



Silver Lake Stake Adult Institute Class

Weeks 7-8

12 November 2020

1. My Shepherd will supply my need;
Jehovah is His Name;
In pastures fresh He makes me feed
Beside the living stream.
He brings my wand'ring spirit back
When I forsake His ways,
And leads me, for His mercy's sake,
In paths of truth and grace.

2. When I walk thru the shades of death,
Thy presence is my stay;
A word of Thy supporting breath
Drives all my fears away.
Thy hand, in sight of all my foes,
Doth still my table spread;
My cup with blessings overflows;
Thine oil anoints my head.

3. The sure provisions of my God
Attend me all my days;
O may Thy house be mine abode,
And all my work be praise!
There would I find a settled rest
(While others go and come),
No more a stranger or a guest,
But like a child at home.

Isaac Watts



O the wisdom of
God, his mercy
and grace !

2 Nephi 9:8

THE ATONEMENT

UNCONDITIONALLY
*OVERCAME THE FALL
OF ADAM & EVE*

CONDITIONALLY
*OVERCOMES THE FALL OF
YOU AND ME—ACCORDING
TO OUR FAITH & OBEDIENCE*

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**SPIRITUAL
DEATH**
(sin and guilt)

*Separation
of man
and woman
from God*

- ❖ All will return to the presence of God to be judged.
- ❖ All children are innocent and alive in Christ.
- ❖ Justice satisfied for all those who ignorantly sin; mercy suited according to conditions of men

- ❖ Spiritual Rebirth
- ❖ Perfection through Christ
- ❖ Eternal Life with God

**PHYSICAL
DEATH**
(sickness and pain)

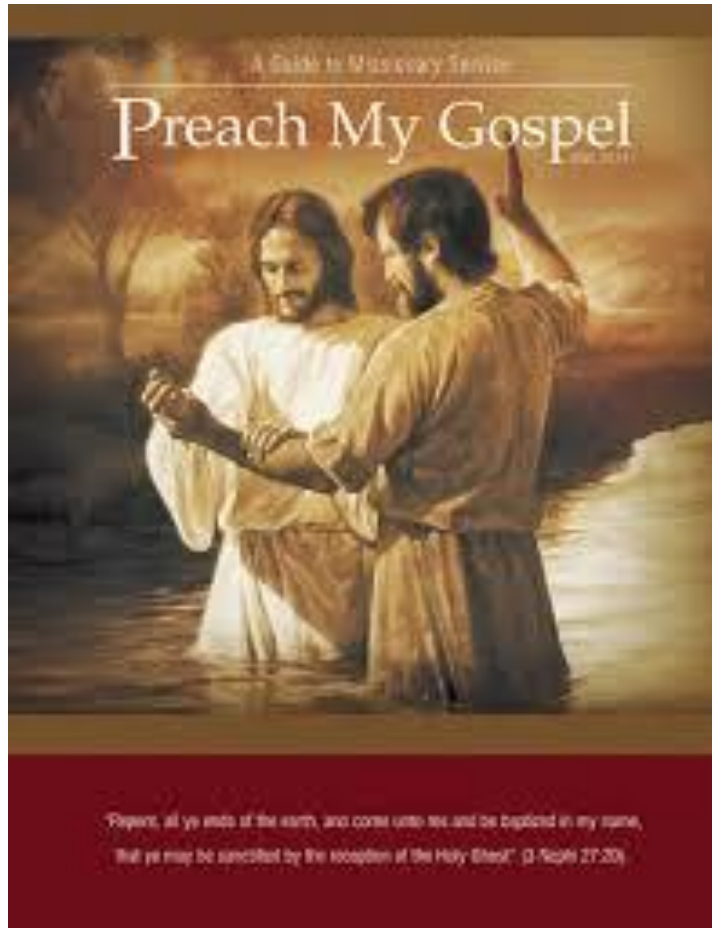
*Separation
of the body
from the spirit*

- ❖ Mercy and compensatory blessings given to all those who innocently suffer
- ❖ Universal Resurrection

- ❖ Order of the Resurrection
- ❖ Degrees of Glory & Power
- ❖ Eternal Increase

All the negatives of
the Fall,
which you did not choose,
are unconditionally covered by
the Infinite Atonement
of Jesus Christ

**Jesus Christ
suffered not
only for all our
iniquities in life,
but also for all the
inequalities of life.**



All that is unfair
about life can be
made right
through the
Atonement of
Jesus Christ.

Official Statement of the First Presidency on AIDS, 1988

“Members of the Church should extend compassion to those who are ill with AIDS. We express great love and sympathy for all victims but particularly those who have received the virus through blood transfusions, babies afflicted from infected mothers, and innocent marriage partners who have been infected by a spouse. In the Lord’s eternal plan those who endure such suffering, pain, and injustice, not of their own doing, will receive *compensatory blessings* through the Lord’s infinite Atonement and mercy.”



The Atonement will not only help us overcome our transgressions and mistakes, but in His time, it will resolve all the inequities of life—those things that are unfair which are the consequences of circumstance or others' acts and not our own decisions.

Elder Richard G. Scott

Ensign, May 1997, "Jesus Christ, Our Redeemer"



The Savior has suffered not just for our iniquities but also for the inequality, the unfairness, the pain, the anguish, and the emotional distresses that so frequently beset us. There is no physical pain, no anguish of soul, no suffering of spirit, no infirmity or weakness that you or I ever experience during our mortal journey that the Savior did not experience first.

Elder Bednar,

“The Atonement and the Journey of Mortality,” Ensign, Apr.2012



“Jesus Christ, is our Savior and Redeemer, whose Atonement not only provides for salvation and exaltation but also will compensate for all the unfairness of life.”

Elder Quentin L. Cook,
October 2011 Conference



The Savior's suffering in Gethsemane and His agony on the cross redeem us from sin by satisfying the demands that justice has upon us. He extends mercy and pardons those who repent. The Atonement also satisfies the debt justice owes to us by healing and compensating us for any suffering we innocently endure. "For behold, he suffereth the pains of all men, yea, the pains of every living creature, both men, women, and children, who belong to the family of Adam." ([2 Nephi 9:21](#); see also [Alma 7:11–12](#))

Elder Todd D. Christofferson

April 2013 Conference

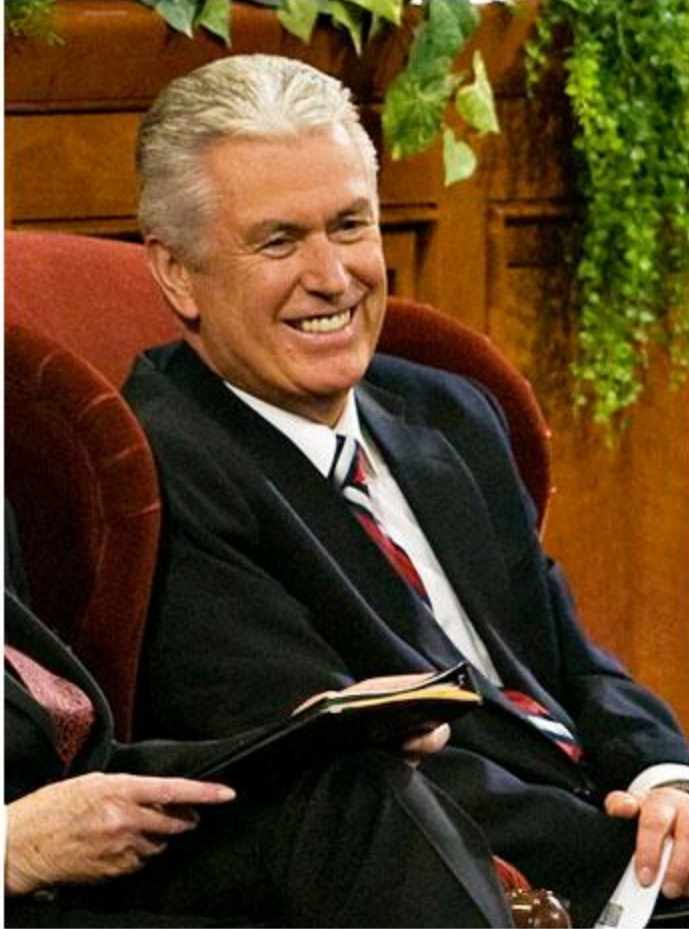
President James E. Faust, October 1996 General Conf.

All of us benefit from the transcendent blessings of the Atonement through which the divine healing process can work in our lives. The hurt can be replaced by the joy the Savior promised. Through faith and righteousness all of the inequities, injuries, and pains of this life can be fully compensated for and made right. Blessings denied in this life will be fully recompensed in the eternities. . . Thus our suffering in this life can be as the refining fire, purifying us for a higher purpose. Heartaches can be healed, and we can come to know a soul-satisfying joy and happiness beyond our dreams and expectations.

Elder Jeffrey R. Holland

It ought to be a matter of great doctrinal consolation to us that Jesus, in the course of the Atonement, experienced all of the heartache and sorrow, all of the disappointments and injustices that the entire family of man had experienced and would experience from Adam and Eve to the end of the world in order that we would not have to face them so severely or so deeply. However heavy our load might be, it would be a lot heavier if the Savior had not gone that way before us and carried that burden with us and for us.

CES Fireside, 7 Sept. 2008



April 2018

His refining light saturates our souls. His grace uplifts us. Our burdens are lightened, our peace deepened. When we truly behold the Man, we have the promise of a blessed future that inspires and upholds us through the bends and bumps in life's journey. Looking back, we will recognize that there is a divine pattern, that the dots really connect.

As you accept His sacrifice, become His disciple, and finally reach the end of your earthly journey, what will become of the sorrows you have endured in this life?

They will be gone.

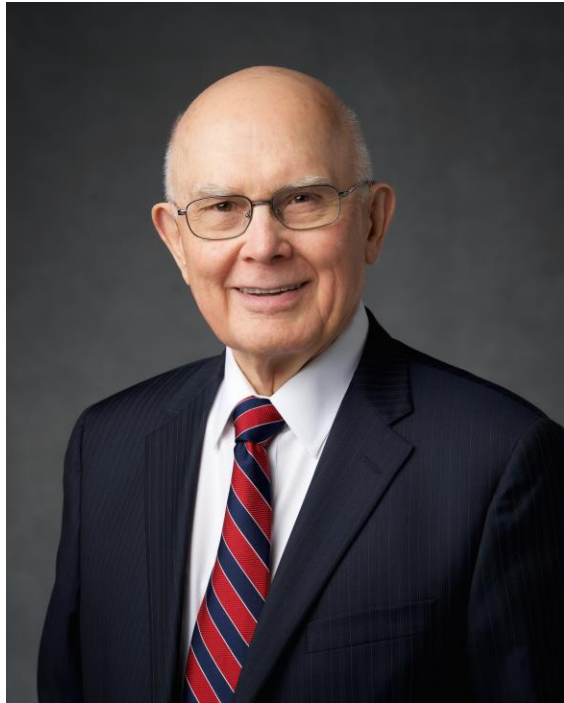
The disappointments, betrayals, persecutions you have faced?

Gone.

The suffering, heartache, guilt, shame, and anguish you have passed through?

Gone.

Forgotten.



October 2015

Think of it! In the Savior's Atonement, He suffered "pains and afflictions and temptations of every kind." As President Boyd K. Packer explained: "He had no debt to pay. He had committed no wrong. Nevertheless, an accumulation of all of the guilt, the grief and sorrow, the pain and humiliation, all of the mental, emotional, and physical torments known to man—He experienced them all."

Why did He suffer these mortal challenges "of every kind"? Alma explained, "And he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities" ([Alma 7:12](#)).

... There are millions of God-fearing people who pray to God to be lifted out of their afflictions. Our Savior has revealed that He "descended below all things" ([D&C 88:6](#)). As Elder Neal A. Maxwell taught, "Having 'descended below all things,' He comprehends, perfectly and personally, the full range of human suffering."⁸ We might even say that having descended beneath it all, He is perfectly positioned to lift us and give us the strength we need to endure our afflictions. We have only to ask.

Few disabilities are more crippling to our temporal or spiritual lives than addictions. Some of these, like addictions to pornography or drugs, are likely to have been caused by sinful behavior. Even when that behavior has been repented of, the addiction may remain. That disabling grip can also be relieved by the decisive strength available from the Savior. So can the severe challenge experienced by those sent to prison for crimes. A recent letter testifies to the strength that can come even to one in that circumstance: "I know that our Savior is walking these halls, and I have often felt Christ's love within these prison walls."

Elder Oaks, October 2015 General Conference



“... As evil [and sickness] increases in the world, there is a compensatory spiritual power for the righteous. As the world slides from its spiritual moorings, the Lord prepares the way for those who seek Him, offering them greater assurance, greater confirmation, and greater confidence in the spiritual direction they are traveling. The gift of the Holy Ghost becomes a brighter light in the emerging twilight.”

Elder Andersen, 18 Aug. 2015, BYU Devotional

Elder Richard G. Scott, April 1996 General Conf.

Find the compensatory blessings in your life when, in the wisdom of the Lord, He deprives you of something you very much want. To the sightless or hearing impaired, He sharpens the other senses. To the ill, He gives patience, understanding, and increased appreciation for others' kindness. With the loss of a dear one, He deepens the bonds of love, enriches memories, and kindles hope in a future reunion. You will discover compensatory blessings when you willingly accept the will of the Lord and exercise faith in Him.

Activity: Read the following verses and decide if the scripture is describing the REDEEMING, CLEANSING, STRENGTHENING, ENABLING, COMPENSATING, or HEALING powers of Christ's Atonement.

1 Nephi 7:17-18

Enos 1:4-8

Mosiah 4:2-3

Mosiah 9:17-18

Mosiah 18:12-13,16

Mosiah 24:15-16

Mosiah 27:24-26

Alma 7:11-13

Alma 8:30-32

Alma 14:26

Alma 15:6-11

Alma 24:10-12

Alma 31:30-32, 38

Alma 36:17-19

Alma 37:33-35

Alma 57:21,26-27

Helaman 3:35

3 Nephi 7:16-18

Mormon 2:26

Moroni 10:32-33

Elder Bednar

Most of us clearly understand that the Atonement is for sinners. I am not so sure, however, that we know and understand that the Atonement is also for saints—for good men and women who are obedient and worthy and conscientious and who are striving to become better and serve more faithfully. I frankly do not think many of us “get it” concerning this enabling and strengthening aspect of the Atonement, and I wonder if we mistakenly believe we must make the journey from good to better and become a saint all by ourselves through sheer grit, willpower, and discipline, and with our obviously limited capacities.

Elder Bednar, “In the Strength of the Lord,” in *Brigham Young University 2001–2002 Speeches* (2002).

Elder Bednar (cont.)

I am not trying to suggest that the redeeming and enabling powers of the Atonement are separate and discrete. Rather, these two dimensions of the Atonement are connected and complementary; they both need to be operational during all phases of the journey of life. And it is eternally important for all of us to recognize that *both* of these essential elements of the journey of life—both putting off the natural man and becoming a saint, both overcoming bad and becoming good—are accomplished through the power of the Atonement. Individual willpower, personal determination and motivation, and effective planning and goal setting are necessary but ultimately insufficient to triumphantly complete this mortal journey. Truly we must come to rely upon “the merits, and mercy, and grace of the Holy Messiah” (2 Nephi 2:8).

Elder Bednar, Ensign April 2012

As you and I come to understand and employ the enabling power of Christ and His Atonement in our personal lives, we will pray and seek for strength to change our circumstances rather than praying for our circumstances to be changed. We will become agents who act rather than objects that are acted upon.

Elder Bednar (quoting the Bible Dictionary—"Grace")

"It is likewise through the grace of the Lord that individuals, through faith in Jesus Christ and repentance of their sins, receive strength and assistance to do good works that they otherwise would not be able to maintain if left to their own means. This grace is an enabling power that allows men and women to lay hold on eternal life and exaltation after they have expended their own best efforts" (emphasis added).

Elder Bednar, "In the Strength of the Lord," in *Brigham Young University 2001–2002 Speeches* (2002).

Elder Bednar

The enabling power of the Atonement of Christ strengthens us to do things we could never do on our own. Sometimes I wonder if in our latter-day world of ease—in our world of microwave ovens and cell phones and air-conditioned cars and comfortable homes—I wonder if we ever learn to acknowledge our daily dependence upon the enabling power of Christ's Atonement.

Elder Bednar, "In the Strength of the Lord," in *Brigham Young University 2001–2002 Speeches* (2002).

Strength beyond Our Own

When we understand the enabling power of Christ's Atonement, we will be changed; we will have access to strength beyond our natural abilities, our weakness can be turned to strength, and we can know that "in the strength of the Lord" we can "do all things" ([Alma 20:4](#)).

Heavenly Father and Jesus Christ have the power and the desire to help us overcome our feelings of grief, despair, inadequacy, discouragement, pain, and temptation. They constantly offer us comfort, peace, hope, love, and strength. They can heal our feelings of fear, distrust, anger, self-doubt, sorrow, discouragement, and inadequacy. They can be the best resource we have to help us get through difficult days and trying times. If we but come unto Christ, He will lead us to the Father and a fulness of joy in Their presence.

(Carolyn J. Rasmus, "The Enabling Power of the Atonement," Ensign March 2013)