



# Take your family and flee!

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1 NEPHI 1



**King  
Josiah's  
Reforms  
620 BC**

**Rediscovery (and editing) of the Book of Deuteronomy**

**Strict adherence to the letter of Law of Moses**

**Limited all sacrifice to the Temple**

**Belief in Israel's 'righteousness' [and divine protection] due to strict obedience to the Law**

**Persecution of false prophets (visionaries)**

**Rejection of any additional divine guidance outside of the Law (A Torah, a Torah, we have a Torah!)**

**Strict punishment against any preforming sacrifices outside the Temple**

# Lehi's Family

The situation in Jerusalem after Josiah's reforms may shed some light on understanding Laman and Lemuel as well as illuminating some of the religious conflict that runs throughout the Book of Mormon. ...

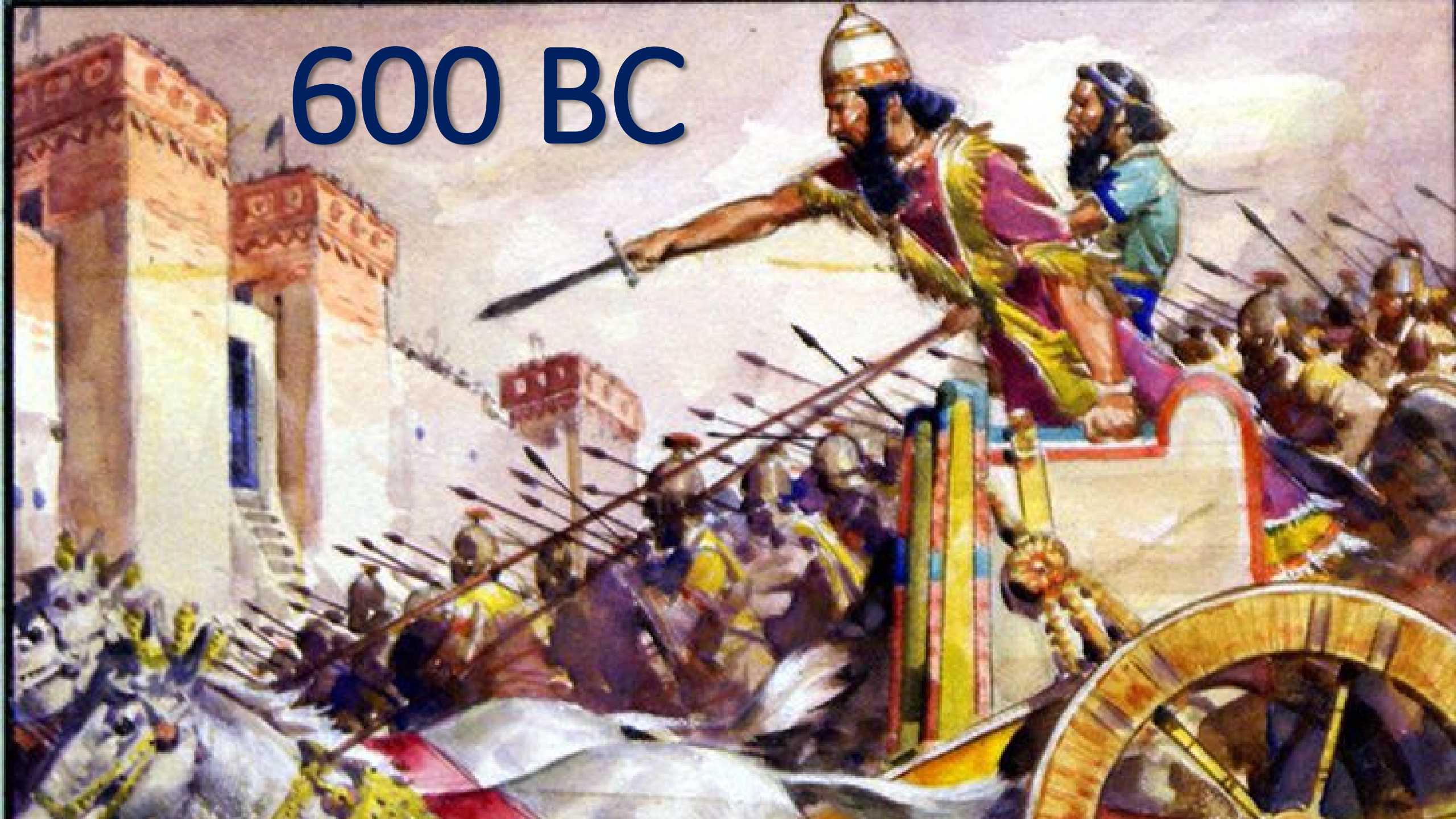
Lehi's family may be a microcosm of the conflict in Jerusalem between those who espoused Josiah's Deuteronomic reforms and the pre-reform religion. Lehi's theology had affinities with the older religion.

What if Laman and Lemuel were believers in the reform?

Brant A. Gardner, *Second Witness: Analytical and Contextual Commentary on the Book of Mormon*, 6 vols. (Salt Lake City, Utah: Greg Kofford Books, 2007–2008), 1:92.

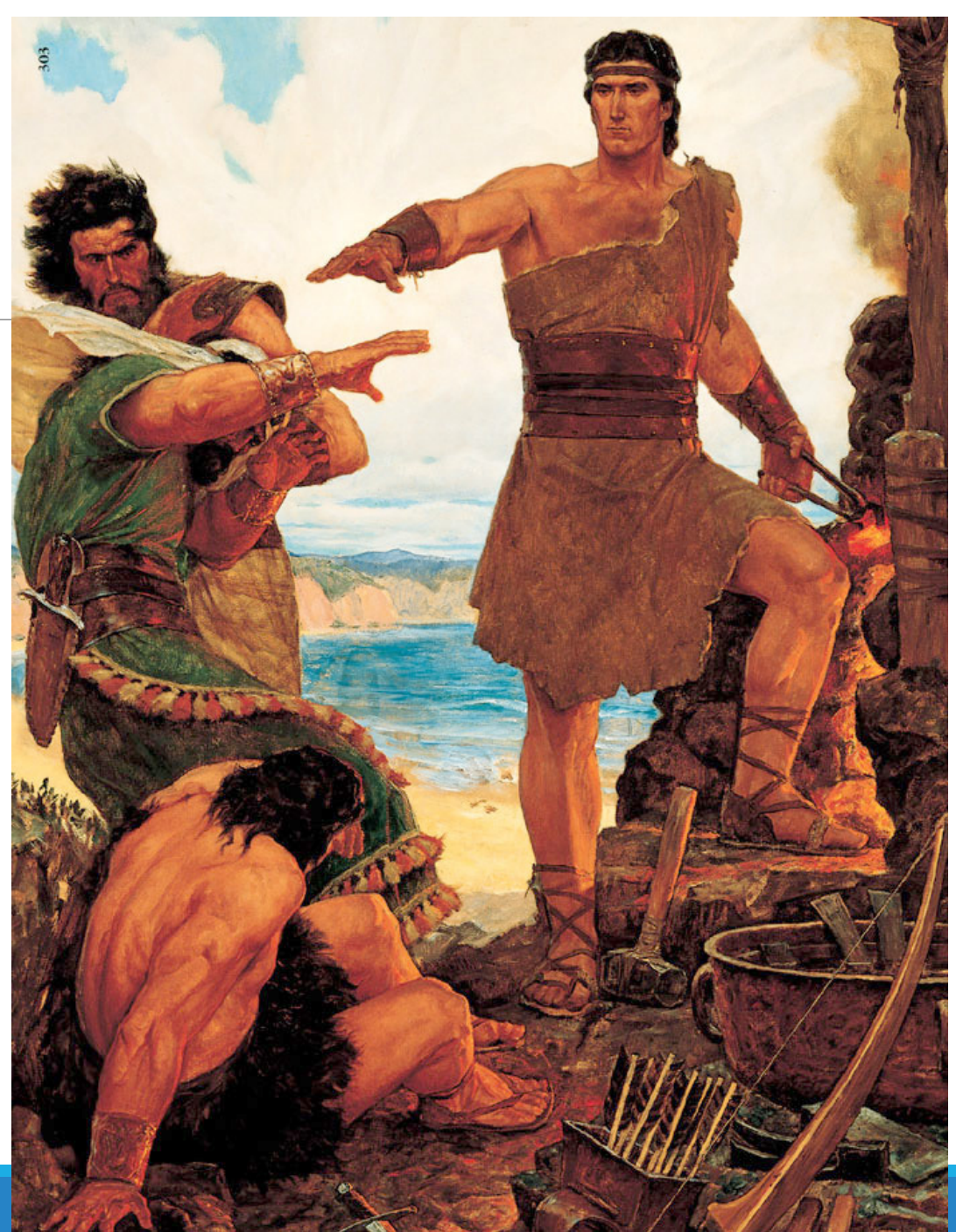


600 BC



# Nephi

## 1 Nephi 1:1



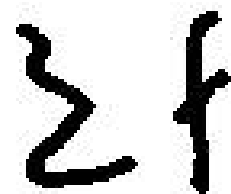
"Ammon"



Hieroglyphic



Hieratic



1400 B.C.



600 B.C.

Characters

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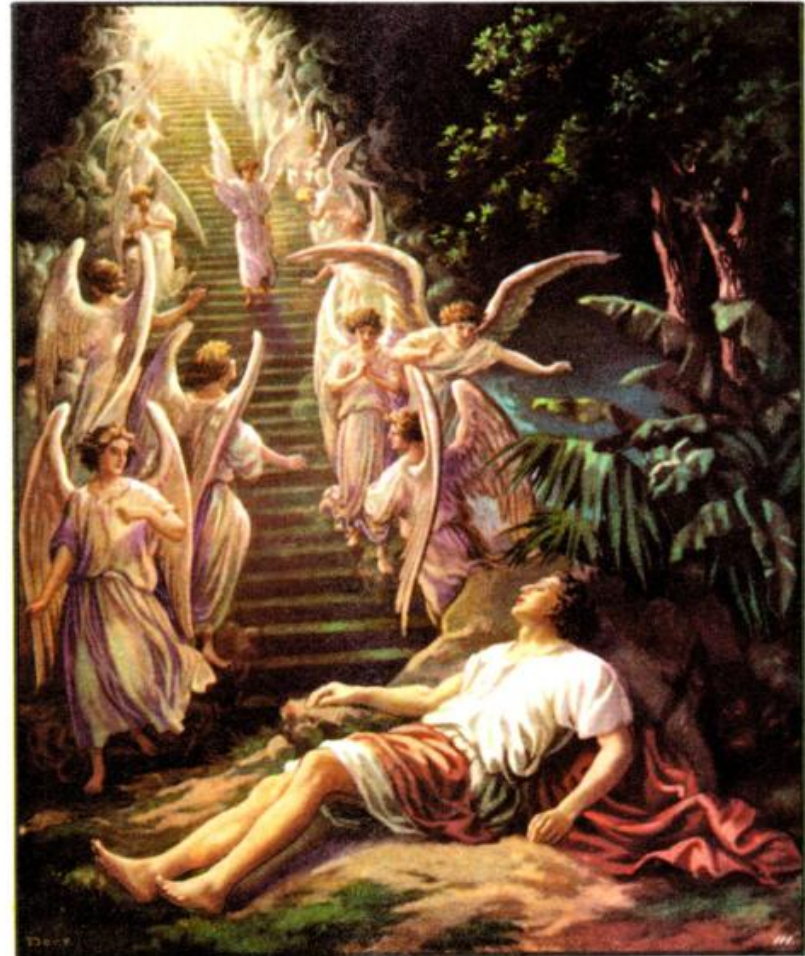
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# The Lord of Hosts Seeing the 'sod' (Heb: cowd)

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**1 Nephi 1:8**

**Jeremiah 23:18,22**

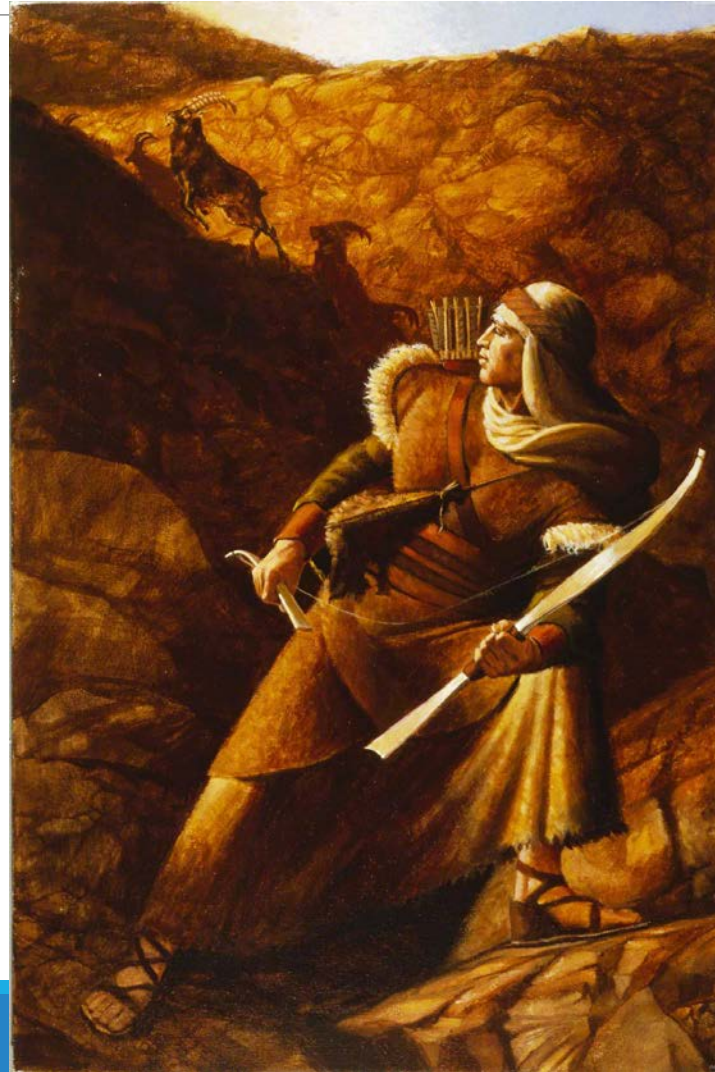


I, Nephi, will show unto you...

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**1 Nephi 1:20**

**1 Nephi 1:1**





# Grief and Forgiveness

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**Grieving a Loss**



**Forgiveness**

**Goal: Pursuing Peace**

**How?**

- 1) Avoid personalization
- 2) Rewrite the story you tell yourself and others (Hero or Victim)
- 3) Develop a gratitude disposition

**Stress Response**



# Life Script



## **Grievance/Grudge/Victim Story**

**Repeat it often in your head**

**Tell your grievance to other people**

**Relive the emotional trauma when triggered**

**You are the victim, controlled by another's unfairness.**

**Harden your "captive" self image**

**Make daily decisions based on that image**

## **Gratitude Story**

**Nephi 1:1**

**Repeat it often in your head**

**Tell your gratitude to other people**

**Remember but do not re-live**

**You are blessed, despite life's unfairnesses.**

**Mold your self image as "one who is loved" and overcomes hard things.**

**Make daily decisions based on that image.**