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## THE ENABLING POWER OF JESUS CHRIST & HIS ATONEMENT

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“Nephi is an example of one who knew, understood, and relied upon the enabling power of the Savior,” says Elder David A. Bednar of the Quorum of the Twelve Apostles. “Nephi’s brothers bound him with cords and planned his destruction. Please note Nephi’s prayer: ‘O Lord, according to my faith which is in thee, wilt thou deliver me from the hands of my brethren; yea, even give me strength that I may burst these bands with which I am bound’ (1 Nephi 7:17; emphasis added).

“... Nephi did not pray to have his circumstances changed. Rather, he prayed for the strength to change his circumstances. And I believe he prayed in this manner precisely because he knew, understood, and had experienced the enabling power of the Atonement.

“I do not think the bands with which Nephi was bound just magically fell from his hands and wrists. Rather, I suspect he was blessed with both persistence and personal strength beyond his natural capacity, that he then ‘in the strength of the Lord’ (Mosiah 9:17) worked and twisted and tugged on the cords, and ultimately and literally was enabled to break the bands.”

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