

Overview of Journeys in Mosiah 7–24

1 Some Nephites seek to reclaim the land of Nephi. They fight amongst themselves, and the survivors return to Zarahemla. Zeniff is a part of this group. (See Omni 1:27–28; Mosiah 9:1–2.)

2 Nephite group led by Zeniff settles among the Lamanites in the land of Nephi (see Omni 1:29–30; Mosiah 9:3–5).

After Zeniff died, his son Noah reigned in wickedness. Abinadi warned the people to repent. Alma obeyed Abinadi's message and taught it to others near the Waters of Mormon. (See Mosiah 11–18.)

3 Alma and his people depart from King Noah and travel to the land of Helam (see Mosiah 18:4–5, 32–35; 23:1–5, 19–20).

The Lamanites attacked Noah's people in the land of Nephi. Noah's son Limhi reigned while the people lived in bondage to the Lamanites. (See Mosiah 19–20.)

4 Attempt to find Zarahemla: Limhi sends a group to find Zarahemla and get help. The group discovers the ruins of a destroyed nation and 24 gold plates. (See Mosiah 8:7–9; 21:25–27.)

5 Search party led by Ammon journeys from Zarahemla to find the descendants of those who had gone to the land of Nephi (see Mosiah 7:1–6; 21:22–24).

6 Limhi's people escape from bondage and are led by Ammon back to Zarahemla (see Mosiah 22:10–13).

The Lamanites sent an army after Limhi and his people. After becoming lost in the wilderness, the army discovered Alma and his people in the land of Helam. The Lamanites brought them into bondage. (See Mosiah 22–24.)

7 Alma's people escape from bondage and journey to Zarahemla (see Mosiah 24:20–25).

