

ENGAGING GOSPEL DOCTRINE (EPISODE 192)

LESSON 19

“None Could Deliver Them but the Lord”

Hook	“fight for what you want” is a familiar idea. But how do we know when the way to victory or deliverance is not fighting, but rather surrender?
Manual Goal	To encourage class members to renew their determination to honor their baptismal covenants and trust in the Lord.
EGD Goal	To help class members live up their covenants to bear each other’s burdens, mourn with, and comfort each other, and to understand the ways they are in bondage and effective paths to deliverance.

I. Sunday School

- a. Framing (This lesson’s reading is a study in contrasts... covenantal cooperation vs. exploitation, desperate vengeance vs. trusting submission)
- b. Two minute take home
 - i. Belonging through baptism: help each other, mourn with each other, comfort each other.
 - ii. Paths to deliverance
 1. Limhi: The wrong way (fighting out of rage until you have no more resources)
 2. Alma: the right way (acceptance and surrender)
 3. The cost of the right way
 - iii. In what ways are we in bondage? How do we gain greater freedom?
- c. Reading Commentary
- d. Lesson
 - i. The baptismal covenant
 1. Bear one another’s burdens, that they may be light
 2. Mourn with those that mourn
 3. Comfort those in need of comfort
 - ii. Lessons from the church of Alma: be unified, “hearts knit together in love”, labor diligently, teach and support each other, provide for each other’s needs as we are able
 - iii. A tale of two bondages
 1. Limhi: got angry, got defeated, got more angry, got defeated again, got more angry, defeated again, then when there was no other option, FINALLY submitted and humbled themselves, delivered themselves through the best strategy they could think of. (but the good example when he doesn’t kill the king and that saves his people. We all have our limits)

2. Alma: Immediately sought the Lord's help, submitted, sought peace, worked hard, endured patiently, were strengthened in their trials and then delivered by God.
3. (Discuss being **strengthened in trials**, then delivered, and sometimes not delivered in this life)
- iv. In what ways are we in bondage? How can we gain greater freedom?
 1. Limiters of agency
 - a. Our human limitations (things we don't notice, limitations of our senses, strength, fallacies, tribalism, empathy and choice limitations, etc)
 - b. Genetics (50% of whether you are happy is straight up genetics, for example)
 - c. Abuse
 - d. Addiction (not just to drugs, or substances but relationships, thoughts, patterns of behavior)
 - e. Opportunity/resources/cultural context
 - f. Social expectations (especially when it comes to issues like race and gender)
 - g. Other ways we are conditioned that impact what we know, how we think about things
 2. Paths to freedom
 - a. Self knowledge/awareness (take seriously all the ways we are limited)
 - b. Learn which limitations we can overcome and which we need to work within (mental illness for example is usually managed, as are issues stemming from abuse)
 - c. Determine when to fight and when to surrender, and what we need to do both. Serenity prayer.

Brene brown on empathy video and that lars and the real girl sit comment

<https://bycommonconsent.com/2016/05/14/those-wild-ferociousand-bloodthirsty-lamanites-bom2016/>