

2 Nephi 4

Nephi's Psalm

Everyone faces temptation and feels down or discouraged at times. The prophet Nephi also felt this way. After experiencing the death of his father, Lehi, and facing his angry brothers, Nephi wrote about some of his deepest feelings. He expressed his joy as well as his sorrow. His example shows us how we can turn to the Lord when we experience the challenges of mortality. This lesson can help you respond faithfully to temptation and discouragement by turning to the Lord.

Challenges of mortality

We all are tempted, sad, or discouraged at times. Think about specific temptations or problems you are facing that may cause you to feel down.

- Why do you think everyone is tempted and feels discouraged at times?

- On a scale of 1 to 10, how well do you feel you are managing these difficulties and why?

- How would your life be blessed if you were better able to overcome temptation and discouragement?

Nephi's psalm

Read [2 Nephi 4:12–13, 18](#), looking for some of the challenges Nephi faced.

- How do you imagine these challenges caused Nephi to feel?

The verses [2 Nephi 4:16–35](#) are often referred to as Nephi's psalm. A psalm is "an inspired poem or hymn" (Guide to the Scriptures, "Psalm," scriptures.ChurchofJesusChrist.org). In these verses Nephi wrote about some of his deepest feelings. He shared his challenges and how he responded to temptation and discouragement. As you study these verses, seek inspiration through the Holy Ghost to know what you can do in the specific challenges you are facing.

You may recall four steps to help you liken the scriptures to your life:

1. Find important details.
2. Make comparisons to your life.
3. Discover valuable lessons.
4. Determine personal application.

1. Read the verses and answer the questions in the following chart.

Nephi's Psalm and Me (2 Nephi 4:16–35)

Book of Mormon Teacher Manual (2024)—“2 Nephi 4: Nephi's Psalm”

| | Nephi's Experience | My Experience |
|------------------------|--|---|
| 2 Nephi 4:16 | How was Nephi feeling? | When have I had similar feelings? |
| 2 Nephi 4:17–19 | How was Nephi feeling? | When have I had similar feelings? |
| 2 Nephi 4:20–25 | What experiences with God helped Nephi respond faithfully to his temptations and discouragement? | What are some spiritual experiences that I could remember when I am tempted or discouraged? |
| 2 Nephi 4:26–29 | What kinds of thoughts helped Nephi to be strong when feeling tempted or discouraged? | What kinds of thoughts can help me be strong when feeling tempted or discouraged? |

| | Nephi's Experience | My Experience |
|-----------------|--|--|
| 2 Nephi 4:30–35 | What impresses me from Nephi's prayer? | How can I apply Nephi's example to my own prayers? |

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2. Answer the following questions:

- What verses or phrases in 2 Nephi 4 stand out to you? Why?

- What did you learn about the Savior from 2 Nephi 4?

- How did likening the scriptures to your life influence your study of 2 Nephi 4?

- What are some principles you identified?

- How do you think these principles can help you turn to the Lord when you are tempted or feel discouraged?
