

600 BC - 544 BC

**Lehi**

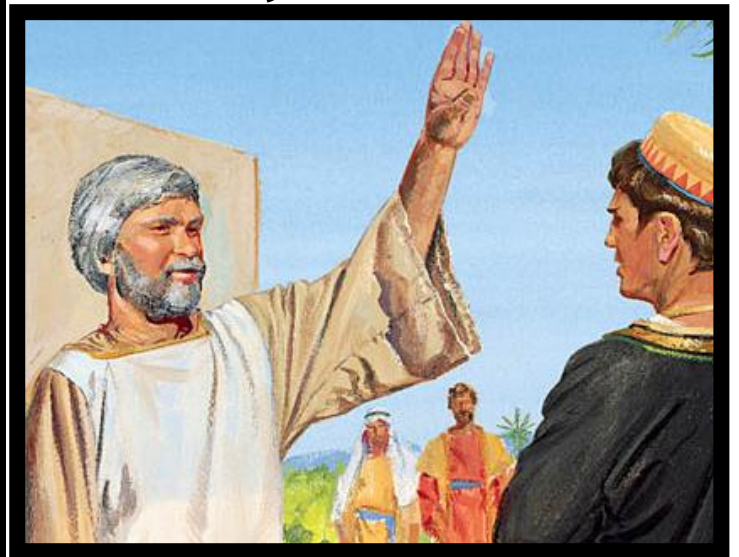


**Nephi**



544 BC - 521 BC

**Jacob**



148 BC - 124 BC

**King Benjamin**



**Abinadi**



148 BC - 100 BC

**Alma**



100 BC - 74 BC

Alma the Younger



Ammon



74 B C - 53 BC

Helaman



**30 BC - 5 BC**

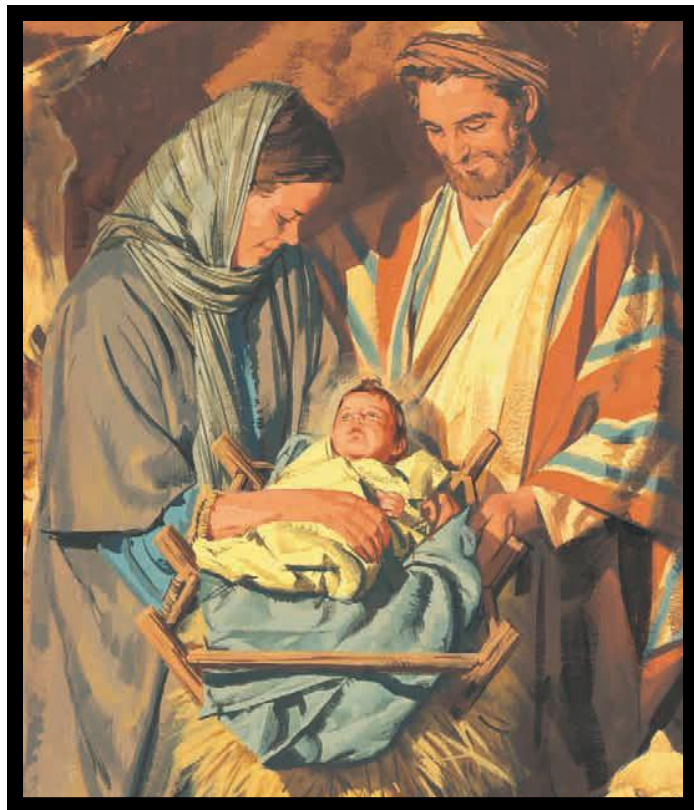
**Jesus Birth**

**Nephi**



**Samuel the  
Lamanite**

**?**



**Lehi**

1 Nephi 1:19  
1 Nephi 10:4-6

**Nephi**

1 Nephi 11:20-21,  
33

**Jacob**

Jacob 4:11

**King  
Benjamin**

Mosiah 3:5-11

**Abinadi**

Mosiah 15:1-9

**Alma**

Mosiah 18:2

**Alma the  
Younger**

Alma 7:9-13

**Ammon**

Alma 18:39

**Helaman**

Alma 62:45  
(Son - Helaman 5:9-12)

**Nephi**

Helaman 8:14-15

