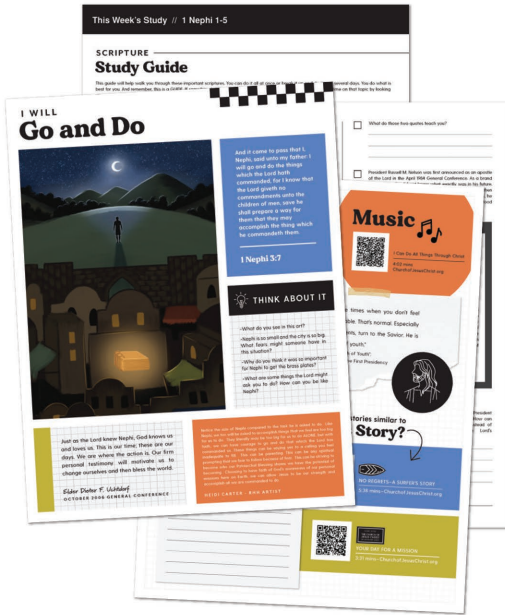




the RED HEADED HOSTESS

OUR GIFT TO YOU | FREE DOWNLOAD



Just for Teens | 1 Nephi 1-5

IDEAS FOR USE

1. Print the weekly quote and hang it in a bedroom.
2. Give your teen the marking guide and encourage them to work through it. Do it all in one go or do a little bit each day. For extra motivation, set it out with a treat and marking pens.
3. Use the trivia questions as a review at home, or make any kind of game or quiz for a classroom.
4. You can give Finding Answers in the Scriptures to your teen to help them develop the skill of using the scriptures to answer questions. Or you could use the questions as a discussion for a family devotional or as group work in a Church class.
5. The table poster is so versatile! You can print it back to back and slip it into an acrylic frame and leave it out on the counter so your family can read it like the back of a cereal box. Or give it to your teen and ask them to use it to plan a short family devotional. Or use it yourself to supplement lessons at home and at Church. You can even print out one for each member of your class so they can continue learning at home.

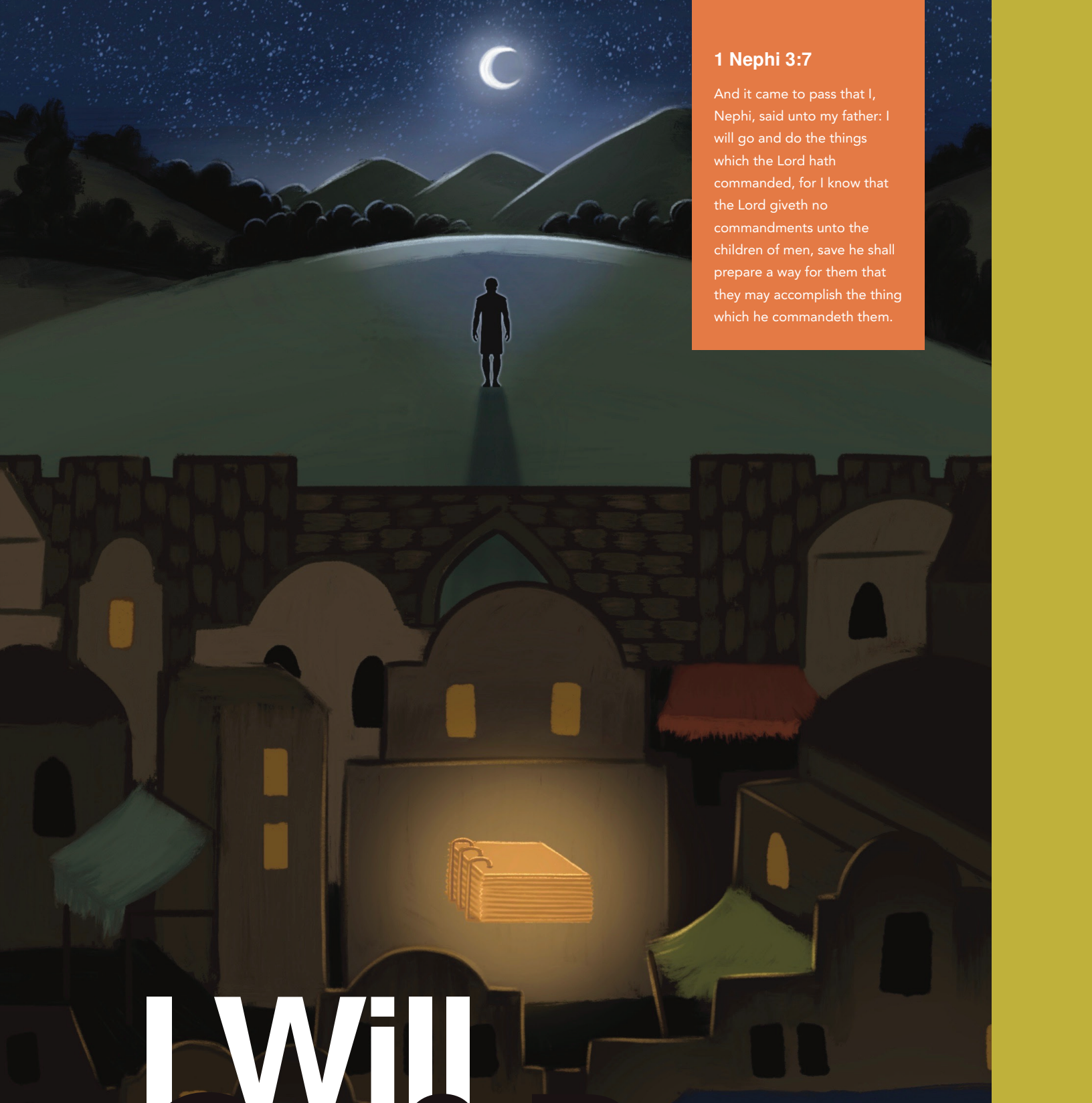
Did you Know?

We offer “Just for Teens” files in our weekly kit every week.

These items can be used in youth lessons, family study with teens, and individual study. Pick and choose from these items each week to help your teen deeply study the Book of Mormon.

*See our weekly kits here:





1 Nephi 3:7

And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

I Will Go & Do

At this time, Jerusalem was filled with so much wickedness that it was about to be destroyed. The Lord commanded Nephi and his brothers to return and obtain the brass plates from a wicked man. Their instruction was to go into a wicked city and to a wicked man to obtain something very sacred.

**FOR YOUTH LEADERS:****SCRIPTURE MARKING GUIDE***HYPERLINKED FOR YOU**pages 4-5*

Each week there is a scripture marking guide that will help your teen do a deep dive into one story or a few verses. Encourage your teen to sit down with a snack they like, maybe turn on some soft study music, and enjoy this time in their scriptures.

Try giving this to a teen before the lesson, and ask them to teach your class about what they learned.

**TEEN TABLE POSTER***pages 6-7*

The teen table poster is full of art, QR codes to Church videos, quotes, stories, etc. to help your teen learn a topic in the chapters this week. This was designed around the idea of the back of a cereal box that we look at while we eat. Just get an acrylic sign holder (the "T" shaped kind) and slide the poster in each week; then set it out on the counter for your teen to look at.

This has great lesson material for you to look through and can also make an excellent handout to encourage the youth to continue learning at home.

**FINDING ANSWERS IN THE SCRIPTURES***page 8*

Each week your teen will receive four questions and a scripture for each question. They can then search each scripture to find answers to each question. Each question is carefully designed to be relevant to their lives.

This page contains great scripture-based discussion questions.

**TRIVIA***pages 9-10*

This is a page full of trivia from the chapters this week.

- Use it as a review quiz.
- Use it as a preview quiz (before they study the chapters).
- Use it for trivia questions for any game you make (example: set out a trash can and for every answer they get right they can try to throw a ball into the can to get an extra point).
- Save your trivia pages for BIG trivia games covering past chapters.

Save these each week and have a trivia night full of candy and prizes.

**Looking for more help? Click or scan this QR code to watch our "Just for Teens" instructional video.*

**TERMS OF USE:**

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SCRIPTURE

Study Guide

This guide will help walk you through these important scriptures. You can do it all at once or break it up and do it over several days. You do what is best for you. And remember, this is a GUIDE. If something is interesting to you, you may want to stop and spend more time on that topic by looking up more scriptures, quotes, writing about it, etc.

Check the box as you complete each part.

- Can you put these events in the correct order? It is okay if you can't. Just do your best!

Put a "1" by the thing that happened first, a "2" by the thing that happened second, and so on.

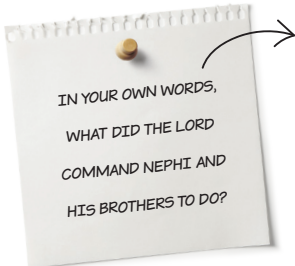
- Lehi and his family move to the wilderness.
- Lehi prophesies and warns the people of Jerusalem.
- Lehi receives a vision and learns that Jerusalem will be destroyed.
- The Lord tells Lehi to take his family and move to the wilderness.
- The people reject Lehi and threaten to kill him.

- Now check your answers. The order is: 5, 2, 1, 4, 3

► 1 Nephi 3

- Turn to 1 Nephi 3. At this point Lehi and his family had moved from their home in Jerusalem into the wilderness. They were headed towards a promised land. But before they could continue toward the promised land, they needed something and that thing was back in Jerusalem.

What was it that was so important that they had to make the long journey back to Jerusalem? As you read 1 Nephi 3:1-4, **highlight** who gave Lehi the command and what he was commanded to do.

-  IN YOUR OWN WORDS, WHAT DID THE LORD COMMAND NEPHI AND HIS BROTHERS TO DO?
- _____
- _____
- _____
- _____

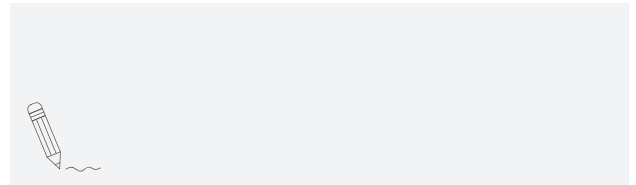


Think about It

- During that time, people did not have their own set of scriptures. The words of the prophets were hand engraved or written upon plates or scrolls, so they were very rare and valuable. What are some possible reasons you can think of why the Lord would have them go back to Jerusalem and get the brass plates (which contained the words of the prophets).

- 01 _____
- 02 _____
- 03 _____

- What are some possible reasons you can think of why the Lord had them go back instead of telling them to get the records before they left?



- Scriptures were rare and valuable back then and Laban was a wicked and powerful man. Why might Nephi and his brothers be nervous about approaching him and asking him for the brass plates? What could go wrong?

- In your scriptures, **highlight** 1 Nephi 3:5 how Nephi's brothers responded to this command from the Lord.

- Why do you think they responded this way?
- _____
- _____

Now **highlight** how Nephi responded in 1 Nephi 3:7.

IN YOUR OWN WORDS, what did Nephi say?



This verse is one of the most quoted scriptures from the Book of Mormon and it is also a Doctrinal Mastery scripture. Time yourself for just 3 minutes and see how much of this verse you can memorize. You can even use these first letters of each word as a help.

A i c t p t l, N, s u m f: l w g a d t t w
t L h c, f l k t t L g n c u t c o m, s h s
p a w f t t t m a t t w h c t.

President Henry B. Eyring reminds us that this scripture applies to us today. He said,

1 NEPHI 3

“Since you know that the Lord always prepares a way to keep His commandments, you can expect that He will do that for each of you.”

Henry B. Eyring
GENERAL CONFERENCE, APRIL 2013

President George Albert Smith taught:

1 NEPHI 3

“The Lord has a way of accomplishing things that we are unable to do, and never asks us to do anything that He does not make the way possible. That is what He told us through Nephi. He will not require anything without preparing the way... [1 Nephi 3:7.]

“If you have something that the Lord asks or expects you to do and you don’t know just how to proceed, do your best. Move in the direction that you ought to go; trust the Lord, give Him a chance, and He will never fail you”

George Albert Smith
TEACHINGS OF THE PRESIDENTS

What do those two quotes teach you?

President Russell M. Nelson was first announced as an apostle of the Lord in the April 1984 General Conference. As a brand new apostle, he did not know what exactly was in his future. He did not know he would be an Apostle for 34 years and then become the president of the Lord’s Church. In April 1984, he was just beginning that journey. At that conference he stood up and said these words.

Exclamation Marks...

“A wide array of feelings has flashed through my heart since I heard the call that will change my life. The first feeling is that of personal inadequacy. That feeling is intensified as I think of the incomparable power of Elders LeGrand Richards and Mark E. Petersen, whose absence we keenly sense... Then, as I look about and see the strength of those more qualified and able than I, I truly am humbled by this calling.

“Fortunately, these feelings are blanketed by feelings of faith, for I know the words of Nephi are true: “I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.” I have learned not to put question marks but to use exclamation points when calls are issued through inspired channels of priesthood government.”

RUSSELL M. NELSON
GENERAL CONFERENCE, APRIL 1984



How can you be like Nephi and President Nelson and trust in the Lord? How can you put exclamation points instead of question marks with the Lord’s commands?

I WILL Go and Do



And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

1 Nephi 3:7



THINK ABOUT IT

- What do you see in this art?
- Nephi is so small and the city is so big. What fears might someone have in this situation?
- Why do you think it was so important for Nephi to get the brass plates?
- What are some things the Lord might ask you to do? How can you be like Nephi?

Just as the Lord knew Nephi, God knows us and loves us. This is our time; these are our days. We are where the action is. Our firm personal testimony will motivate us to change ourselves and then bless the world.

Elder Dieter F. Uchtdorf

OCTOBER 2006 GENERAL CONFERENCE

Notice the size of Nephi compared to the task he is asked to do. Like Nephi, we too will be asked to accomplish things that we feel are too big for us to do. They literally may be too big for us to do ALONE, but with faith, we can have courage to go and do that which the Lord has commanded us. These things can be saying yes to a calling you feel inadequate to fill. This can be parenting. This can be any spiritual prompting that we fear to follow because of fear. This can be striving to become who our Patriarchal Blessing shares we have the potential of becoming. Choosing to have faith of God's awareness of our personal missions here on Earth, we can allow Jesus to be our strength and accomplish all we are commanded to do.

HEIDI CARTER - RHH ARTIST

1 Nephi 1-5

The scriptures can fill you with wisdom. Use the scripture references below to find answers to the questions. Record what you find.

- 01 How can I receive spiritual answers to some questions I have?
1 NEPHI 2:16

- 02 I want to serve a mission, but I do not feel like I know enough to teach other people.
1 NEPHI 3:7

- 03 I feel like I should invite my friend to Church, but I just don't know how to do it.
1 NEPHI 4:6

- 04 Why is it so important to read the scriptures? What if I do other things that help me feel close to God instead?
1 NEPHI 5:21



Is anything standing out to you from what you studied above? What might the Spirit be prompting you to do that will draw you closer to Christ? What is your plan to do that?

1 Nephi 1-5

WILDERNESS	TREASURY	BRASS	GOLD	ANGEL
WINE	LAMAN	LABAN	PROMISED LAND	REPENT
BABYLON	MOCKED	ZEDEKIAH	KILL	JERUSALEM

- At the beginning of the Book of Mormon, the king of the Jews was [REDACTED]. *1 Nephi 1:4*
- Many prophets warned the people that if they did not [REDACTED] Jerusalem would be destroyed. *1 Nephi 1:4*
- At the beginning of the Book of Mormon, Lehi and his family lived in [REDACTED]. *1 Nephi 1:7*
- The Lord gave Lehi a vision and Lehi learned for himself that Jerusalem was so full of wickedness that it would be destroyed and the people would be killed or carried off to [REDACTED]. *1 Nephi 1:13*
- Lehi went among the people and warned them. The people [REDACTED] Lehi and tried to kill him. *1 Nephi 1:18-20*
- The Lord told Lehi to leave with his family and go to the [REDACTED]. *1 Nephi 2:2*
- The Lord commanded Nephi and his brothers to return to Jerusalem to get the plates of [REDACTED]. *1 Nephi 3:3*
- [REDACTED] was the person who currently had the brass plates. *1 Nephi 3:4*
- When they arrived in Jerusalem, [REDACTED] went and asked Laban for the plates and Laban threatened to kill him. *1 Nephi 3:11-13*
- The brothers tried again and took [REDACTED], silver, and other precious things. Laban took the the riches and tried to kill them. *1 Nephi 3:22-25*
- Laman and Lemuel were angry with Nephi and hit him and his other brother Sam with a rod. An [REDACTED] came and told them to return to Jerusalem and the Lord would deliver Laban into their hands. *1 Nephi 3:29*
- Nephi returned to Jerusalem and found Laban lying on the ground, drunken with [REDACTED]. *1 Nephi 4:7*
- The Spirit instructed Nephi to [REDACTED] Laban. *1 Nephi 4:10*
- Nephi then dressed like Laban and Laban's servant (Zoram) took Nephi to the [REDACTED] and to get the plates. *1 Nephi 4:19-20*
- Zoram, Nephi, Laman, Lemuel, and Sam returned to Lehi and Sariah in the wilderness. The Lord wanted them to carry the plates with them as they journeyed towards the [REDACTED]. *1 Nephi 5:22*

1 Nephi 1-5

WILDERNESS	TREASURY	BRASS	GOLD	ANGEL
WINE	LAMAN	LABAN	PROMISED LAND	REPENT
BABYLON	MOCKED	ZEDEKIAH	KILL	JERUSALEM

- At the beginning of the Book of Mormon, the king of the Jews was **ZEDEKIAH** . *1 Nephi 1:4*
- Many prophets warned the people that if they did not **REPENT** Jerusalem would be destroyed. *1 Nephi 1:4*
- At the beginning of the Book of Mormon, Lehi and his family lived in **JERUSALEM** . *1 Nephi 1:7*
- The Lord gave Lehi a vision and Lehi learned for himself that Jerusalem was so full of wickedness that it would be destroyed and the people would be killed or carried off to **BABYLON** . *1 Nephi 1:13*
- Lehi went among the people and warned them. The people **MOCKED** Lehi and tried to kill him. *1 Nephi 1:18-20*
- The Lord told Lehi to leave with his family and go to the **WILDERNESS** . *1 Nephi 2:2*
- The Lord commanded Nephi and his brothers to return to Jerusalem to get the plates of **BRASS** . *1 Nephi 3:3*
- LABAN** was the person who currently had the brass plates. *1 Nephi 3:4*
- When they arrived in Jerusalem, **LAMAN** went and asked Laban for the plates and Laban threatened to kill him. *1 Nephi 3:11-13*
- The brothers tried again and took **GOLD** , silver, and other precious things. Laban took the the riches and tried to kill them. *1 Nephi 3:22-25*
- Laman and Lemuel were angry with Nephi and hit him and his other brother Sam with a rod. An **ANGEL** came and told them to return to Jerusalem and the Lord would deliver Laban into their hands. *1 Nephi 3:29*
- Nephi returned to Jerusalem and found Laban lying on the ground, drunken with **WINE** . *1 Nephi 4:7*
- The Spirit instructed Nephi to **KILL** Laban. *1 Nephi 4:10*
- Nephi then dressed like Laban and Laban's servant (Zoram) took Nephi to the **TREASURY** and to get the plates. *1 Nephi 4:19-20*
- Zoram, Nephi, Laman, Lemuel, and Sam returned to Lehi and Sariah in the wilderness. The Lord wanted them to carry the plates with them as they journeyed towards the **PROMISED LAND** . *1 Nephi 5:22*