

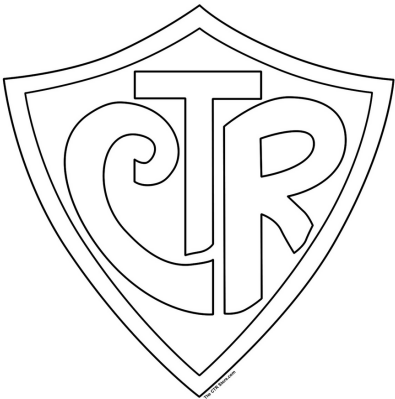
FEB 3 - 9

DON'T WORRY - CHOOSE HAPPY

2 NEPHI 1-5

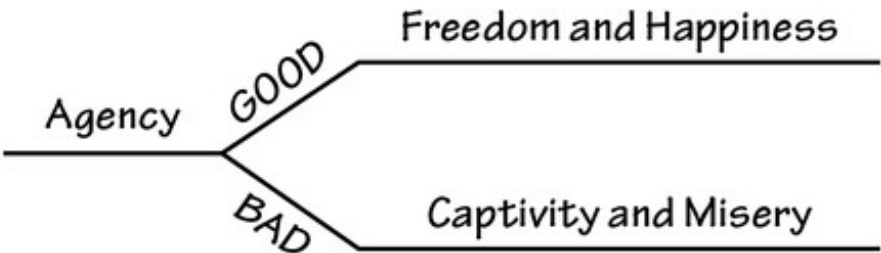
This week as we begin studying 2 Nephi it is important to learn how to identify DOCTRINE in the Scriptures. Doctrines are truths that NEVER change. For example, Agency, Prayer, Sacrament and Priesthood are all examples of Doctrines. As you read the scripture block highlight as many doctrines as you can find.

DOCTRINES IF FOUND



“True doctrine, understood,
changes attitudes and
behavior.
“The study of the doctrines of the
gospel will
improve behavior quicker than a
study of behavior
will improve behavior. ... That is
why we stress so
forcefully the study of the
doctrines of the gospel”
Boyd K. Packer

PRINCIPLES & PROMISES I FOUND



IN YOUR JOURNAL

What did Lehi teach his Sons about how to "live after the manner of Happiness?

What choices can you make right now that can bring you greater happiness (closer to Christ)?

When Nephi claimed "oh wretched man that I am" ...what did he teach about Jesus Christ that allowed him to be comforted?

What did you learn from today's lesson about the doctrine of agency? What can you do daily to help ensure you choose Christ?