



Study Guide, Episode 107–How to Use Jesus Christ's Atonement & At-One with Him

2 Nephi 6-10

00:00-06:56	"QOTW: What is the atonement? How do I at-one with Jesus?"
06:57-14:29	"Atonement literally means at-one-ment"
14:30-35:49	"The Infinite Atonement: Infinite in suffering, time, depth, love"
35:50-49:57	"Receive God's love; He comforts you; With what are you at-one-ing?"
49:48-END	"The Atonement covers death, sin, afflictions/infirmities & weakness"

- 1) What does The Atonement of Jesus Christ mean to you? When you ponder The Atonement, how do you feel? What thoughts, images, or beliefs come to mind? Spend some time reflecting, and then write about this in your journal.
- 2) Where or in what do you find meaning? Purpose? Write about this in your journal.
- 3) Even Jesus grew "from grace to grace". How are you growing "from grace to grace" in your daily life? What helps you do this? What prevents this growth? What does this look like for you?
- 4) What does "suffering" mean to you? In what ways have you experienced suffering throughout your life? What has helped you cope with suffering? How does The Atonement of Jesus Christ bring meaning to your suffering? Write about this &/or discuss with someone you trust.
- 5) Who or what are your enemies? What makes these things/people your enemies? How are you responding to your enemies? What might you do to help you better cope with your enemies, struggles, or even difficult people?
- 6) With what are you currently at-one-ing? How do you know you're at-one-ing with these things? What might help you better at-one with Jesus & His gospel? Discuss this concept of "at-one-ment" with your family or friends this week.
- 7) Read 2 Nephi chapter 8, looking for evidence of Jesus' love for you. Take some time to note everything you discover and what you feel in your journal. Visit this list often, adding to it, and remember and feel His love for you.

Resources

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