

## Atonement Outline - Mike Baird

The Fall .....	1
Christ's Suffering .....	2
Christ descended below all .....	2
Suffering for sin .....	2
Suffering unrelated to sin or transgression .....	3
Suffering incident to Temptation .....	3
"Awful arithmetic of the Atonement" .....	4
We cannot say "but you don't understand" .....	4
Unconditional Blessings of the Atonement .....	4
Resurrection (Overcome Physical Death).....	4
All brought back to God's presence (Overcome Spiritual Death).....	5
Moral Agency.....	6
Those not held accountable.....	6
Where there is no law given .....	6
Ignorantly sinned.....	6
Little Children .....	6
Those of mental capacity such that they can not understand .....	7
Conditional Blessings of the Atonement.....	7
Repentance .....	7
Justification.....	7
Sanctification .....	7
Atonement not just for Sinners .....	8
Beauty for ashes .....	8
Sweetening the Bitter .....	9
Succor when tempted .....	9
Strength when weary .....	10
Acquiring a Christ like nature – attaining divine perfection .....	10
Christ – Grace for Grace .....	10
Us - Grace for Grace.....	11
Gifts of Grace.....	11
"I could remember my pains no more" .....	12
Centrality of the Atonement.....	12
References.....	14

### The Fall

- To understand the Atonement it is important to understand the Fall
  - Ezra Taft Benson:  
"Just as a man does not really desire food until he is hungry, so he does not desire the salvation of Christ until he knows why he needs Christ. No one adequately and properly knows why he needs Christ until he understands

and accepts the doctrine of the Fall and its effect upon all mankind." (The Teachings of Ezra Taft Benson. pg 28)

- See "[The Fall – Outline](#)" by Mike Baird

## **Christ's Suffering**

- Luke 22:42-44  
"And he was withdrawn from them about a stone's cast, and kneeled down, and prayed,  
Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done....  
And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground."
- D&C 19:16-19  
"For behold, I, God, have suffered these things for all...  
Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink—  
Nevertheless, glory be to the Father, and I partook and finished my preparations unto the children of men."

## ***Christ descended below all***

- D&C 88:6  
"He that ascended up on high, as also he *descended below all things*, in that he comprehended all things"
- D&C 122:8  
" The Son of Man hath *descended below them all* "
- He experienced in the flesh
  - Alma 7:13  
"Now the Spirit knoweth all things; nevertheless the Son of God *suffereth according to the flesh* that he might take upon him the sins of his people... "

## ***Suffering for sin***

- 3 Nephi 11:11 (Savior to Nephites)  
"I...have glorified the Father in taking upon me the sins of the world"

- 1 Peter 3:18  
"Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God"
- Isaiah 53:5  
"he was wounded for our transgressions, he was bruised for our iniquities"
- *All transgressions:*
  - knowingly, unknowingly and those not accountable for actions

### ***Suffering unrelated to sin or transgression***

- Isaiah 53:4  
"Surely he hath borne our griefs, and carried our sorrows"
- 2 Nephi 9:21 (Jacob)  
"he suffereth the pains of all men, yea, the pains of every living creature, both men, women, and children, who belong to the family of Adam"
- Mosiah 3:5,7 (King Benjamin)  
"he shall suffer temptations, and pain of body, hunger, thirst, and fatigue, even more than man can suffer "
- Alma 7:11-12 (Alma the Younger)  
"And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith *he will take upon him the pains and the sicknesses of his people*.  
And he will take upon him death, that he may loose the bands of death which bind his people; and *he will take upon him their infirmities*, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities."

### ***Suffering incident to Temptation***

- Suffered every kind of temptation
  - Alma 7:11-12 (Alma the Younger)  
"And he shall go forth, suffering pains and afflictions and *temptations of every kind*;"
  - Mosiah 3:7 (King Benjamin)  
"*he shall suffer temptations*, and pain of body, hunger, thirst, and fatigue, even more than man can suffer "
- Suffered Temptations but did not yield

- Hebrews 4:15 (Paul)  
"but *was in all points tempted* like as we are, yet without sin."
- Mosiah 15:5 (Abinadi)  
"And thus the flesh becoming subject to the Spirit, or the Son to the Father, being one God, *suffereth temptation, and yieldeth not to the temptation*"
- D&C 20:22  
"He suffered temptations but gave no heed unto them"

### **"Awful arithmetic of the Atonement"**

- Neal Maxwell:  
"All our infirmities and sicknesses were somehow, too, a part of the awful arithmetic of the Atonement" (Willing to Submit," Ensign, May 1985, 70)
- Neal Maxwell:  
"In ways we cannot comprehend, our sicknesses and infirmities were borne by Him even before they were borne by us.  
...The very weight of our combined sins caused Him to descend below all.  
" (Even As I Am, pp. 116-17)

### **We cannot say "but you don't understand"**

- Ezra Taft Benson:  
"there is no human condition—be it suffering, incapacity, inadequacy, mental deficiency, or sin—that He cannot comprehend" (Come Unto Christ, pg 132)
- Neal Maxwell:  
"Can we, even in the depths of disease, tell Him anything at all about suffering?  
... We have never been, nor will we be, in depths such as He has known. Thus His atonement made perfect His empathy and His mercy and His capacity to succor us, for which we can be everlastingly grateful as He tutors us in our trials." (Even As I Am, pp. 116-17)

### **Unconditional Blessings of the Atonement**

- See "[Salvation by Grace](#)" by Mike Baird

#### ***Resurrection (Overcome Physical Death)***

- The Fall brought death requiring a resurrection
  - 2 Nephi 9:6  
"For as death hath passed upon all men ... there must needs be a power of resurrection"

- Atonement brings resurrection
  - Alma 42:23  
the atonement bringeth to pass the resurrection of the dead"
  - Mosiah 18:2  
"... concerning the resurrection of the dead, and the redemption of the people, which was to be brought to pass through the power, and sufferings, and death of Christ, and his resurrection and ascension into heaven"
  - 1 Cor 15:22  
"For as in Adam all die, even so in Christ shall all be made alive"
- Atonement must be infinite – else we wouldn't rise
  - 2 Nephi 9:7  
"it must needs be an infinite atonement—save it should be an infinite atonement this corruption could not put on incorruption"

### ***All brought back to God's presence (Overcome Spiritual Death)***

- All mankind brought back to presence of God to be judged, even if only for a short period
  - 1 Cor 15:22  
"For as in Adam all die, even so in Christ shall all be made alive"
  - Helaman 14:15-18 (Samuel the Lamanite)  
" For behold, he surely must die that salvation may come; yea, it behooveth him and becometh expedient that he dieth, *to bring to pass the resurrection of the dead, that thereby men may be brought into the presence of the Lord.*  
Yea, behold, this death bringeth to pass the resurrection, and redeemeth all mankind from the first death—that spiritual death; for all mankind, by the fall of Adam being cut off from the presence of the Lord, are considered as dead, both as to things temporal and to things spiritual.  
*But behold, the resurrection of Christ redeemeth mankind, yea, even all mankind, and bringeth them back into the presence of the Lord.*  
Yea, and it bringeth to pass the condition of repentance, that whosoever repenteth the same is not hewn down and cast into the fire; but whosoever repenteth not is hewn down and cast into the fire; and there cometh upon them again a spiritual death, yea, a second death, for they are cut off again as to things pertaining to righteousness."

- Dallin H Oaks:  
"A second effect of the Atonement concerns our redemption from spiritual death. We are redeemed from the fall of Adam without condition" ("With Full Purpose of Heart", pg 117)

- Remaining in God's presence is conditional

### ***Moral Agency***

- 2 Nephi 2:26-27  
"because that they are redeemed from the fall they have become free forever, knowing good from evil"

### ***Those not held accountable***

- Those who live and die without Gospel law, understanding or accountability are not subject to the demands of God's justice

#### *Where there is no law given*

- 2 Nephi 9:25  
"where there is no law given there is no punishment; and where there is no punishment there is no condemnation; and where there is no condemnation the mercies of the Holy One of Israel have claim upon them, because of the atonement"

#### *Ignorantly sinned*

- Mosiah 3:11  
"his blood atoneth for the sins of those ...who have died not knowing the will of God concerning them, or who have ignorantly sinned"
- Mosiah 15:24, Moroni 8:22

#### *Little Children*

- Moroni 8:8,11,22  
"little children are whole, for they are not capable of committing sin; wherefore the curse of Adam is taken from them in me, that it hath no power over them"
- D&C 137:10  
" I also beheld that all children who die before they arrive at the years of accountability are saved in the celestial kingdom of heaven"
- Moses 6:53-54, D&C 29:46-47

### *Those of mental capacity such that they can not understand*

- D&C 29:49-50  
"again, I say unto you, that whoso having knowledge, have I not commanded to repent?  
And he that hath no understanding, it remaineth in me to do according as it is written"
- Joseph Fielding Smith:  
" The Lord has made it known by revelation that children born with retarded minds shall receive blessings just like little children who die in infancy. They are free from sin, because their minds are not capable of a correct understanding of right and wrong. ...  
Therefore The Church of Jesus Christ of Latter-day Saints considers all deficient children with retarded capacity to understand, just the same as little children under the age of accountability. They are redeemed without baptism and will go to the celestial kingdom of God, there, we believe, to have their faculties or other deficiencies restored according to the Father's mercy and justice" (Answers to Gospel Questions, 3:20)

### **Conditional Blessings of the Atonement**

- See "[Salvation by Grace](#)" by Mike Baird

#### ***Repentance***

- See "[Doctrine of forgiveness](#)" by Mike Baird
- Isaiah 1:18  
"though your sins be as scarlet "

#### ***Justification***

- See "[Justification & Sanctification](#)" by Mike Baird
- Atonement accomplishes justification
  - One who is pardoned, without sin, guiltless
  - Harold B Lee:  
" Justify means to pronounce free from guilt or blame, or to absolve"  
(Stand Ye in Holy Places, Pg 51-52 )
  - Justification removes the punishment for past sins
  - Justification does not remove the stain or effect of past sin

#### ***Sanctification***

- See "[Justification & Sanctification](#)" by Mike Baird
- Atonement accomplishes sanctification

- *Sanctification* is the process that removes the stain
- Sanctification is the process whereby we become pure and Christ like
- Bruce R McConkie:  
 "To be sanctified is to become clean, pure, and spotless; to be free from the blood and sins of the world; to become a new creature of the Holy Ghost, one whose body has been renewed by the rebirth of the Spirit"  
 (Mormon Doctrine, p. 675.)

## ***Atonement not just for Sinners***

### *Beauty for ashes*

- Isaiah 61:1-3  
 "to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness"  
  - Bruce Hafen (1<sup>st</sup> Quorum of 70):  
 "The Savior's atonement is thus portrayed as the healing power not only for sin, but also for carelessness, inadequacy, and all mortal bitterness. The Atonement is not just for sinners." (Beauty for Ashes: The Atonement of Jesus Christ," Ensign, Apr. 1990, pg 7.)
- Alma 7:11-12 (Alma the Younger)  
 "And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith *he will take upon him the pains and the sicknesses of his people*.  
 And he will take upon him death, that he may loose the bands of death which bind his people; and *he will take upon him their infirmities*, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities."
- 2 Nephi 9:21 (Jacob)  
 "he cometh into the world that he may save all men if they will hearken unto his voice; for behold, *he suffereth the pains of all men*, yea, *the pains of every living creature*, both men, women, and children, who belong to the family of Adam"
- Isaiah 53:4  
 "Surely he hath borne our griefs, and carried our sorrows"
- Neal Maxwell:  
 "All our infirmities and sicknesses were somehow, too, a part of the awful arithmetic of the Atonement" (Willing to Submit," Ensign, May 1985, 70)
- Robert Millet:  
 "To put it simply, the Atonement does more than fix the mistakes. It does



more than balance the scales. It even does more than forgive our sins. It rehabilitates regenerates, renews, and transforms human nature." (Grace Works. pg 95)

### *Sweetening the Bitter*

- See "[Atonement – Sweeten the Bitter](#)" by Mike Baird
- Tasting the bitter is a deliberate part of life
  - Moses 6:55 (Lord to Adam)  
"and they taste the bitter, that they may know to prize the good"
- Source of bitterness (Beauty for Ashes: The Atonement of Jesus Christ," Ensign, Apr. 1990, pg 7.):
  - Sin
    - One end of the spectrum
    - Our fault
  - Adversity
    - Other end of the spectrum
    - no fault of our own
  - unwise choices, hasty judgments, mistakes, disappointments
    - In between ends of the spectrum
    - some degree of fault
  - Bruce Hafen:  
"The Atonement can heal the effects of tasting all of this bitterness. This healing power cleanses our spirits, upon condition of repentance, when our souls are soiled with sin. It can also compensate, "after all we can do," not only for the consequences of our sins, but also for the harmful effects of our ignorance and neglect." (Beauty for Ashes: The Atonement of Jesus Christ," Ensign, Apr. 1990, pg 7.)

### *Succor when tempted*

- (see "[Atonement – Succor when tempted](#)" by Mike Baird)
- Succor: relief, aid, help
- Hebrews 2:18  
"For in that he himself hath suffered being tempted, he is able to succor them that are tempted"
- D&C 62:1  
"Behold, and hearken, O ye elders of my church, saith the Lord your God, even Jesus Christ, your advocate, who knoweth the weakness of man and how to succor them who are tempted"

### *Strength when weary*

- Isaiah 40:28-31

"Hast thou not known? hast thou not heard...

He giveth power to the faint; and to them that have no might he increaseth strength...

the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint"

### ***Acquiring a Christ like nature – attaining divine perfection***

See "[Perfection – Be Ye Therefore Perfect](#)" by Mike Baird

#### *Christ – Grace for Grace*

- Christ was sinless – grace was not for compensation of sin
- Grace for grace and suffering to empower personal growth
  - D&C 93:12-13  
"grace for grace"
  - Hebrews 5:8-9  
"being made perfect"
  - Luke 13:32  
"the third day I shall be perfected"
    - Elder Russel M Nelson:  
"... let us consider another highly significant statement made by the Lord. Just prior to his crucifixion, he said that on "the third day I shall be perfected." Think of that! The sinless, errorless Lord—already perfect by our mortal standards—proclaimed his own state of perfection yet to be in the future. His eternal perfection would follow his resurrection and receipt of "all power ... in heaven and in earth." The perfection that the Savior envisions for us is much more than errorless performance. It is the eternal expectation as expressed by the Lord in his great intercessory prayer to his Father—that we might be made perfect and be able to dwell with them in the eternities ahead." ("Perfection Pending," Ensign, Nov. 1995, 86)
    - Bruce Hafen:  
"Jesus taught that we should be perfect as he is perfect. His experience suggests that his own developmental process was marked by his being a recipient of the Father's divine grace. His experience also shows that being free from sin is not the same thing as attaining a state of perfection." (The Broken Heart, p. 164.)

## *Us - Grace for Grace*

- Our relationship to father can mirror Christ's
  - D&C 93:19-20  
"grace for grace "
- Atonement and our repentance free us from sin (see "[Justification & Sanctification](#)" by Mike Baird)
- Atoning grace can move us beyond remission of sins to perfection
  - D&C 76:69  
"Just men made perfect "
  - Moroni 10:32-33  
"perfected in him... by the grace of God, through the shedding of the blood of Christ "
  - Bruce Hafen:  
"Through the Holy Ghost, the Atonement makes possible certain spiritual endowments that actually purify our nature and enable us to live a more "eternal" or Godlike life." (Beauty for Ashes: The Atonement of Jesus Christ," Ensign, Apr. 1990, pg 7.)

## *Gifts of Grace*

- Charity
  - Bruce Hafen:  
"This love, the very "love which [the Lord hath] had for the children of men" (Ether 12:34), is not developed entirely by our own power, even though our faithfulness is a necessary qualification to receive it. Rather, charity is "bestowed upon" the "true followers" of Christ. (Moro. 7:48.) Its source, like all other blessings of the Atonement, is the grace of God. Said Moroni, "I prayed unto the Lord that he would give unto the Gentiles grace, that they might have charity." (Ether 12:36.)  
The purpose of the endowment of charity is not merely to cause Christ's followers to engage in charitable acts toward others, desirable as that is. The ultimate purpose is to transform his followers to become like him: "he hath bestowed [this love] upon all who are true followers of his Son, ... that when he shall appear we shall be like him." (Moro. 7:48.)" (Beauty for Ashes: The Atonement of Jesus Christ," Ensign, Apr. 1990, pg 7.)
- Hope
  - Bruce Hafen:  
"Another affirmative endowment of grace is the gift of hope, which blesses us with the state of mind necessary to deal with the gap between where we are and where we seek to be. As the remission of our sins

makes us lowly of heart and meek enough to receive the Holy Ghost, the Comforter fills us with “hope.” (See Moro. 8:25-26.) The gift of hope offers peace and perspective, like the encouragement we feel when a close friend gives us insight about a difficult problem and we sense that there is light at the end of the tunnel. Such hope can be literally life-sustaining when given us by the Savior, for the light at the end of life’s darkest tunnels is the Light and the Life of the world.” (Beauty for Ashes: The Atonement of Jesus Christ,” Ensign, Apr. 1990, pg 7.)

- Boyd K Packer:

"So many are like the immigrant woman who skimped and saved and deprived herself until, by selling all of her possessions, she bought a steerage-class ticket to America.

She rationed out the meager provisions she was able to bring with her. Even so, they were gone early in the voyage. When others went for their meals, she stayed below deck—determined to suffer through it. Finally, on the last day, she must, she thought, afford one meal to give her strength for the journey yet ahead. When she asked what the meal would cost, she was told that all of the meals had been included in the price of her ticket." ("The Brilliant Morning of Forgiveness," Ensign, Nov. 1995, 18)

### ***"I could remember my pains no more"***

(see "[I could remember my pains no more](#)" by Mike Baird)

- Atonement replaces
  - Pain with joy
  - bitter with sweet

### **Centrality of the Atonement**

- Atonement center of the gospel
  - Dallin H Oaks:

"The reality of our total dependence upon Jesus Christ for our attainment of our goals of immortality and eternal life should dominate every teaching and every testimony and every action of every soul touched by the light of the restored gospel. If we teach every other subject and principle with perfection and fall short on this one, we have failed in our most important mission." ("With Full Purpose of Heart", pg 117-118)
  - Robert L Millett:

"Although his willingness to suffer in our behalf causes our hearts to swell with gratitude, yet the central message of Christianity to the world is that Jesus Christ 'loved us, and washed us from our sins in his own

blood'(Revelation 1:5). The Savior redeemed us- purchased us, bought us back – 'bailed us out' through his blood(Eph 1:7)....

We do not become holy through lengthy theological discussions but by pleading to be filled with that Spirit which fills us as well as sanctifies. I have come to know there is a power beyond anything we could ever work ourselves into. We strive to do the works of righteousness, and that is how we keep our part of the covenant, but we plead all along that Christ will re-create us in his image. There is a life in Christ, a more abundant life, a restful and peaceful life." ("More Holiness Give me", pg 28)

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