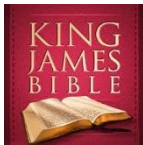


## Trample best explained in the Book of Mormon from the Hebrew

<https://www.studylight.org/lexicons/hebrew.html>

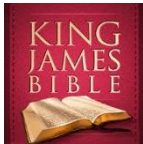
Many times our modern culture can influence definitions of words in a way not intended by the original author. The Bible often refers to the keeping and breaking God's commands and covenant. To "keep" the commands of God is generally understood as to "obey" the commands, but this is not completely true since the Hebrew word "shamar" ( שָׁמַר ) literally means to guard or protect. **The breaking of the commands is understood as "disobeying" but the Hebrew word "Parar" ( פָּרַר ) literally means to trample underfoot ).**



(King James Version Old Testament)

**Psalms 91:13** Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou **trample** under feet.

**Isaiah 63:3** I have trodden the winepress alone; and of the people there was none with me: for I will tread them in mine anger, and **trample** them in my fury; and their blood shall be sprinkled upon my garments, and I will stain all my raiment.



(King James Version New Testament)

**Matthew 7:6** Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they **trample** them under their feet, and turn again and rend you.



(Restored Covenant Book of Mormon)

**1 Nephi 5:232** For the things which some men esteem to be of great worth, both to the body and soul, others set at naught and **trample** under their feet;

**1 Nephi 5:233** Yea, even the very God of Israel do men **trample** under their feet;

**1 Nephi 5:234** I say **trample** under their feet, but I would speak in other words-235 **They do set Him at naught and hearken not to the voice of His counsels.**

236 And behold, He cometh, according to the words of the angel, in six hundred years from the time my father left Jerusalem.

237 And the world, because of their iniquity, shall judge Him to be a thing of naught; Wherefore, they scourge Him, and He suffereth it; And they smite Him, and He suffereth it;

238 Yea, they spit upon Him, and He suffereth it- Because of His loving-kindness and His long-suffering toward the children of men.

239 And the God of our fathers, which were led out of Egypt out of bondage, and also were preserved in the wilderness by Him,

240 Yea, the God of Abraham and of Isaac and the God of Jacob yieldeth Himself, according to the words of the angel, as a man into the hands of wicked men, To be lifted up, according to the words of Zenoch,

241 And to be crucified, according to the words of Neum,

242 And to be buried in a sepulcher, according to the words of Zenos which he spake concerning the three days of darkness,

243 Which should be a sign given of His death unto them who should inhabit the isles of the sea,

244 More especially given unto them which are of the house of Israel.

245 For thus spake the prophet: "The Lord God surely shall visit all the house of Israel at that day-

246 Some with His voice, because of their righteousness, unto their great joy and salvation,

247 And others with the thunderings and the lightnings of His power-by tempest, by fire, and by smoke and vapor of darkness, and by the opening of the earth, and by mountains which shall be carried up.

248 "And all these things must surely come," saith the prophet Zenos;

[Mosiah 13:29](#) For behold, he hath his friends in iniquity and he keepeth his guards about him; And he teareth up the laws of those which have reigned in righteousness before him, And he **trampleth** under his feet the commandments of God,

[Alma 3:92](#) "And now my beloved brethren, I say unto you, can ye withstand these sayings? Yea, can ye lay aside these things and **trample** the Holy One under your feet?"

[Alma 27:53](#) "Ye know that ye do transgress the laws of God, And ye do know that ye do **trample** them under your feet.

[Helaman 2:56](#) And that they had altered and **trampled** under their feet the laws of Mosiah-or that which the Lord commanded him to give unto the people.

[Helaman 2:158](#) Yea, the more part of them had turned out of the way of righteousness, And did **trample** under their feet the commandments of God, And did turn unto their own ways, And did build up unto themselves idols of their gold and of their silver.

[Helaman 4:51](#) Yea, then is the time that they do harden their hearts, and do forget the Lord their God, and do **trample** under their feet the Holy One; Yea, and this because of their ease and their exceeding great prosperity.

[3 Nephi 6:18](#) "Give not that which is holy unto the dogs, Neither cast ye your pearls before swine, lest they **trample** them under their feet and turn again and rend you.

[3 Nephi 13:48](#) For do ye suppose that ye can get rid of the justice of an offended God who hath been **trampled** under feet of men that thereby salvation might come?

# Bible Lexicons

## Old Testament Hebrew Lexical Dictionary

### Search for 'trample'

6 entries

#	Original Word	Translation	
		Transliteration	Phonetic Spelling
<a href="#">947</a>	<a href="#">בּוֹס</a>	loath, <b>trampled</b> , <b>trample</b> , <b>trampled</b> down, loathes, trodden it down, polluted, tread down, <b>trample</b> down, squirming, treading down, trod down, tread...	bûs <i>boos</i>
<a href="#">1758</a>	<a href="#">דָּיֵשׁ</a>	<b>trampled</b> , <b>trample</b> , tread (out), threshed, thresh, trodden down, thrash, grass, threshing, continue to thresh, tear	dûsh, dôsh, dîysh <i>doosh, dosh, deesh</i>
<a href="#">3533</a>	<a href="#">כָּבַשׁ</a>	forcing, subdue, <b>trample</b> , bring into bondage, subdued, subjugate, under foot, assault, bring into subjection, tread our under foot, forced into bondage, keep under, force, brought them into subjection	kâbash <i>kaw-bash'</i>
<a href="#">4823</a>	<a href="#">מָרַמַּס</a>	<b>trampled</b> , <b>trample</b> , trodden under foot, <b>trampled</b> down, tread down, <b>trample</b> down, <b>trampled</b> ground, tread, trampling, what you tread down	mirmâs <i>meer-mawce'</i>

7429

רמס

**trampled**, **trample**, **trampled** them down, **trample**...feet, **tramples** down, tread under foot, stamped, tread down, **trample** down, **trample** my down, trodden, treads, oppressors, tread, trampling

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râmas

*raw-mas'*

7602

שאף

**trampled**, **trample**, pant, desire, pants, sniffs, panted, crushed, eager, hast, snuff up, hastening, swallow up, devour, long, **tramples**, earnestly desire

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shâ'aph

*shaw-af'*

6 entries