

Helaman's Quotation of Benjamin

Mosiah 3:18

But men drink damnation to their own souls except they humble themselves and become as little children, and believe that salvation was, and is, and is to come, in and *through the atoning blood of Christ,* the Lord Omnipotent.

Helaman 5:9

O remember, remember, my sons, the words which king Benjamin spake unto his people; yea, remember that there is no other way nor means whereby man can be saved, only *through the atoning blood of Jesus Christ,* who shall come; yea, remember that he cometh to redeem the world.

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Key Scriptures Mosiah 3:18; Helaman 5:9

Explanation Like Alma, Helaman was familiar with the prophecies of his ancestors. As this chart demonstrates, Helaman quoted and paraphrased Benjamin, whose words he considered highly important, when he encouraged his sons to remember that salvation comes only through the atonement of Jesus Christ.

Source John W. Welch, "Textual Consistency," in *Reexploring the Book of Mormon*, ed. John W. Welch (Salt Lake City: Deseret Book and FARMS, 1992), 23.