Personal Strength through the Atonement of Jesus Christ

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Through the Atonement of Jesus Christ, each of us can become clean and the burden of our rebellion will be lifted.

The People of Ammon – Alma 17-24



The events surrounding this critical decision demonstrate how the Atonement of Jesus Christ brings personal strength to the lives of the children of God.

Fundamental truth: through the Atonement of Jesus Christ we can be cleansed, …virtuous and pure. However, sometimes our poor choices leave us with long-term consequences. One of the vital steps to complete repentance is to bear the short- and long-term consequences of our past sins.

Satan will try to use our memory of any previous guilt to lure us back into his influence. We must be ever vigilant to avoid his enticements. Such was the case of the faithful Ammonite fathers. Even after their years of faithful living, it was imperative for them to protect themselves spiritually from any attraction to the memory of past sins.



Captain Moroni understood the importance of fortifying the weak areas to create strength.

"He caused that they should build a breastwork of timbers upon the inner bank of the ditch; and they cast up dirt out of the ditch against the breastwork of timbers … until they had encircled the city … with a strong wall of timbers and earth, to an exceeding height." Alma 53:4. These Ammonite fathers were much the same. They needed taller and wider fortifications between their faithful lives and the unrighteous behavior of their past.

The Lord sees weaknesses differently than He does rebellion

The joyful news for anyone who desires to be rid of the consequences of past poor choices is that the Lord sees weaknesses differently than He does rebellion. Whereas the Lord warns that unrepented rebellion will bring punishment, when the Lord speaks of weaknesses, it is always with MERCY.

Mercifully, [the Ammonite Fathers] were taught the gospel, repented, and through the Atonement of Jesus Christ became spiritually much stronger than Satan's enticements. It is likely they had not felt the temptation to return to their brutal past, yet by following their prophet-leader, they didn't give Satan the chance to "[cheat] their souls, and [to lead] them away carefully down to hell."

Spiritual Fortifications -

- ✓ **Sincere Repentance** - Through the Atonement of Jesus Christ, each of us can become clean and the burden of our rebellion will be lifted.

- ✓ Make **covenants** and receive **ordinances** for yourself. Then steadily and consistently work to provide ordinances in the temple for your own ancestors.

- ✓ **Share the gospel** with nonmember or less-active family members or friends. Sharing these truths can bring a renewed enthusiasm into your life.

- ✓ **Serve faithfully** in all Church callings, especially home teaching and visiting teaching assignments. Don't be just a 15-minutes-a-month home or visiting teacher. Rather, reach out to each individual member of the family. Get to know them personally. Be a real friend. Through acts of kindness, show them how very much you care for each of them.

- ✓ Most important, **serve the members of your own family.** Make the spiritual development of your spouse and children a very high priority. Be attentive to the things you can do to help each one. Give freely of your time and attention.

- ✓ Fill your life with service to others. **As you lose your life in the service of Father in Heaven's children, Satan's temptations lose power in your life.**

- What are the covenants I have made? {for further reading on the Power of Covenants, see D. Todd Christofferson's April 2009 General Conference Talk}

- What are the temptations of the world that might keep me from following through on my covenants with God?

- How can I fortify & strengthen my weak areas to Create Strength?

<u>Invitation:</u> Study and Pray to know how the Lord strengthens you through the Atonement of Jesus Christ. See His tender Mercies in your life. Express Gratitude for covenants made & blessings received.