

1. **Watch chapter 4** from The Complete Learning System *Abinadi and King Noah* DVD.

2. **Read:** Mosiah 16:13

“And now, ought ye not to tremble and repent of your sins, and remember that only in and through Christ ye can be saved?”

3. King Noah and his priests were not living the commandments and they were teaching the people to be wicked. The Lord sent Abinadi to warn King Noah and his people to repent.

Why didn't King Noah want his people to obey the commandments? (Discuss ideas.)

4. **Has anyone ever tried to get you to do something wrong** (cheat, disobey parents, lie, steal, be disruptive at school or church, etc.)? (Share experiences.)

Like King Noah and his priest, people who are doing wrong may try to get others to follow them. This is Satan's plan. He wants us to be miserable like him. He will try to trick us into thinking that doing wrong will make us happy.

5. **Can breaking the commandments bring us happiness?** (Discuss ideas. Give examples of how sin can bring temporary happiness.)

“Those who yield to the enticing of Satan may, as the scripture says, ‘enjoy the pleasures of sin for a season’ (Heb. 11:25), but that kind of pleasure can never lead to lasting happiness or eternal joy. ...” *Dallin H. Oaks, Ensign, Nov 1991* © *Intellectual Reserve, Inc. All rights reserved.*

6. **What happens after the temporary happiness of sin is gone?** (Discuss ideas.)

“... The spirit and influence of Satan bring feelings of confusion, contention, darkness, disorder, anger, hate, and misery. Persons who pursue Satan's way are certain to have Satan's misery. Unless they repent they will ‘remain with the father of lies, in misery, like unto himself.’ (2 Ne. 9:9.)” *Dallin H. Oaks, Ensign, Nov 1991* © *Intellectual Reserve, Inc. All rights reserved.*

7. Heavenly Father knew that we would all make mistakes and because He loves us, He gave us a Savior to atone for our sins. When we repent we are following Him.

“True repentance brings us back to doing what is right. To truly repent we must recognize our sins and feel remorse, or godly sorrow, and confess those sins to God. ... We need to ask God for forgiveness and do all we can to correct whatever harm our actions may have caused. Repentance means a change of mind and heart—we stop doing things that are wrong, and we start doing things that are right. It brings us a fresh attitude toward God, oneself, and life in general.” Dieter F. Uchtdorf, General Conference, April 2007 © *Intellectual Reserve, Inc. All rights reserved.*

8. **Is it a commandment to repent?** (Yes.)

“Now this is the commandment: Repent, all ye ends of the earth, and come unto me and be baptized in my name, that ye may be sanctified by the reception of the Holy Ghost, that ye may stand spotless before me at the last day.” (3 Ne. 27: 20)

9. We should always strive to do what is right, but when we make mistakes, it is important that we truly repent. Jesus is helping us along the way.

10. Discuss the steps of repentance (See activity). Emphasize that repentance is made possible through the atonement of Jesus Christ.