

— A *Seek Me* GUIDEBOOK —

Old Testament

Notes from a class at the Institute of Religion
Church of Jesus Christ of Latter-Day Saints

Finding Christ in the Old Testament

Info Packet

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**Use as a side-by-side resource with
2026 Come Follow Me Old Testament Curriculum**

Project began in 2025 and ongoing through 2026

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1. Helpful (kind, thoughtful, and with the intent to uplift)
2. Christ-centered
3. True

Send me a message if you would like to help with this project (all volunteer) and if any of these tasks interest you: Editing, formatting, translation, audiobook.

Thank you,
Holly



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Preface

*"You will seek me and find me when you seek me with all your heart.
And I will be found of you, saith the Lord."*

Jeremiah 29:13-14

Seeking, Finding, and Receiving Jesus

A prophet chosen by and ordained to represent Jesus Christ knows Jesus. A prophet can see potential for God's children - opportunities and paths - that, if chosen, would enhance their connection with God and enable them to build a relationship with Jesus Christ. Each of God's children can draw power from that association and receive all that is possible when one comes unto Christ.

— Seeking Jesus

President Russell M. Nelson encouraged people to seek Jesus now: *"When I speak of having confidence before God, I am referring to having confidence in approaching God right now! I am referring to praying with confidence that Heavenly Father hears us, that He understands our needs better than we do. I am referring to having confidence that He loves us more than we can comprehend, that He sends angels to be with us and with those we love. I am referring to having confidence that He yearns to help each of us reach our highest potential."* *"Our confidence can truly wax strong in the presence of God, right now!"* [Russell M. Nelson, *Confidence in the Presence of God*, General Conference, April 2025].

Considering those statements, I asked myself, "How does a person seek Jesus right now? How does one prepare their heart to receive Jesus Christ right now?" There are lists of "to do's" for seeking Jesus that include prayer, scripture study and other principled actions that can result in blessings from God. When pondering how one prepares their heart to receive Jesus, the to-do list changes. It shifts into more of a "to-be" list. We may ask ourselves, What are the desires in my heart? How can I better understand *who* I am and *who* I am seeking? Do I believe Jesus has power? Do I believe He can do all that I've been taught He can do? Even when I know He will do good things for others, do I believe He will do good things for me? Especially when I really need help? Do I understand God's "dealings" (1 Ne 2:12) with His children, specifically, with me? I've embarked on this journey. As a preface to this Seek Me Guidebook, I'll share an experience.

As I listen to talks given during General Conference, I like to pay close attention to promises. This promise from President Nelson hit me squarely: *"Here is my promise to you: Every sincere seeker of Jesus Christ will find Him in the temple."* [Russell M. Nelson, *The Lord Jesus Christ Will Come Again*, General Conference, October 2024].

I felt a strong desire to figure out *how* to be a sincere seeker of Jesus Christ. I remembered something else he taught in Conference. This talk was about knowing how to seek priesthood power, which is a bit different than learning how to be a sincere seeker of Jesus Christ, so I wasn't sure if it could be directly applicable. He taught: *"How do I draw the Savior's power into my life? You won't find this process spelled out in any manual. The Holy Ghost will be your personal tutor as you seek to understand what the Lord would have you know and do. This process is neither quick nor easy, but it is spiritually invigorating. What could possibly be more exciting than to labor with the Spirit to understand God's power—priesthood power?"* [Russell M. Nelson, *Spiritual Treasures*, General Conference, October 2019]. If the process could be applied, even in part, to learning how to sincerely seek Jesus Christ, I wanted to try.

With no manual, I began. I sought tutoring from the Holy Ghost. I have since learned the truth of the prophet's promise because I became a sincere seeker of Jesus, and, as can we all when we do the same, I found Him in the temple!

This Old Testament Guidebook. The main questions I've been asked about this project are:

1. How did it come about?
2. What is it?
3. What do I hope will come from it?

How did it come about? I acted on the prophet's invitation to be a sincere seeker of Jesus Christ in the temple, and in the temple I felt impressions from the Holy Ghost. One message I received was, "Seek Me." Soon after, another impression came, "Remember the Old Testament class you took years ago? You've been living by the principles you learned in that class. Others would benefit from learning those principles. Will you type up and share your notes from that class?" This guidebook is the result of my efforts to follow those impressions.

What is it? Each of these modules is a typed version of written notes from an Old Testament class. I have organized them within the context of seeking Jesus. The act of seeking can be applied to things that are not in plain sight. Seeking requires an earnest effort from us. This can be applied to finding Christ in the Old Testament. When I think about seeking, I think about the fun of using a treasure map as a guide. **So, when people ask me what this guidebook is, my short answer has become: It's sort of a treasure map to finding Christ in the Old Testament.**

What do I hope will come from it? My hope for this guidebook is that it can help individuals find Christ - in the Old Testament and also in their lives. But that's not the extent of my hope. I also hope that, in finding Christ, individuals will receive Him and the good things that come from Him.

— Finding Jesus

Finding Christ in the Old Testament. The Old Testament is about Christ, but we may not notice that on a first read. He is hiding a bit in the symbols. This gives us an opportunity to specifically focus on finding Him there. And as we do, the Holy Ghost is whispering, "He's in there. You'll find Him there," or "Hey, look here. You found Him!" When we find Christ in the Old Testament, we get to learn from Him. As we read of Him, we learn of His attributes and characteristics. We see what He does for His covenant people. I will forever be grateful to my institute teacher, Steve Schank, for not only what he taught, but how he taught. He created a classroom that enabled me to learn from him *and* from the Holy Ghost, which is the best kind of learning experience.

Finding Christ in life. The prophet said Christ can be found in the temple. What does that mean? What might that look like? There is no manual, and personal tutoring from the Holy Ghost is needed, so it is personal. How does one know when they have found Him? That is also personal, but not personal as in subjective or personal as in private. It is personal because it is customized. The Holy Ghost is capable of guiding each of us in the way that is needful for us.

A good starting point is to believe that it is possible to find Christ in the temple. Is that phrase figurative or literal? It can be both: Someone who feels a deeper spiritual connection to Jesus Christ in the temple and finds an increased understanding of His role as their Savior may cherish that figurative experience as having found Christ in the temple. Or, in a more literal case, someone's path may lead to a physical discovery such as hearing His voice or other deeply personal experiences. *And ye may know that he is, by the power of the Holy Ghost; wherefore I would exhort you that ye deny not the power of God; for he worketh by power, according to the faith of the children of men, the same today and tomorrow, and forever. And again, I exhort you, my brethren, that ye deny not the gifts of God, for they are many; and they come from the same God. And there are different ways that these gifts are administered; but it is the same God who worketh all in all; and they are given by the manifestations of the Spirit of God unto men, to profit them. [Moroni 10:7-8].*

— Receiving Jesus

Consider: in what ways are finding and receiving different? *"To truly receive a gift, we come to value it for ourselves, put it to full use in our lives, and then remember with thankfulness the giver. ... Receiving a gift is **not passive but an intentional and meaningful process** that goes far beyond merely opening a package. To receive is to **appreciate and connect with both the gift and the heart of the giver in a way that strengthens the bonds between the giver and receiver.** ..."* [Patrick Kearon, Receive His Gift, General Conference, April 2025].

Finding Christ and learning about Him leads to something magnificent. We find Christ in the scriptures and we read and learn about Him and His mercy and power. Then we choose: Do I believe Him? Will I receive Him? *Incline your ear, and come unto me: hear, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David. [Isaiah 55:3].*

As we find Christ, we will be better for it. However, when we are not willing to take the next step to receive Him, I don't believe it will generate power that stays. Enduring, useful power that can be drawn upon in times

of need comes from *receiving Christ* and what He offers. Elder Patrick Kearon taught that Christ is “the greatest of all the Father’s gifts, through which all others flow.”

*“Every good gift and every perfect gift is from above, and cometh down from the Father of lights.” (James 1:17) ...In our covenant bond with the Father, He is ever the Giver and we the humble recipient. But we could receive nothing without the greatest of all the Father’s gifts, His beloved Lamb, His Son, Jesus Christ. **All of our Father’s gifts flow from and are activated by the Saviour’s willing offering** in Gethsemane and on the cross and His triumphant Resurrection. **Jesus Christ, our merciful Redeemer, is the supreme gift from our Father of lights.** “In the gift of his Son hath God prepared [for us] a more excellent way.” (Ester 12:11). ... You can **come to Christ** with confidence in His loving-kindness **and receive** all His gifts of joy, peace, hope, light, truth, revelation, knowledge, and wisdom—with your head held high, your arms outstretched, and your hands open, ready to receive.” [Patrick Kearon, Receive His Gift, General Conference, April 2025].*

Thank you, Elder Kearon, for that visual. Imagine coming unto Him with your arms outstretched, hands open, ready to receive Him and all His gifts. Imagine Christ’s arms outstretched toward you, inviting you to, “Receive me and all good things that I give.” *Yea, verily I say unto you, if ye will come unto me ye shall have eternal life. Behold, mine arm of mercy is extended towards you, and whosoever will come, him will I receive; and blessed are those who come unto me.* [3 Nephi 9:14].

What happens next? What is your level of readiness to receive from Christ?

Receiving things that come from Christ. Christ can and wants to give us so many good things. What and how much He is *able* to give depends on our “readiness,” or our desire, our capacity, and our willingness to receive.

Desire. When we desire to receive, we are full of hope. We trust God and that what He says will be. *We believe Him.* We remember that God is intentional in what he gives us - in content, in timing, and in manner - and that He knows how to give us what is best for us.

Capacity. Becoming ready to receive means we are humble, or that we are able to see ourselves clearly - our strengths and our flaws - and accept them. We are able to be grateful for anything God gives us, whether or not He gives us what we want, when, or in the way we want it.

Willingness. As we hone our ability to receive, we believe that God hears our prayers, we trust that our desires are accounted for, and then we open our hearts to God and we are willing to receive whatever He wishes to give us.

As God gives us, in His perfection, what is best and perfectly fit for us, AND we receive it in humility and gratitude - we are standing in holy places. Over time, I have grown into this principle of truth and power. I have discovered that God gives me more than I could have imagined. And from time to time, when I have been in holy enough places to recognize it, I have seen that gifts given from God, even the ones I perceive as being difficult, are miracles and tender mercies in my life.

Are you ready to receive good gifts from God? Are you ready to receive all gifts from God with a grateful heart? *...men began to exercise faith in Christ; and thus by faith, they did lay hold upon every good thing... and they who have faith in him will cleave unto every good thing... [Moroni 7:25, 28].*

He *wants* to give. May we let Him. He wants us to be able to receive Him. May we try. May our faith get us there.

The Holy Ghost as our Guide

I have discovered that finding Christ is so good. Receiving Him is even better. And the best is to invite the Holy Ghost to guide us as we do so. *“To be sure, there may be times when you feel as though the heavens are closed. But I promise that as you continue to be obedient, **expressing gratitude for every blessing the Lord gives you, and as you patiently honor the Lord’s timetable, you will be given the knowledge and understanding you seek. Every blessing the Lord has for you—even miracles—will follow.** ...in coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost. ...My beloved brothers and sisters, **I plead with you to increase your spiritual capacity to receive revelation.** ...Choose to do the spiritual work required to enjoy the gift of the Holy Ghost and hear the voice of the Spirit more frequently and more clearly. [Russell M. Nelson, Revelation for the Church, Revelation for Our Lives, General Conference, April 2018].*

As you study to find Christ in the Old Testament, I encourage you to do the work required to increase your capacity to receive revelation, so that you can:

1. Receive the gifts of knowledge and understanding.
2. Recognize miracles in the lives of those you read about as well as miracles in your life and in the lives of others around you.
3. Feel the mighty work He is able to perform in your heart.

I can truthfully say that the things I learned in this Old Testament class brought me “face-to-face” with Christ (figuratively), and He changed my heart (literally). The potential is there that you, too, can be changed by Christ - forever and for the better - when you find and receive Him.

Takeaways and questions for reflection:

- As you study the Old Testament and find Christ, believe and receive. As you learn how He interacts with His covenant people and as you believe He will do those things for you, then hope for it and receive the good things he is ready to give you.
- Pay attention to what Christ does for the people He makes covenants with.
- Start a list of miracles. Write them down when, with the guidance of the Holy Ghost, you recognize them in the lives of the people you read about. Write them down when you see them in your life.

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Old Testament

Introduction

*“...and all things which have been given of God
from the beginning of the world, unto man,
are the typifying of him.”*

2 Nephi 11:4

Finding Christ in the Old Testament

The Old Testament is about this: When death and destruction are imminent, God gives life. Some stories in the Old Testament include details that do not make sense. These details can interrupt the flow or detract from the storyline. Christ is in the details of the Old Testament, and sometimes He is in the confusing details. This is why a guide may be helpful.

In biblical typology, there are types and antitypes. A type foreshadows. An antitype is the fulfillment of what has been foreshadowed. A type can be a person, an event, an object, a ritual, or an institution. The ultimate antitype is Christ, including His works and His ordinances. The Old Testament is full of types, or elements that foreshadow or represent Christ and His redemptive work. As types are identified, they point to the antitype (Jesus Christ), and Christ is recognized, or found.

There are strategies for identifying types, and in these modules, several strategies will be taught. They will be demonstrated with repetition, and they can be learned. This resource does not cover every story in the Old Testament, so after they are learned, the strategies can be applied to portions of the Old Testament that are not in this guidebook.

Nephi understood the importance of finding Christ in the scriptures (See Context & Study section.) Nephi lived before Christ was born on this earth. He learned about Christ from his parents, the scriptures, the Holy Ghost, angels, and Christ. He and his brother Jacob had seen Christ, as had Isaiah. Nephi wanted his family to know that Christ would be born on this earth and with mercy and power, deliver them from death and give them eternal life. Nephi knew that they needed to know about Christ, so that they could believe Christ and believe all that He would come to do for them.

And now I, Nephi, write more of the words of Isaiah, for my soul delighteth in his words. For I will liken his words unto my people, and I will send them forth unto all my children, for he verily saw my Redeemer, even as I have seen him. And my brother, Jacob, also has seen him as I have seen him; wherefore, I will send their words forth unto my children to prove unto them that my words are true. Wherefore, by the words of three, God hath said, I will establish my word. Nevertheless, God sendeth more witnesses, and he proveth all his words. **Behold, my soul delighteth in proving unto my people the truth of the coming of Christ;** for, for this end hath the law of Moses been given; and **all things which have been given of God from the beginning of the world, unto man, are the typifying of him.** And also my soul delighteth in the covenants of the Lord which he hath made to our fathers; **yea, my soul delighteth in his grace, and in his justice, and power, and mercy in the great and eternal plan of deliverance from death.** And my soul delighteth in proving unto my people that save Christ should come all men must perish. For if there be no Christ there be no God; and if there be no God we are not, for there could have been no creation. But there is a God, and he is Christ, and he cometh in the fulness of his own time. And now I write some of the words of Isaiah, **that whoso of my people shall see these words may lift up their hearts and rejoice for all men.** Now these are the words, and ye may liken them unto you and unto all men.

2 Nephi 11
:2-8

Nephi understood that things given from God to man, like the Law of Moses, were given to keep people mindful of Christ. He taught that *all things* given from God typify Christ. This principle is a thread woven through the modules of this guidebook.

— **It is Jesus Christ Who Saves** In the New Testament, Christ teaches that we can read and search the scriptures, but if we do not ultimately come unto Him, we cannot have the saving life that He offers.

*And the Father himself, which hath sent me, hath borne witness of me. Ye have neither heard his voice at any time, nor seen his shape. And **ye have not his word abiding in you: for whom he hath sent, him ye believe not. Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me. And ye will not come to me, that ye might have life.*** John 5 :37-40

When Jesus says come unto me, He means it! The scriptures don't give life; Jesus Christ gives life that saves.

In Luke, some people who did not believe in Jesus came to Him and said, (summarizing) “We have the writings of Moses (Old Testament scripture), and these writings give life.” Jesus said the writings of Moses cannot save unless the writings point a person to Christ because He is the one who saves.

*Then certain of them came to him, saying, Good Master, we have Moses and the prophets, and whosoever shall live by them, shall he not have life? And Jesus answered, saying, Ye know not Moses, neither the prophets; **for if ye had known them, ye would have believed on me; for to this intent they were written. For I am sent that ye might have life...*** JST Luke 14 :35-36

He taught that Moses wrote with the intent that those who read would know to believe on Jesus and live. If we want to study Moses' words according to the intent for which they were written, we need to read with a hope of finding Christ in what is written. We read to find Christ, and when we do, we believe Him. We believe He'll fulfill His promises. We believe He is able to deliver. We rely on His power. We get the saving life that only He can give.

Reading about individuals in the Old Testament whose stories include deliverance remind us that Christ saves. When we read about Moses, we are learning about Christ. When we read about Esther, we are learning about Christ.

— Tools that will Enhance a Study of the Old Testament

The following resources can enhance Old Testament study.

Blue Letter Bible https://www.blueletterbible.org/ Google AI overview: “A free, non-denominational Christian website and app offering powerful online tools for in-depth Bible study, known for its clickable blue hyperlinks that link directly to original Hebrew/Greek words (via Strong's numbers), definitions, cross-references, commentaries, maps, and audio resources, making scripture accessible for deep dives into context, meaning, and usage across multiple translations and versions, all grounded in a conservative, historical Christian faith.”	
The Theological Wordbook of the Old Testament https://archive.org/details/theological-wordbook-of-the-old-testament/mode/2up AI overview: “A foundational scholarly reference work for Bible students, pastors, and laypeople, offering in-depth studies of over 1,400 theologically significant Hebrew and Aramaic words in the Old Testament, keyed to Strong's Concordance for easy lookup, and focusing on deep meanings, usage, and extensive bibliographies to clarify complex biblical terms.” (links to Volume 1)	
Scripture Citation Index https://scriptures.byu.edu/ Google AI overview: “A free digital tool (website & app) for members of The Church of Jesus Christ of Latter-day Saints, created by BYU, that links specific scripture verses to where they are cited in official Church teachings, like General Conference talks, the Journal of Discourses, and Teachings of the Prophet Joseph Smith. It helps users find prophetic insights on a verse, see what leaders taught about it, and aids in lesson prep by connecting scripture study with Church leader commentary, allowing searches from verse to talk or speaker to verse.”	

Learning the things of God Hyrum L. Andrus was a scholar and author whose writings connected the social, economic and political thought of Joseph Smith. He wrote an article about Joseph's teachings on education and the process of learning truth. Joseph taught that it is necessary to approach the learning of truth through a combination of intellectual and spiritual efforts.

"Joseph Smith held that man can obtain truth through spiritual and intellectual processes. He should utilize both methods in his quest for understanding. In evaluating the two methods, he said: 'The best way to obtain truth and wisdom is not to ask it from books, but to go to God in prayer, and obtain divine teachings.'"

Hyrum L. Andrus, Joseph Smith, *The Educator* Published in the Daily Universe Monday March 1, 1971, p. 10

Paul teaches similarly that things of the Spirit of God are spiritually discerned.

Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God. Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

1 Corinthians
2:12-14

Learning the saving principles of God requires that principles are applied as they are learned.

Speaking of the way to salvation he said: We consider that God has created man with a mind capable of instruction, and **a faculty which may be enlarged in proportion to the heed and diligence given to the light communicated from heaven to the intellect**; and that the nearer man approaches perfection, the clearer are his views, and the greater his enjoyment, till he has overcome the evils of this life and lost every desire for sin; and like the ancients, arrives at that point of faith where he is wrapped in the power and glory of his Maker and is caught up to dwell with Him." History of the Church 2:8

Hyrum L. Andrus, Joseph Smith, *The Educator* Published in the Daily Universe Monday March 1, 1971, p. 10

A person in pursuit of truth never learns alone. They gain a relationship with God facilitated through the Holy Ghost. As full intellectual capacity is applied to understand principles read about in the scriptures, there is also a reaching toward God, seeking all that He, through the Holy Ghost, can teach.

Joseph Smith observed that Enoch, Abraham, Moses, Paul, and many others in ancient times acquired great knowledge through faith. **This method requires man to use his full intellectual powers, but, in addition, man must reach up to God with desire and hope so that the Holy spirit can become a principle of relation within him.** By cultivating this principle, man can obtain divine truth until he has power to return to the presence of God. The prophet declared that every man remaining on the earth after the millennial kingdom is established must eventually come to know the Lord through the principle of revelation. [sources: HC 1:282-284; DC67:10; 88:66-68; 93:1; HC 3:380]

Hyrum L. Andrus, Joseph Smith, *The Educator* Published in the Daily Universe Monday March 1, 1971, p. 10

This is how a person can get the most out of a study of the Old Testament. And because of that reach up to God and the growing relationship with God, "...getting the most out of a study of the Old Testament" ultimately means getting a relationship with Christ and receiving the good things that come from Christ. Christ is the best thing anyone can "get" from a study of the Old Testament. Not only knowledge of Him, but Him. A relationship with Him.

Summary of Introduction	Summary of next module
Christ saves. When we read about Moses who saved, we are learning about Christ. When we read about Esther who saved, we are learning about Christ.	God created a world that sustains life. Christ also gives life.

Takeaways and questions for reflection: Follow the links to check out the three resources shared in this module.