



Helaman 1-6

Nephite Quick History

The Nephites had kings (called Nephi – see Jacob 1.10-11) until about 91 BC.

King Mosiah II was the last Nephite king, then the Nephites switched to having a chief judge and a system of lower judges (Mosiah 29.13-21).

The first chief judge was Alma the Younger.

Helaman marks a time of political upheaval and serious disunity among the Nephites.

Pattern for our day

"[The Book of Mormon] was **written for our day**. The Nephites never had the book, neither did the Lamanites of ancient times. It was meant for us. Mormon wrote near the end of the Nephite civilization. Under the inspiration of God, who sees all things from the beginning, he abridged centuries of records, choosing the stories, speeches, and events that would be most helpful to us."

(Teachings of Ezra Taft Benson, 58)



Helaman

Overview



Helaman 1 – Moronihah v. Coriantumr

Argument over who should
be in charge.

Pahoran killed – v.9

Pacumeni appointed – v.
13

Coriantumr takes
Zarahemla – v. 22

Coriantumr killed – v. 30



www.OtherHeroes.com

MORONIHAH



Helaman 2 – Secret Combinations

Gadianton sends Kishkumen to kill the chief judge. Helaman's servant (a double agent –v.6), kills Kishkumen – v. 9.

A secret combination is “an organization of people bound together by oaths to carry out the evil purposes of the group”

Helaman 3

Many Nephites migrate north, building "houses of cement" - v. 1-9

Helaman's two sons introduced – v. 21

Mormon's commentary on the "gate of heaven" being "open unto all" - v. 27-28

Peace, pride, secret combinations happening

Helaman dies – v. 37



Helaman 4

Nephite dissenters mix
w/Lamanites and take Zarahemla
(again!)

Moroni's son Moronihah can only
retake ½ the land – v. 16

The Nephites are "weak" due to
their wickedness – v. 21-26

Helaman 5

Nephi yields up the judgment seat to preach to the Lamanites – v. 1-4

Helaman's speech to his sons – v. 5-13

H & N convert 8K Lamanites in Zarahemla – v. 19

The prison break and the temple vision – v. 21-49

The Lamanites give back all the Nephite lands – v. 51-52



Helaman 6

The Lamanites' righteousness exceeds that of the Nephites – v. 1-5

Free trade, wealth, prosperity – v. 6-14

Cezoram (Chief Judge) is murdered – v. 15

Mormon's commentary on secret societies – v. 17-36

The Gadianton robbers infiltrate themselves into Nephite society – v. 39-41

Helaman 2 – Secret Combinations

A secret combination is “an organization of people bound together by oaths to carry out the evil purposes of the group”

Read Helaman 2.12–14, looking for the effect that secret combinations would ultimately have on the Nephites. What can secret combinations lead to? (Ether 8.19–26).

Contention

"On the subject of public discourse, we should all follow the gospel teachings to love our neighbor and avoid contention. Followers of Christ should be examples of civility. We should love all people, be good listeners, and show concern for their sincere beliefs. Though **we may disagree, we should not be disagreeable**. Our stands and communications on controversial topics should not be contentious. **We should be wise in explaining and pursuing our positions and in exercising our influence**. In doing so, we ask that others not be offended by our sincere religious beliefs and the free exercise of our religion. We encourage all of us to practice the Savior's Golden Rule: "Whatsoever ye would that men should do to you, do ye even so to them."

- Elder Oaks, "Loving Others and Living with Differences," Oct. 2014

Contention

"Another face of pride is contention. Arguments, fights, unrighteous dominion, generation gaps, divorces, spouse abuse, riots, and disturbances all fall into this category of pride." - President Benson, "Beware of Pride," April, 1989.



Costs of Contention – Helaman 1

What did contention cost Pahoran's family?

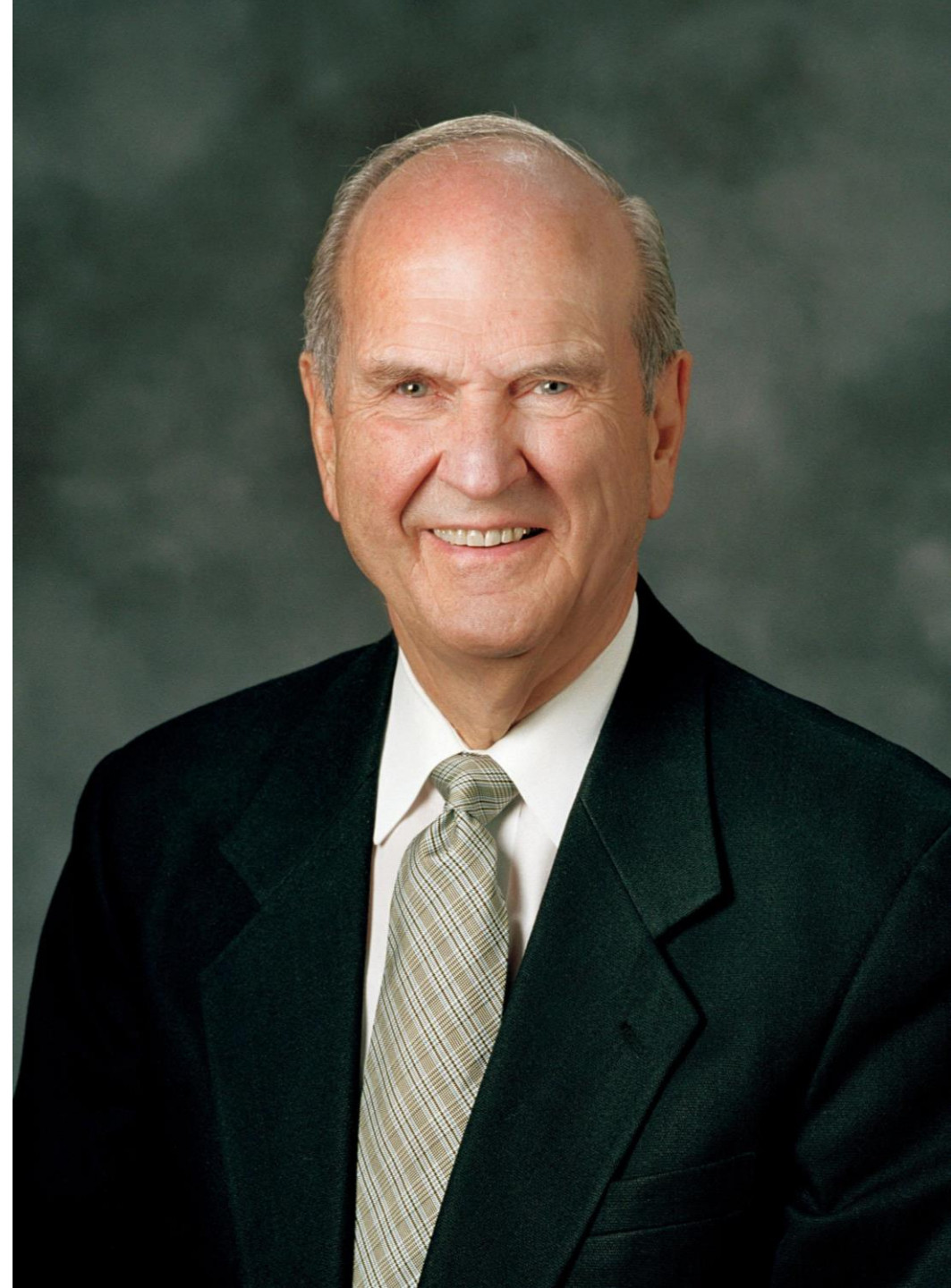
What did the contention cause for the Nephite people after Coriantumr dissented to the enemy?

How does this apply in our lives?

What should we do about it?

Pres. Nelson

My call today, dear brothers and sisters, is to end conflicts that are raging in your heart, your home, and your life. **Bury any and all inclinations to hurt others**—whether those inclinations be a temper, a sharp tongue, or a resentment for someone who has hurt you. The Savior commanded us to turn the other cheek, to love our enemies, and to pray for those who spitefully use us. ...



We are followers of the Prince of Peace. Now more than ever, we need the peace only He can bring. How can we expect peace to exist in the world when we are not individually seeking peace and harmony? Brothers and sisters, **I know what I'm suggesting is not easy**. But followers of Jesus Christ should set the example for all the world to follow. I plead with you to do all you can to end personal conflicts that are currently raging in your hearts and in your lives.

- Russell M. Nelson, "The Power of Spiritual Momentum," *Liahona*, May 2022, 97.

Helaman 2 – Gadianton's scheme

Read Helaman 2.4-9

When Gadianton found out his plan was foiled, what did he do?
(see Hel. 2.11)

Note Mormon's commentary – Hel. 2.13-14

Secret Combinations and the Mahan Principle

29 And Satan said unto Cain: **Swear unto me by thy throat**, and if thou tell it thou shalt die; and swear thy brethren by their heads, and by the living God, that they tell it not; for if they tell it, they shall surely die; and this that thy father may not know it; and this day I will deliver thy brother Abel into thine hands.

30 And Satan sware unto Cain that he would do according to his commands. **And all these things were done in secret.**

31 And Cain said: **Truly I am Mahan**, the master of this great secret, that I may murder and get gain. Wherefore **Cain was called Master Mahan**, and he gloried in his wickedness. (Moses 5.29-31)

(LDS scholar Hugh Nibley has speculated that the term *Mahan* is related to Arabic and Sanskrit words meaning "keeper of a great secret." Hugh Nibley, *Ancient Documents and the Pearl of Great Price*, p. 12.)

The Mahan Principle

- **Secret Combinations:** Nibley connects the "Mahan principle" to the concept of secret combinations, which are groups or conspiracies that operate in secrecy, often with the goal of gaining power or wealth through immoral or violent means.
- **Perversion of Authority:** The "Mahan principle" involves the perversion of legitimate authority and the use of power for selfish, destructive purposes rather than for the good of others. Nibley often highlighted how this principle was seen as a counterfeit to God's plan, where righteous dominion is supposed to be exercised through love, service, and self-sacrifice.
- **Life as a Commodity:** Nibley interprets the "Mahan principle" as the ultimate commodification, where human life is no longer seen as sacred or inviolable but as something that can be owned, traded, or destroyed for profit. (See: <https://www.ldsscriptureteachings.org/2020/08/helaman-7-12-quotes-and-notes/>)

Moroni's Commentary

Wherefore, O ye Gentiles, it is wisdom in God that these things should be shown unto you, that thereby ye may repent of your sins, and suffer not that these murderous combinations shall get above you, which are **built up to get power and gain**—and the work, yea, even the work of destruction come upon you, yea, even the sword of the justice of the Eternal God shall fall upon you, **to your overthrow and destruction if ye shall suffer these things to be.**

Wherefore, the Lord commandeth you, when ye shall see these things come among you that **ye shall awake** to a sense of your awful situation, because of this **secret combination** which shall be among you; or wo be unto it, because of the blood of them who have been slain; for they cry from the dust for vengeance upon it, and also upon those who built it up. (Ether 8.23-24)

So what am I supposed to do?

Wherefore, I, Moroni, am commanded to write these things that evil may be done away, and that the time may come that Satan may have no power upon the hearts of the children of men, but that they may be persuaded to do good continually, that they may come unto the fountain of all righteousness and be saved. (Ether 8.26)

Helaman and his two sons

Helaman 3.19-21, 37

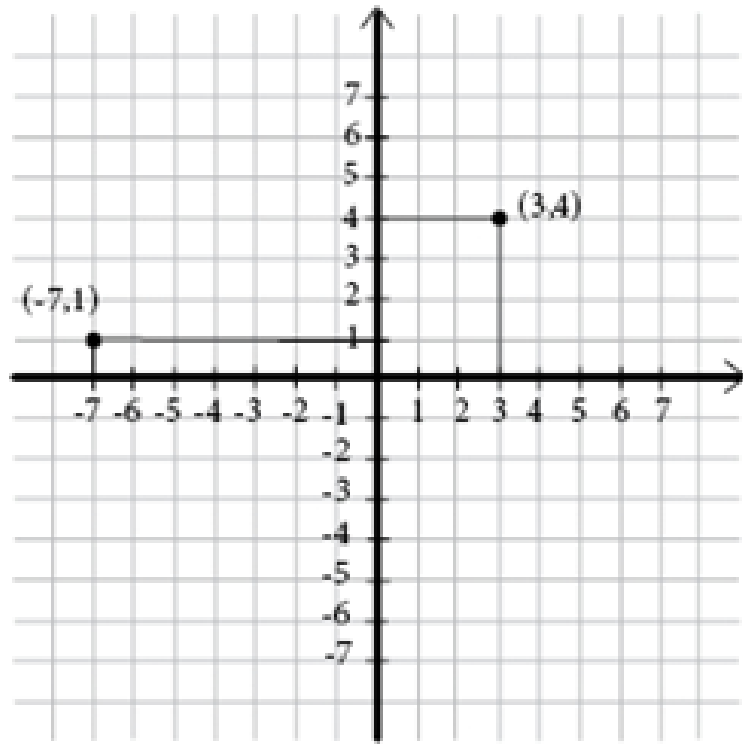
Helaman 5.1-12



Read Helaman 5.1-12 with the person next to you. Be ready to share a couple of things that Nephi and Lehi were told to remember.

Remember Christ, the Rock

And now, my sons, remember, remember that it is **upon the rock of our Redeemer**, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of **the rock** upon which ye are built, which is **a sure foundation**, a foundation whereon if men build they cannot fall. (Helaman 5.12)



Helaman 5: What map are you using?

Foundation Stone

16 languages

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Coordinates: 31.7780°N 35.2354°E﻿ / ﻿31.7780°N 35.2354°E﻿ / 31.7780; 35.2354

For other uses, see Cornerstone (disambiguation).

The **Foundation Stone** (Hebrew: אֶבֶן הַשְּׂטִיטָה, romanized: *ʿEḇen haŠeṭīṭyā*, lit. 'Foundation Stone'), or the **Noble Rock** (Arabic: الصخرة المشرفة, romanized: *al-Saḡrah al-Mušarrāfah*, lit. 'The Noble Stone') is the rock at the center of the Dome of the Rock in Jerusalem. It is also known as the **Pierced Stone**, because it has a small hole on the southeastern corner that enters a cavern beneath the rock, known as the Well of Souls.

Traditional Jewish sources mention the stone as the place from which the creation of the world began. Classical Jewish sources also identify its location with that of the Holy of Holies.^{[1][2]}

Location [edit]

The rock is located towards the centre of the Temple Mount, a term usually applied to an artificial platform built and expanded over many centuries at the top of Jerusalem's southern hill. The current shape is the result of an expansion by Herod the Great on top of vaults over a summit called Mount Moriah which three millennia ago was the highest elevation in early Jerusalem's proximity to the City of David.^[*citation needed*]

Early Muslim writings argue that the Dome of the Rock, completed in 691, is the site of the Holy of Holies and therefore the location of the Foundation Stone. The history by the 9th-century writer al-Tabari has Kaʿb al-Aḥḅār, a Jewish convert to Islam, asking the



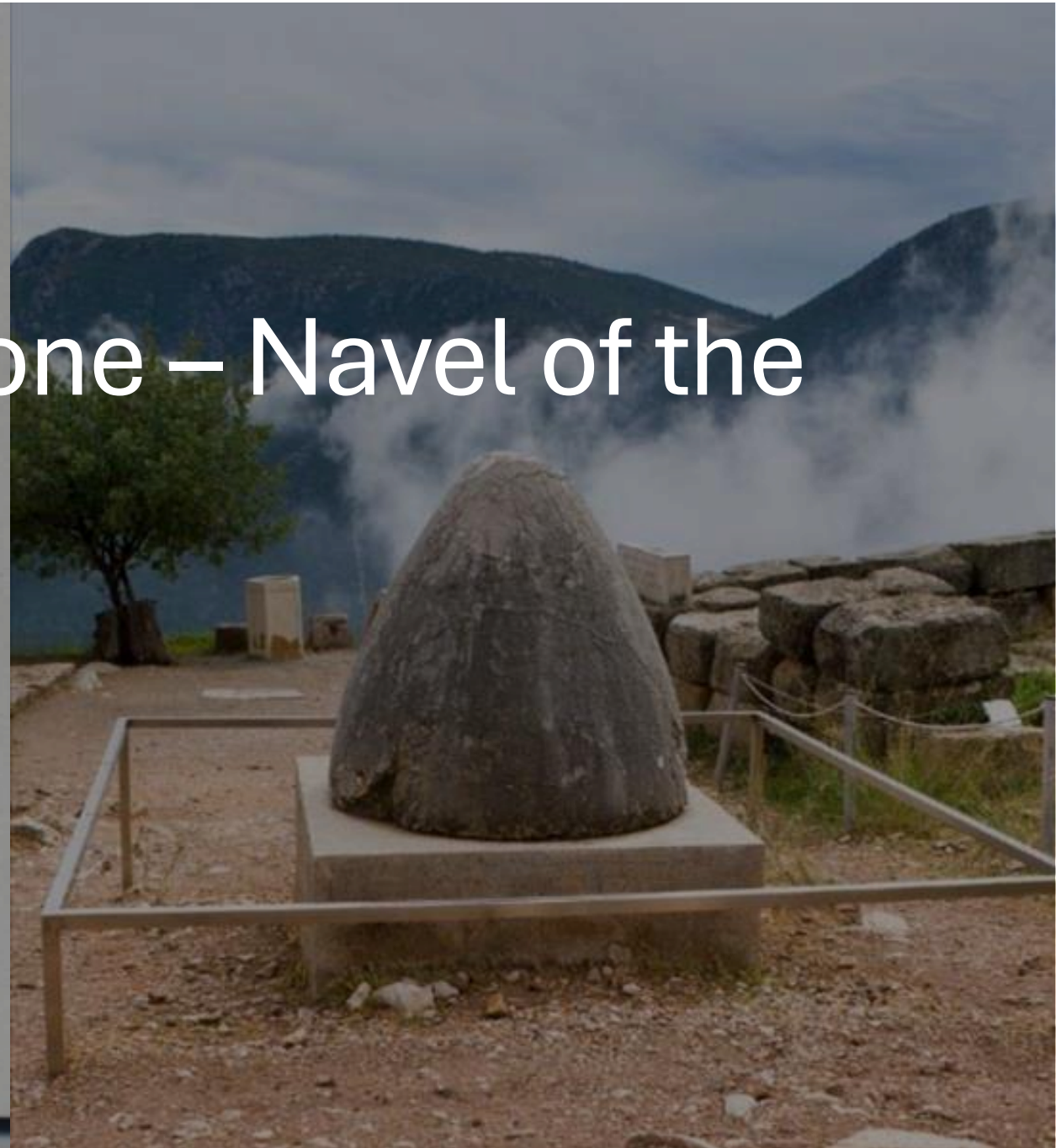
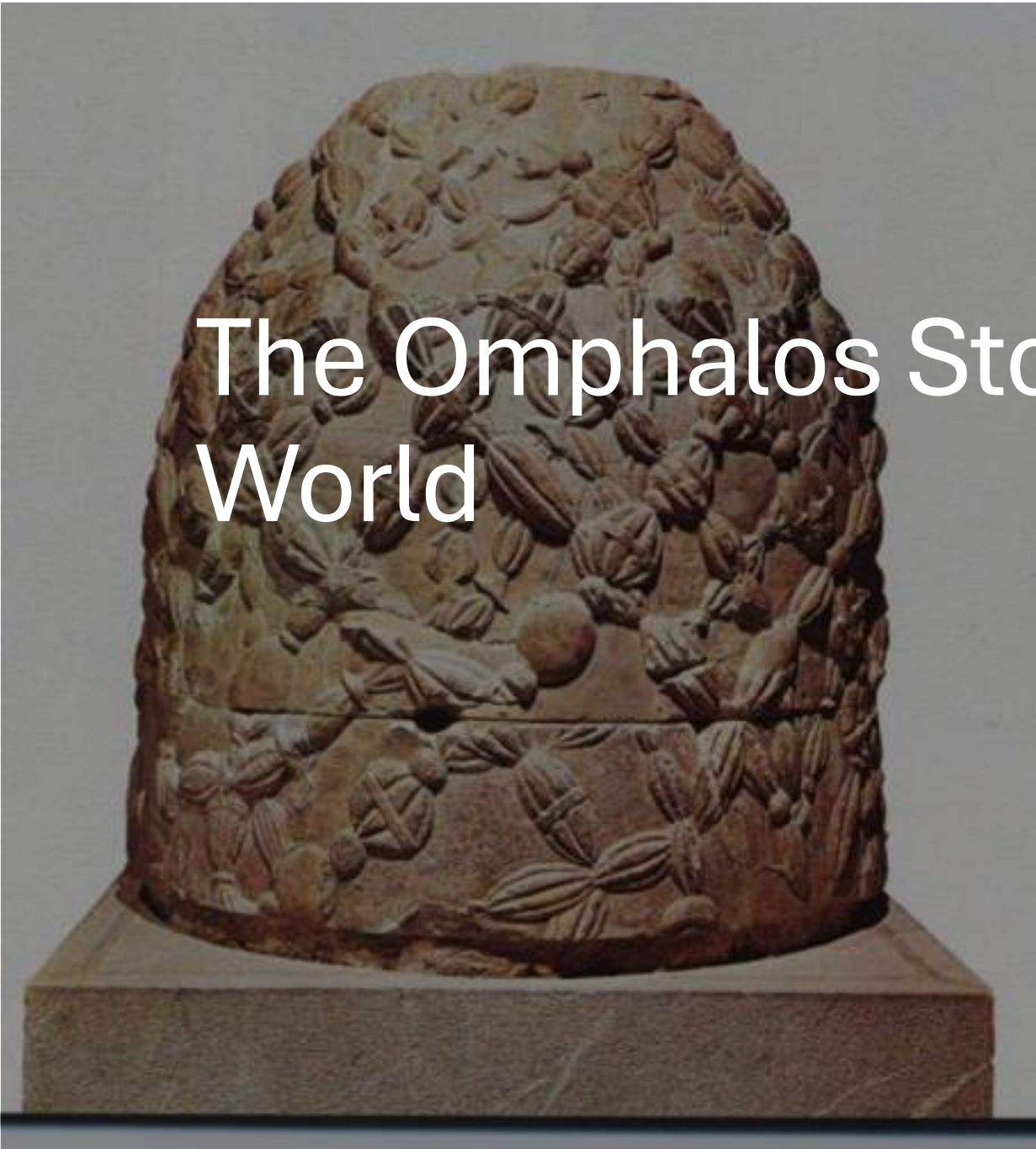
The Foundation Stone in the floor of the Dome of the Rock shrine in Jerusalem. The round hole at upper left penetrates to a small cave, known as the Well of Souls, below. The

Eden, the rock, the creation and Helaman 5.12

Traditional Jewish sources mention the stone as the place from which the **creation of the world began**. Classical Jewish sources also identify its location with that of the Holy of Holies.

(Tractate Yoma 2:12; y. Yoma 5:3; b. Yoma 54b; PdRK 26:4; Lev. R. 20:4. The History of al-Tabari, vol. XII, Albany, New York: State University of New York Press 2007, pp. 194–195.)

The Omphalos Stone – Navel of the World





ὀμφαλός: The Navel of the world

The center of the center of the world

The Garden of Eden was the central point between the heavens and the earth, what is referred to as "an axis mundi." From it radiate primal streams to the four quarters of the world. It is the navel or *omphalos*, this central point, where primal streams extend to the four quarters. Eden acts as the navel or *omphalos*, with the tree of life situated at "the center of this center." Eden contained the first earth that penetrated the waters of chaos at creation. Coming to the rock meant coming home to Eden.

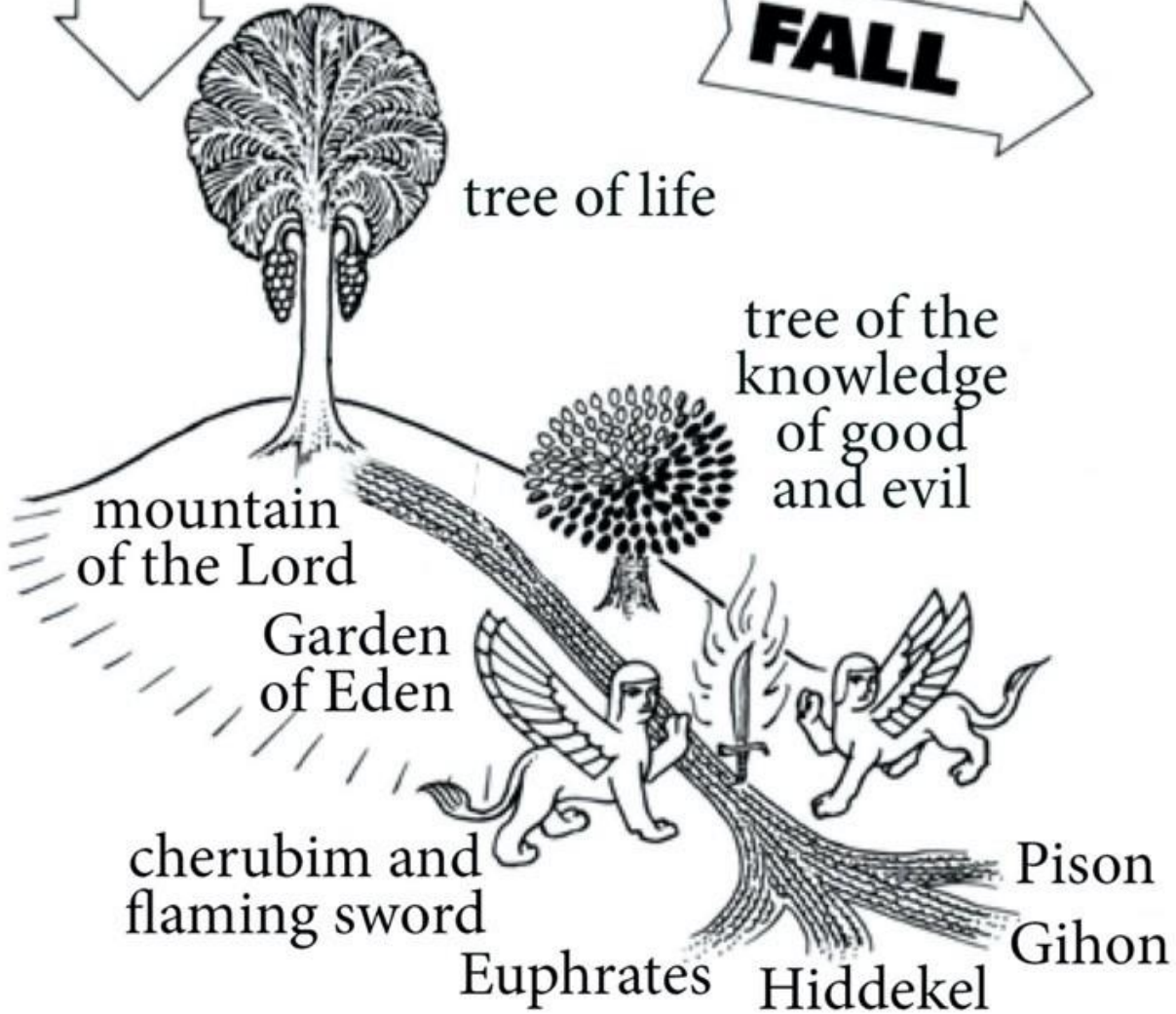
The Benben stone

The term "Benben" in ancient Egyptian refers to the primeval mound or the first land that emerged from the chaotic waters of Nun at the beginning of creation. The word itself is derived from the verb "bn" (ben), which means "to rise" or "to swell." Thus, "Benben" can be understood to mean "the mound that rises" or "the rising mound."

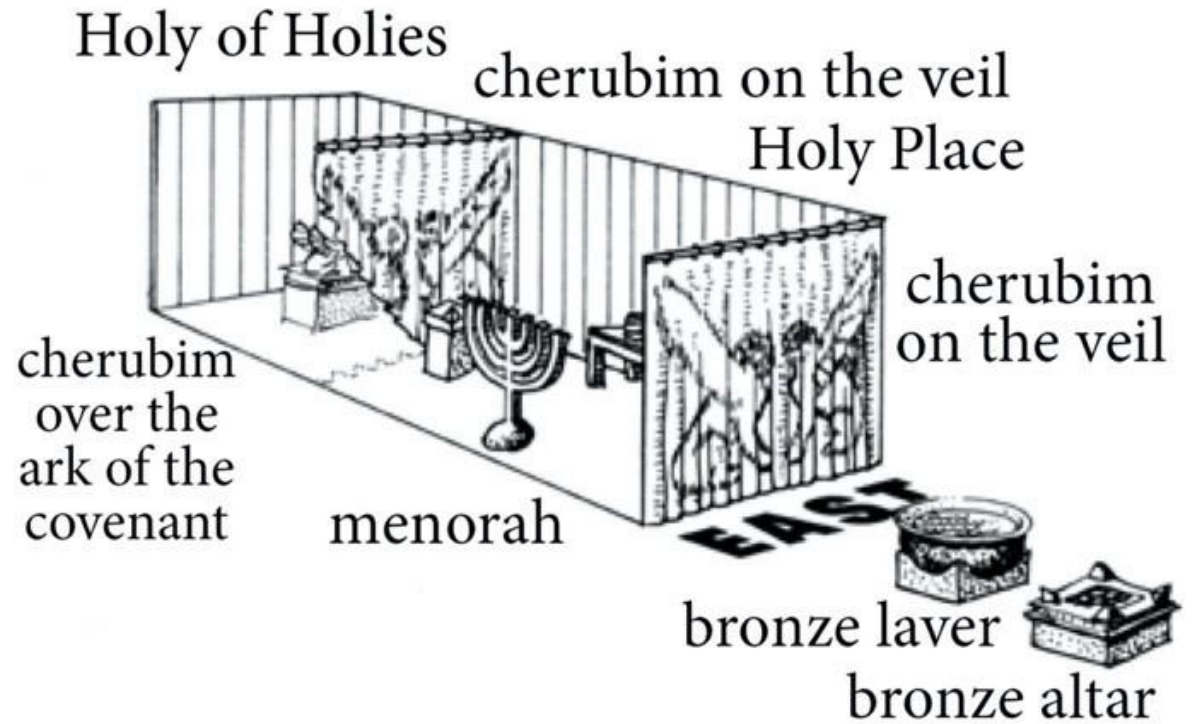


CREATION

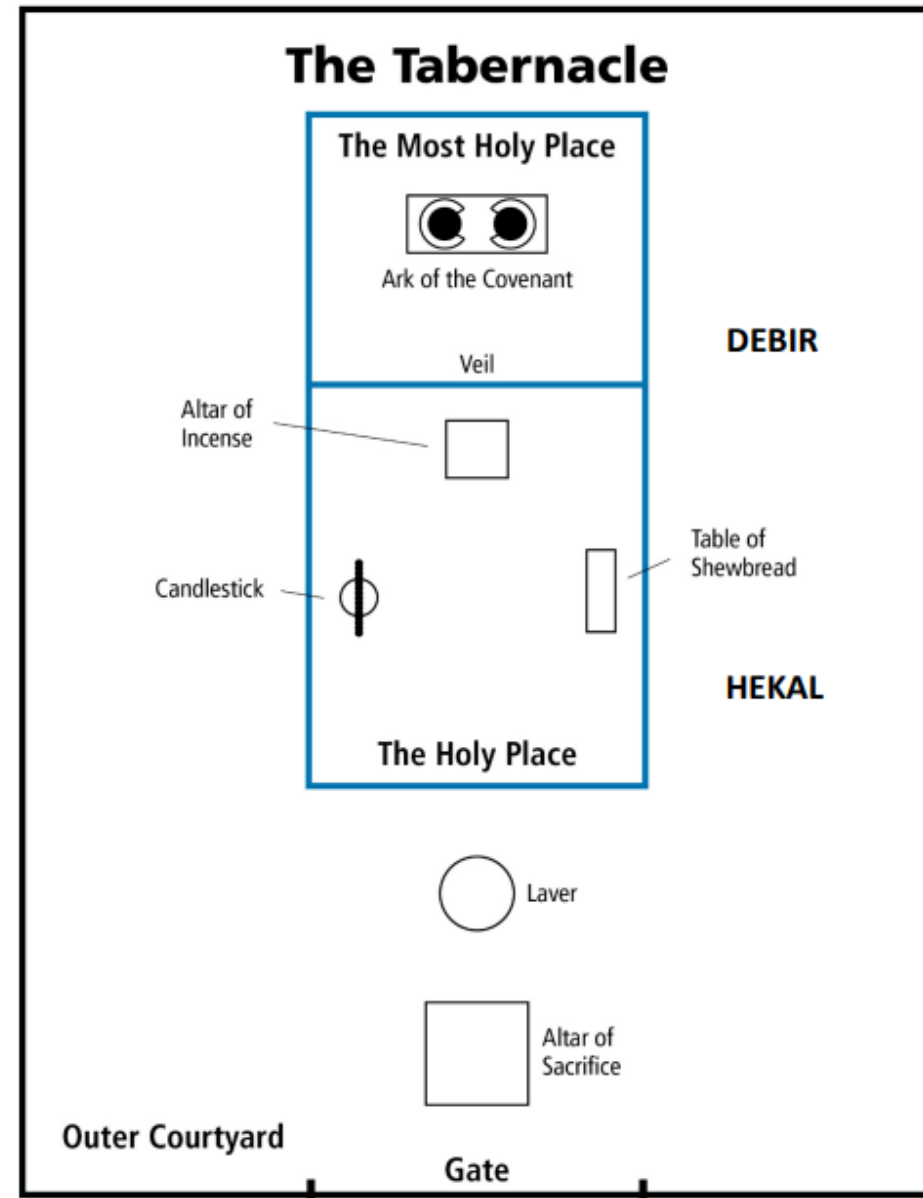
FALL



ATONEMENT



The architecture and furniture of the temple are used by BOM prophets to teach truth





George Washington within the Omphalos

George
Washington
Masonic National
Memorial –
Alexandria,
Virginia.









Our Lady of the Pillar –
Chartres Cathedral,
France.

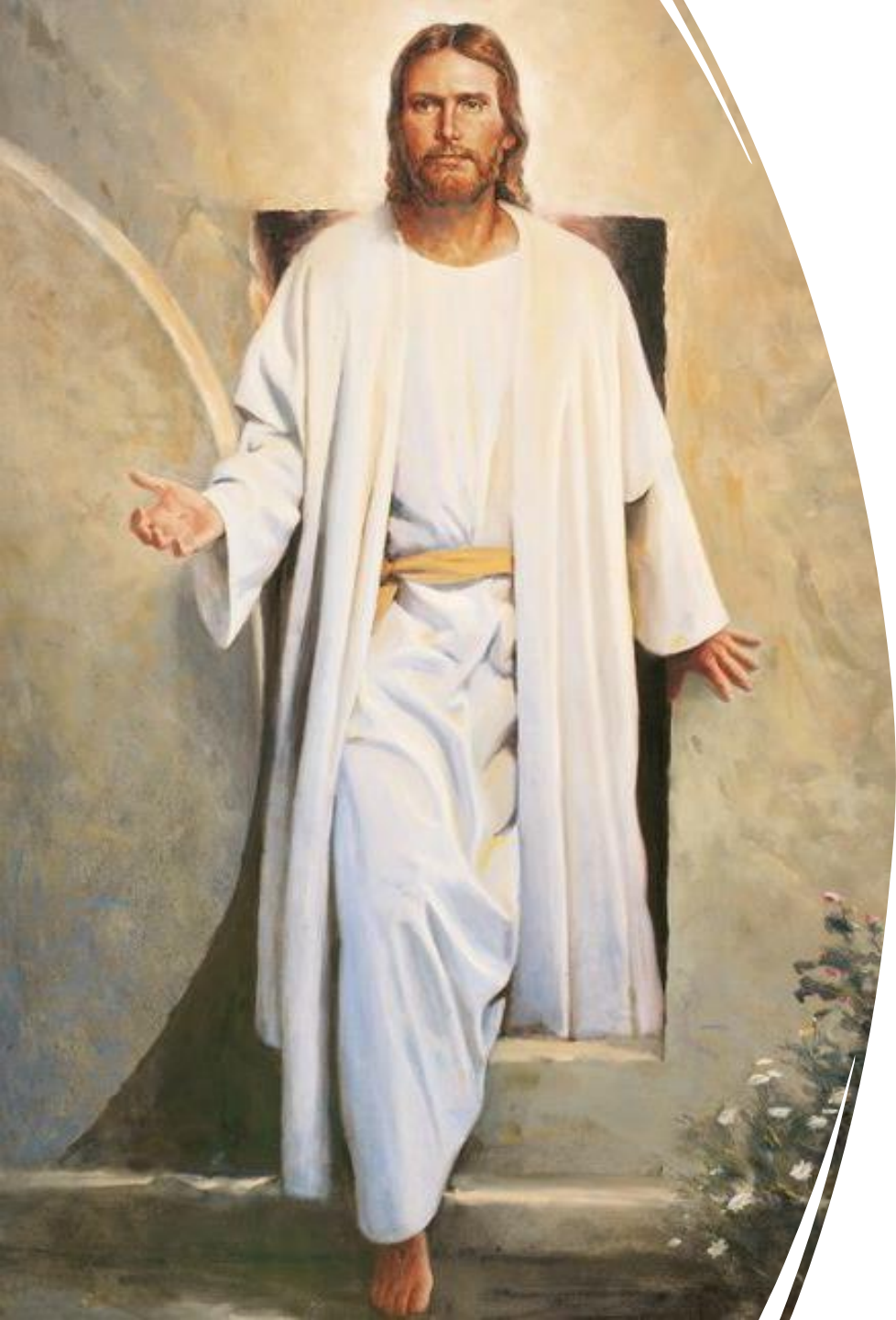
Inverted
Omphalos Stone –
Church of the Holy
Sepulchre,
Jerusalem.



Jerusalem – The Center Point of the World

- In contrast to other omphalos stones, this stone at the Church of the Holy Sepulchre is inverted. In this configuration, it symbolizes the sacred feminine as a womb of the Virgin Mary, the cup of Christ.
- In its center is a rounded disk embossed with an equilateral cross, similar to a sun disk, indicating that the Church of the Holy Sepulchre is **the navel of the world**. Allegorically this stone depicts Jesus, as the son of God and Mary, the foundation stone of the world.





Personal application

- How is Jesus Christ your foundation?
- How can you make sure he becomes or remains foundational to your life?

How was Moronihah able to recover Zarahemla?

- Zarahemla is taken over – Helaman 4.1-5
- Moronihah is only able to retake half of their cities – Helaman 4.9-10, 18
- Why had the Nephites become weak like their enemies? - Helaman 4.23-26

Note how Nephi and Lehi work to change the hearts of the Lamanites – not with weapons, but with love – Helaman 5.13-20, 49-52









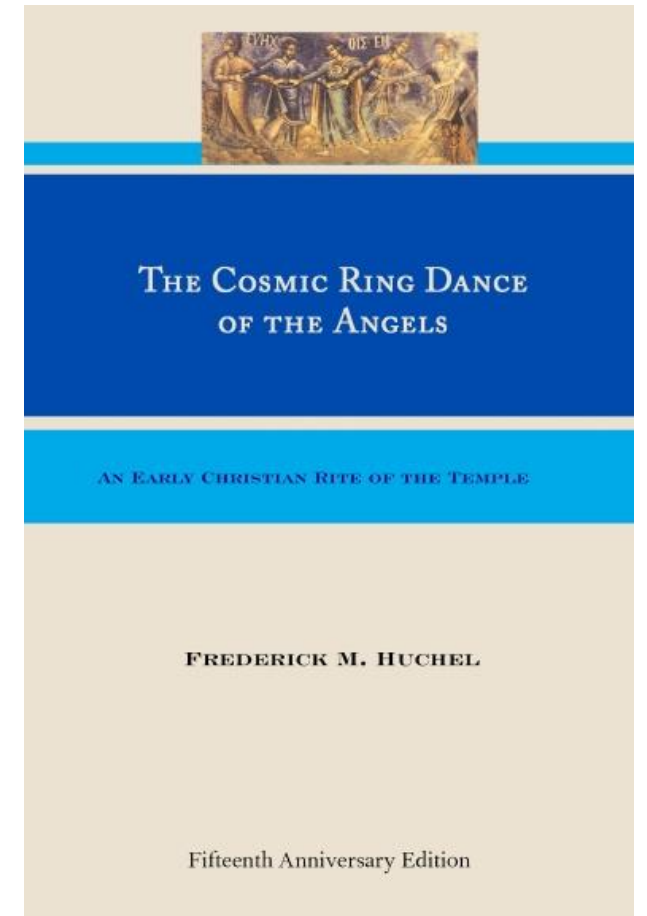
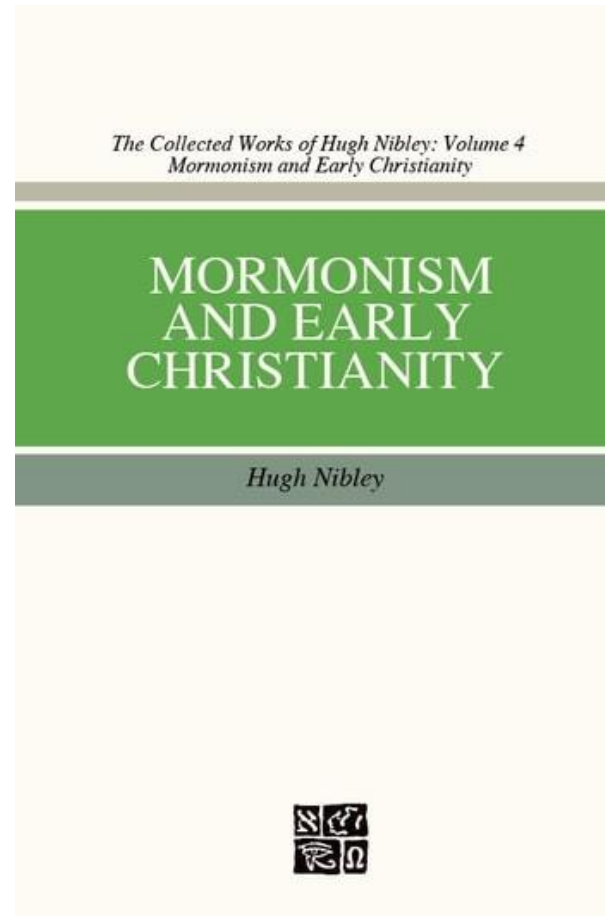
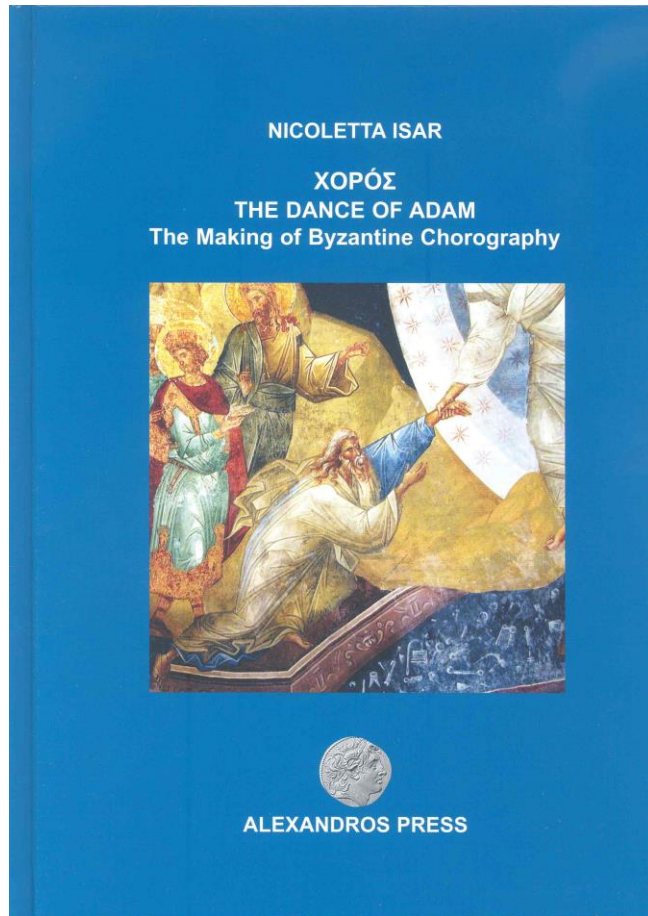
Helaman 5

Aminadab (עֲמִינָדָב) "my people are generous"

בְּנָדָב - *nadav* - reflects the idea of giving from the heart, without compulsion. Could his name be a reminder of how his people were generous, yet he has forgotten?

Note his message: Hel. 5.41-42. Compare this to Isa. 40.1-5 and John 1.15-27.

Sacred Circles and Visionaries in the Scriptures and History



Helaman 5 and the Visionaries of the BOM

Sacred circles – Hel. 5.23-24, 42-49

A voice – three times speaks – Hel. 5.29-33

Other examples:

1 Nephi 1; 3 Nephi 17; Daniel 7; Ezekiel 1;
Revelation 4; 1 Enoch 14.17-23; Apocalypse of
Abraham 18.



The Ascension

St Sophia, Thessaloniki Dome (c. 885; mosaic)

Helaman 5 and the Visionaries of the BOM

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