

LEHI'S DREAM

A whole plan of salvation, drawn as one landscape. Find each number, then turn the page.

"I have dreamed a dream; or, in other words, I have seen a vision."

1 Ne 8:2

6 Tree of life

Fruit white, most sweet, "desirable to make one happy." 8:10-12

5 Spacious field

"As if it had been a world." 8:9, 20

4 Mist of darkness

Rises over the path. Many lose their way. 8:23

8 Strait & narrow path

Comes along by the rod of iron, even to the tree. 8:20

1 Dark & dreary waste

Where Lehi starts, following a man in a white robe. 1 Ne 8:4-8

7 Great & spacious building

Stands "in the air, high above the earth," full of mockers. 8:26-27

9 River of water

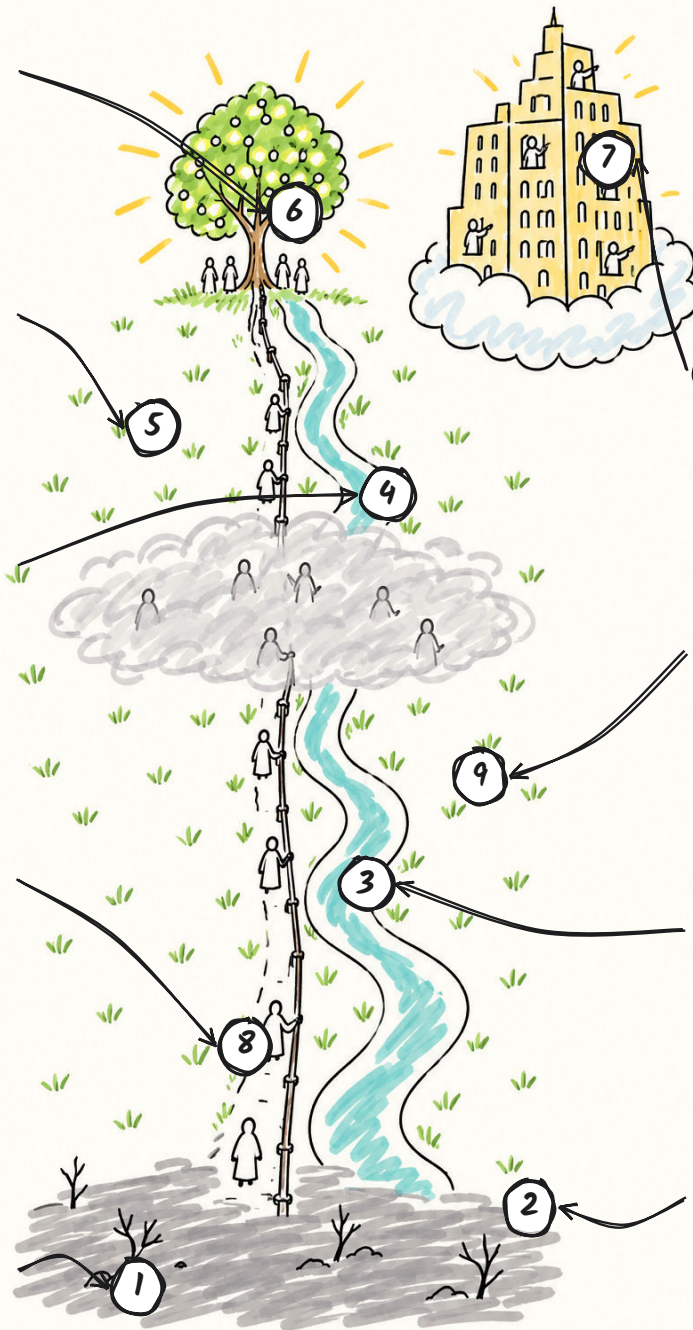
Runs near the tree. Many drown in its depths. 8:13, 32

3 Rod of iron

Runs along the riverbank and leads to the tree. 8:19

2 Head of the river

Sariah, Sam and Nephi stand here, not knowing where to go. 8:14



READ IT FIRST

Scan for 1 Nephi 8 in Gospel Library.



FROM DARKNESS TO JOY



1 "Follow me"

A man "dressed in a white robe" bids Lehi follow him. He finds himself in a "dark and dreary waste." **1 Ne 8:5-7**



2 Many hours in darkness

Lehi prays for mercy, "according to the multitude of his tender mercies." Then he sees a large and spacious field. **8:8-9**



3 Most sweet

The fruit is white, sweet above all he had tasted, and fills his soul "with exceedingly great joy." **8:10-12**



4 "Come unto me"

His first thought is family. Sariah, Sam and Nephi come and partake. Laman and Lemuel "would not come." **8:13-18**

NOTICE

Darkness, then prayer, then light. And the moment Lehi tastes joy, he looks for his family.

"I knew that it was **desirable** above all other fruit." **8:12**

DECODE THE SYMBOLS

Nephi asked to know "the interpretation thereof" **11:11**. These meanings come from the angel and from Nephi himself.



THE TREE OF LIFE

= **THE LOVE OF GOD**

"the most desirable above all things" ...
"the most joyous to the soul."

1 Ne 11:21-23, 25



THE FRUIT

= **GOD'S GREATEST GIFT**

"the greatest of all the gifts of God."
Sweet, white, full of joy. **8:11-12; 15:36**



THE ROD OF IRON

= **THE WORD OF GOD**

Whoso will "hold fast unto it ... would never perish." **11:25; 15:23-24**



STRAIT & NARROW PATH

= **THE COVENANT WAY**

Entered by repentance and baptism;
leads to eternal life.

8:20; 2 Ne 31:17-20



MIST OF DARKNESS

= **TEMPTATIONS OF THE DEVIL**

It "blindeth the eyes, and hardeneth the hearts." **1 Ne 12:17**



RIVER OF WATER

= **FILTHINESS**

Its depths are "the depths of hell." Lehi's mind was on other things.

12:16; 15:26-27

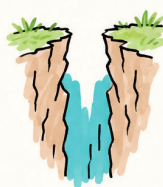


GREAT & SPACIOUS BUILDING

= **THE PRIDE OF THE WORLD**

"vain imaginations and the pride of the children of men." It fell.

11:35-36; 12:18



THE GREAT GULF

= **GOD'S JUSTICE DIVIDES**

An "awful gulf" separates the wicked from the tree of life. **12:18; 15:28-30**



FOUNTAIN OF LIVING WATERS

= **ALSO THE LOVE OF GOD**

Where the rod leads. Not the same as the "fountain of filthy water."

11:25; 12:16

FOUR KINDS OF TRAVELERS



1 STARTED, THEN LOST

They “did come forth, and commence in the path,” but in the mist of darkness they “did lose their way, that they wandered off and were lost.” **1 Ne 8:21–23**

KEY WORD: **MIST**

2 CLINGING, THEN ASHAMED

They clung to the rod and tasted the fruit, then “cast their eyes about as if they were ashamed” and fell away into forbidden paths. **8:24–28**

KEY WORD: **SCOFFING**



3 CONTINUALLY HOLDING FAST

They pressed forward, “continually holding fast to the rod of iron, until they came forth and fell down and partook.” **8:30**

KEY WORD: **CONTINUALLY**

4 HEADING FOR THE BUILDING

They felt their way toward the great and spacious building. Many drowned or wandered “in strange roads.” **8:31–33**

KEY WORD: **PRIDE**



“The key phrase in this verse is continually holding fast to the rod of iron.”

Elder David A. Bednar, “Lehi’s Dream: Holding Fast to the Rod,” Ensign, Oct. 2011

WHAT IT MEANS TO HOLD TO THE ROD

Nephi's brothers asked: "What meaneth the rod of iron which our father saw, that led to the tree?" **1 Ne 15:23**

"It was the **word of God**, and whoso would hearken unto the word of God, and would **hold fast** unto it, they would never perish; neither could the temptations and the fiery darts of the adversary overpower them unto blindness, to lead them away to destruction." **1 Ne 15:24**

THREE STRANDS OF ONE ROD

Elder Neil L. Andersen described three talks that "identified three aspects of the iron rod, or the word of God." ("Fruit," Oct. 2019 general conference)



1 • THE SCRIPTURES

"the scriptures, or the words of ancient prophets." Elder David A. Bednar asked, "Are you and I daily reading, studying, and searching the scriptures in a way that enables us to hold fast to the rod of iron?"



2 • LIVING PROPHETS

"the words of living prophets." General conference talks are part of the rod you can hold today.



3 • THE HOLY GHOST

"the power of the Holy Ghost." President Boyd K. Packer: "If you hold to the rod, you can feel your way forward with the gift of the Holy Ghost."

CLINGING VS. CONTINUALLY HOLDING FAST

GROUP 2 • 1 NE 8:24-28

"...**clinging** to the rod of iron, even until they did come forth and partake of the fruit of the tree."

Then the mocking made them ashamed, and "they fell away into forbidden paths and were lost."

"Perhaps this third group of people consistently read and studied and searched the words of Christ. ... This is the group you and I should strive to join."

Elder David A. Bednar, "Lehi's Dream: Holding Fast to the Rod," Ensign, Oct. 2011

GROUP 3 • 1 NE 8:30

"...**continually holding fast** to the rod of iron, until they came forth and fell down and partook of the fruit of the tree."

Same rod, same mist. The difference is a grip that is never let go.

"The rod of iron represented for this group of people the only safety and security that they could find, and they held fast continually; they refused to let go."

Elder Kevin W. Pearson, "Continually Holding Fast," Oct. 2013 general conference

A GRIP FOR EVERY DAY

"Search the Book of Mormon and the words of the living prophets every day, every day, every day! It's the key to spiritual survival and avoiding deception. Without it, we are spiritually lost."

Elder Kevin W. Pearson, "Stay by the Tree," Apr. 2015 general conference

"I promise that as you prayerfully study the Book of Mormon every day, you will make better decisions—every day."

President Russell M. Nelson, "The Book of Mormon: What Would Your Life Be Like without It?" Oct. 2017

"Strong faith requires more than strong desire. It means daily trying, one step at a time, with prayer and scriptural learning."

President Dallin H. Oaks, Oct. 2026 general conference, as reported by Church News

"Our need for constant recourse to the scriptures is greater than in any previous time."

Elder D. Todd Christofferson, "The Blessing of Scripture," Apr. 2010



PRINT IT • TRACK IT

ONE WEEK OF HOLDING FAST

Check a box each day you do it. Each habit comes from a prophet's counsel.

	S	M	T	W	T	F	S
Open the Book of Mormon. Nelson: "study the Book of Mormon every day"	☐	☐	☐	☐	☐	☐	☐
Ponder and pray over it. Christofferson: "carefully, deliberately"	☐	☐	☐	☐	☐	☐	☐
Mark a verse or write a margin note. Scott: "Do you mark your copy?"	☐	☐	☐	☐	☐	☐	☐
Memorize one line. Scott: "forge a new friendship"	☐	☐	☐	☐	☐	☐	☐
Read or listen to a living prophet. Pearson: "the words of the living prophets every day"	☐	☐	☐	☐	☐	☐	☐
Do one thing it asks of you. Pearson: the word of God "and living it"	☐	☐	☐	☐	☐	☐	☐

MEMORIZE THIS WEEK

"...feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do."
2 Nephi 32:3

TALKS TO STUDY

Andersen, "Fruit," Oct. 2019
[churchofjesuschrist.org/study/general-conference/2019/10/56anderson](https://www.churchofjesuschrist.org/study/general-conference/2019/10/56anderson)

Pearson, "Continually Holding Fast," Oct. 2013
[churchofjesuschrist.org/study/general-conference/2013/10/continually-holding-fast](https://www.churchofjesuschrist.org/study/general-conference/2013/10/continually-holding-fast)

Pearson, "Stay by the Tree," Apr. 2015
[churchofjesuschrist.org/study/general-conference/2015/04/stay-by-the-tree](https://www.churchofjesuschrist.org/study/general-conference/2015/04/stay-by-the-tree)

Nelson, "The Book of Mormon: What Would Your Life Be Like without It?" Oct. 2017
[churchofjesuschrist.org/study/general-conference/2017/10/the-book-of-mormon-what-would-your-life-be-like-without-it](https://www.churchofjesuschrist.org/study/general-conference/2017/10/the-book-of-mormon-what-would-your-life-be-like-without-it)

Christofferson, "The Blessing of Scripture," Apr. 2010
[churchofjesuschrist.org/study/general-conference/2010/04/the-blessing-of-scripture](https://www.churchofjesuschrist.org/study/general-conference/2010/04/the-blessing-of-scripture)

Scott, "The Power of Scripture," Oct. 2011
[churchofjesuschrist.org/study/general-conference/2011/10/the-power-of-scripture](https://www.churchofjesuschrist.org/study/general-conference/2011/10/the-power-of-scripture)

Kimball, "Hold Fast to the Iron Rod," Oct. 1978
[churchofjesuschrist.org/study/general-conference/1978/10/hold-fast-to-the-iron-rod](https://www.churchofjesuschrist.org/study/general-conference/1978/10/hold-fast-to-the-iron-rod)

HOLD FAST TODAY



WANT TO SEE WHAT LEHI SAW?

Nephi did. He **desired**, **believed** the Lord could show him, and **pondered**. Then he was “caught away in the Spirit” to a high mountain. **1 Ne 11:1–6**



LOOK CLOSER

THE TREE POINTS TO JESUS CHRIST

Right before the angel asks Nephi what the tree means, Nephi sees the virgin “bearing a child in her arms” and hears, “Behold the Lamb of God.” Then he answers: “it is the **love of God**.” **11:20–22**

FROM MODERN PROPHETS

“Grasp the iron rod, and do not let go.”

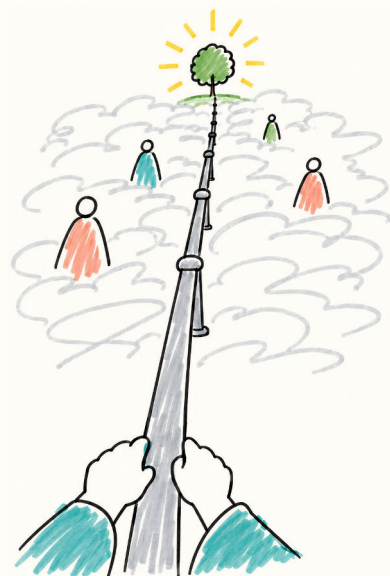
“An unseen power will hold your hand as you hold to the iron rod.”

President Boyd K. Packer, “Lehi’s Dream and You,” BYU devotional, Jan. 16, 2007; New Era, Jan. 2015

“The rod of iron is the word of God.”

Elder David A. Bednar, Ensign, Oct. 2011

Lehi’s answer to the mockers: “**but we heeded them not.**” **8:33**



TALK ABOUT IT

- 1 Where do you see a “mist of darkness” today?
- 2 What is the difference between clinging and continually holding fast?
- 3 Who could you beckon to the tree, like Lehi did?
- 4 When have you had to “heed them not”?

KEEP READING

Nephi’s own vision of the tree, 1 Nephi 11.

