

Moses 7: Lesson 16

Moses 7:1–21

“The Lord Called His People Zion”

Visit [“Studying the Scriptures”](#) to help prepare yourself spiritually to learn.

Throughout history, people have tried to build societies where there is no poverty or violence. The Lord called this type of society Zion (see [Moses 7:18](#)). Perhaps the best way to build Zion is to start in our own lives. This lesson can help you develop the Christlike attributes that Enoch and his people had.

Study the Scriptures

The tallest trees in the world are redwood trees. They can grow more than 300 feet (92 meters) high.

Surprisingly, the roots of redwoods are only about 3–6 feet (1–2 meters) deep. However, these roots spread out several hundred feet (more than 100 meters) and become intertwined with the roots of other trees. This interconnectedness enables redwoods to stand strong for hundreds of years amid winds and floods (see Richard H. Winkel, [“Web of Friendship,”](#) *New Era*, Aug. 2003, 10–11).

Take a minute and think about your family, ward, or branch.
How can they be compared to the redwoods?

How can those around you help you come closer to the Savior?

As you study, be sensitive to impressions of the Holy Ghost. He can teach you how to increase the strength you feel with God and with the people around you.

Strength in Zion

In a vision, the Lord called the prophet Enoch to preach repentance and baptism to several cities. The people who followed Enoch gathered together.

Read [Moses 7:13, 16–17](#), looking for the contrast between the people who were striving to follow the Lord and the people who fought against them.

What impressed you about the blessings the Lord gave to the people who strove to follow Him?

To better understand what distinguished the Lord’s people, read [Moses 7:18–21](#). You may want to mark characteristics the Lord’s people have. (Note: It may be helpful to know that to be *cursed* means to have blessings withheld because of unrighteousness. See “[Curse, Curses](#)” in Guide to the Scriptures.)

[Moses 7:18](#) is a doctrinal mastery passage. Consider tagging doctrinal mastery passages with the topic they teach so you can find them easily later. The key scripture phrase for [Moses 7:18](#) is “*The Lord called his people Zion, because they were of one heart and one mind.*” Practice memorizing the key scripture phrase and reference by reading them out loud several times. Each time you read, cover up a few of the words. See if you can eventually cover all the words.

When a group of people develops these characteristics, the Lord blesses them (see [4 Nephi](#)).

Complete the following activities.

Activity A

How can I develop unity with others?

What do you think it looks like to be unified with others?

Why can developing unity be difficult?

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles shared:

We are too diverse and at times too discordant to be able to come together as one on any other basis or under any other name. ... It is only in and through our individual loyalty to and love of Jesus Christ that we can hope to be one. (“[One in Christ](#),” Liahona, May 2023, 78–79)

How do you think our love of Jesus Christ helps us have greater unity with others?

Think about how you can be more unified with others. This could be your family, Church members, or others. Choose one thing you can do today and make a plan to do it.

Activity B

How can I follow Jesus Christ's righteous example?

Righteousness is a Christlike trait that includes "being just, holy, virtuous, upright; acting in obedience to God's commands; avoiding sin" (Guide to the Scriptures, "[Righteous, Righteousness](#)," Gospel Library).

President Russell M. Nelson shared how the Savior blesses us as we strive to be righteous.

As we strive to live the higher laws of Jesus Christ, our hearts and our very natures begin to change. The Savior lifts us above the pull of this fallen world by blessing us with greater charity, humility, generosity, kindness, self-discipline, peace, and rest. ("[Overcome the World and Find Rest](#)," Liahona, Nov. 2022, 97)

Why would it be a blessing to be around people who try to live like Enoch's people? How can unrighteous decisions impact our relationships?

Think about what you can do to be more righteous. Choose one thing and make a plan to do it before you go to sleep tonight.

Activity C

How can I follow the Lord and care for the poor?

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles shared the following:

As we pursue the cause of Zion, each of us should prayerfully consider whether we are doing ... all that we should in the Lord's eyes with respect to the poor and the needy. ("[Come to Zion](#)," Ensign or Liahona, Nov. 2008, 39)

Other than financially, how else can people be poor or in need? How might the Lord want you to take care of someone in this type of situation?

Think about what you can do today to help one or more of the Lord's children this week.

Share Your Thoughts

