# Third Nephi, The Book of Nephi the Son of Nephi, Who Was the Son of Helaman

And Helaman was the son of Helaman, who was the son of Alma, who was the son of Alma, being a descendant of Nephi who was the son of Lehi, who came out of Jerusalem in the first year of the reign of Zedekiah, the king of Judah.