

Alma felt before he remembered what his father taught about the Savior.

Alma 36:6-21

Alma the Younger

Teachings from his Father

Alma 36:17-20

"I did remember all my sins and iniquities, for which I was tormented, with the pains of hell;

"...murdered many of his children, or rather led them away unto destruction..rack my soul with inexpressible horror."

"Oh, thought I, that I could be banished and become extinct both soul and body, that I might not be brought to stand in the presence of my God."

..for three days for three nights was I racked, even with the pains of a damned soul."

Before



After



"I remembered also to have heard my father prophesy unto the people concerning the coming of one Jesus Christ, a Son of God, to atone for the sins of the world."

..I cried within my heart: O Jesus, thou Son of god, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death."

"And now, behold, when I thought this, I could remember my pains no more; yea, I was harrowed up by the memory of my sins no more."

"And oh, what joy, and what marvelous light I did behold; yea my soul was filled with joy as exceeding as was my pain."

Come Follow Me- For Primary page 114 "Review with the children the story of the conversion of Alma the Younger in Alma 36:6-21. Write on slips of paper words and phrases from these verses that describe how Alma felt, and put them on the board. Ask the children to sort the slips of paper into two groups: things Alma felt before he remembered what his father taught about the Savior and the things he felt after he remembered. Read together Alma 36:17-20, and testify to the children that Jesus Christ forgives us when we repent."