

MAY 25 - MAY 31

THE COUNTENANCE YOU CARRY



Alma 5-7

You Will Become Like Those You Hang Out With Most

Countenance: The Amount of Light that reflects in you

CHRIST

ALMA 15:14,19 (IMAGE)
ALMA 5:15 (FAITH)
ALMA 5:16 (REDEMPTION)
ALMA 5:26-27 (CONVERSION)
ALMA 5:33-34 (REPENTANCE)
ALMA 7:11-12 (ATONEMENT)

SATAN

ALMA 5:20 (SUBJECT TO DEVIL)
ALMA 5:22:22-24 (YOUR ACTIONS)
ALMA 5:18-30 (PRIDE, MOCKERY)
ALMA 5:36-37 (WORK INIQUITY)

WHAT DOES YOUR COUNTENANCE SAY ABOUT YOU?

WHAT PRINCIPLES DID YOU FIND THIS WEEK?

- 1.
- 2.
- 3.
- 4.
- 5.

IN YOUR JOURNAL

THERE ARE 50 QUESTIONS IN ALMA 5
ANSWER THE QUESTIONS IN YOUR JOURNAL:

1. HAVE YOU SUFFICIENTLY RETAINED IN REMEMBRANCE THE CAPTIVITY OF YOUR FATHERS? (5:6)
2. HAVE YOU SUFFICIENTLY RETAINED IN REMEMBRANCE HIS MERCY AND LONG-SUFFERING TOWARDS THEM? (5:6)
3. HAVE YOU SUFFICIENTLY RETAINED IN REMEMBRANCE THAT HE HAS DELIVERED THEIR SOULS FROM HELL? (5:6)
4. WERE THEY DESTROYED? (5:8)
5. WERE THE BANDS OF DEATH BROKEN, AND THE CHAINS OF HELL, WHICH ENCIRCLED THEM ABOUT, LOOSED? (5:9)
6. ON WHAT CONDITIONS ARE THEY SAVED? (5:10)
7. ON WHAT GROUNDS HAD THEY TO HOPE FOR SALVATION? (5:10)
8. WHAT IS THE CAUSE OF THEIR BEING LOOSED FROM THE BANDS OF DEATH AND CHAINS OF HELL? (5:10)
9. DID NOT MY FATHER ALMA BELIEVE IN THE WORDS, WHICH WERE DELIVERED BY THE MOUTH OF ABINADI? (5:11)
10. WAS HE NOT A HOLY PROPHET? (5:11)
11. DID HE NOT SPEAK THE WORDS OF GOD? (5:11)
12. DIDN'T MY FATHER ALMA BELIEVE THE WORDS OF GOD? (5:11)
13. HAVE YOU SPIRITUALLY BEEN BORN OF GOD? (5:14)
14. HAVE YOU RECEIVED HIS IMAGE IN YOUR COUNTENANCES? (5:14)
15. HAVE YOU EXPERIENCED THIS MIGHTY CHANGE IN YOUR HEARTS? (5:14)
16. DO YOU EXERCISE FAITH IN THE REDEMPTION OF HIM WHO CREATED YOU? (5:15)
17. DO YOU LOOK FORWARD WITH AN EYE OF FAITH AND VIEW THIS MORTAL BODY, TO STAND BEFORE GOD TO BE JUDGED, ACCORDING TO THE DEEDS, WHICH HAVE BEEN DONE IN THE MORTAL BODY? (5:15)

18. CAN YOU IMAGINE YOURSELVES HEARING THE VOICE OF LORD SAYING, "COME UNTO ME, YOUR WORKS HAVE BEEN WORKS OF RIGHTEOUSNESS UPON THE EARTH?" (5:15)
19. DO YOU IMAGINE THAT YOU CAN LIE TO THE LORD AND SAY YOUR WORKS HAVE BEEN RIGHTEOUS WORKS UPON THE EARTH? (5:16)
20. DO YOU THINK HE WILL SAVE YOU? (5:17)
21. CAN YOU IMAGINE YOURSELF BROUGHT BEFORE GOD WITH YOUR SOUL FILLED WITH GUILT AND REMORSE WITH A PERFECT REMEMBRANCE OF ALL YOUR WICKEDNESS AND DEFIANCE AGAINST THE COMMANDMENTS OF GOD? (5:18)
22. CAN YOU LOOK UP TO GOD WITH A PURE HEART AND CLEAN HANDS? (5:19)
23. CAN YOU LOOK UP HAVING THE IMAGE OF GOD ENGRAVED UPON YOUR COUNTENANCES? (5:19)
24. CAN YOU THINK OF BEING SAVED WHEN YOU HAVE YIELDED TO BECOME SUBJECTS TO THE DEVIL? (5:20)
25. HOW WILL YOU FEEL IF YOU STAND BEFORE GOD, HAVING YOUR GARMENTS STAINED WITH BLOOD AND ALL MANNER OF FILTHINESS? (5:22)
26. WHAT WILL THESE THINGS TESTIFY AGAINST YOU? (5:22)
27. WILL THEY NOT TESTIFY THAT YOU ARE MURDERERS? (5:23)
28. WILL THEY NOT TESTIFY THAT YOU ARE GUILTY OF ALL MANNER OF WICKEDNESS? (5:23)
29. DO YOU THINK YOU CAN SIT DOWN IN THE KINGDOM OF GOD WITH ALL THE HOLY PROPHETS, WHOSE GARMENTS ARE CLEANSED, SPOTLESS, PURE AND WHITE? (5:24)
30. IF YOU EXPERIENCED A CHANGE OF HEART AND HAVE FELT TO SING THE SONG OF REDEEMING LOVE, CAN YOU FEEL SO NOW? (5:26)
31. HAVE YOU WALKED, KEEPING YOURSELVES BLAMELESS BEFORE GOD? (5:27)
32. IF YOU WERE CALLED TO DIE AT THIS TIME, HAVE YOU BEEN SUFFICIENTLY HUMBLE? (5:27)
33. HAVE YOUR GARMENTS BEEN CLEANSED AND MADE WHITE THROUGH THE BLOOD OF CHRIST, WHO WILL COME TO REDEEM HIS PEOPLE FROM THEIR SINS? (5:27)
34. ARE YOU STRIPPED OF PRIDE? (5:28)
35. IS THERE ONE AMONG YOU WHO IS NOT STRIPPED OF ENVY? (5:29)
36. IS THERE ONE AMONG YOU THAT MAKES A MOCK OF HIS BROTHER OR HEAPS UPON HIM PERSECUTIONS? (5:30)

37. IF YOU ARE NOT SHEEP OF THE GOOD SHEPHERD, OF WHAT FOLD ARE YOU? (5:39)
38. CAN YOU DENY THAT YOU ARE IN THE DEVIL'S FOLD? (5:39)
39. DO YOU SUPPOSE THAT I KNOW OF THESE THINGS MYSELF? (5:45)
40. HOW DO YE SUPPOSE THAT I KNOW OF THEIR SURETY? (5:46)
41. CAN YOU WITHSTAND THESE SAYINGS? (5:53)
42. CAN YOU LAY ASIDE THESE THINGS AND TRAMPLE THE HOLY ONE UNDER YOUR FEET? (5:53)
43. CAN YOU BE PUFFED UP IN THE PRIDE OF YOUR HEARTS? (5:53)
44. WILL YOU STILL PERSIST IN WEARING COSTLY APPAREL AND SETTING YOUR HEARTS UPON THE VAIN THINGS OF THE WORLD AND UPON YOUR RICHES? (5:53)
45. WILL YOU PERSIST IN SUPPOSING THAT YOU ARE BETTER THAN ANOTHER? (5:54)
46. WILL YOU PERSIST IN THE PERSECUTION OF YOUR BRETHREN, WHO HUMBLE THEMSELVES AND WALK AFTER THE HOLY ORDER OF GOD? (5:54)
47. WILL YOU PERSIST IN TURNING YOUR BACKS UPON THE POOR AND NEEDY IN WITHHOLDING YOUR SUBSTANCE FROM THEM? (5:55)
48. WHAT HAVE YOU TO SAY AGAINST THIS? (5:58)
49. WHAT SHEPHERD AMONG YOU HAVING MANY SHEEP DOES NOT WATCH OVER THEM THAT WOLVES WON'T ENTER AND DEVOUR THE FLOCK? (5:59)
50. IF THE WOLF ENTERS HIS FLOCK, DOES THE SHEPHERD NOT DRIVE HIM OUT? (5:59)