

Zeniffite Chronology

B.C. signifies before Christ, N.A. signifies Nephite Annals

B.C.	N.A.	
200	401	About this date Zeniff leaves Zarahemla, with a colony, to re-occupy the land of Nephi. He makes a treaty with King Laman, and obtains the lands of Lehi-Nephi and Shemlon.
183	418	The Lamanites make war with the people of Zeniff, but are repulsed.
173	428	Alma, the elder born in the land of Nephi.
161	440	King Laman having died, his son attacks the people of Zeniff, but is driven back.
160	441	Zeniff confers the kingdom on his son Noah.
154	447	Mosiah I, born in the land of Zarahemla.
150	451	The prophet Abinadi appears in the land Nephi, and reproves Noah and his subjects for their iniquities.
148	453	Abinadi again appears, prophesies, and is martyred. Alma is only 25.
147	454	Alma establishes a Christian Church at the waters of Mormon, and afterwards, because of King Noah's persecutions, removes with his people to Helam.
125	476	First Christian Church established in Zarahemla, by King Benjamin, who, at the same time, consecrates his son Mosiah king.
123	478	A company sent by Limhi, son of Noah, to find Zarahemla, wander into the north country, and discover numerous relics of the Jaredites.
122	479	King Benjamin dies. A company of men, under Ammon, start from Zarahemla to find their brethren in the land of Nephi. They succeed, and help them to escape from the Lamanites, and bring them safely to Zarahemla.