

"I could remember my pains no more"
Alma to Corianton Alma 39-42
notes - Mike Baird

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"Racked" and "harrowed up"

- Alma 36:12-13
"I was *racked* with eternal torment, for my soul was *harrowed up* to the greatest degree and *racked* with all my sins"
 - Racked – like stretched on a rack (torture device)
 - Harrowed – what a harrow does to a field

"Presence of God... inexpressible horror"

- Alma 36:14-15
"the thought of coming into the presence of my God did rack my soul with inexpressible horror"
 - When dark we cannot stand the presence of Light

Remembered words of his father

- Alma 36:17
"I remembered also to have heard my father prophesy unto the people concerning the coming of one Jesus Christ, a Son of God, to atone for the sins of the world"
 - Words of a parent
 - Could be prophet, scriptures
 - Atone for sins

"Cried within my heart"

- Alma 36:18
"I *cried within my heart*: O Jesus, thou Son of God, have mercy on me"
 - We need *explicitly* to "cry out"
 - Within our hearts

- Verbalize out loud

"I could remember my pains no more"

- Alma 36:19
"I could *remember my pains* no more; yea, I was *harrowed up* by the memory of my sins *no more*"
 - Did *not* say he couldn't remember his sins
 - No longer harrowed up when he thought of his pains
 - Memory of the pain, not the sins taken away
 - D&C 58:42
"I, the Lord, remember them no more"
 - The Lord remembers no more, doesn't say we won't remember
 - Sometimes we think we should not be able to remember our sins

Filled with joy and light

- Alma 36:20-21
"what *joy, and what marvelous light* I did behold; yea, my soul was filled with joy as exceeding as was my pain!
Yea, I say unto you, my son, that there could be nothing so *exquisite and so bitter* as were my pains. Yea, and again I say unto you, my son, that on the other hand, there can be nothing so *exquisite and sweet* as was my joy"
 - Atonement replaces
 - Pain with joy
 - bitter with sweet