

# THE WITNESS

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*The Book of Mormon Foundation*

**Come unto Me  
with a broken heart  
and a contrite spirit.**

ISSUE 192 / 2025



# THE WITNESS

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Cover: Photo by Beth Spencer  
(3 Nephi 5:66)

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Through research, publications, seminars and related projects, members of The Book of Mormon Foundation seek to assist in bringing forth the light contained in the Book of Mormon.

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## The Perfect Time of Year for the Book of Mormon

I suppose this title is a little misleading; there's no 'wrong time of year' for the Book of Mormon. However, as we approach the end of the year and the beginning of a new year, there are three major events that always cause me to reflect back on the Book of Mormon. Perhaps they do for you as well; if not, then I hope these simple reminders will come to your mind as you go through the next few months.


The start of the end-of-year season begins with Thanksgiving. What a wonderful holiday to encourage us to be thankful and grateful for all that God has given us. The Book of Mormon has a lot to say on the topic. Well over 40 times we are encouraged to express our thanks to God, and if we live in that attitude, we can look forward to God lifting us up at the last day. One thing we should specifically be thankful for is the Book of Mormon record itself and its clear message to **Come Unto Christ**.

Next is Christmas and the unique testimony that the Book of Mormon has to offer. It gives us a clear confirmation from a second witness that Jesus really did come to this earth, take on flesh, was born of a virgin, lived, died, and rose again to conquer death and hell and to demonstrate His power to raise us up to new life in Him if we but **Come to Him**.

Finally, we have New Year's Day with all the hope and promise it brings as we transition from the old year to a new one. This is certainly a great analogy of repentance and forgiveness of which the Book of Mormon speaks time and time again. There is also the practical reminder that the beginning of a new year is a great time to pledge to read through the Book of Mormon. We'll find that within its pages are over 100 different names for God and so many references to Him that they average almost one for every other verse in the Book. It truly is an inspired book of Scripture that calls all men to **Come to Christ**! Let its pages draw you closer to Him too.

Warmest regards,  
Eric English





*Yea, He saith, Come unto Me and ye shall partake  
of the fruit of the tree of life. Yea, ye shall  
eat and drink of the bread and the waters of life freely. Alma 3:58*

# Fasting: The Lost Discipline

## Three-Part Series: Part Three

by Dr. Thomas M. Mitchell

This is the final of three articles focusing on the spiritual disciplines for followers of Jesus: purposeful prayer, searching the scriptures diligently and fasting. The first article explored the powerful prospects of searching the scriptures diligently, or in the words of Nephi, **feasting upon the words of Christ** (Issue 189). The second article was focused on purposeful, daily prayer as communion and revelation with Jesus to motivate us to engagement (Issue 190). This last article will examine and promote fasting in choosing the spirit over the flesh in our daily walk with Jesus. We return once more to that keynote scripture and those goldenlines taken from the twelfth chapter of Alma:

For they were men of a sound understanding and they had **searched the scriptures diligently**, that they might know the word of God. But this is not all—they had **given themselves to much prayer and fasting**. Therefore, they had the spirit of prophecy

and the spirit of revelation, and when they taught, they taught with power and authority, even as with the power and authority of God. (Alma 12:4-5)

### THE DISCIPLINE OF FASTING

I am continually amazed at the number of Christian believers who openly admit they do not or have not fasted and do not believe it makes much of a difference in worship. I could not more fully and passionately disagree. I personally have received tremendous insight and direction in my life when purposeful and directed prayer is accompanied by fasting. It was ingrained in my youth by church mentors, beginning with my parents, and through the testimonies of those in scripture. The Book of Mormon prophets of God were quite clear in their testimony of praying and fasting many days. Alma



is one who mentions fasting prominently in his ministry among the Nephite people.

Behold, I have fasted and prayed many days that I might know these things of myself. (Alma 3:79)

And now Amulek, because thou hast fed me and took me in, thou art blessed, for I was enhungered for I had fasted many days. (Alma 6:34)

For he hath fasted many days because of the sins of this people and he is enhungered; and thou shall receive him into thy house and feed him, and he shall bless thee and thy house; and the blessing of the Lord shall rest upon thee and thy house. (Alma 8:11)

In fact, fasting and prayer were instrumental in the conversion of Alma himself and his friends, the sons of King Mosiah, who have been highlighted in the goldenline keynote scripture. These young men had previously been going about the land seeking to destroy the church. During this journey an angel visited Alma the younger while in the company of the sons of Mosiah. Afterwards, Alma was struck dumb and his limbs left lifeless. When he was carried before his father Alma, the high priest over the church, instruction was given for a season of prayer and fasting for his deliverance and recovery.

And he caused that a multitude should be gathered together, that they might witness what the Lord had done for his son, and also for those that were with him. And he caused that the priests should assemble themselves together; and they began to fast and to pray to the Lord their God that He would open the mouth of Alma, that he might speak, and also that his limbs might receive their strength, that the eyes of the people might be opened to see and know of the goodness and glory of God.

And it came to pass after they had fasted and prayed for the space of two days and two nights, the limbs of Alma received their strength; and he stood up and began to speak unto them, bidding them to be of good comfort. For, said he: I have repented of my sins and have been redeemed of the Lord; behold, I am born of the Spirit. (Mosiah 11:182-186)

The four sons of Mosiah witnessed this great miraculous conversion of Alma while they also had a great change wrought in their hearts to cease to do evil among the people. This same preparation of fasting and prayer was then instrumental as they embarked on their great missionary endeavor among the Lamanites.

**Fasting is the cry  
of the wholebody-  
person, a yearning  
for the justice of  
God to be revealed.**

And it came to pass that they journeyed many days in the wilderness; and they fasted much and prayed much, that the Lord would grant unto them a portion of His Spirit to go with them and abide with them. (Alma 12:14)

This fasting is a discipline evident all through the Old and New Testaments as well. Fasting was practiced by Jesus beginning with His well-known 40 days in the wilderness to prepare for the great ministry He was to perform and the burden He would assume—all the sins of humanity. In the Book of Mormon, the disciples called by Jesus also practiced these same eternal disciplines:

And it came to pass that as the disciples of Jesus were journeying and were preaching the things which they had both heard and seen and were baptizing in the name of Jesus, it came to pass that the disciples were gathered together and were united in mighty prayer and fasting. (3 Nephi 12:14)

Moroni reiterates that the teaching of Jesus concerning fasting was practiced and taught later in the ancient New World church:





If we believe Jesus's word is our guide in this life, we should note that in the instructions to the disciples Jesus said, **when ye fast, not if you decide to fast.** (3 Nephi 5:108) Therefore, assuming we are physically able to fast, and we have come to a basic understanding from scripture that it is a commandment of God, we must come to several inevitable conclusions if we refuse to fast:

And the church did meet together oft to fast and to pray and to speak one with another concerning the welfare of their souls; and they did meet together oft to partake of bread and wine in remembrance of the Lord Jesus. (Moroni 6:6)

- We refrain from fasting because it has an inconvenient/uncomfortable cost.
- We refrain from fasting because we do not believe it will make a profound difference.
- We refrain from fasting because we believe that it is another's responsibility.
- We refrain from fasting because we do not fully believe the words of Jesus.

Finally, we conclude these Book of Mormon evidences with the 'golden age of the Nephites' that occurred after the Lord's visitation to the Americas. This was a time of righteousness and great prosperity. And yet this practice was evident here, as recorded in 4 Nephi 1:11-14:

Many Christian authors and ministers across the spectrum of religion outside of the Restoration espouse fasting as a powerful spiritual tool. Brennan Manning writes:

And now behold, it came to pass that the people of Nephi did wax strong and did multiply exceeding fast and became an exceeding fair and delightsome people. And they were married and given in marriage and were blessed according to the multitude of the promises which the Lord had made unto them. And they did not walk anymore after the performances and ordinances of the law of Moses, but **they did walk after the commandments** which they had received from their Lord and their God, **continuing in fasting and prayer** and in meeting together oft, both to pray and to hear the word of the Lord. And it came to pass that there was no contention among all the people in all the land, but there were mighty miracles wrought among the disciples of Jesus.

Fasting is the cry of the wholebody-person, a yearning for the justice of God to be revealed. Therefore the Pharisees and John's disciples fasted. What you were hungry for. What you longed for, is here. (Manning, *Reflections for Ragamuffins*, p. 52)

Brennan Manning, trained as a minister, is a motivational writer/speaker and a relationship/addiction counselor who understands clearly that our modern excesses burden us in our walk to be holy. We as Restoration believers also experience this in life. Our blessing of abundance can easily be the thing that binds and distracts us. He is quite honest and open in his writings:



The garbage in most of our lives is the relentless anxiety and agitation created by the fear that we will not get enough of the world's goodies to feel safe, secure, and turned on. (Manning, *Reflections for Raggamuffins*, p. 55)

Throughout the covenants and commandments of the Restoration and the Reorganization, we find prayer and fasting was a universal theme. The Book of Doctrine and Covenants, in particular, highlights that choosing the spirit over the flesh is the path to have the Spirit within us. (D&C 85:36b) You will notice that Joseph Smith III writes he was observing the normal church fasting habit on Sunday in preparation for receiving instruction from the Lord. (D&C 130:1)

Apostle Arthur Oakman, continually in his writings, reveals that it is through sacrifice—through the process and discipline of making obedient righteous **choices**—that we are led to grow closer in deeper relationship with Jesus. Without this inward yearning for something greater than physical rewards or feelings, we cannot be proficient builders of the kingdom, which foundation is built on spiritual things.

We must sacrifice our present life in this world if we would attain to the blessings which we will obtain when Zion is fully redeemed. It means that the principle of sacrificial love must dominate our lives. (Oakman, *The Call of Christ in an Age of Dilemma*, p. 42)

Sacrifice is a law of the kingdom. (Oakman, *Themes from His Radio Sermons*, p. 164)

## FASTING FROM FOOD

It is true that we can fast from things other than just food. There are some examples of this in scripture. But this should not be an excuse for



continued avoidance of the discipline of fasting from food because we choose of ourselves other things more convenient. Again, from author Brennan Manning:

Physical fasting from food is the joining of the body to the spirit's hunger for God. Even after a one-day fast I find that I more readily enter the ardent longing for God expressed in Psalm 63: Oh God you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you; in a dry and weary land where there is no water. (Manning, *Reflections for Raggamuffins*, p. 20)

## EFFECTIVE PRACTICES OF FASTING

There are physical and mental muscles which are affected when we choose to fast. Just as in any physical endeavor, these muscles must be exercised often and in thoughtfully planned ways so as to not overwhelm the body and/or our will. There are particular times when fasting can be attempted with potentially powerful results.



## ♦ TIMING OF FASTING ♦

Fasting on Sunday mornings or Wednesday nights before gathering to worship are easier to plan and execute for many and are a perfect preparation for services we should regularly be attending. I have historically found that extending that fasting period from Sunday morning to include Saturday evening was akin to the Israelite Sabbath starting sundown Friday to sundown Saturday. From the evening on Saturday, I generally try to fast from food and other activities and center my attention on preparing for the activities of Sunday morning. I have found this to refocus my attention on worship long before I arrive at church, providing ample time for preparation of body and mind, reading class assignments, and for prayer invoking the Spirit for worship on the Lord's day.

## ♦ HABIT STACKING ♦

Combining our spiritual habits are indicative of *habit stacking*, or aligning good habits in a manner which is mutually beneficial and reinforces the continuance of good behavior. Time spent during fasting in focused prayer and searching the word of God are the trifecta for spiritual growth and health.

Scientific research has also shown inherent health benefits attached to fasting. Weight loss and alignment of better health indicators may occur in a regular regime of fasting. This is of particular value for Americans who, on average, are overweight according to almost all modern health metrics. Recent medical journals and other writings have discussed the health changes which can occur in the body when judicious fasting is realized.

## ♦ FOOD ADDICTIONS ♦

Medical research and my own personal experience have evidenced that addiction to caffeine, an overuse of sugar and other processed simple carbohydrates can cause headaches and other ailments when fasting or refraining from these foods—especially in the waking hours. A reliance on these inhibiting habits will make the process of fasting more difficult. These discomforts may help explain some of the modern reluctance to the regular discipline of fasting in the church.

## THE JOY OF FASTING

There is a particular feeling that comes to me now when I begin a fast. It is a familiar feeling, like a friend I have known a very long time. It is indeed a feeling of hunger—but more like a longing—which my mind has been trained to know, and which leads to joy in attempted obedience to God's word. It is still a sacrifice. But the hunger has been conditioned and indeed has become my companion—I believe a portion of the Holy Spirit. My questions for you then, as you are reading this article, are:

Are you ready to sacrifice the real needs and feelings of the flesh for the sweetness of the Spirit? Or, are you happy with your spiritual life, your walk with Jesus, and the condition of the church, our nation, the world?

Remember: Hunger is your friend. Truly, hunger is your friend.

## THE TRIFECTA OF SPIRITUAL DISCIPLINES

The triangular base of spiritual disciplines (purposeful prayer, searching the word of God and fasting) were the strong foundation of my youth. The understanding and development of these gifts from God—taught and exemplified by saints in my home branch—have helped to keep me, at least in my better moments, grounded in the faith of Jesus Christ. Through prayer, study and fasting, we have the opportunity to know God personally as He reveals Himself in so many wonderful ways. This is the refining reason for these activities—to know Him and know the sound of His voice when He calls to us.

It may come as a **thus saith the Spirit**. But more often it is that **still, small voice** residing in us, desiring to speak if we would tune our ears to hear as we struggle to drown out the louder voices and noise of the world. This is plenary, personal revelation. This communication is what I believe



my friend and mentor high priest Marlin Guin calls, “coming to know the voice of Jesus”. There is nothing more important in the age we live.

This awareness is sometimes found in a passage of scripture which we realize no man could have possibly written on his own due to its purity and power. Perhaps it is the abiding Comforter we sense in those quiet moments of fasting when we choose time with Jesus for our eternal souls, the true **Bread of Life**, instead of the pleasant physical food which temporarily satisfies the flesh. Perhaps it is the nudge to choose a clearer path in a life decision, cemented by daily prayer. It may be a call to service for others or to witness more effectively of God’s goodness and gospel as found in the Book of Mormon. Or perhaps...perhaps...it is a call for you to surrender everything...to surrender *everything*. It was for the prophet Abinadi at the hands of wicked king Noah. So far that has not been the case for me; but there surely have come some choices to be made over the years. Arthur Oakman makes this universally clear:

Understanding follows obedience, not vice versa, and obedience is a form of preparation, through which men receive the Holy Ghost. (Oakman, *God’s Spiritual Universe*, p.108-109)

I believe in all these three disciplines: prayer, study and fasting. It is the **obedient choosing** that matters. It is not the mode of your prayer, not how long you fast, not necessarily how much or what you study. Instead, the eternal questions are: **Will we choose** intently to practice purposeful, daily prayer? **Will we choose** to feast continually upon the words of Christ in the Book of Mormon and other scripture? **Will we choose** of our own free will to fast from food and other things so that we might, in time, be humbled and that our understanding be enlightened? I will conclude this triad of articles with a quote from the noted writer and theologian C.S. Lewis,

who seems to see so clearly in the future the final result of our life choices today. May we, my friends, **choose** wisely.

But I wonder whether people who ask God to interfere openly and directly in our world quite realize what it will be like when He does. When that happens, it is the end of the world. When the author walks onto the stage the play is over. God is going to invade, all right: but what is the good of saying you are on His side then, when you see the whole natural universe melting away like a dream and something else—something it never entered your head to conceive—comes crashing in; something so beautiful to some of us and so terrible to others that none of us will have any choice left? For this time it will be God without disguise; something so overwhelming that it will strike either irresistible love or irresistible horror into every creature. It will be too late then to choose your side. There is no use saying you choose to lie down when it has become impossible to stand up. That will not be the time for choosing: it will be the time when we discover which side we really have chosen, whether we realized it before or not. (Lewis, *Mere Christianity*, p.50)





# Study Notes

with Brian Twombly

And in that day thou shalt say: O Lord, I will praise Thee. Though Thou wast angry with me, Thine anger is turned away, and Thou comfortedst me. Behold, God is my salvation. I will trust and not be afraid; for the Lord Jehovah is my strength and my song; He also is become my salvation. Therefore, with joy shall ye draw water out of the wells of salvation. (2 Nephi 9:132-134; Isaiah 12:1-3)

After a time of trial and destruction, God restored His people and they praised Him. The people of Israel had rejected God by not keeping His commandments and were punished for generations. In the above scripture, the prophet Isaiah tells of Israel's restoration and the praise they will give at that time. It is typical for humans to praise God **after** the blessings.

Were there Israelites who trusted in the Lord Jehovah **throughout** the generations of punishment and desolation?

God truly is our salvation in the trial as much as the blessing, even if we don't see the blessing in our own lifetime. Are you struggling with the challenges of life such as health, finances, stress, family struggles or other concerns? By praising God, we are able to partake of the water from His well of salvation. When we do, our joy will be sweet. This is similar to the fruit from the tree of life in Lehi's vision. Nephi even states that the tree and the waters both represent the love of God:

And it came to pass that I beheld that the rod of iron which my father had seen was the word of God which led to the fountain of living waters, or to the tree of life, which waters are a representation of the love of God. And I also beheld that the tree of life was a representation of the love of God. (1 Nephi 3:68-69)

I recently attended a wedding where the minister stated that while food, shelter and clothing are important, one drink from God's well is of more value than any physical thing. How true this is. As Nephi states, **With joy shall ye draw water out of the wells of salvation.** (2 Nephi 9:134) If we drink from the waters of salvation, we will always be filled with joy—even in the midst of trials.

The Apostle Paul gives an analogy of the spiritual armor of God, including the helmet of salvation. (Ephesians 6:17) In my youth, I thought of the armor of God as a random compilation of pieces of armor with spiritual qualities. However, I have come to understand that each piece is specifically matched with the spiritual quality which it represents. Salvation is represented with a helmet because when we keep our minds on God and His ultimate victory, then our heads and minds—the most vital parts—are protected. God's people in Isaiah 12:1-3 (2 Nephi 9:132-134) found this protection and joy through God's salvation.

We should not wait for a blessing before we praise God and drink from His well. He is always there, beckoning us to Him when we drift away. Alma extends God's invitation to all of us: **Yea, He saith, Come unto Me and ye shall partake of the fruit of the tree of life. Yea, ye shall eat and drink of the bread and the waters of life freely.** (Alma 3:58)

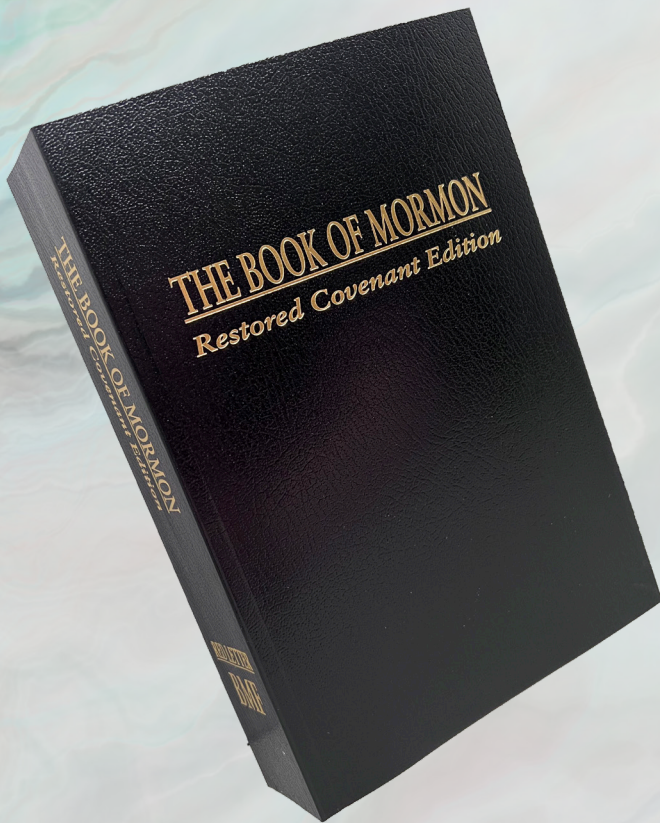
God's well of sweet water is available today even as it was in scriptural times. May we, as a people, trust in our Heavenly Father's salvation throughout the trials we face and find fullness of joy in Him.



## WHY THE RESTORED COVENANT EDITION? (RCE)

The writing of this article began on September 22, 2025. It's a special day that's rooted in Restoration history—a history that began with a testimony of the divine truth of the Book of Mormon and its great worth to the Book of Mormon peoples, all the House of Israel and the believing Gentiles of the last days.

And the things which shall be written out  
of the book  
shall be of great worth unto the children  
of men,  
And especially unto our seed which are  
a remnant of the house of Israel.  
(2 Nephi 12:2)



We can only imagine the miraculous experiences that brought forth the Book of Mormon to our dispensation. It's a record that was preserved in the dust for 14 centuries to come forth by the gift and power of God. It's a book written on plates containing the words of Jesus Christ and the ancient prophets as they were preserved in purity and untouched by human hands.

It's amazing to visualize a teenage boy being visited by a heavenly messenger, telling him of a book deposited in the earth containing the fullness of the everlasting gospel as delivered to the ancient inhabitants of this land. Moroni visited Joseph Smith on September 22, 1823, and also on the same date every year until the plates and interpreters were placed in his hands for the great work of translation. On September 22, 1827, Joseph made the trip to the hill to receive the plates and returned to his father's house after midnight. There must have been an overwhelming sense of excitement and responsibility that rested upon young Joseph.

Oliver Cowdery came to help with the translation in April 1829 and was an answer to Joseph's prayer for a scribe. Oliver served as a scribe for about 80% of the Book of Mormon. His own words describe that experience.

Joseph called upon the Lord, three days prior to the arrival of Samuel and Oliver, to send him a scribe, according to the promise of the angel; and he was informed that the same should be forthcoming in a few days. Accordingly, when Mr. Cowdery told him the business that he had come upon [to offer his services as a scribe], Joseph was not at all surprised.

During the month of April, the translation continued with little delay. Of this experience Oliver Cowdery says:

These were days never to be forgotten—to sit under the sound of a voice dictated by the inspiration of heaven, awakened the utmost gratitude of this bosom! Day after



day I continued, uninterrupted, to write from his mouth, as he translated, with the Urim and Thummin, or, as the Nephites would have said, ‘Interpreters,’ the history, or record, called ‘The Book of Mormon’. —*Messenger and Advocate*, Vol. 1, p. 14. (*Church History*, Vol. 1, Chapter 3, p. 33)

There is a phrase in D&C 83:8b that should get our attention if we are to fully understand the meaning of the repentance mentioned there. The phrase is: **according to that which I have written**.

**Repent and remember** the new covenant, even the Book of Mormon and the former commandments which I have given them, not only to say, but to do **according to that which I have written**. (D&C 83:8b)

Since D&C 83 was given in September 1832, and the 1830 Book of Mormon was the only version available at that time, it would then be the version upon which the repentance required would be based.

The questions we are frequently asked at The Book of Mormon Foundation are: “Why did you print a new Book of Mormon?” and “What’s wrong with the 1908 version?” While the 1908 version may be comfortable and familiar to us, there are several reasons why we believe it was important to publish an updated version of the Restored Covenant Edition of the Book of Mormon.

Perhaps a brief history will help explain our reasoning. When the Book of Mormon was first published in 1830, the publisher used what was called the Printer’s manuscript to set the type for publication. This was a manuscript that was hand copied from the Original manuscript. The Original manuscript was handwritten by scribes (primarily Oliver Cowdery) as the plates were being translated by Joseph Smith by the gift and power of God.

As often happens when we hand copy a lengthy document, mistakes are made such as words and phrases being skipped or misread and misspellings occurring. Only about 28% of the Original manuscript still exists today, while virtually 100%

of the Printer’s manuscript is still available. As normally happens, when documents age, the ink fades, the paper deteriorates, and they become more difficult to read. To ensure that we provide the most accurate text possible, we have taken advantage of modern imaging and restoration technologies utilized by Book of Mormon scholars and scientists to enhance the clarity of the text in both manuscripts.

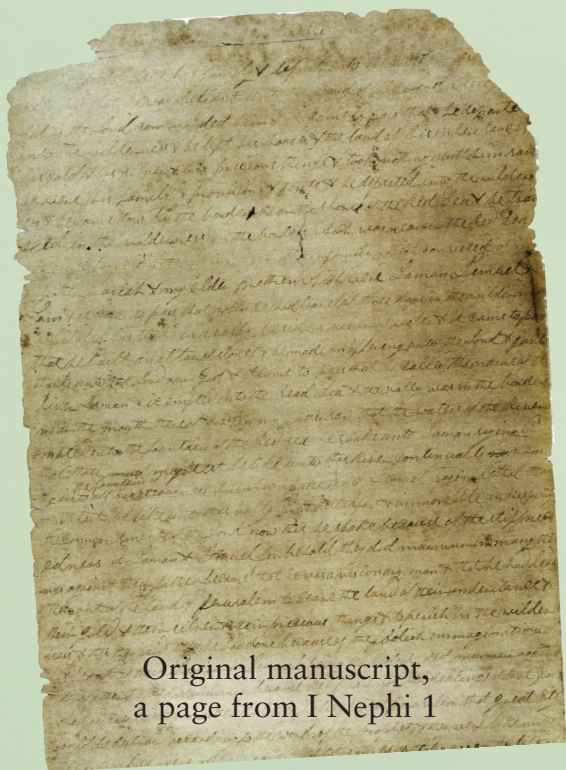
Other editions of the Book of Mormon, published since 1830, have included various changes to the original text. The RCE attempts to restore, as much as possible, the purity of the Book of Mormon to the original text **according to that which I have written**. Some of the text restoration and format improvements include:

- Using the Original manuscript wherever available and relying on the Printer’s manuscript for those portions of the text where the Original manuscript was not available
- Restoring words from the manuscripts that were either left out or changed in earlier editions
- Highlighting the words of Jesus by printing them in red
- Utilizing the Hebrew poetic nature of the text, making it easier to read and comprehend
- Bringing to light the natural grouping together of thoughts (without changing verse numbers) through the use of blank lines, thus making it easier to read and comprehend
- Providing a right margin with scripture referencing and blank space for your personal notes
- Expanding and improving the index and adding a geography concordance
- Adding a brief Summary of the Book of Mormon, as well as a brief description of the records from which it was translated

For a more complete discussion of these topics, please refer to the Introduction in the 2023 edition of the Restored Covenant Edition of the Book of Mormon.

There are several other compelling reasons why we felt it was important to reprint the RCE Book of Mormon, but one of the most important is the words of Jesus Christ found in 3 Nephi 9:





Original manuscript,  
a page from I Nephi 1

Therefore, when these works, and the work which

shall be wrought among you hereafter, shall come forth from the Gentiles unto your seed, which shall dwindle in unbelief because of iniquity—

And when these things come to pass—that thy seed shall begin to know these things—

It shall be a sign unto them that they may know that

the work of the Father hath already commenced,

Unto the fulfilling of the covenant which He hath made

unto the people which are of the house of Israel.

(3 Nephi 9:91, 93)

It's clear that in the last days the message of the Book of Mormon is to go forth from the Gentiles to the remnant of Jacob and all the house of Israel. This calling continues to rest upon Book of Mormon believers today. Therefore, we believe copies of the Book of Mormon need to be available to share. In response to this need, The Book of Mormon Foundation has decided to make copies of the RCE version of the Book of Mormon available to those

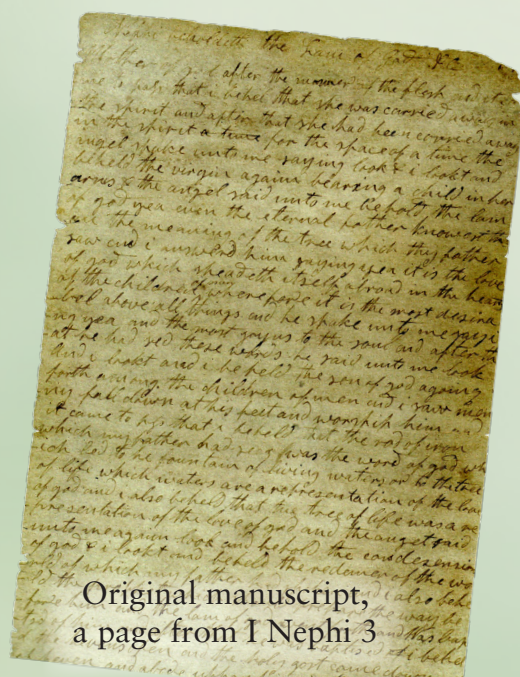
working as missionaries, Restoration Branches and missionary groups. The books are being offered free of charge. Please contact The Book of Mormon Foundation if you have questions or if you are interested in sharing this divine book. (Please see the back cover for more details.) This is the work unto which the Restoration has been called.

Yea, the word of the Lord concerning his church, established in the last days for the **restoration of his people**, as he has spoken by the mouth of his prophets, and for the **gathering of his Saints** to stand upon Mount Zion, which shall be the city New Jerusalem. (D&C 83:1b)

We look forward to joining with each of you to more perfectly understand the message of hope and salvation contained in the Book of Mormon and bear witness together of that message to all who will hear. May God bless your efforts for spiritual growth and witnessing.

It becometh every man who hath been warned, to warn his neighbor.  
(D&C 85:22a)

*Note: Find the Original manuscript at <https://www.josephsmithpapers.org/the-papers/revelations-and-translations>*



Original manuscript,  
a page from I Nephi 3



# GOD'S WORD IS BRINGING ISRAEL TOGETHER

by David Coose

Wherefore, because that ye have a Bible,  
Ye need not suppose that it contains all My words;  
Neither need ye suppose that I have not caused  
more to be written;

For I command all men—

both in the east,  
and in the west,  
and in the north,  
and in the south,  
and in the islands of the sea—

That they shall write the words which I speak unto them;  
For out of the books which shall be written,  
I will judge the world,  
Every man according to their works,  
According to that which is written.

For behold, I shall speak unto the Jews,  
and they shall write it;

And I shall also speak unto the Nephites,  
and they shall write it;

And I shall also speak unto the other tribes of the house  
of Israel which I have led away,  
and they shall write it;

And I shall also speak unto all the nations of the earth,  
and they shall write it.

And it shall come to pass that the Jews  
shall have the words of the Nephites,  
And the Nephites shall have the words of the Jews;  
And the Nephites and the Jews shall have the words  
of the lost tribes of Israel;

And the lost tribes of Israel shall have the words  
of the Nephites and the Jews.

And it shall come to pass that My people,  
which are of the house of Israel,

Shall be gathered home unto the lands of their possessions;  
And My word also shall be gathered in one.

(2N 12:64-73 RCE)

God manifests Himself in His own due time. Sometimes He reveals things in portions. Through patience and a continued watch to see or hear His word, God will bring forth clarity and completeness in His message to us.

This testimony is one that was brought forth to me through several experiences. I was unaware that

they were related to each other until the last one tied them all together.

The first experience began on January 23, 2025. I had a dream in the middle of the night. Some words came to me: “God’s word is bringing Israel together.” I woke up, but unsure what the words meant I went back to sleep. Again, the same dream with the same



words came to me: “God’s word is bringing Israel together.” I woke up again. After pondering on this awhile and unsure of the meaning, I texted Marlin Guin and asked him to pray over this with me for understanding. Marlin replied that he would. Later, Marlin asked if I would like to receive a Restored Covenant Edition of the Book of Mormon. I accepted his offer. When I received the box, he had sent two copies. I thought this was nice so my wife and I had our own copy. My wife of 35 years had never read the Book of Mormon, and I have hardly opened it during that time. I placed the books on the shelf in

of days after finishing the book, I was thumbing through some of the highlighted pages and found a page dog-eared down. I never fold a corner of a page in a book. Never. I started to lift the page to press it down flat and suddenly something told me to leave it dog-eared. It came to me that this is something important. So, I folded the corner back down, pressed it and put the book back on the desk. A week later, I woke up in the middle of the night and couldn’t sleep. I got up and sat in the living room. I asked myself, what should I read: The Bible or the Book of Mormon? There lay the new edition of *The Witness*, Issue 190, 2025.

I picked it up and began to read. As I read, I got to page eight where it quotes 2 Nephi 12:64-73. This speaks of the Jews having the words of the Nephites and the Nephites having the words of the Jews. It also says the ten tribes which God has led away will have the words of the Jews and the Nephites; and the Jews and the Nephites will have the words of these other tribes. Verse 73 reads that God’s people, which are of the house of Israel, will be gathered home to the lands of their possessions. Then I remembered my dream back in January: “God’s word is bringing Israel together.” This was what my dream described. After reading



my study and told myself if God wants me to read it, He will make it known to me. I wasn’t testing God; I was trusting that God would reveal His desires for me.

Around May 1, 2025 my wife said to me, “I would like to read the Book of Mormon.” In our 35 years of marriage, I have never asked her to read it or even encouraged her to do so because she belongs to another denomination.

I said, “Sure, let’s read it together.” The next day I was in the basement working and it came to my mind that she would like to read the Book of Mormon. Immediately, the Holy Spirit rested on me to a point of overwhelming me. I knew then that God wanted us to read the Book of Mormon. Because of this experience, I also knew this meant the book is true. Why else would God bring this experience to me?

The next day we started to read. I told my wife it took us a year to read the Bible; I wanted to read the Book of Mormon in a month. We read very intently and finished reading it in three weeks. A couple

this scripture in *The Witness*, I wanted to read it out of my Book of Mormon. I reached for my Book of Mormon and turned to 2 Nephi 12:64-73. I was in shock when I found that this is the page that had the dog-eared corner!

My wife and I had started attending the Carthage Restoration Branch in Carthage this spring 2025. On Communion Sunday, the adult class has a prayer and testimony service. The Sunday after I had this experience—July 20—would be a regular Bible study. I had prepared to share my testimony; but I knew it was unlikely since it was not Communion Sunday and they would not be having a prayer and testimony service during the adult class. As we sat waiting for the class to begin, the elder walked to the front and asked everyone to turn to 2 Nephi 12. I knew then that I was supposed to share this testimony. And I did! God’s word is bringing Israel together. And God’s people, which are of the house of Israel, will be gathered home to the lands of their possessions.



# 2026 Internship Events

## Winter Retreat

**January 23–25**

**Odessa Hills Campground**

**Ages 17–24  
& unmarried**

**Register by Jan. 16:  
\$40**

**After Jan. 16:  
\$50**

**Directors:  
Taylor & Rachel  
Morrison**

**Register Online  
[bomf.org/internship](https://bomf.org/internship)**

## Internship

**June 14–July 26**

**Independence, MO**

**Ages 19–24  
1 year out of high  
school and unmarried**

**Application  
Deadline:  
Feb. 8**

**Interviews:  
Feb. 21**

**Apply Online  
[bomf.org/internship](https://bomf.org/internship)**



**The Book of Mormon Foundation**  
**210 West White Oak**  
**Independence, MO 64050**

**Change Service Requested**

The Book of Mormon Foundation is offering a free case of the Restored Covenant Edition of the Book of Mormon. This makes a nice outreach effort for your congregation to offer visitors who come to your branch. The case of 12 books can be picked up in Independence at the Foundation. Have your current pastor contact the Foundation for details. Books for missionary purposes are also available free of charge. Please contact the Foundation before you come by the office since office hours can vary in the winter.

Looking for a topic of study for your Sunday School class? Get back to the basics of the fullness of the gospel with the *Book of Mormon Overview*. This booklet was originally printed by Zarahemla Research Foundation in 1980. Once our two organizations merged, BMF reprinted this 32-page, full-color publication in 2015 with more information and insights on the Book of Mormon. The Foundation will be happy to donate enough for your class. Please have your pastor or church school director contact the Foundation for copies of the *Book of Mormon Overview*.

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