














 But this much  
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 I can tell you,  
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 that if ye do not  
 that if ye do not  
 watch yourselves,  
 watch yourselves,  
 and your thoughts,  
 and your thoughts,  
 and your words,  
 and your words,  
 and your deeds,  
 and your deeds,  
 and observe  
 and observe  
the commandments of God,  
and continue in the faith  
of what ye have heard  
concerning the coming of our Lord,  
even unto the end of your lives,  
ye must perish.  
And now, O man, remember,  
and perish not.

**Mosiah 4:30** - But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not.

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