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Book of Mormon Gems of Truth: Lesson 39

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Abstract: Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

who had been called Lamanites, who had been spared, did have great favors shown unto them, and great blessings poured out upon their heads, insomuch that soon after the ascension of Christ into heaven he did truly manifest himself unto them—Showing his body unto them, and ministering unto them; and an account of his ministry shall be given hereafter. Therefore for this time I make an end of my sayings (3 Nephi 10:18-19).

Questions and Topics for Discussion

1. What were the signs of the crucifixion?
2. What early prophecies were fulfilled by these signs and events which followed?
3. How is God's mercy shown in his dealings with these surviving Nephites?
4. To what did Mormon, the Nephite historian, attribute all this destruction?

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 39—"But Behold, the Resurrection of Christ Redeemeth Mankind, Yea, Even All Mankind, and Bringeth Them Back Into the Presence of the Lord" (Helaman 14:17).

Edith S. Elliott

For Tuesday, April 3, 1956

Objective: To show that Christ broke the bonds of death and all men will be resurrected.

EASTER time is accepted throughout the realm of Christianity as a time of rejoicing because it is the anniversary of the resurrection of Christ, the last act needed to complete his mission on earth. In his few years of mortal life he taught the plan of salvation, experienced death, then immortality. His whole life was one of example, proving to mortals that the plan is sound and workable.

Some may say, "Well, he knew the plan, he knew that he was the Son of God and the Savior of the world." Yes, he knew, and knowing it, has shared every phase of the plan with us. He outlined the way back to God's presence so clearly that anyone sincerely desiring salvation can follow. In John 11:25-26 is the summary of his plan and his promise.

... I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die

A careful analysis of the above quotation will prove the profundity of the statement. To know that this life is not the end of our activity is most rewarding. It challenges us to make our every act one that is acceptable to our Heavenly Father. We have our free agency and are not coerced, so think how great can be our blessing if we choose to follow the example of Jesus!

There should be no doubt about a life hereafter. We find its evidence in scripture and modern revelation. The loving concern of our Heavenly Father for his children proves without a doubt that his plan is to return them to his kingdom as sanctified, resurrected beings.

The prophet Alma tells us:
 . . . the resurrection of the dead bring-
 eth back men into the presence of God;

and thus they are restored into his pres-
 ence, to be judged according to their
 works, according to the law and justice
 (Alma 42:23).

Work Meeting—Food Preparation and Service

(A Course Recommended for Use by Wards and Branches at Work Meeting)

Lesson 7—Vegetable Cookery (Continued)

Rhea H. Gardner

For Tuesday, April 10, 1956

FEW foods are more delicious than are properly cooked, garden-fresh vegetables. Very little seasoning is needed to make them appealing to both the eye and the taste.

Sauces, buttered crumbs, and other seasonings are too often used to camouflage poor quality or improperly cooked vegetables. Good cooking is essential if you wish to have a truly delicious, nutritious, and eye-appealing vegetable dish to serve your family.

Cabbage

Cabbage is one of our good, comparatively inexpensive, year-round vegetables. There are many ways to prepare it, but one of the most popular is to cook it in milk. Put six cups of shredded cabbage and one cup whole or top milk into a heavy pan. Simmer for two minutes. While it is cooking, cream together two teaspoons each of butter and flour and one-half teaspoon salt. Add to cabbage, stirring until thickening is well distributed. Cook three or four minutes longer. Serve immediately. For added flavor,

grate cheese over it just before placing it on the table. Red cabbage does not stay red during cooking unless acid is added to the cooking water in the form of vinegar, lemon juice, or fresh, tart apples.

Carrots

Carrots are one of our best and least expensive year-round vegetables. They are colorful and fairly bursting with body-building materials. Serve them often, but in a variety of ways.

Carrots cooked in a minimum amount of water, either whole, cut in strips, diced, or shredded are delicious seasoned with a sauce made of melted butter, lemon juice, and minced parsley. Pour the sauce over the carrots just before serving. The bright green color of the parsley is an appealing contrast to the deep orange of the carrots.

If you have never served braised carrots or celery, do so soon. Cut the vegetables into three to four-inch lengths. For each quart of vegetables, melt two tablespoons butter in a heavy pan. Add the vegetable and cook over low heat in