

The Truth about Mormonism

Plan of Salvation Part 2

Preach My Gospel – Plan of Salvation Part 2

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The Message of the Restoration of the Gospel of Jesus Christ

Heavenly Father's Plan of Salvation

Premortal Life: God's Purpose and Plan for Us

The Creation

The Fall of Adam and Eve

Our Life on Earth

The Atonement of Jesus Christ

The Spirit World

The Resurrection, Salvation, and Exaltation

Judgment and Kingdoms of Glory

The Gospel of Jesus Christ

Becoming Lifelong Disciples of Jesus Christ

The Atonement of Jesus Christ

Because of the Fall of Adam and Eve, we are all subject to sin and death. We cannot overcome the effects of sin and death by ourselves. In our Heavenly Father's plan of salvation, He provided a way to overcome the effects of the Fall so we can return to Him. Before the world was created, He chose Jesus Christ to be our Savior and Redeemer.

Only Jesus Christ could redeem us from sin and death. He is the literal Son of God. He lived a sinless life, completely obedient to His Father. He was prepared and willing to do Heavenly Father's will.

The Savior's Atonement included His suffering in Gethsemane, His suffering and death on the cross, and His Resurrection. He suffered beyond comprehension—so much that He bled from every pore (see Doctrine and Covenants 19:18).

Jesus Christ's Atonement is the most glorious event in all human history. Through His atoning sacrifice, Jesus made the Father's plan operative. We would be helpless without the Atonement of Jesus Christ because we cannot save ourselves from sin and death (see Alma 22:12–15).

Our Savior's sacrifice was a supreme expression of love for His Father and for us. "The breadth, and length, and depth, and height" of Christ's love surpass our understanding (Ephesians 3:18; see also verse 19).

Jesus Christ Overcame Death for All

When Jesus Christ died on the cross, His spirit was separated from His body. On the third day, His spirit and His body were reunited, never to be separated again. He appeared to many people, showing them that He had an immortal body of flesh and bones. This reuniting of spirit and body is called the Resurrection.

As mortals, each of us will die. However, because Jesus triumphed over death, every person born on earth will be resurrected. The Resurrection is a divine gift for all, given through the Savior's mercy and redeeming grace. Each person's spirit and body will be reunited, and each of us will live forever in a perfected, resurrected body. If not for Jesus Christ, death would end all hope for a future existence with Heavenly Father (see 2 Nephi 9:8–12).

Jesus Makes It Possible for Us to Be Cleansed of Our Sins

To understand the hope we can receive through Christ, we need to understand the law of justice. This is the unchanging law that brings consequences for our actions. Obedience to God brings positive consequences, and disobedience brings negative ones. (See Alma 42:14–18.) When we sin, we become spiritually unclean, and no unclean thing can live in God’s presence (see 3 Nephi 27:19).

During Jesus Christ’s atoning sacrifice, He stood in our place, suffered, and paid the penalty for our sins (see 3 Nephi 27:16–20). God’s plan gives Jesus Christ power to make intercession on our behalf—to stand between us and justice (see Mosiah 15:9). Because of Jesus’s atoning sacrifice, He can claim His rights of mercy on our behalf as we exercise faith unto repentance (see Moroni 7:27; Doctrine and Covenants 45:3–5). “Thus mercy can satisfy the demands of justice, and encircles [us] in the arms of safety” (Alma 34:16).

Only through the gift of the Savior’s Atonement and our repentance can we return to live with God. As we repent, we are forgiven and spiritually cleansed. We are relieved of the burden of guilt for our sins. Our wounded souls are healed. We are filled with joy (see Alma 36:24).

Although we are imperfect and may fall short again, there is more grace, love, and mercy in Jesus Christ than there is failure, flaw, or sin in us. God is always ready and eager to embrace us as we turn to Him and repent (see Luke 15:11–32). Nothing and no one “shall be able to separate us from the love of God, which is in Christ Jesus our Lord” (Romans 8:39).

Jesus Took upon Himself Our Pains, Afflictions, and Infirmities

In His atoning sacrifice, Jesus Christ took upon Himself our pains, afflictions, and infirmities. Because of this, He knows “according to the flesh how to succor his people according to their infirmities” (Alma 7:12; see also verse 11). He invites, “Come unto me,” and as we do, He gives us rest, hope, strength, perspective, and healing (Matthew 11:28; see also verses 29–30).

As we rely on Jesus Christ and His Atonement, He can help us endure our trials, sicknesses, and pain. We can be filled with joy, peace, and consolation. All that is unfair about life can be made right through the Atonement of Jesus Christ.

Scripture Support

The Savior's Atonement

2 Nephi 2:6–8

Mosiah 3:5–12

Alma 7:11–13; 11:40; 34:8–10

Doctrine and Covenants 18:11–12;

19:15–19; 45:3–5; 76:40–43

John 3:16–17

1 John 1:7

Resurrection

2 Nephi 9:6–7, 13

Mosiah 15:7–12

Alma 11:42–45; 40:23

Helaman 14:15–19

Luke 24:1–10, 36–39

John 11:25–26

1 Corinthians 15:20–22, 41–42

Alternative Views

Premortal existence/War in Heaven vs. Three Falls View

Total absolution of sin vs. the covering; payment of penalty/redemption

Guilt fully absolved vs. Covering of guilt, becoming blameless but still guilty

Universal resurrection and salvation vs. Resurrection of the just and unjust with judgement

Enochian material

The Spirit World

Many people wonder, “What happens after I die?” The plan of salvation provides some important answers to this question.

Death is part of God’s “merciful plan” for us (2 Nephi 9:6). Rather than the end of our existence, death is the next step in our eternal progression. To become like God, we must experience death and later receive perfected, resurrected bodies.

When our physical body dies, our spirit continues to live in the spirit world. This is a temporary state of learning and preparation before the Resurrection and Final Judgment. Our knowledge from mortal life remains with us.

In the spirit world, people who accepted and lived the gospel of Jesus Christ “are received into a state of happiness, which is called paradise” (Alma 40:12). Little children are also received into paradise when they die.

The spirits in paradise will be at peace from their troubles and sorrows. They will continue their spiritual growth, doing God’s work and ministering to others. They will teach the gospel to those who did not receive it during their mortal life (see Doctrine and Covenants 138:32–37, 57–59).

In the spirit world, people who were not able to receive the gospel on earth, or who chose not to follow the commandments, will experience some limitations (see Doctrine and Covenants 138:6–37; Alma 40:6–14). However, because God is just and merciful, they will have an opportunity to be taught the gospel of Jesus Christ. If they accept it and repent, they will be redeemed from their sins (see Doctrine and Covenants 138:58; see also 138:31–35; 128:22). They will be welcomed into the peace of paradise. They will eventually receive a place in a kingdom of glory based on the choices they made in mortality and in the spirit world.

We remain in the spirit world until we are resurrected.

Scripture Support

Alma 34:34; 40

Doctrine and Covenants 138

1 Peter 3:18–20 For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit, in which he went and proclaimed to the spirits in prison, because they formerly did not obey, when God's patience waited in the days of Noah, while the ark was being prepared, in which a few, that is, eight persons, were brought safely through water.

1 Peter 4:6 For this is why the gospel was preached even to those who are dead (νεκροίς), that though judged in the flesh the way people are, they might live in the spirit the way God does.

Ecclesiastes 12:7 and the dust returns to the earth as it was, and the spirit returns to God who gave it.

Biblical View

Hebrews 9:27 And just as it is appointed for man to die once, and after that comes judgment,

Luke 23:43 And he said to him, “Truly, I say to you, today you will be with me in paradise.”

Luke 16:22 The poor man died and was carried by the angels to Abraham's side. The rich man also died and was buried,

2 Corinthians 5:8 Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.

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