

## ALMA'S PROCESS for change and becoming One With Christ

### Alma 32:27- 43

Awake and arouse  
your faculties

Who has to awake and arouse your faculties?

What are your faculties? (D&C 64:34)

Exercise a particle  
of faith

“when a man works by faith he works by mental exertion . . . Faith, then, works by words” (Lectures on Faith, p. 62-67)

What is this “mental exertion” Alma wants us to make?

Desire to believe  
and  
let this desire  
work in you

How does one create a desire? By seeing the end results.  
(forgiven of sins, numbered among the righteous, lifted up, paradise)

How does one let a desire work in them? Seeing the fruits thereof over and over.

Give place for a  
portion of my words

Make this “faith exercise” one of your priorities for the day.

Do not cast it out by  
your unbelief

Unbelief comes from a temporal focus, and thereby resists the Spirit of the Lord. “And by the power of the Holy Ghost ye may know the truth of all things.” (Moroni 10:5)

How can one tell if someone doesn't believe?

They do not choose to pray long enough to get the truth deeply rooted within.

You will come to know  
that the seed is good

How can I know with perfect knowledge?

It beginneth to:

1. Enlarge my soul
2. enlighten my understanding
3. yea, it beginneth to be delicious to me

“O then, is not this real? I say unto you, Yea, because it is light; and whatsoever is light, is good, because it is discernible, therefore ye must know that it is good” (Alma 32:34)

## ALMA'S TWO LEVELS FOR CHANGE

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### LEVEL ONE - "I know the Gospel is true"

**SEE:** \*I awake and arouse my mind and heart unto the spiritual world

\*I seek to understand and know the truth — a priority

**DO:** \*I exercise my faith by praying, studying, and walking in the light

**THINK:** \*I hold the truth in my mind by prayer until I get an answer  
in my heart

**FEEL:** \*I experience a confirmation by the Spirit — so I know it is true

### LEVEL TWO - it is now rooted within me

"The Gospel works. I love it - I am so much happier.  
Nothing has changed, except me."

**SEE:** \*I continue to awake and arouse my faculties each day

\*I study the scriptures and pray so I can become spiritually  
centered for the day

**FEEL:** \*As I pray I seek enlightenment, to enjoy the day, and have the  
companionship of the Holy Ghost "To obtain the Spirit, you will  
have to search the scriptures daily." (President Benson, Ensign,  
Sept. 1990, 5)

**THINK:** \*I hold the truth in my mind and heart by prayer, throughout  
the day until it becomes rooted. (until it becomes part of my way  
of thinking, and doing)

**DO:** \*I do it because of my great love for Heavenly Father and the  
Savior.

\*Because of this great love I am able to exercise my faith with  
great diligence, patience, long-suffering and looking forward  
to the fruit thereof.