

The Psalm of Nephi

vv 15-16 Nephi's soul delighteth in ...	My soul delighteth in ...
vv 17-18: Nephi's heart sorroweth because ...	My heart sorrowth because ...

READ	WRITE
What God has done for Nephi (vv20-25)	What God has done for me:
Nephi's realization (vv17-19, 26-29)	My own realization:
Nephi's re-commitment to the Lord (vv30-35)	My re-commitment:

Thought questions:

- What does it mean to you to delight in the things of the Lord?
- Why do you think Nephi was so frank about his weaknesses?
- How does knowing Nephi suffered from many of the same anxieties and feelings as I do affect me?
- What gave Nephi hope during his afflictions?
- What do you think Nephi meant when he said, "I know in whom I have trusted"?
- What help is received by those who rely on the Savior?
- How can remembering the Lord and His goodness help us during times of discouragement?