

2 NEPHI 4:13-8

PSALMS, EXODUS, ISAIAH

Anita Leimbach - October 20, 2026



The Promised Land by Minerva Teichert

2 NEPHI 4

15 And upon these I write the things of my soul, and many of the scriptures which are engraven upon the plates of brass. For my soul delighteth in the scriptures, and my heart pondereth them, and writeth them for the learning and the profit of my children.



Nephi and the Plates of Nephi by Minerva Teichert

PSALM OF NEPHI

NEPHI 4

16 Behold, my soul delighteth in the things of the Lord; and my heart pondereth continually upon the things which I have seen and heard.

17 Nevertheless, notwithstanding the great goodness of the Lord, in showing me his great and marvelous works, my heart exclaimeth: O wretched man that I am! Yea, my heart sorroweth because of my flesh; my soul grieveth because of mine iniquities.

18 I am encompassed about, because of the temptations and the sins which do so easily beset me.¹

19 And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted.

PSALM OF NEPHI

20 My God hath been my support; he hath led me through mine afflictions in the wilderness; and he hath preserved me upon the waters of the great deep.

21 He hath filled me with his love, even unto the consuming of my flesh.

22 He hath confounded mine enemies, unto the causing of them to quake before me.

23 Behold, he hath heard my cry by day, and he hath given me knowledge by visions in the night-time.



PSALM OF NEPHI

24 And by day have I waxed bold in mighty prayer before him; yea, my voice have I sent up on high; and angels came down and ministered unto me.

25 And upon the wings of his Spirit hath my body been carried away upon exceedingly high mountains. And mine eyes have beheld great things, yea, even too great for man; therefore I was bidden that I should not write them.

26 O then, if I have seen so great things, if the Lord in his condescension unto the children of men hath visited men in so much mercy, why should my heart weep and my soul linger in the

valley of sorrow, and my flesh waste away, and my strength slacken, because of mine afflictions?

27 And why should I yield to sin, because of my flesh? Yea, why should I give way to temptations, that the evil one have place in my heart to destroy my peace and afflict my soul? Why am I angry because of mine enemy?

PSALM OF NEPHI

28 Awake, my soul! No longer droop in sin. Rejoice, O my heart, and give place no more for the enemy of my soul.

29 Do not anger again because of mine enemies. Do not slacken my strength because of mine afflictions.

30 Rejoice, O my heart, and cry unto the Lord, and say: O Lord, I will praise thee forever; yea, my soul will rejoice in thee, my God, and the rock of my salvation.

31 O Lord, wilt thou redeem my soul? Wilt thou deliver me out of the hands of mine enemies? Wilt thou make me that I may shake at the appearance of sin?

32 May the gates of hell be shut continually before me, because that my heart is broken and my spirit is contrite! O Lord, wilt thou not shut the gates of thy righteousness before me, that I may walk in the path of the low valley, that I may be strict in the plain road!

33 O Lord, wilt thou encircle me around in the robe of thy righteousness! O Lord, wilt thou make a way for mine escape before mine enemies! Wilt thou make my path straight before me! Wilt thou not place a stumbling block in my way—but that thou wouldst clear my way before me, and hedge not up my way, but the ways of mine enemy.

PSALM OF NEPHI



34 O Lord, I have trusted in thee, and I will trust in thee forever. I will not put my trust in the arm of flesh; for I know that cursed is he that putteth his trust in the arm of flesh. Yea, cursed is he that putteth his trust in man or maketh flesh his arm.

35 Yea, I know that God will give liberally to him that asketh. Yea, my God will give me, if I ask not amiss; therefore I will lift up my voice unto thee; yea, I will cry unto thee, my God, the rock of my righteousness. Behold, my voice shall forever ascend up unto thee, my rock and mine everlasting God. Amen.

MY GOD

HATH BEEN

MY SUPPORT; HE

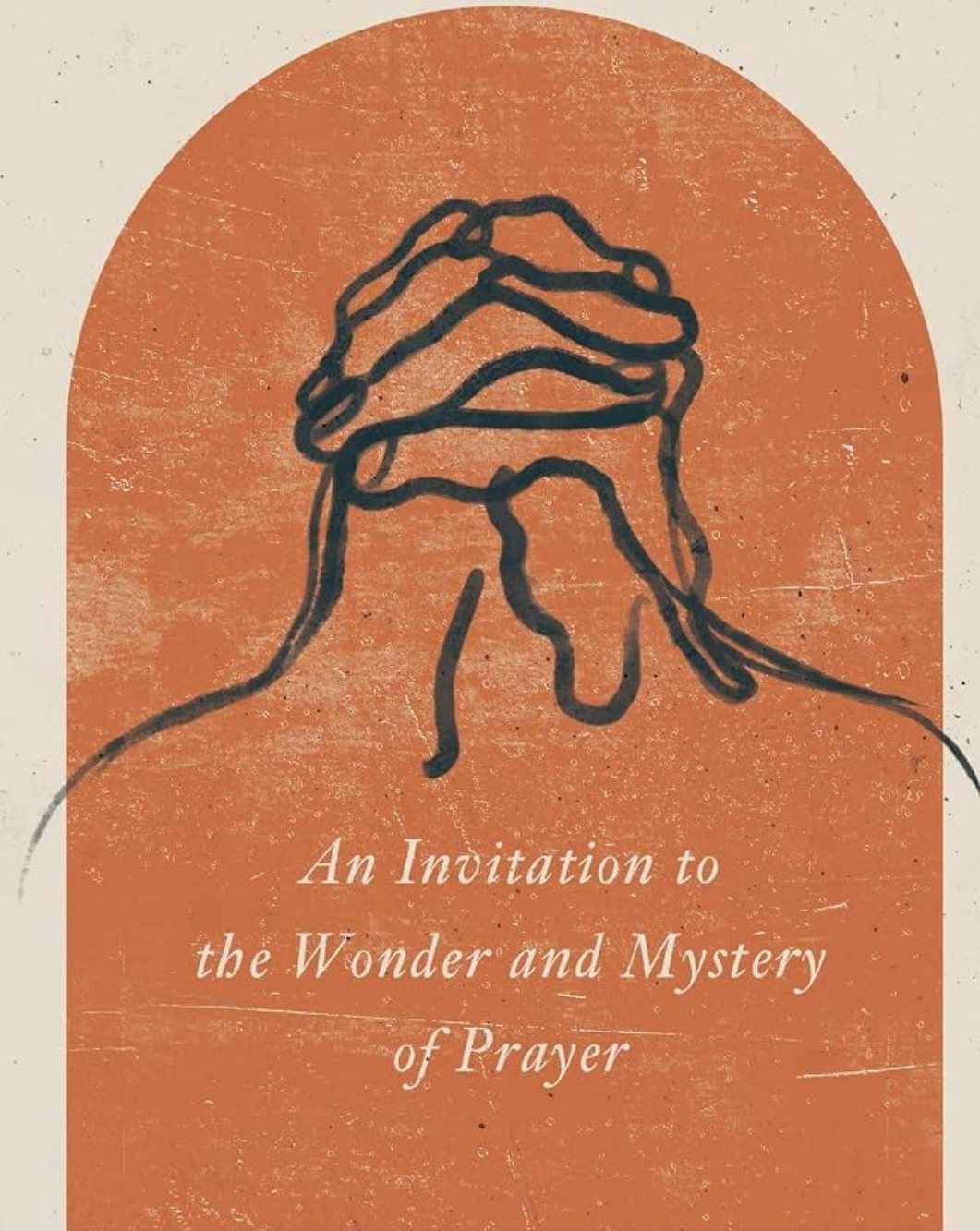
HATH LED ME

THROUGH MINE

AFFLICTIONS.

- 2 NEPHI 4:20

PRAYING LIKE MONKS,
LIVING LIKE FOOLS



TYLER STATON

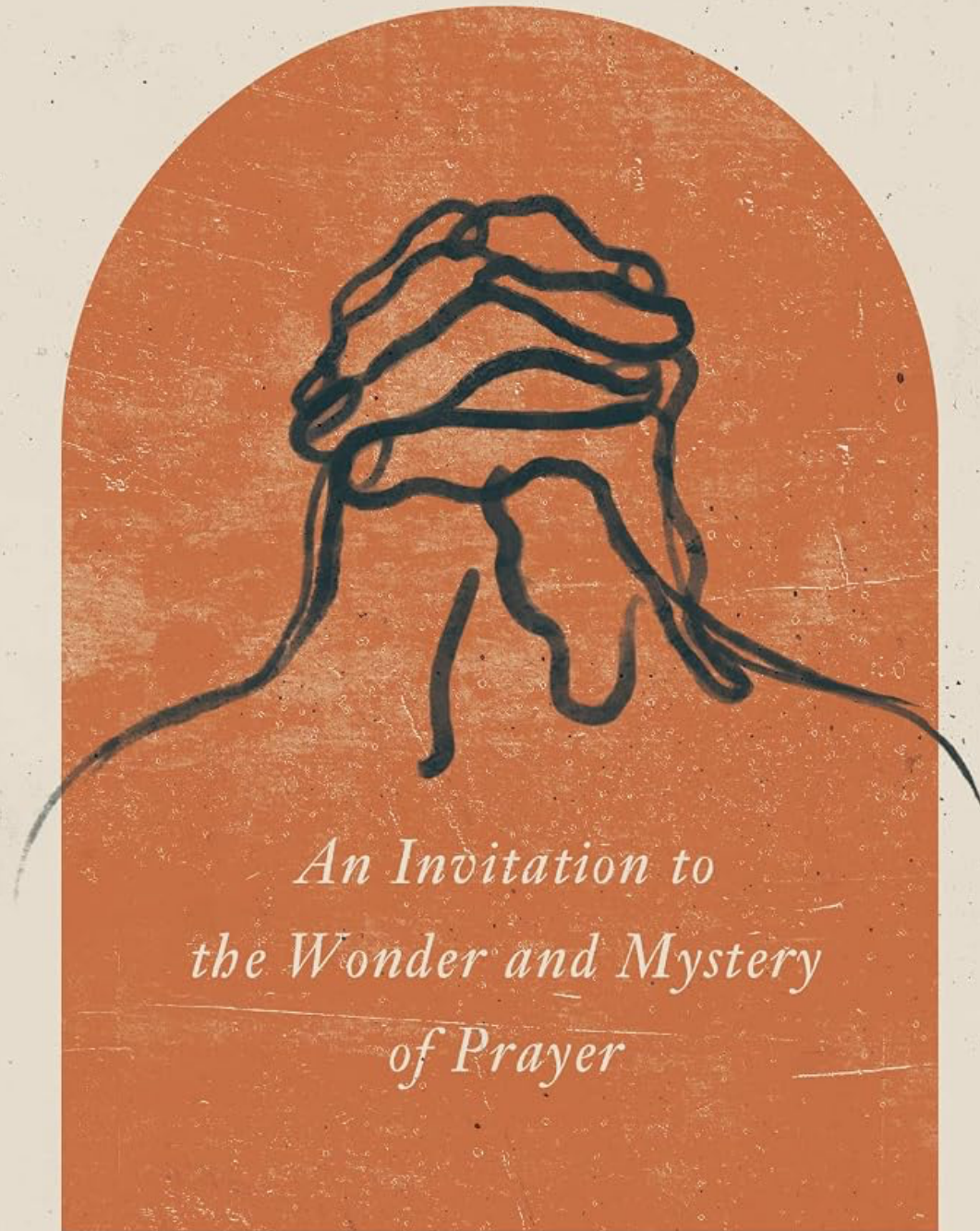
Author of Searching for Enough

FOREWORD BY TIM MACKIE

PRAY DIFFERENTLY

1. *Remember who God is.*
2. *Remember who you are.*
3. *Remember who we are to each other*

PRAYING LIKE MONKS,
LIVING LIKE FOOLS



*An Invitation to
the Wonder and Mystery
of Prayer*

TYLER STATON

Author of Searching for Enough

FOREWORD BY TIM MACKIE

REMEMBER WHO WE'RE TALKING TO

Musical Worship

Gratitude

Pray a Psalm

WRITE YOUR OWN PSALM

BY SUSAN GONG

1. Begin your psalm with “Praise ye the Lord...”
2. Next sentence or phrase begin with “For He hath...”
3. Add “And...”
4. Next sentence begin with “The Lord, He is my...”
5. Close your psalm with “And I will...”

1. Begin your psalm with “Praise ye the Lord...”

“Praise ye the Lord, my Redeemer and friend.”

2. Next sentence or phrase begin with “For He hath...”

2 Ne 4:21 He hath filled me with his love, even unto the consuming of my flesh.

“Praise ye the Lord, for He hath come to me when I was alone, and no one was there for me, not even myself.”

3. Add “And...”

2 Ne 4:25 And upon the wings of his Spirit hath my body been carried away upon exceedingly high mountains.

“And He hath sent angels to rescue me, and His Spirit to comfort me.”

4. Next sentence begin with “The Lord, He is my...”

2 Ne 4:20 My God hath been my support; he hath led me through mine afflictions in the wilderness;

“He is my light, my constant companion and my joy.”

5. Close your psalm with “And I will...”

2 Ne 4:35 . . .I will cry unto thee, my God, the rock of my righteousness. Behold, my voice shall forever ascend up unto thee, my rock and mine everlasting God. Amen.

“And I will lean on Him and bring His pure love and truth to others.”

PSALMS OF THE SISTERS 1

Praise ye the Lord,
for He hath come to me when I was alone, and no
one was there for me, not even myself.
And He hath sent angels to rescue me, and His
Spirit to comfort me.
The Lord, He is my Light. He is the love for me
that I have not had for myself.
And I will not let go of His hand, no matter how
dark and terrible the path. And He will save me
now and until the end.

PSALMS OF THE SISTERS 2

Praise ye the Lord;

For He hath protected my children
and guided me out of sorrow.

The Lord, He is my Salvation and Solace.

In His name I will comfort those in need of
comfort and mourn with those who mourn.

PSALMS OF THE SISTERS 3

Praise ye the Lord,

for He hath given me beautiful people to love;

for He hath blessed me with a full life
surrounded by so much love.

He is my Redeemer, my greatest friend, my
perfect example,

and I will gladly recognize His hand in all things.

PSALMS OF THE SISTERS 4

Praise ye the Lord;

for He hath rescued me from a secular life
without an ultimate purpose

and led me with the Spirit to His gospel and His
Church.

The Lord, He is my very patient leader and
example.

And I will try harder to follow His example.

2 NEPHI 5

5 And it came to pass that the Lord did warn me, that I, Nephi, should depart from them and flee into the wilderness, and all those who would go with me.

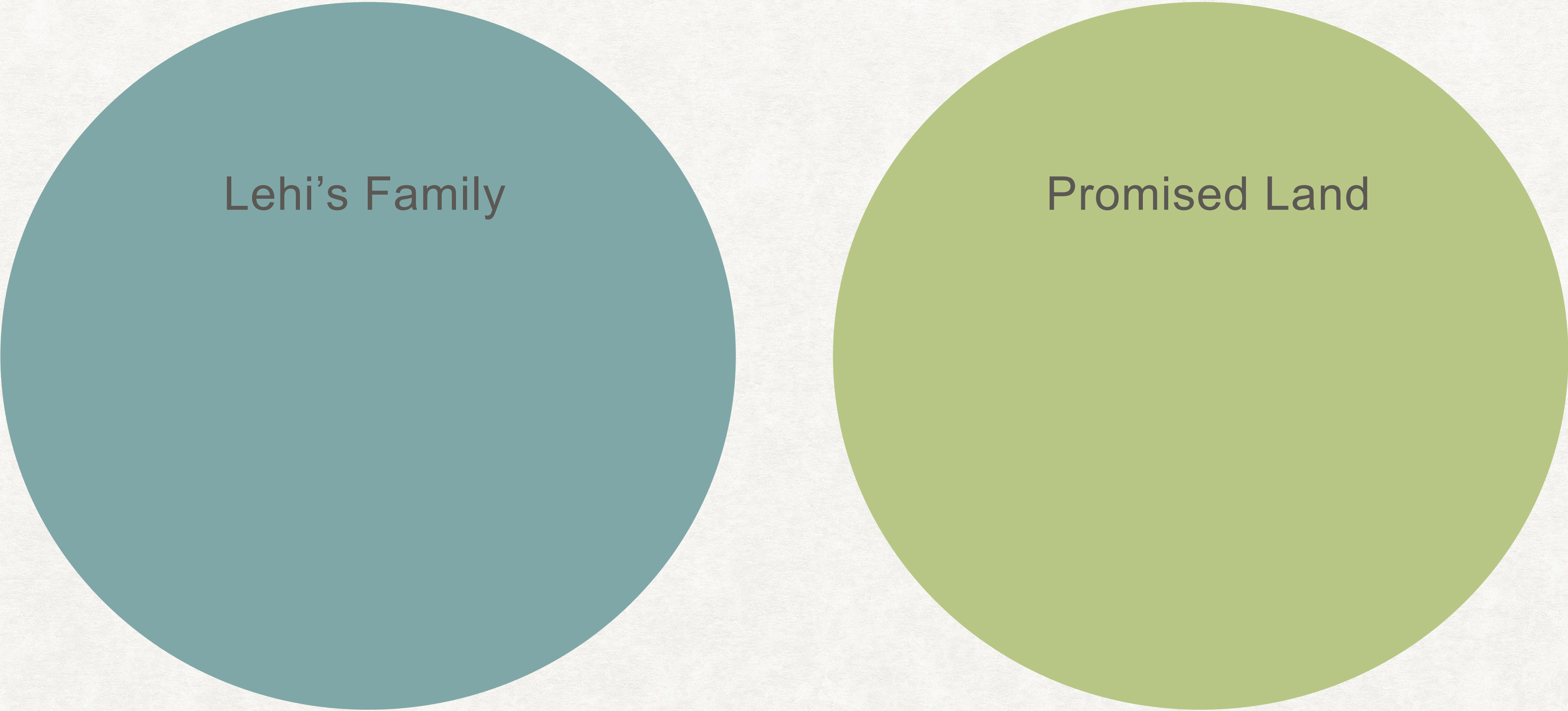
6 Wherefore, it came to pass that I, Nephi, did take my family, and also Zoram and his family, and Sam, mine elder brother and his family, and Jacob and Joseph, my younger brethren, and also my sisters, and all those who would go with me. And all those who would go with me were those who believed in the warnings and the revelations of God; wherefore, they did hearken unto my words.

7 And we did take our tents and whatsoever things were possible for us, and did journey in the wilderness for the space of many days. And after we had journeyed for the space of many days we did pitch our tents.



Nephi Leads His Followers into the Forest by Minerva Teichert

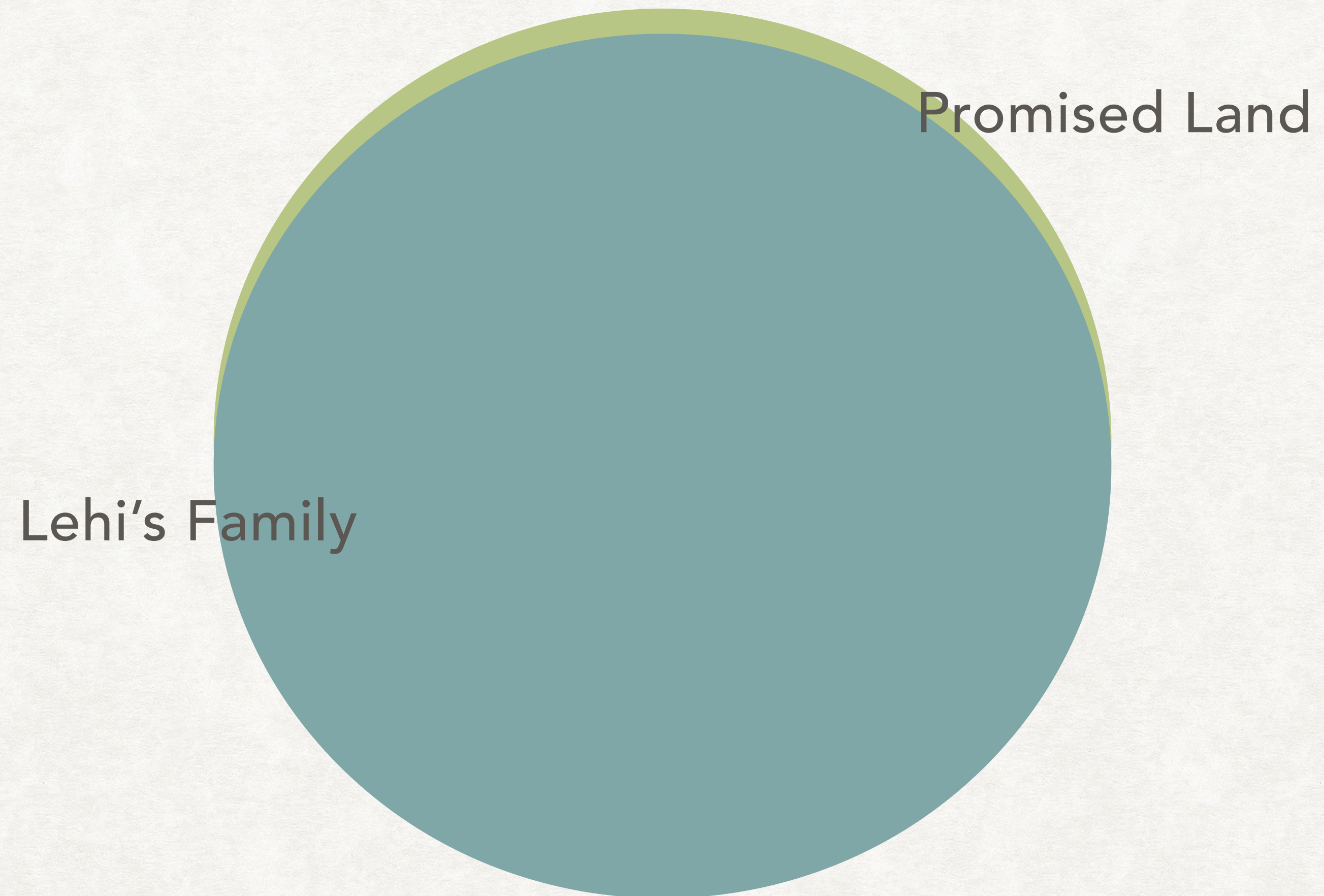
LEHI'S FAMILY IN THE WILDERNESS



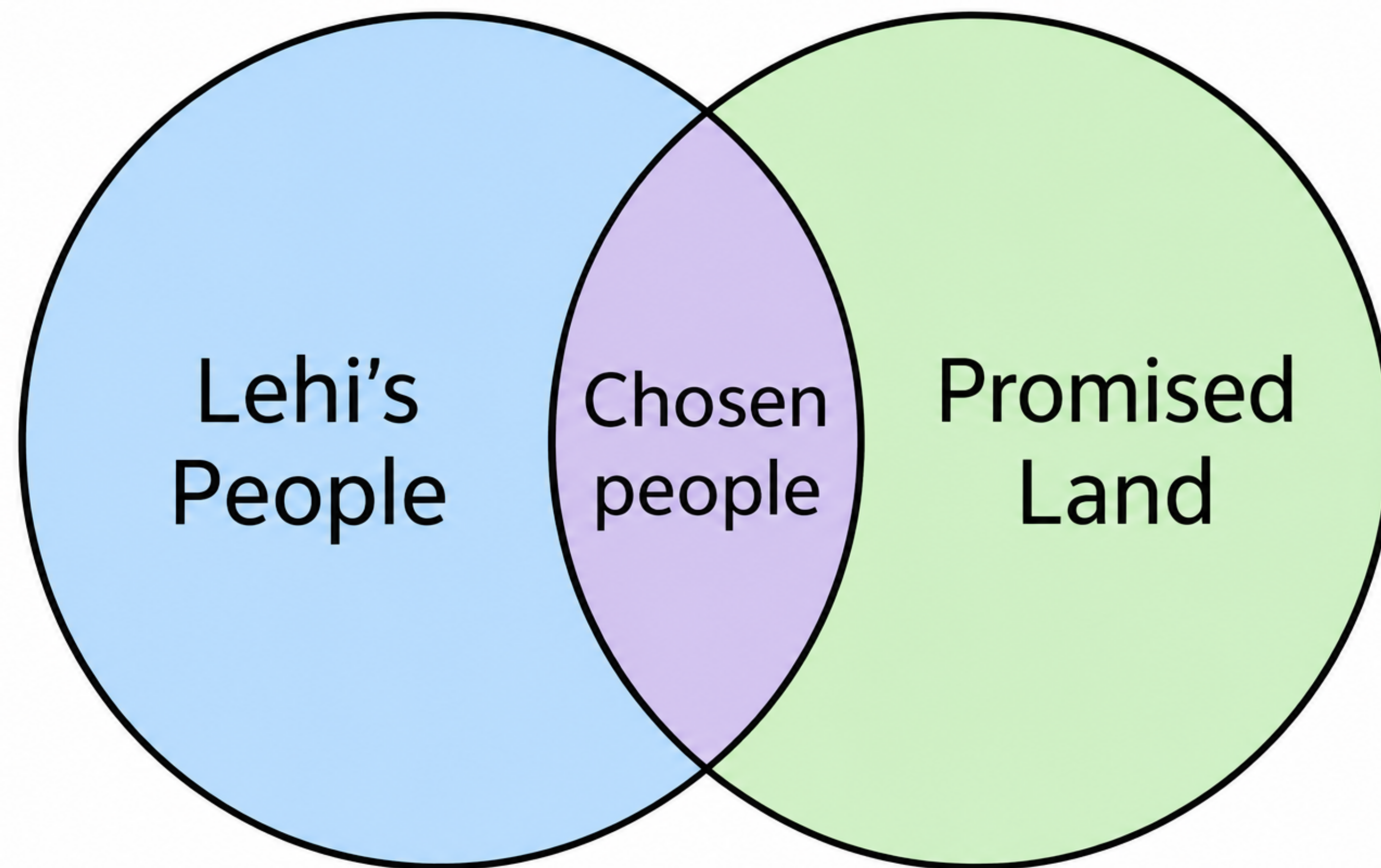
Lehi's Family

Promised Land

LEHI'S FAMILY IN THE PROMISED LAND



LEHI'S CHILDREN IN THE PROMISED LAND



2 NEPHI 5

14 And I, Nephi, did take the sword of Laban, and after the manner of it did make many swords, lest by any means the people who were now called Lamanites should come upon us and destroy us; for I knew their hatred towards me and my children and those who were called my people.

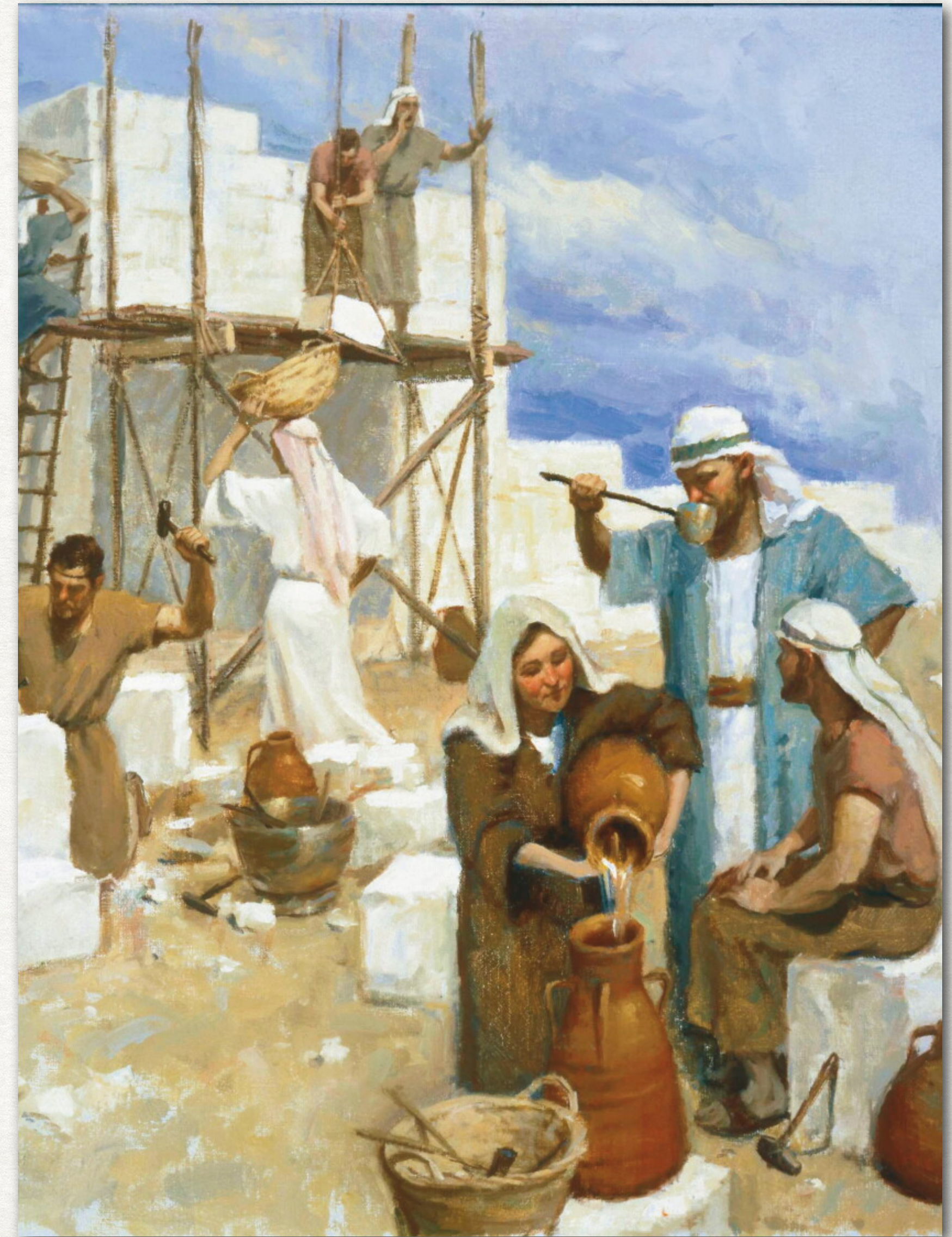


Nephi, the Builder, Forging Swords by Minerva Teichert

2 NEPHI 5

13 And it came to pass that we began to prosper exceedingly, and to multiply in the land.

27 And it came to pass that we lived after the manner of happiness.



The Temple of Nephi by Michael T. Malm

CHOOSING TO BE CHOSEN

“Many are called, but few are chosen” (D & C 121:34–35).

“God does not have a list of favorites to which we must hope our names will someday be added. He does not limit “the chosen” to a restricted few. Rather, you and I ultimately can choose to be chosen through the righteous exercise of our moral agency.”

—David A. Bednar
“Put On Thy Strength, O Zion”
October 2022

WHY ISAIAH?



Isaiah by Jean Louis Ernest Meissonier

NEPHI 6

2 Behold, my beloved brethren, I, Jacob, having been called of God, and ordained after the manner of his holy order, and having been consecrated by my brother Nephi, unto whom ye look as a king or a protector, and on whom ye depend for safety, behold ye know that I have spoken unto you exceedingly many things.

3 Nevertheless, I speak unto you again; for I am desirous for the welfare of your souls. Yea, mine anxiety is great for you; and ye yourselves know that it ever has been. For I have exhorted you with all diligence; and I have taught you the words of my father; and I have spoken unto you concerning all things which are written, from the creation of the world.

4 And now, behold, I would speak unto you concerning things which are, and which are to come; wherefore, I will read you the words of Isaiah. And they are the words which my brother has desired that I should speak unto you. And I speak unto you for your sakes, that ye may learn and glorify the name of your God.

5 And now, the words which I shall read are they which Isaiah spake concerning all the house of Israel; wherefore, they may be likened unto you, for ye are of the house of Israel. And there are many things which have been spoken by Isaiah which may be likened unto you, **because ye are of the house of Israel.**

2 NEPHI 6

8 And now I, Jacob, would speak somewhat concerning these words. For behold, the Lord has shown me that those who were at Jerusalem, from whence we came, have been slain and carried away captive.

9 Nevertheless, the Lord has shown unto me that they should return again. And he also has shown unto me that the Lord God, the Holy One of Israel, should manifest himself unto them in the flesh; and after he should manifest himself they should scourge him and crucify him, according to the words of the angel who spake it unto me.



Jacob the Theologian by Caleb Williams

2 NEPHI 8

3 For the Lord shall comfort Zion, he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the Lord. Joy and gladness shall be found therein, thanksgiving and the voice of melody.

5 My righteousness is near; my salvation is gone forth, and mine arm shall judge the people. The isles shall wait upon me, and on mine arm shall they trust.

6 Lift up your eyes to the heavens, and look upon the earth beneath; for the heavens shall vanish away like smoke, and the earth shall wax old like a garment; and they that dwell therein shall die in like manner. But my salvation shall be forever, and my righteousness shall not be abolished.

7 Hearken unto me, ye that know righteousness, the people in whose heart I have written my law, fear ye not the reproach of men, neither be ye afraid of their revilings.

8 For the moth shall eat them up like a garment, and the worm shall eat them like wool. But my righteousness shall be forever, and my salvation from generation to generation.



Jacob Unknown

What Have We Learned?

~~Assignment~~ ~~Challenge~~ Invitation

- What are you getting out of reading the Book of Mormon?
- Choose to become chosen people in your own promised land.
- You can write your own psalm. And pray it.



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