16:04 Sometimes there are times to take off certain hats. Absolutely. but only God can tell Alma when and when not to do that. So some context into this chapter is we know Alma the Younger obviously has his rebellious period right. And, it's Alma 26. No, no, no, Mosiah 26 when it talks about the rising generation. Right. So we have this like group of people, you've got the people that were in Zarahemla, so they heard King Benjamin's speech, or you got the people of Limhi who got miraculously delivered, or you got the people of Alma the Elder who got miraculously delivered.

Kaylen Walton Nelson 00:04:49:19 So regardless of who your ancestor is in Alma chapter five, you're saying, here's some history that we have and the history is miraculous. But they have, you know, this kind of roots back into Mosiah, where Alma was amongst those who were nonbelievers of the rising generation. And now he really feels called and drawn to go seek these individuals out and correct their ways.

Kaylen Walton Nelson 00:05:11:19 Yeah. As a former one of them.

Barbara Morgan Gardner 00:05:13:08 Absolutely. This is an experienced individual who has really been through and recognizes the change and the importance of the Atonement of Jesus Christ. And he says he cannot suffer. He cannot suffer that one soul is lost. Right. And this is a sense of Mosiah, and it's Alma's one they are going to their whole life is going to be about serving other people.

Barbara Morgan Gardner 00:05:32:07 Bring people to Christ.

Kaylen Walton Nelson 00:05:33:01 And fascinatingly enough, his buddies go abroad. His buddies go abroad, and they go. And then you get all the amazing stories of Nephi and all the others. but Alma, Alma stays home.

Barbara Morgan Gardner 00:05:44:06 Yeah.

Kaylen Walton Nelson 00:05:44:12 And he preaches in his hometown, which is in a lot of ways unique and sometimes more difficult because they are aware of Alma. but there that he Alma tirelessly goes to to redeem even the people that he's around. So his initial call to repentance is an initial maybe introduction. We want to call it maybe the power of the past.

Kaylen Walton Nelson 00:06:05:15 but he kind of draws their minds back and he says, do you remember? Have you sufficiently retained in your remembrance the captivity of your fathers? Have you? And so whether you're from Limhi or whether you're from Alma or whether you heard King Benjamin and you were a child, like we all had these miraculous beginnings and these stories that are amazing.

Kaylen Walton Nelson 00:06:25:00 And then he asks the people he says, you know, your ancestors, they were lost. They felt the song of redeeming love. But verse 14 is classic and beautiful. And now, behold, I say to my brethren of the church, have you been spiritually born of God? Have you received his image in your countenances? Have you experienced this mighty change in your hearts?

Kaylen Walton Nelson 00:06:45:14 And it draws in to say like, could you reflect back what where you could harken in your past? Because maybe you weren't with Alma when he was delivered. Alma the elder, maybe you weren't at King Benjamin's speech. but have you had your own experiences with this? And if you felt to sing the song of redeeming love, then.

Kaylen Walton Nelson 00:07:03:19 Then can you feel so now? These are beautiful verses.

Barbara Morgan Gardner 00:07:07:00 They are beautiful. And it's really what we're asked to do at the beginning. And Nephi is asking us to remember the tender mercies of the Lord. Look for those tender mercies of the Lord, and then you get to the end of the Book of Mormon as we know this in Moroni. Where? And this is one, you know, we teach says so often as there are three things are happening that that Moroni is asking us to do, we miss one that I think is so important in verse four, chapter ten of Moroni, verse four, he says, and when you shall receive these things, I would exhort you that you would ask God the Eternal Father,

Barbara Morgan Gardner 00:07:32:11 in the name of Christ, if these things are not true, and if you shall ask but this is your heart with real intent, having faith, that faith in him, he will manifest a truth of it unto you by the power of the Holy Ghost. But before that, in verse three. Yep. And this is the part that's always so critical, I think, is if it be wisdom in God that you should read them, that you would remember how merciful the Lord hath been unto the children of men at the end of the Book of Mormon.

Barbara Morgan Gardner 00:07:54:19 He is pleading with those who are having this experience to go back and remember the tender mercies of the Lord. This idea of remembering and having ancestors in the past. But to your point, remembering your own experience, your own person. Do you feel so now? Do you remember? Can you feel this? You know.

Kaylen Walton Nelson 00:08:12:11 And I as a youth. Yes, I would like I don't know where the youth. yeah. You know, I, I would remember, like men in my ward saying like, on my mission and I'm like, sure like 60, like, have you done anything lately? And again, like, this all came from my mother. That's where this all came from.

Kaylen Walton Nelson 00:08:36:13 But it's just like this, like salty sarcasm within me to be like you know. And I didn't realize to that degree at the time of like, that is a spiritual principle that I can't forget. The other is that I need to be consistently replenishing, right? Yeah. Here's a couple of quotes that I want to chat about, if you wouldn't mind, please.

Kaylen Walton Nelson	00:08:56:06	And I'd love to get your thoughts on them, but I, I love Henry B Eyring. We both do. We chatted about this. The challenge to remember has always been the hardest for those who are blessed abundantly. Those who are faithful to God are protected and prospered. That comes as the result of serving God, keeping his commandments.
Kaylen Walton Nelson	00:09:16:02	But those. But with those blessings comes the temptation to forget their source. It's easy to begin to feel the blessings were granted, not by a loving God on whom we depend, but on our own powers. That's Henry B. Eyring, 2007. How? How do you see that today, Barbara? How are you seeing that? Like this. Remembrance. Why do you think it's so important?
Barbara Morgan Gardner	00:09:34:21	You know what? When I was speaking of going back a few years when I was in the third grade, how does that go for dating? I remember we had built this city for Oregon. So for the city of Salem, the capital city, we were asked the students to build, to create little buildings so we could recreate Salem, Oregon.
Barbara Morgan Gardner	00:09:56:01	Right. And I remember a prayer that was said, This is Brandon, that we were saying a prayer. I don't know why we were saying a prayer at school, but somebody was asked to offer a prayer for this big thing they were doing at the elementary school. The prayer was offered, and in the prayer, the individual praying said, we're grateful for all the things that we have done.
Barbara Morgan Gardner	00:10:14:15	We're grateful for our industry. We're grateful for our lives. We're grateful for our money and at the end of the prayer, as a 30 year old, I realized she wasn't praying to God. She was praying. We were praying to each other. There was no admin. There was no acknowledgment that there was a God. And I remember my parents were there.
Barbara Morgan Gardner	00:10:32:04	And I remember my I mean, they streamlined it right to me. And they just said, you remember that nothing comes except for from God. I mean, that was so important to them. And I've seen that there's a lot of and not to get too much on the, on the negative, but there is a lot of entitlement.
Barbara Morgan Gardner	00:10:48:01	There is a lot of this coming. And this is the constant reminder in Alma chapter five through seven. And we're going to get there with seven a little bit. But it is a strong reminder that it is Jesus Christ. Yeah, and it is Jesus Christ that brings us. And the closer we are to Christ, the more grateful we are for Christ, the more we realize that he really is in charge of everything.
Barbara Morgan Gardner	00:11:06:19	The more I know about Christ, the more I realize, as we were told earlier in Mosiah, I am nothing right? But also the more I know Christ, the more I realize I am everything.
Kaylen Walton Nelson	00:11:16:13	Right and with him I am fully capable.

Barbara Morgan Gardner	00:11:18:16	Exactly.
Kaylen Walton Nelson	00:11:19:07	And I wonder with my loved ones who have at times struggled or who are, at various points of activity, you just, you that's the, the fear. The fear is that it's not because I was keeping commandments. It's because I just got lucky. I'm lucky. I worked really hard and and and we cannot forget to remember.
Kaylen Walton Nelson	00:11:45:14	And I think that's Elder Eyring's point. It's absolutely so easy to forget.
Barbara Morgan Gardner	00:11:49:22	And that same talk, he talks about how the Lord has given him all of these experiences. And he says, he says, remember, these are not meant for you. These are not meant for you alone. This is for your family and your future. Write these things down. Right?
Kaylen Walton Nelson	00:12:01:09	And then he quotes his son, quotes him later, and he's like, hey dad, I was reading the journal. Yeah, I was reading in the journal and you shared this experience and it impacted my life. And I'm like, the journal only Henry B, I think would have it would start Henry B. Eyring's journal. Yeah. This is like the journal where their life and family miracles have been recorded.
Kaylen Walton Nelson	00:12:18:03	Anyway, there are a lot of ways that we can remember things. And, another maybe we'll just reference this, but just, Neil Anderson Spiritually Defining Memories. He gave that talk in 2020, I believe. And those are our personal books of life. He calls them. And that when we have these experiences, when we're cherishing them, whether that is that they're written, you know, it's best to write them down, right?
Kaylen Walton Nelson	00:12:42:14	Because our memories are faulty. But if we're cherishing the spiritually, defining memories, then those become anchors for us. We say, I don't know everything, but here are some things that I do know. And if we think that it's productive for us to look through and say, what are my spiritually defining memories? Because there's a lot of noise in the world and a lot of things that we can get frustrated on.
Kaylen Walton Nelson	00:13:07:18	Would you call them secondary questions? There are a lot of secondary questions that we can get really wrapped up in. And for the record, secondary doesn't mean unimportant, right? The primary questions are those are the things that I'm looking for. but sometimes I can get really, really concerned about secondary things.
Barbara Morgan Gardner	00:13:26:04	We can't. And and to your point, when you're talking about this, you're saying, do you remember. Right. And in verse 26 and now, behold, I say unto you, my brethren, if you have experienced a change of heart, and if you have felt to sing the song of redeeming love, I would ask, can you feel so now? Yeah, right.
Barbara Morgan Gardner	00:13:39:18	And I think, and in my life, having read this scripture many times, sometimes I just keep going.

Kaylen Walton Nelson 00:13:46:14 Right.

Barbara Morgan Gardner 00:13:47:02 There have been wise moments in my life where I've actually slowed down and thought to myself, can I feel the love of God right now? Do I do I feel to sing the song of redeeming love right now and there of there have been times in my life where I've said to myself, now, like, it's not the things I love about Alma five is this is if you want a personal interview that you can just you look at the questions and you're asking yourself, going through this whole thing and you can yes or no, and then what do you do about it?

Kaylen Walton Nelson 00:14:19:00 Seminary video. That was like the interview. Do you remember that?

Barbara Morgan Gardner 00:14:21:10 Yes, yes.

Kaylen Walton Nelson 00:14:22:07 The witnesses.

Barbara Morgan Gardner 00:14:23:17 Yeah. And this one specifically I have stopped at this verse many times in my many years of life now. And I've just said, can you feel so now? And if it's a yes, great. If it's a no I need to figure that out. It's an interview between me and the Lord. And can I feel so now? And what do I need to do in my life to feel that sometimes it could be repentance, sometimes it could be I have way too much going on in my life, and I haven't even considered the love of God.

Barbara Morgan Gardner 00:14:47:01 Sometimes it could be there if there are a variety of reasons, but to bring it back, to slow down, to have these personal interviews with the Lord and just say, what can I do to feel your love right now? And one thing that I have learned from the Lord is if we go to the Lord and ask him how he feels about us, he will let us know.

Barbara Morgan Gardner 00:15:04:12 He'll let us know. But to take that time and I would encourage people to do this as well. One of the things that we also learn back to President Eyring is the importance of really and this is what Alma's doing. He's trying to get people to experiment on the word. Experiment on the word. Ask God if he loves you, see how you feel about it, put that effort into knowing.

Kaylen Walton Nelson 00:15:23:09 Right? And maybe we've even moved into our second topic here, where it's like, ponder on the past, but then how does it take you to a firmness in the testimony of Jesus Christ right now? What does that look like currently? You know, are we built on the rock? Are we feeling these feelings? And I like Total Confession. I have had many times in my life where I've been like, I don't think that it's fresh.

Firm in the Testimony

Barbara Morgan Gardner 00:15:45:08 Yeah.

Kaylen Walton Nelson 00:15:46:06 I feel like my recollection is a bit stale.

Barbara Morgan Gardner 00:15:50:03 So what do you do?

Kaylen Walton Nelson 00:15:50:19 And I just hope it's General Conference time mostly. And I'm like, oh, goody. I'm feeling a little stale. And it happens to be March. And I'm like, oh, good. Because I do feel like there is a revival for me that comes into a conference where there's a renewing of, a re-energizing. And I've been grateful for that.

Kaylen Walton Nelson 00:16:09:05 And that's my, you know, taking questions to conference is a common thing that we do. But most of the time it really is a plea for renewal, a plea for, for to have the fire again and to be ignited about the gospel of Jesus Christ.

Barbara Morgan Gardner 00:16:26:02 Yeah. I think that this idea of this being firm in the testimony, we started out talking about Alma, and he is going to the people and he says, you know, Alma began to deliver the word of God. And to his people. He's trying to help them be firm in their testimony. He knows what it's like to not be firm.

Barbara Morgan Gardner 00:16:42:01 As you mentioned before, you try to help them become firm. And now he's going to teach the doctrine. And I love, you know, Elder Bednar. One of the things that he talks about a lot is if we could help people understand the doctrines and principles of the gospel of Jesus Christ and help them be grounded in the truth of Jesus Christ, then they will be able to be firm in their testimonies of Jesus Christ when they act upon it.

Barbara Morgan Gardner 00:17:01:01 And is acting upon it then that allows the Lord to confirm the truth to us? Right? But if we don't understand the word, and I think this is why Alma's going out there, he recognizes there's a lot of confusion. And, you know, there's a lot of confusion about who God is. There's a lot of confusion about life.

Barbara Morgan Gardner 00:17:15:09 Do you know these things? There's confusion about our own history. Let's get back to the basic, fundamental truth of the gospel of Jesus Christ. And I'm going to help you be truly grounded in his gospel. It's the O. Remember, remember as the Helaman that we hear all the time in General Conference that we study throughout the scriptures.

Barbara Morgan Gardner 00:17:31:15 I love Alma five, where he's really teaching. And he says, behold. So this is verse 45. Yep. This is not all. Do you suppose that I know these things of myself? I mean, so he's admitting, like he's having a raw conversation with these people for sure. I do know that these things were of I have spoken are true.

Barbara Morgan Gardner 00:17:48:23 And how do you suppose that I know of they're asurety? And we would say, well, the angel came. I mean, we know this story, but he is very clear. How does he know? Behold, I say unto you, they are made known unto me by the Holy Spirit of God. Behold, I have fasted and prayed many days that I might know these things of myself.

Barbara Morgan Gardner 00:18:04:12 And now I do know of myself that they are true. For the Lord God hath made them manifest unto me by His Holy Spirit. And this is the spirit of revelation which is in me. And then finally in verse 47 on this part, and moreover, I say unto you, that it has thus been revealed unto me, that the words which have been spoken by our fathers are true, even so according to the spirit of prophecy which is in me, which is also by the manifestation of the Spirit of God.

Barbara Morgan Gardner 00:18:27:18 And then finally, in verse 48, he's going to just bear this very strong testimony. I say unto you, I know of myself. It's like Joseph Smith. I have learned for myself, Alma, I know of myself, that whatsoever I shall say unto you concerning that which is to come is true. And I say unto you, that I know that Jesus Christ shall come.

Barbara Morgan Gardner 00:18:47:10 Yea, The son of the only begotten of the father, full of grace and mercy and truth. And behold, it is He that cometh to take away the sins of the world. Yea, the sins of every man who steadfastly believeth on His name. He had this experience where he saw Christ himself. He had this experience where he was holding on to Christ.

Barbara Morgan Gardner 00:19:03:09 And he just says, and he knew, he knows the Redeemer. But it wasn't even the vision that he says. It was his testimony. It was the Holy Spirit of God.

Kaylen Walton Nelson 00:19:12:03 Back to our topic of conversation, which is Henry B. Eyring. Yeah. He says, that faith has a short shelf life. Yeah. And we see that with Laman and Lemuel. We see that with others who have. And I know, I don't know, for me, I'm like, no, really, though, if I saw an angel, I really would never go.

Kaylen Walton Nelson 00:19:27:10 And I think that most of us feel that way, that maybe even in the military idiots. But like, I would never. But there's plenty of experiences in church history that prove this point. And Alma says it's because I have prayed, and it's because I have faithfully continued. You and I might have had past experiences in the past. It reminds me of the General Conference talk, just barely.

Kaylen Walton Nelson 00:19:45:17 Elder Dushku talking about Rays and Pillars. Yes, Alma has had a pillar, but he's saying that the way that he's maintained is raise and and and I love that because I'm raised.

Barbara Morgan Gardner 00:19:59:06 Yeah.

Kaylen Walton Nelson 00:20:00:03 I'm raised that I've accumulated and and so common misconceptions that I need these big experiences to be firm in the testimony and and Alma and other Dushku and many others say no, no, that these spiritually defining memories that as we gather these, that as we collect them together, that's that's how we stay for.

Barbara Morgan Gardner 00:20:20:04 This whole idea of Alma and his testimony really brings me into Alma chapter

seven, because I think that his testimony, when we're talking about firm in the testimony, Alma chapter seven, I mean, there's a lot going on in chapter six as well. But Alma, chapter seven just brings us right into his testimony of Jesus Christ. We see this in the Bible as well, but can you kind of guide us through chapter seven here a little bit, and especially guiding us into.

Kaylen Walton Nelson 00:20:43:04 What was the best save? Yeah, the best of the best. Yeah. So Alma finishes his discussion with the people in Zarahemla. He kind of sets up some, ecclesiastical fail safes for them. In chapter six. And then in chapter seven, he goes to Gideon and he's, like, giddy about Gideon. Yeah. Thrilled. And you can look through.

Kaylen Walton Nelson 00:21:01:08 He's just like, I am so glad that you're not having the same dilemma as there. I am so glad that you are firm in the faith. And I do think, you know, as we'll go into the scriptures in a minute. Well, two things. Number one, because of social media, prophets.

Barbara Morgan Gardner 00:21:16:18 Yeah, I know that.

Kaylen Walton Nelson 00:21:17:19 It's like, can you imagine if the people of Zarahemla heard it like, you know, but it's because he expands the atonement of Jesus Christ to more fully include then the people of Zarahemla need to repent. And that's where we associate the atonement all the time. Yes, necessarily. And the people of Gideon definitely are going to need to repent.

Kaylen Walton Nelson 00:21:35:22 They're not perfect, but they have. Isn't it so hopeful, though, that there is an element of like. But we're on the way. Yeah. Like I have. So many members of the church just like it's every conference. It's just a list of to do's, and I'm never enough and I'm never whatever. But I don't think that that's true.

Kaylen Walton Nelson 00:21:53:00 I think that we have ears to hear certain messages, that there are messages to Zarahemla, and there are messages to Gideonnites and the Gideonites message. Sometimes to us it is, I'm so glad you're on the right path.

Barbara Morgan Gardner 00:22:04:06 When you realize that God is going to help you to be the best you can possibly be. It's not. It's not a matter of I'm doing horrible. And how depressing. And God's requiring too much. It's the divine discontent that Elder Maxwell talks about this is divine discontent. I want to be better. It's the president. It's the president Hinckley, who did such a great job with this.

Barbara Morgan Gardner 00:22:20:20 He was always saying, you know, you're doing a good job, but you can do better. And if we can have that attitude of, I want to become something, not just do something, it changes our whole mindset about life.

Kaylen Walton Nelson 00:22:29:11 And I think 25, seven, 25 is, and may the Lord bless you and keep your garment spotless to the zero Hamlin's. He says you need to get your garment spotless because you are going to go before God, and it's going to be a horrible experience for you if you continue in this way. But the message is

like, keep your garments the way that they are.

Kaylen Walton Nelson 00:22:47:14 And then to this era, the people in Zarahemla, he says, can you imagine sitting next to Abraham, Isaac and Jacob? You're not going to feel comfy, but to the people in Gideon, he says, you're going to be brought to sit down with Abraham, Isaac and Jacob. Like you're going to feel comfortable there if you keep doing what you're doing.

Kaylen Walton Nelson 00:23:01:06 And maybe even in messages to women, we are very like broadly, we are very hard on ourselves. Yet we are. We can be.

Barbara Morgan Gardner 00:23:10:21 I am, I am hard on myself.

Kaylen Walton Nelson 00:23:13:00 And so these messages of like, I think it's okay for me to say like, I think I'm doing a good job, I think I'm in a good place. I'm so grateful. Like I can say, if I died today, I think I'd be okay. Yeah. And I don't think that that's boastful. I think that that's me saying I can answer my temple recommend questions.

Kaylen Walton Nelson 00:23:30:20 Totally not perfect, but I really I'm trying and I feel like I'm keeping my garments clean. Yeah, I'm trying to do that. And that's really helpful. Message. Okay, I keep going around and I really, really I'm going to go where I love.

Barbara Morgan Gardner 00:23:41:22 And I hope you do.

Kaylen Walton Nelson 00:23:44:03 but verse 11 becomes this like doctrinal discourse on the atonement of Jesus Christ, the Gideonites, it's our, our, our repenting. They are using the atonement, Jesus Christ, for repentance. But what else can he help us with? And he shall go forth 11 suffering pains and afflictions and temptations of every kind. And this, that the word might be fulfilled, which saith, he will take upon him the pains and the sicknesses of his people.

Kaylen Walton Nelson 00:24:06:21 And he will take upon him death, that he may loose the bands of death which binds people. And he will take upon him their infirmities, that his bowels may be filled with mercy according to the flesh, that he may know according to the flesh how to succor is people according to their infirmities. Now the spirit knoweth all things.

Kaylen Walton Nelson 00:24:20:17 Nevertheless, the Son of God suffereth according to the flesh, that he might take upon him the sins of his people, that he might blot out their transgressions according to the power of his deliverance. And now, behold, this is my testimony, is the testimony which is in me. I am not a perfect scholar of other Christian religions, but I'm pretty confident that that's pretty unique to the Latter-day Saints, that it's not just Jesus suffering and dying, but it's that he can empathize.

Kaylen Walton Nelson 00:24:48:13 That he can be with us in those moments. And we see it. We see him with Mary and Martha. We see him weeping. Right? So we see it in the Bible. We

see it in the New Testament. But this is a doctrinal thing to say. No, but really, he might not have ever had cancer, but because of what he chose to go through, he can empathize to a degree in which you might not ever be able to empathize, somebody else might not ever be able to.

Kaylen Walton Nelson 00:25:14:04 And that becomes this beautiful doctrinal truth that the people of Gideon get because to your point, because of the level of their preparation, because of where they're at, Jesus says you need Jesus. And at home, Alma says, you need Jesus on a whole new level. And let me teach you that he can still be with you because you all still have disease.

Kaylen Walton Nelson 00:25:32:11 You all still are affected by disability and infirmities and mental health and all of these things. And Jesus is there too. And maybe when members of the church are hearing like, you need to repent or you need to turn to Jesus Christ, you need to utilize the Atonement of Jesus Christ more in your life that they're thinking sin.

Barbara Morgan Gardner 00:25:48:03 Yeah.

Kaylen Walton Nelson 00:25:48:13 And I think the truth of the matter is that they're saying, I think that there is power that you can access. strength. Comfort. What is this mysterious power, DaviD, again, Elder Bednar would be like tapping in and accessing like, you wouldn't like any of those words. but they're tactile words, right? That we understand. But it's the idea of what additional comfort, what additional strength, what additional, fortifying nature do I need to get through things that are completely unseen, related.

Barbara Morgan Gardner 00:26:18:05 And in reality, as you go from that verse on to verse 15 where he talks about, first of all and 14, he's still saying that, still saying to them, you still need to repent. You still need to be born again. Yep, everyone. And what a positive teaching it's. Repentance isn't a mean, negative thing.

Kaylen Walton Nelson 00:26:31:20 Repentance allows. They're trying to try to change that.

Barbara Morgan Gardner 00:26:34:06 And it's repentance isn't just overcoming. Repentance isn't overcoming only. It's becoming. Until we are like our Heavenly parents, we have work to do. We are trying to become so it's the Savior that is doing that. Then in verse 15, I think it's interesting here he says, yeah, I say unto you, come and fear not, and lay aside every sin.

Barbara Morgan Gardner 00:26:50:16 These are still the righteous people. He's asking us to lay aside our sin which easily doth beset you. President Harold. Billy had this quote where he says, we need to get away our give away our favorite sins, ones that we have the bed.

Kaylen Walton Nelson 00:27:02:00 Right, right.

Barbara Morgan Gardner 00:27:02:20 Which doth bind you down to destruction. Yea, come and go forth. Show unto God that you are willing to repent of your sins. Now we're talking about a covenantal relationship here, and enter into a covenant with him to keep his commandments and witness unto him. This day that you're going into the waters of baptism, he is still preparing them for baptism.

Barbara Morgan Gardner 00:27:17:22 At this point, he's still trying to help them keep their covenants. And to your point, we're talking about enduring to the end, which is part of this relationship that he's having. We endure to the end by keeping our covenants with the Lord. And it can be hard work, regardless of how righteous or how wicked we are. We need the Atonement of Jesus Christ.

Kaylen Walton Nelson 00:27:33:11 He's still on the path.

Barbara Morgan Gardner 00:27:34:09 But sometimes we talk about Jesus as if he's just, you know, he suffered. He empathizes, he suffers. But he is our only hope, the only hope. And in so many ways we can look so carefully at Christ. But I love when Alma is going through this. Alma doesn't just believe in some fluffy, ethereal Jesus. He believes in the Jesus that he knows.

Barbara Morgan Gardner 00:27:57:20 As it says later on in Alma 36, as he says, Mary, he knows the Jesus that gave him mercy, and when he was in the gall of bitterness, encircled him about he knows the Jesus Christ, who remembered, who helped him to remember his pains no more. He remembers the Jesus who gave him joy. And I think all of us understand that it is Jesus Christ that does the healing.

Barbara Morgan Gardner 00:28:21:15 It's Jesus Christ that makes this all possible. And in all honesty, when we we can go through these scriptures so quickly and I recognize sometimes we do, I appreciate the chance to be with you and to slow down a little bit as we talk about this testimony of Jesus Christ, that Alma is bearing his testimony and then the opportunity to share my testimony, you share your testimony all the time of Christ as well.

Barbara Morgan Gardner 00:28:43:11 And what we're trying to do, really, as teachers and as parents and as leaders and as friends and as brothers and sisters, everybody else is to help people experiment upon the word. As Alma's trying to do and experimenting upon the word to me means not only are you studying it, but you are helping others experiment on the Atonement of Jesus Christ.

Barbara Morgan Gardner 00:29:02:07 Christ is the word we're trying to help people say, Jesus Christ really will help you. Yeah, Jesus Christ really is present, Nelson says. He is the answer. The answer is Jesus Christ.

Kaylen Walton Nelson 00:29:14:16 And why does Alma preach repentance? Because he's saying to the people of Zarahemla, you haven't felt sing the song of redeeming love. I need you to repent so that you feel that again. Yeah, like I want. He's trying to point them to an experience as if I'm asking you to repent that I'm asking you that. Then I'm hoping that you are going to not change because of me, but change

because you're going to have one of these spiritually defining memories as you turn.

Kaylen Walton Nelson 00:29:40:05 That's going to do more for you than I could do. Because Alma's gone away. Yeah. Amen. And prophets come and go, unfortunately. And parents and parents pass away like you. You have to have something that is just this. Just you.

Barbara Morgan Gardner 00:29:56:08 Oh, it is that. It is the desire of my soul for every student I've ever taught, every person I've ever loved, every person I know, my own children, my husband, my family. I want them grounded in Jesus Christ so badly, and I want them independent, and I want them spiritually self-reliant, and I want them to be able to know for themselves because I won't be there.

Barbara Morgan Gardner 00:30:19:16 My parents aren't there for me on this.

Kaylen Walton Nelson 00:30:21:08 But. But your parents asked you the questions. Sure. And that's a beautiful pattern. And Alma is asking those same questions. But Barbara, are you grounded?

Barbara Morgan Gardner 00:30:29:10 Yeah.

Kaylen Walton Nelson 00:30:29:20 Barbara, do you know for yourself? And those are the things that caused you, you know, and I think Alma is trying to create that experience. Yeah. People that he's with because he cares.

Barbara Morgan Gardner 00:30:41:07 Yeah. He loves at the end.

Kaylen Walton Nelson 00:30:42:12 He knows the pain.

Barbara Morgan Gardner 00:30:43:16 Yes. The closer we are, there's no question the closer we are to Jesus Christ, the greater is our love for people. Our capacity to love increases as we are yoked. I mean, that's the thing that President Nelson has taught so often as we are drawing closer to Christ and we are bound to him through our covenants, our capacity and our power to love increases.

Barbara Morgan Gardner 00:31:00:23 And as you see a prophet, he's not asking people to repent for his sake.

Kaylen Walton Nelson 00:31:04:21 Right? He was not getting real love of God. He's not like no bigger houses, no, no faster cars. It's odd. Right?

Barbara Morgan Gardner 00:31:12:02 And he loves I love. It is.

Kaylen Walton Nelson 00:31:13:20 The motivation. If it isn't cars and money, it's actually just genuine care and concern.

Barbara Morgan Gardner 00:31:18:07 And you know what I think that brings us into our third. Yeah. Point number. Right. Yeah. And for numbering it in that way our third point here is speaking of the celestial and God not ever giving up on us. It's the idea of thinking celestial. I mean, that's what President Nelson has asked us to do in the past.

Numbered Among the Righteous

Barbara Morgan Gardner 00:31:33:09 And he continues to talk about all these different themes of spiritual ministry. All of this is thinking celestial and helping us get there. President Nelson, one of the things he's also taught us, begins with the end in mind. And that's what you're seeing here in Alma chapter five. He's trying to get these people, he's asking these questions, said, I've been to read this and I'm gonna turn it back to you.

Barbara Morgan Gardner 00:31:52:04 Verse 15. Do you exercise faith and the redemption of him who created you? Do you look for with an eye of faith and view this mortal body? I'm in chapter five, verse 15. You get who do you look for with an eye of faith and view? This mortal body raised in mortality and this corruption raised in incorruption, to stand before God, to be judged according to the deeds which have been done in the mortal body.

Barbara Morgan Gardner 00:32:14:08 I say unto you, can you imagine to yourselves the each hear the voice of the Lord, saying unto you, in that day, come, and ye blessed. For behold, your works have been the works of righteousness upon the face of the earth. I Alma's going to continue there, but I think that that question is so important. Do you see yourself going before God and recognizing that he is going to say, your works have been the works of righteousness?

Barbara Morgan Gardner 00:32:39:09 My personal belief, Kaylen, is for the majority of people, the answer will be whether they think so or not, the answer is going to be yes. I'm kind of a Pollyanna. I believe that more people are doing good and more people are trying to do good, and more people are trying to come unto the Savior than they acknowledge, even in themselves.

Barbara Morgan Gardner 00:32:58:02 And if we could see that in ourselves, I think we would much surprise ourselves how good people really are. Yeah, I love people like I love people, and I find it's very, very rare that I find someone who is not trying to be a good person.

Kaylen Walton Nelson 00:33:13:07 Fantastic. Well, as we wrap up our study and maybe, just maybe, we'll just give a nod to chapter six. Yeah, please. as we finish and, after, this is between. We've got people of Gideon, people of Zarahemla, and in between, he does this kind of maybe more ecclesiastica sparcing out. and, we were just talking and, you know, in think Celestial, there's a phrase.

Kaylen Walton Nelson 00:33:36:12 I have it, that maybe that some people didn't love.

Barbara Morgan Gardner 00:33:41:05 It's hard.

Kaylen Walton Nelson 00:33:41:19 Sometimes it is, but it's like. But for me too, though, it's like, oh, why? Why did that not affect me negatively? Or why did that hurt my heart a little bit? Yeah. And I love to wrestle through it. And so as I was reading these verses, this came to my mind. It came never to take counsel from those who do not believe.

Kaylen Walton Nelson 00:34:00:16 Seek guidance from voices you trust, from prophets, Sears and rebel leaders, and from the strings of the Holy Ghost who will show you, show unto you all things what you should do. And, there is a little bit of, like now that can be touched that people could have been affected by that quote for various reasons.

Kaylen Walton Nelson 00:34:18:13 Right. Some more, some more noble and maybe some not as noble, but nevertheless, the question is, why is he giving that advice? What does he mean? And what does he actually mean?

Barbara Morgan Gardner 00:34:28:22 What does he mean?

Kaylen Walton Nelson 00:34:30:11 And so when we're looking through and maybe it's this question, as I was talking to my husband about this, great. And said, wow, the job of a prophet is really hard. As we were listening to Alma five and six and, and, you know, in verse three, it came to pass that whosoever did belong to the church but didn't repent and humble themselves.

Kaylen Walton Nelson 00:34:51:03 I mean, those who were lifted up in the pride of their hearts the same were rejected, and their names were blotted out, that their names were not numbered among those of the righteous. And thus they began the order. The traditions are humbler. But then in verse six, nevertheless the children of God recommended that they should gather the two of us together oft, and join in fasting and mighty prayer in behalf of the welfare of the souls of those who knew not God.

Kaylen Walton Nelson 00:35:12:17 I want to just draw back to verse 59, for what shepherd is there among you? Having many sheep does not watch over them, that the wolves enter not and devour his flock. And behold, if a wolf to his flock doth not drive him out. Yea, and at the last, if he ten he will destroy him. Prophets have a tough job.

Kaylen Walton Nelson 00:35:32:13 No one really wants it, genuinely. But there's this like interesting. President Nelson's not saying anybody who's not a member of the church isn't worth your time.

Barbara Morgan Gardner 00:35:43:15 No, no, he's definitely not. He's definitely not. For example, he's not.

Kaylen Walton Nelson 00:35:46:09 Saying that I can look, you know, 50 examples of him not saying that, but what what is he trying to say? And I'm going to throw out some hypotheticals that I totally believe. Hypothetically speaking, President Nelson actually does

know that Jesus Christ leads this Church in very visually affirming ways. Hypothetically, President Nelson knows Jesus Christ. He knows that this is the true Church.

Kaylen Walton Nelson 00:36:07:14 It's not like I have a couple of rays that have like, accumulated. And that's why I'm the prophet. We're talking like I firmly believe that President Nelson has a few pillars. So if that's true, I'm not. You know, I don't know, I just, I think about people that are like, he's saying that, but he's discounting all these, you know, maybe they have some valuable things to bring to the table.

Kaylen Walton Nelson 00:36:29:11 And I'm like, maybe if this is like a courtroom and we're trying to weigh evidence to say, is the Church true or not? But if I believe President Nelson is who he says he is, then I firmly believe that he's a shepherd looking at the flock, going, listen, we love all God's children. There's so many people we're going to pray and fast and all the things.

Kaylen Walton Nelson 00:36:48:11 But ultimately we do need to be careful about who we're taking spiritual wisdom from and who we're listening to. Because I'm a shepherd who knows that it's true and I know what's coming. So I might offend a couple of people by saying like, don't take counsel or be careful who you take counsel from, but it's because I know.

Kaylen Walton Nelson 00:37:10:16 It's because I'm living what? I'm a witness of the living Christ.

Barbara Morgan Gardner 00:37:13:21 Again. I think my genuine thought is on this one. If you want to know if President Nelson's a prophet of God, ask God. Yeah, you don't have to ask President Nelson if he's a prophet of God. That's the beauty to me of knowing if there's a prophet on the earth today, if it's the knowing there's a first presence in in the 12, I have prayed and asked God if there is a prophet on the earth since since President Benson was a prophet, it's probably the first time I remember praying.

Barbara Morgan Gardner 00:37:40:00 The answer was yes. And president Hunter. Yes. And President Hinckley. Yes. And the President Monson. Yes. And then President Nelson today, as our prophet, I remember genuinely the confirmation of the Spirit telling me that President Nelson would be a prophet of God before he was a prophet of God. I remember reading his biography when I was in college, and as I was reading his biography, I remember the spirit speaking to me so strongly that I wrote it down in my notes.

Barbara Morgan Gardner 00:38:10:10 This man will one day be the Prophet of God of the Church of Jesus Christ of Latter-day Saints. I still have that paper. The feeling was so strong that I knew there was no one who could have. I couldn't have made up that feeling. It wasn't a matter of the prophet telling me he was a prophet, God told me.

Barbara Morgan Gardner 00:38:28:05 And that day, when President Nelson became a prophet after President Monson had passed away and we were sustaining him, I it was it was nothing but a confirmation of what I had learned as a young teenager. This man is a

prophet of God. I will follow him because I trust him. More importantly, because God has spoken to me and I know God's voice.

Barbara Morgan Gardner 00:38:47:19 He has spoken. This is a prophet of God, and these people are having the same exact experience with Alma. They know. And this God that Alma speaking about is a God who was trying to save them, and a God who loves them, and a God our Father and Jesus Christ, who has genuinely, literally given everything the prophet gives everything he can.

Barbara Morgan Gardner 00:39:07:00 Jesus Christ gave everything. Everything. Not just everything he could. Everything. Right. And I think that that's one of the things that is so important. Alma has given up what is most important to him. We have a prophet today giving up what is most important. The Lord is asking us to give back. We have nothing to give, as an Elder Maxwell says, except for our own wills.

Barbara Morgan Gardner 00:39:25:10 But God has done everything he can to get us back. I you know, we're talking about this being numbered among the righteous in reality, Christ wants all of us back. Our Heavenly Father wants all of us back. There are no more roadblocks, and he has literally done everything within his power to bring us back. And then the reality is, he has blessed us with the gift of agency so that we can choose whether we want to do that or not.

Barbara Morgan Gardner 00:39:48:05 And that's to me, that's the beauty here. And it's what we see here in Alma chapter five, verse 40, verse 34 and 35, you say, have come unto me, and ye shall partake of the fruit of the tree of life. Ye shall eat and drink of the bread, and the water of life freely. And I love that it's freely, because Jesus Christ paid the ultimate price, so that we could drink the water, which He is the Living Water.

Barbara Morgan Gardner 00:40:10:03 To me that's powerful. Come unto me and bring forth works of righteousness, and ye shall not be hewn down, and cast into the fire. I think you as a teacher, as a teacher, everyone, what we really want is to go to that tree with Lehigh and partake of that fruit, because we know the love of God and we want every single person on the earth now, before in the future.

Barbara Morgan Gardner 00:40:32:16 We want everyone to be filled with the love of God. I want a family reunion so bad, and I don't want anybody missing any more than I want or anybody missing at my family reunion today. I want every single one of my Heavenly Father's children back. There may be some that don't show up because of agency. But boy.

Barbara Morgan Gardner 00:40:52:03 I think it's going to be few and far between. Every knee will bow and every tongue will confess that Jesus is the Christ, right? But they have to use their agency.

Kaylen Walton Nelson 00:41:00:13 Yeah. And I think the one thing that teaches so profoundly here that I've maybe taught sarcastically is just like, is it really a good plan, a 5% make it all the way? Yeah. To the top. It's like good plan, everybody. It's like, no, that's a

terrible plan. Like if 5% again like God will honor agency. So a 5% choose and that's what it is.

Kaylen Walton Nelson 00:41:17:17 But I don't think like his plan in his talk, he so profoundly taught us that the capacity it's not just that God wants us all, but like whoopsies, it's like, no, it's not only that, he wants us all, but most will. And it reminds me of Sister Runia's talk, why am I eating and partaking of the fruit and then weeping?

Kaylen Walton Nelson 00:41:38:04 and it's because we love. Yeah, but we need to partake of the fruit joyfully. And then, as it says, it says in chapter six, verse six that we need to join in fasting and mighty prayer on behalf of the welfare of those who don't yet know.

Barbara Morgan Gardner 00:41:48:22 Yeah.

Kaylen Walton Nelson 00:41:49:04 And then trust that the plan is a good plan, a fabulous play.

Barbara Morgan Gardner 00:41:54:03 Yeah, I finish up, it's with Elder Kearon here and then this part and then I'm going to finish off with asking you a final question. He says this. In other words, the father's plan is not about roadblocks. It never was. It never will be. Are there things we need to do, commandments to keep aspects of our nature to change?

Barbara Morgan Gardner 00:42:13:07 Yes, but with his grace those are within our reach, not beyond our grasp. And I, just as a simple testimony, I've done, is President Nelson's asked us to do and study Christ. Christ is all powerful. He's all knowing. He. He is our. He is the Savior of the world. He has provided agency, but boy, has he paid the price to bring us back.

Barbara Morgan Gardner 00:42:37:01 And frankly, I want to be his disciple and I want to bring people back to. Yeah. So, Kaylen, I'm going to finish up with this question for you, as we've talked about these chapters in the Book of Mormon, and thank you so much for your insights in your life of study and testimony. My question for you is, how has the Book of Mormon changed your life?

How has the Book of Mormon Changed your Life?

Kaylen Walton Nelson 00:42:54:21 I just think, man, every good thing in my life has come because of the gospel of Jesus Christ, every good thing. And so, the Book of Mormon, I mean, like Nephi is life. How is my life? And but I have done hard things because of it, the stripling warriors like I have. I have tried to obey because I know that miracles come when we obey.

Kaylen Walton Nelson 00:43:21:02 I love stories, and I love teaching through stories and through life experiences. the war chapters and the sons of Mosiah. And I just think that they all are these, like, these little, anchors for me. And I can go back and say, I made this really difficult decision in my life because of the Jaredites.

Kaylen Walton Nelson 00:43:44:10 And I follow that prompting because of Nephi. And so when I look at where

every good thing in my life that I have today is because of the gospel of Jesus Christ, and so many of those choices were because I felt emboldened by a prophet or a person in the Book of Mormon who did something hard to.

Kaylen Walton Nelson 00:44:02:08 And so I would say that that's my answer. That's how my life has changed.

Barbara Morgan Gardner 00:44:06:18 That is that's a beautiful answer. Thank you so much for gathering with us today as we have studied Alma chapters five through seven. We really look forward to being with you next week, and we appreciate you being willing to study your scriptures and experiment upon the Word of God and pay this price of knowing who God is and being grounded in him.

Barbara Morgan Gardner 00:44:25:23 We appreciate also your efforts to share this message, as Alma has done in his, in his own with among his own people, and pray that you will be able to continue to share this gospel with those that you love and find and reach out to other people. As we are all working together to be grounded in the gospel of Jesus Christ.

Barbara Morgan Gardner 00:44:43:05 We'll see you next week.

BIOGRAPHY:



Kaylen Walton Nelson, originally from eastern Utah, graduated from Uintah High School in 2008. She earned her degree in Family History and Genealogy from BYU. One of the most memorable experiences during her education was a semester abroad in Jerusalem, which ignited her passion for scripture and the Holy Land. Kaylen followed in her father's footsteps and was hired to teach seminary full-time in 2013. Kaylen earned a master's degree from the University of Utah in Teacher Leadership and Policy. She taught seminary for nine years at Brighton, Olympus, and Corner Canyon High Schools before taking a position on the BYU Religion Faculty as a visiting instructor. Kaylen and her husband Graden reside in American Fork Utah. They recently welcomed their first child, Louis, in early 2023.