

Primary 4

Book of Mormon
Ages 8–11

Primary 4

Book of Mormon

For teaching children ages eight through eleven

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Helps for the Teacher

The Savior taught the importance of obeying and teaching the commandments when he said, “Whosoever shall do and teach them, the same shall be called great in the kingdom of heaven” (Matthew 5:19). You have been given a sacred trust to help the children learn how to keep their baptismal covenants and give service. As each girl prepares to become a young woman and each boy prepares to become a young man and receive the priesthood, you can be an important influence in their lives.

In 1831, shortly after the Church was organized, the Savior taught that teachers “shall teach the principles of my gospel, which are in the Bible and the Book of Mormon” (D&C 42:12), which were the only scriptures available then. Today teachers have the responsibility to teach the sacred truths from all of the standard works, including the Doctrine and Covenants and Pearl of Great Price, that help children develop faith in God and in his Son Jesus Christ.

Courses of Study

All children who are ages eight through eleven on 1 January are to be taught from one of the Primary 4, 5, 6, and 7 manuals. Only one course of study is used each year for all children of this age-group. Each course of study is based on a specific book of scripture: Primary 4 on the Book of Mormon, Primary 5 on the Doctrine and Covenants, Primary 6 on the Old Testament, and Primary 7 on the New Testament. Over a four-year period the children will have studied each of the standard works.

Depending on local needs and the number of children ages eight to eleven, the classes could be organized by individual age-groups, combined age-groups, or separate classes for boys and girls. However your class is arranged, you need to make sure each child receives adequate attention.

When children turn twelve years old, they begin attending Young Women or Aaronic Priesthood. However, they continue to attend their Primary class during Sunday School time until the first week in January, when they begin attending Sunday School.

A special lesson, “The Priesthood Can Bless Our Lives,” is included in this manual. This lesson is to be used by teachers of eleven-year-old children as the boys prepare to become deacons and the girls advance to Young Women. Teach this lesson before the first child in your class turns twelve. Pray for the Lord’s guidance as you prepare and present the lesson so that the children will understand what the priesthood is, how it can bless their lives, and how they can fulfill their responsibilities to honor the priesthood.

Teaching with This Manual

This course of study centers on teachings from the Book of Mormon. As you share and discuss these teachings, the children should better understand the mission and atonement of Jesus Christ and develop greater faith in and a testimony of him. They should learn how to apply the teachings of Jesus Christ to their own lives and gain a stronger desire to keep his commandments.

Encourage the children to read from the Book of Mormon at home to learn about the prophets who ministered in the Americas and of the Savior's ministry among the Nephites. As the children learn about these prophets and the Savior, they will want to follow their inspired examples and teachings and want to become more like them. The important truths the children learn from the teachings of the Savior and his prophets will help prepare them to keep their covenants and give service in the Church throughout their lives. These truths will also give them strength to resist temptations in today's world.

Preparing Yourself to Teach

To fulfill your sacred calling to teach children, you should be prepared both mentally and spiritually. Part of this preparation is understanding and having a testimony of the principles you teach. The Savior, the greatest teacher of all, taught us much that we can use as we prepare to teach his gospel to others:

- Humbly seek the Spirit through prayer. The Lord has said, "Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers" (D&C 112:10). If we are humble we have the right to know how the Lord wants us to teach his children.
- Study the scriptures and the words of the living prophets. There is great power in learning and pondering the words of the Lord. He commanded us, "First seek to obtain my word, and then shall your tongue be loosed; then, if you desire, you shall have my Spirit and my word, yea, the power of God unto the convincing of men" (D&C 11:21).

A latter-day prophet, President Ezra Taft Benson, has reaffirmed our need to learn the words of the Lord: "I urge you to recommit yourselves to a study of the scriptures. Immerse yourselves in them daily so you will have the power of the Spirit to attend you in your callings" (*Ensign*, May 1986, p. 82).

- Keep your covenants. Your ability to be guided by the Spirit depends on your faithfulness in keeping the covenants you have made with Heavenly Father. You will also be setting a good example when you "observe the covenants . . . to do them" (D&C 42:13). When children see your love for the Savior and commitment to living the gospel, they will be more motivated to follow him.
- Search for ways to help the children feel the Savior's love. Tell them often how much you love them, and acknowledge their worth and potential. Your love and kindness will help the children understand the love Heavenly Father and Jesus Christ have for them. It will also help them learn to love others.

Preparing Your Lessons

This manual will help you organize lessons that focus on the scriptures. The lessons use accounts and references from the Book of Mormon to help children understand gospel principles. The lessons do not indicate exactly how the scripture accounts should be taught. As you prepare and teach by the Spirit, you will help the children better understand the scripture accounts, the principles they contain, and how the children can apply these principles in their lives. When your lessons are well prepared and interesting, the children will be more stimulated to listen and learn.

The following steps will help you be better prepared to effectively teach the children in your class:

1. Prayerfully study the lesson's purpose and the scripture passages listed in the "Preparation" section a week or two before the lesson is to be taught. Reread the lesson's purpose and the scripture passages, and consider how they may apply to the children in your class. Ask yourself: "What does Heavenly

Father want each child to learn and do as a result of this lesson? How can this lesson help the children develop faith in Jesus Christ, strengthen their testimonies, and enable them to withstand the evil temptations they face?" Write down ideas that come to you.

The book *Gospel Principles* (31110) was prepared to be a personal study guide on basic gospel principles and doctrines. Specific chapters from *Gospel Principles* are listed in the "Preparation" section of some lessons. These chapters can help you prepare to teach the main principle or doctrine contained in the lesson. A copy of this book may be available in your meetinghouse library or may be purchased from your local distribution center.

2. Decide whether to use the suggested attention activity to introduce the lesson or create one yourself, being sure it is appropriate and relevant to teaching the scripture account.
3. The lessons do not tell you how to teach the scripture account; you should seek the Spirit to help you determine what and how to teach. Use a variety of teaching methods from week to week (see "Teaching from the Scriptures" on this page). Plan to involve class members as much as possible in learning activities, and teach your lesson so the children will be able to retell the scripture account to others.
4. Select from the "Discussion and Application Questions" those that will best help the children understand the scriptures and apply them in their lives. You may use the questions any time during the lesson. You do not need to use all of them.
5. Read the "Enrichment Activities" and plan when and how to use the ones you feel will best help the children in your class understand the scriptures and the purpose of the lesson. Each class will be different, and some activities that would work well for one group will not work well with another group.
6. Plan to share appropriate personal experiences that support the purpose of the lesson. Let the Spirit direct you as you share experiences with the class and as class members share experiences with you and each other. Some family and personal experiences are very sacred or very private and should not be discussed in public.

Teaching from the Scriptures

You should always seek the Spirit as you prepare and teach your lessons (see Alma 17:2–4; D&C 42:12–14; 50:17–22). The Spirit will help you know how to make your lessons interesting and meaningful for the children.

Some of the children in your class might not be familiar with the scriptures. As you read together, be sensitive to those class members who might need help in learning how to look up scriptures. You may need to take some time at the beginning of the year, particularly if you are teaching younger children, to show the children how to find scripture references.

Try different ways of presenting the material to keep the children's interest. The following suggestions can help you vary how you teach from the scriptures.

1. Tell the scripture account in your own words. Try to help the children visualize the events and the people in them. Help the children understand that the people you are talking about really lived and the events actually happened.
2. Have the children read the account or selected passages directly from the scriptures. Keep in mind that all of the children may not read well and that

reading ability is not determined by age. If all the children can read, you might give them a few minutes to read silently. Afterward, you could discuss what they read. Use the discussion time after the children have finished reading to help them understand difficult words and passages.

3. Use the suggested pictures of the scripture accounts to help the children visualize what happened. Most of the lessons contain suggested pictures in the "Materials needed" section. The pictures are numbered and included with the manual. Some of the pictures are also in the Gospel Art Picture Kit and may be in the meetinghouse library (item numbers are listed in the "Materials needed" section). These pictures have a summary of the account printed on the back. You may also use other pictures as appropriate.
4. Have the children dramatize the scripture account. (Make sure that the dramatizations do not detract from the sacredness of the scriptures.) You might bring simple props, such as a robe, scarf, and so forth, and let the children act out all or parts of the account. Ask them how they would feel if they were the person they represent.
5. Draw simple figures or illustrations on the chalkboard, or use pictures or cutouts, as you tell or read the scripture account.
6. Conduct a readers' theater where several children take the parts of people in the account. Where appropriate, have the children read the dialogue directly from the scriptures.
7. Invite a parent, ward or branch member, or class member to tell the story. Allow the person a week or two advance preparation time, and be sure to give him or her a time limit for the presentation.
8. Give the children a simple pretest, such as a true-false or short-answer quiz, before teaching the scripture account. Explain to the class that you want to find out how much they know about the account. Then give them the same test afterward so they can see what they have learned.
9. List on the chalkboard important words or names of people from the scripture account. Have the children listen for these words or names as you tell the account. Help the children increase their vocabulary so they will better understand the scriptures and enjoy reading them at home.
10. Before giving the lesson, write questions about the account on the chalkboard. As the children hear the answers during the account, stop to discuss them.
11. Tell the account, and then let the children volunteer to retell their favorite parts. You could ask one class member to start the account and then call on other children to continue it.
12. Play a tape recording of selected verses from the scriptures.
13. Play a matching game. Prepare from four to eight sets of matching 3" x 5" cards or papers. In the following example, you would put the part of Lehi's dream on one card and its interpretation on the other card of the set. Mix the cards or papers up and place them face down on a table or the floor. Have the children come up one at a time and turn over two cards. Read aloud what each card says. If the cards match, they are left face up. If the cards do not match, they are turned face down again and another child takes a turn. Continue until all the cards have been matched correctly.

For example, you could create five matching sets based on Lehi's dream (1 Nephi 8; 11). Use three other sets to add interest for the children.

Set 1: Tree—Love of God

Set 2: Iron rod—Word of God

Set 3: Fruit—Eternal life

Set 4: Mists of darkness—Temptations

Set 5: Great and spacious building—Pride of the world

Set 6: Star—Star

Set 7: Moon—Moon

Set 8: Sun—Sun

14. Play a game asking questions. Place several questions in a jar or box, and have class members take turns picking one of these questions and answering it.

Conducting Class Discussions

Participating in discussions and other learning activities will help children learn gospel principles. The following guidelines can help you ask meaningful questions and stimulate class discussions:

1. Ask questions and give scripture references so class members can find answers in the scriptures.
2. Ask questions that cannot be answered with “yes” or “no” but require thought and discussion. Questions that begin with *why*, *how*, *who*, *what*, *when*, and *where* are usually more effective.
3. Involve class members who do not usually participate by calling on them by name and asking them a question you feel they can answer. Give them time to respond. Help them if they need it, but only after they have had time to think and respond.
4. Encourage the children to share their feelings about what they are learning from the scriptures. Make positive comments about their contributions.
5. Compliment the children sincerely when they answer questions. Help them recognize that their thoughts and feelings are important. Be sensitive to children who may be reluctant to participate.

Helping Children Apply the Scriptures

Help the children apply what they have learned to their lives. Nephi counseled that we should “liken all scripture unto us, that it might be for our profit and learning” (1 Nephi 19:23). The following ideas may help you accomplish this task:

1. When you are prompted by the Spirit, bear testimony of the truths you are teaching. Your lessons will be more powerful when you teach with sincerity and conviction.
2. Encourage the children to read the scriptures at home by themselves and with their families. Encourage the children to bring their own copies of the scriptures with them to class. If the children do not have personal copies of the scriptures or forget to bring them, have extra copies for the children to use in class. If you have a ward or branch library, you may obtain copies of the scriptures there.
3. Ask the children to share what they have learned. Ask them how they can apply the gospel principles taught in the lesson to their own lives.

4. Act as a reporter, and interview the children as if they were people we read about in the scriptures. Ask them to tell you the details of the scripture account and how they feel about what took place.
5. Divide the class into two or more small groups. After sharing the scripture account, have each group write down the important principles. Then let the groups take turns discussing how these principles apply in their lives.
6. Do a scripture search: Throughout the year encourage class members to mark specific verses of scripture that apply meaningfully to their lives. For example, they could mark 1 Nephi 2:16, 1 Nephi 3:7, or 1 Nephi 4:6. Give them a clue, such as an event, situation, or problem; then challenge them to locate a scripture that applies. Have the children who find the scripture first help the rest of the class find it. Then have them tell why this scripture fits the clue.
7. Share specific instances when you have seen the children obeying the principle being discussed. For example, if you are teaching a lesson on being kind, you could point out some instances when you saw the children being kind to others.
8. Follow up on assignments. Whenever you give an assignment or challenge, be sure to ask the children about their experience at the beginning of class the following Sunday.

Helping Children
Memorize
Scriptures

Memorizing scriptures can be an effective way to teach gospel truths. Most children enjoy memorizing when you use fun and creative approaches. The following suggestions are enjoyable ways to help children memorize:

1. Write on the chalkboard or make a chart of the first letter of each word to be memorized. For example, you might make the following chart for the words in the first article of faith:

W b i G t E F a i H S J C a i t H G

Point to the letters as you repeat each corresponding word. Repeat it a few times and let the children repeat it as they are able. Before long they will not need the chart.

2. Divide the scripture into short phrases. Repeat each phrase out loud starting at the end and working backward so that the children are repeating the least familiar part first. For example, in Alma 37:35 the children could repeat “to keep the commandments of God” several times. Then they could add the next phrase, “Yea, learn in thy youth.” Then they could repeat the entire verse.
3. If the children read well, prepare a written copy of the scripture for each child. Cut each copy into word or phrase strips. After saying the verse together a few times, give the children a scrambled set of wordstrips and have them individually or as a class arrange their wordstrips in the right order.
4. Repeat the scripture several times, stopping to let a child say the next word or phrase. Then have another child add a few more words. Continue until all the children have had at least one turn.
5. Use music to help the children memorize. For example, you could teach the Articles of Faith from the *Children’s Songbook* (pp. 122–32).

6. Divide the children into two groups. Let each group take turns repeating words or phrases in order. You could let one group say the first word, the other group the second, and so on through the verse.
7. Choose a scripture passage you want the children to memorize. Write the scripture on the chalkboard or on a poster. Repeat the passage several times, gradually covering or erasing more and more words until the children have memorized the whole scripture.

Using Extra Time Wisely

If you finish your prepared lesson before the class time is over, you may want to improvise an activity to fill the rest of the time. The following suggestions can help you use this time effectively:

1. Have some of the children talk about their favorite scripture stories.
2. Conduct a scripture search by giving the children clues to important scripture references they have already marked. Let them work in pairs or small groups to locate the correct passage of scripture.
3. Help the children memorize a scripture from the lesson or an article of faith that pertains to the lesson.
4. Have the children share ideas about how they can use the principles from the lesson at home, in school, and with their friends.
5. Divide the class into groups, and have the children take turns asking each other questions about the lesson.
6. Have each child draw a picture related to the lesson or print a quotation to take home and display as a reminder of the purpose of the lesson.
7. Invite the children to mark scripture references for future study. You might ask the children to mark verses from the lesson that they particularly like, or you could suggest verses that you think will remind the children of the purpose of the lesson.
8. Help the children memorize the order of the books in the scriptures. You can find the books of the scriptures set to music in the *Children's Songbook* (pp. 114, 116, 119).
9. Review principles or scripture stories from previous lessons.

Music in the Classroom

Gospel learning can be enriched and strengthened through music. Often children are better able to remember and learn through music.

You do not have to be a musician to use appropriate music to help children feel the Spirit and learn the gospel. Music in the class could include audiocassettes or a musical group during or at the beginning of a lesson to emphasize a principle. You may also sing or read the words to songs to involve the children in your lesson. If the *Children's Songbook* audiocassettes (music only, 52505; music and words, 52428) or compact discs (music only, 50505; music and words, 50428) are available, you may use them to help you learn the songs or to accompany singing in the classroom.

Sharing Time

Occasionally the class will be asked to give simple gospel presentations during Primary Sharing Time. These presentations could come from lessons, would require little rehearsing, and would help reinforce the principles you have been teaching. You could use the following suggestions for sharing time:

1. Act out a scripture story.
2. Recite memorized scriptures together.
3. Repeat or sing an article of faith and explain its meaning.
4. Role-play a modern application of a gospel principle.

Articles of Faith

You should incorporate the Articles of Faith in your lessons and encourage each child to memorize the Articles of Faith before advancing from Primary. Use every opportunity to help the children memorize and understand the Articles of Faith.

Understanding Children Eight through Eleven Years of Age

To help children learn and gain self-confidence, you need to understand their needs and characteristics and plan appropriate activities and classes. For more information about characteristics of children this age, see *Teaching—No Greater Call* (33043), pages 37–38.

Characteristics**Physical**

- Has periods of fast and slow growth
- May be awkward
- Enjoys playing in groups

Mental

- Is eager to learn
- Thinks about past experiences
- Begins to base decisions on logic
- Wants to know why
- Is judgmental
- Worships heroes
- Becomes more accountable
- Likes memory work

Social

- Begins to move from a dislike for the opposite sex to a desire for more interactions between boys and girls
- Enjoys both group and individual time
- Feels a strong need for independence
- Develops an expanded sense of humor
- Gains interest in others

Emotional

- Dislikes criticism
- May demonstrate inappropriate behavior if there are peer problems

Becomes more dependable and trustworthy
Is conscious about being fair
Begins to have doubts about his or her self-worth
Becomes less domineering and less
determined to have his or her own way

Spiritual

Enjoys learning and practicing gospel principles
Is influenced by the testimonies of others
Grows in readiness to understand gospel principles
Has a strong sense of right and wrong

Special Guidelines for Including Those with Disabilities

The Savior set the example for us in feeling and showing compassion for those with disabilities. When he visited the Nephites after his resurrection, he said:

“Have ye any that are sick among you? Bring them hither. Have ye any that are lame, or blind, or halt, or maimed, or leprous, or that are withered, or that are deaf, or that are afflicted in any manner? Bring them hither and I will heal them, for I have compassion upon you” (3 Nephi 17:7).

As a Primary teacher you are in an excellent position to show compassion. Although you are probably not trained to give professional assistance, you can understand and nurture children who have disabilities. Concern, understanding, and a desire to include each class member in the learning activities are needed.

Children with disabilities can be touched by the Spirit no matter what their level of understanding. Although some children may not be able to attend the entire Primary time, they need to have the opportunity to attend even briefly to feel the Spirit. It may be necessary to have a companion who is sensitive to a child’s needs be with the child during Primary in case the child needs time away from the whole group.

Some class members may be challenged by learning disabilities, intellectual impairments, language or speech problems, vision or hearing loss, behavioral and social problems, mental illness, movement and mobility problems, or chronic health impairments. Some may find the language or cultural setting unfamiliar and difficult. Regardless of individual circumstances, each child shares the same needs to be loved and accepted, to learn the gospel, to feel the Spirit, to participate successfully, and to serve others.

These guidelines can help you teach a child with disabilities:

Look beyond the disability and get to know the child. Be natural, friendly, and warm.

Learn about the child’s specific strengths and challenges.

Make every effort to teach, and remind class members of their responsibility to respect, every class member. Helping a class member with a disability can be a Christlike learning experience for the entire class.

Find the best methods for teaching the child by consulting with parents, with other family members, and, when appropriate, with the child.

Before calling on a child with disabilities to read, pray, or otherwise participate, ask how he or she feels about participating in class. Emphasize each child's abilities and talents and look for ways each can participate comfortably and successfully.

Adapt lesson materials and physical surroundings to meet the individual needs of children with disabilities.

Additional materials for teaching children with disabilities are available from Church distribution centers (see "Materials for Those with Disabilities" in the *Salt Lake Distribution Center Catalog*).

**Dealing with
Problems
of Abuse**

As a teacher you may become aware of children in your class who suffer from emotional or physical abuse. If you become concerned about a child in your class, please counsel with your bishop. As you prepare and present lessons, pray for the Lord's guidance and direction. Help each child in your class feel that he or she is a precious child of Heavenly Father and that Heavenly Father and Jesus Christ love each of us and want us to be happy and safe.

The Book of Mormon, a Gift from a Loving Heavenly Father

Lesson

1

Purpose To help the children love and value the Book of Mormon.

Preparation

1. Prayerfully study the Introduction and the Testimony of the Prophet Joseph Smith, located in the front of the Book of Mormon (or Joseph Smith—History 1:29–35, 42–54, 59–60). Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Title page of the Book of Mormon, The Testimony of Three Witnesses, The Testimony of Eight Witnesses, Mormon 6–7.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A gift-wrapped Book of Mormon.
 - c. A bookmark for each child, if possible (see the sample at the end of the lesson).
 - d. Pictures 4-1, Mormon Abridging the Plates (Gospel Art Picture Kit 306; 62520); 4-2, Moroni Hides the Plates in the Hill Cumorah (Gospel Art Picture Kit 320; 62462); and 4-3, Joseph Smith Receives the Gold Plates (Gospel Art Picture Kit 406; 62012).

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity Show the children the gift-wrapped Book of Mormon.

- Why do we give gifts?
- How do you feel when someone enjoys a gift you have given?

Explain that because of Heavenly Father’s great love for us he has given us a gift to help us achieve eternal life. This gift has an important message for each of us. It teaches us about our Savior, Jesus Christ, and how to live so we can return to Heavenly Father. Ezra Taft Benson, the thirteenth President of the Church, said: “This is a gift of greater value to mankind than even the many wonderful advances we have seen in modern medicine. It is of greater worth to mankind than the development of flight or space travel” (in Conference Report, Oct. 1986, p. 3; or *Ensign*, Nov. 1986, p. 4).

- What do you think this gift is?

Have the children help unwrap the gift. Testify of how studying the Book of Mormon has blessed your life and helped you become more like the Savior.

Scripture Account

Teach the account of the coming forth of the Book of Mormon from the Testimony of the Prophet Joseph Smith. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Use the introduction to the Book of Mormon to help the children understand the value this book of scripture has for us today. Use the pictures at appropriate times.

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What is the Book of Mormon? Who wrote it? (Introduction, paragraphs 1–2. Ancient prophets in America.)
- Why is it called the Book of Mormon and not the Book of Moroni or the Book of Joseph Smith? (Introduction, paragraph 2. The prophet Mormon wrote most of what was on the gold plates, quoting and summarizing what other prophets had written.)
- What is the most important event in the Book of Mormon? Why? (Introduction, paragraph 3. The visit of Jesus Christ to the Nephites.)
- What did Joseph Smith say about the Book of Mormon? (Introduction, paragraph 6.) (See enrichment activity 3.) How do you think reading and studying the Book of Mormon can help you?
- Many prophets (Nephi, Mormon, Moroni, Joseph Smith) have gone through great suffering and hardships so we can have the Book of Mormon. What are three things you need to do to know that the Book of Mormon is true? (Introduction, paragraph 8. Read it, ponder its message, ask God if it is true.)
- What else will we know when we gain a testimony of the Book of Mormon? (Introduction, paragraph 9. That Jesus Christ is the Savior, Joseph Smith is a prophet, and the Church is true.)
- What was Joseph Smith doing when the angel Moroni first appeared to him? (Testimony of the Prophet Joseph Smith, paragraphs 2–3; Joseph Smith—History 1:29–30.)
- What did the angel Moroni tell Joseph Smith? (Testimony of the Prophet Joseph Smith, paragraphs 6–9; Joseph Smith—History 1:34–35, 42.)
- What happened to Joseph the next day as he was working with his father? (Testimony of the Prophet Joseph Smith, paragraphs 15–16; Joseph Smith—History 1:48–49.)
- The angel Moroni called Joseph Smith by name when he visited him. How do you feel knowing that Heavenly Father knows your name?
- The angel Moroni commanded Joseph to tell his father about the vision. Who would you tell if you had an experience like Joseph’s? Why?
- What did Joseph do after he told his father? (Testimony of the Prophet Joseph Smith, paragraphs 17–19; Joseph Smith—History 1:50–52.)

- Why did it take four years before Joseph was able to get the gold plates? (Testimony of the Prophet Joseph Smith, paragraph 20; Joseph Smith—History 1:54.)
- What warning did Joseph receive after he was given the gold plates? (Testimony of the Prophet Joseph Smith, paragraph 22; Joseph Smith—History 1:59.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Invite the children to read the title page of the Book of Mormon. Suggest that they mark in their own copies of the Book of Mormon the purposes of the book stated on the title page and in the Introduction.
2. Help the children memorize Moroni 10:4.
3. Discuss and help the children memorize the following statement from the Prophet Joseph Smith:

“I told the brethren that the Book of Mormon was the most correct of any book on earth, and the keystone of our religion, and a man would get nearer to God by abiding by its precepts, than by any other book” (Introduction, paragraph 6).
4. Help the children understand and memorize the eighth article of faith.
5. Act out some of the events that led to the coming forth of the Book of Mormon.
6. Sing or read the words to “The Books in the Book of Mormon” (*Children’s Songbook*, p. 119), “Book of Mormon Stories” (*Children’s Songbook*, p. 118), “The Golden Plates” (*Children’s Songbook*, p. 86), or “Search, Ponder, and Pray” (*Children’s Songbook*, p. 109).

Conclusion

Testimony	<p>Bear your testimony that Joseph Smith was a true prophet and that the Book of Mormon is true.</p> <p>(Optional.) If possible, give each child a bookmark with the testimony of President Ezra Taft Benson printed on it (see the sample at the end of the lesson).</p>
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	<p>Suggest that the children study the Testimony of the Prophet Joseph Smith at home as a review of this lesson. Show them where they can find this account at the beginning of the Book of Mormon or in Joseph Smith—History 1:29–35, 42–54, 59–60.</p> <p>Encourage each child to bring a copy of the Book of Mormon to class each Sunday.</p> <p>Invite a child to give the closing prayer.</p>

**“Heavenly Father
wants you to
continue to learn
from the
Book of Mormon
every day.
It’s Heavenly
Father’s special
gift to you.
By following
its teachings,
you will learn
to do the will of
our Father
in Heaven.”**

Ezra Taft Benson

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Ezra Taft Benson

Nephi Follows His Father, the Prophet

Lesson 2

Purpose	To strengthen each child's desire to follow the living prophet.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study 1 Nephi 1–2. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.3. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. Sixth Article of Faith chart (65006). Cover the word <i>prophets</i> with a folded piece of paper. On the inside of the paper write “A prophet is a man called by God to speak for Him. When a prophet speaks for God, it is as if God were speaking.” If a chart of the sixth article of faith is not available, make your own or write it on the chalkboard.c. Pictures 4-4, Lehi Prophesying to the People of Jerusalem (Gospel Art Picture Kit 300; 62517), and 4-5, Lehi's Family Leaving Jerusalem (Gospel Art Picture Kit 301; 62238), and a picture of the living prophet or one of Joseph Smith (Gospel Art Picture Kit 401; 62002).
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	<p>Display the sixth article of faith with the word <i>prophets</i> covered. Invite the children to raise their hands if they know the word that is covered. Ask a child to remove the paper and hand it to you. Invite the children to repeat the sixth article of faith together.</p> <p>Display the picture of the living prophet or of the Prophet Joseph Smith, and ask the children who this person is.</p> <ul style="list-style-type: none">• What is a prophet? <p>After the discussion, ask one of the children to read what is written inside the folded paper (see “Preparation”).</p> <p>Testify that prophets have always told people what Heavenly Father and Jesus Christ want them to do. Explain that we will be blessed when we follow the prophet.</p>
Scripture Account	Teach the account of the prophet Lehi and his family leaving Jerusalem from 1 Nephi 1–2. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Use the pictures at appropriate times. Emphasize that we should all try to be like Nephi and follow the living prophet.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did Lehi do for his people? (1 Nephi 1:5.) What did the Lord show Lehi in his vision? (1 Nephi 1:6–13.)
- What did Lehi do after he received the vision? (1 Nephi 1:18.)
- Whom did Lehi prophesy about? (1 Nephi 1:9, 19. Explain that the Messiah is Jesus Christ.) Help the children understand that prophets have always testified of Jesus Christ. How can you gain a testimony of Jesus Christ? Testify that each child can know that Jesus is the Savior by prayerfully studying the Book of Mormon and by obeying the commandments.
- What did the people do when they heard the words of the prophet Lehi? (1 Nephi 1:19–20.) What would you do if you were teased or laughed at because you believe in Jesus Christ and his church?
- After the people tried to kill Lehi, what did the Lord command him to do? (1 Nephi 2:1–3.)
- What did Lehi's family take with them when they left Jerusalem? (1 Nephi 2:4.) What are provisions? (Food, clothing, tents, tools, and so forth.) What did Lehi's family leave behind?
- What did Laman and Lemuel do when they had to leave their home and their gold and silver? (1 Nephi 2:11–13.) What does *murmur* mean? (To complain.) What is stiff-neckedness? (Stubbornness, pride.) If you were asked to leave your home and possessions, how would you feel?
- Why didn't Nephi rebel against his father? (1 Nephi 2:16.) Explain that *cry unto the Lord* means to pray sincerely and *soften your heart* means to listen and obey. How can prayer soften your heart to help you follow the prophet?
- How did Nephi show love for Laman and Lemuel when they would not believe him? (1 Nephi 2:18.) Have you ever prayed for someone who was not keeping the commandments?
- What did the Lord promise Nephi because of his faith? (1 Nephi 2:19–22.) What does faith mean to you?
- What happened to Jerusalem after Lehi's family left? (2 Nephi 1:4.) Do the things that prophets prophesy always happen? (D&C 1:37–38.)
- When did Lehi's family leave Jerusalem? (The dates in the brackets at the bottom of the pages in the Book of Mormon tell us when things happened.) What does *b.c.* mean? (Before Christ.)
- Who is the prophet today? (Show his picture if it is available.) What has he asked us to do? You may want to share with the children a few excerpts from recent messages. How are we blessed when we follow the living prophet?

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Bring a few items or pictures of items that Lehi's family might have taken with them into the wilderness, such as a tent, blankets, pots, knives, bows and arrows, ropes, or seeds. Encourage the children to imagine and name other things Lehi's family might have taken.
 - Why do you think Lehi's family would need these things? What else would you need to take if you were going on a journey like Lehi's?
 - What things would you have a hard time leaving behind?
2. Show a picture of the Presidents of the Church (Gospel Art Picture Kit 506; 62575), and have the children memorize their names and the order in which they served.
3. Share the following statement from Ezra Taft Benson, the thirteenth President of the Church:

"I would now like to speak to the children of the Church. . . .

"How I love you! How our Heavenly Father loves you!

"Today I desire to teach you what our Heavenly Father wants you to know so that you can learn to do His will and enjoy true happiness. It will help you now and throughout your life. . . .

"How pleased I am to hear of your love for the Book of Mormon. I love it too, and Heavenly Father wants you to continue to learn from the Book of Mormon every day. It's Heavenly Father's special gift to you. By following its teachings you will learn to do the will of our Father in Heaven" (in Conference Report, Apr. 1989, p. 102; or *Ensign*, May 1989, pp. 81–82).
4. Copy on separate pieces of paper brief selections from recent conference addresses of the living prophet (see conference issues of Church magazines). Put the statements in a box or paper sack, and invite the children to take turns drawing out a quotation. After each child reads the quotation, have him or her tell how to follow the prophet's counsel.
5. Discuss the sixth article of faith, and help the children memorize it.
6. Sing or read the words to "We Thank Thee, O God, for a Prophet" (*Hymns*, no. 19), "Keep the Commandments" (*Children's Songbook*, p. 146), or "Follow the Prophet" (*Children's Songbook*, p. 110).

Conclusion

Testimony	Bear testimony that because Heavenly Father loves us he has given us a living prophet. Testify that the children will be blessed if they follow the living prophet.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study 1 Nephi 2 at home as a review of this lesson. Invite a child to give the closing prayer.

Obtaining the Brass Plates

Purpose To help the children understand that Heavenly Father helps those who trust him and obey his commandments.

Preparation

1. Prayerfully study 1 Nephi 3–5. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. If possible, prepare a copy of the statement “I will go and do the things which the Lord hath commanded” (1 Nephi 3:7) for each child with his or her name on it (see the sample at the end of the lesson).
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. The coded message sheet at the end of the lesson (with code covered). This could be written on a sheet of paper or on the chalkboard.
 - c. Pictures 4-6, Lehi’s Sons Offering Riches to Laban; 4-7, Angel Stopping Laman and Lemuel; and 4-8, Nephi Returning to Lehi with the Brass Plates.

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Display the secret message (with the code covered), and ask if anyone can read it. Explain that some of Heavenly Father’s commandments may seem hard to obey, just as the message may be difficult to read. With help we can read the message. In the same way, with Heavenly Father’s help we can obey all the commandments.

- What are some things Heavenly Father has commanded us to do?
- How do you think Heavenly Father might help us keep his commandments?

Explain that Heavenly Father will help us if we have faith in him and trust him. Explain that in this lesson the children will learn how Heavenly Father helped Lehi’s sons obey a commandment that at first seemed impossible for them to accomplish.

Scripture Account

Using the suggested pictures, teach the account from 1 Nephi 3–5 of Nephi and his brothers returning to Jerusalem to obtain the brass plates. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Help the children understand that, like Nephi, they can receive help to keep the commandments if they have faith.

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did Heavenly Father command Lehi in a dream? (1 Nephi 3:2–4.) Why did Lehi’s family need the brass plates? (1 Nephi 3:19–21.) How would the brass plates be a blessing to Lehi’s descendants? (1 Nephi 5:21–22.)
- What did Laman and Lemuel do when they were commanded to go back to Jerusalem to get the brass plates? (1 Nephi 3:5, 28, 31.)
- What did Nephi do when he was commanded to get the plates? (1 Nephi 3:5–7, 15, 21.) Why was Nephi willing to do whatever the Lord asked him to do? How did he know the Lord would help him get the plates?

Refer to the code, and give the class the opportunity to decode the message together. Discuss the meaning of 1 Nephi 3:7.

- Who helped Nephi get the brass plates? (1 Nephi 4:6.) How can we be worthy to receive the help and direction of the Holy Ghost?
- Why is it sometimes hard to obey the commandments? How can Nephi’s example help us obey the commandments? (1 Nephi 7:12.)
- How can we learn to follow Jesus, like Nephi did?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Help the children memorize 1 Nephi 3:7. Suggest that they mark this verse in their personal copies of the Book of Mormon.
2. Memorize and discuss the third article of faith with the class. Emphasize that we should always obey Heavenly Father’s commandments and that he will bless us if we do.
3. Invite several children to finish the statement, “I show faith in Heavenly Father and Jesus Christ when I _____.”
4. Sing or read the words to “Nephi’s Courage” (*Children’s Songbook*, p. 120) or “Keep the Commandments” (*Children’s Songbook*, p. 146).
5. Display a few pictures or objects, such as the following, that remind us of things Heavenly Father has asked us to do (meetinghouse library numbers of pictures are listed in parentheses). Discuss the commandments and their accompanying blessings.

Pray (62217)

Serve a mission (62611)

Treat everyone with kindness and respect (62316)

Attend the temple (62559)

Partake of the sacrament (62021)

Pay tithing (show a tithing envelope)

Read the scriptures (62373)

Live the Word of Wisdom (show pictures of proper diet and exercise)

Hold family home evening (62521)

Conclusion

- Testimony** Bear testimony that Heavenly Father will help us obey his commandments. You may want to share an experience when you exercised faith to keep a commandment, such as keeping the Sabbath day holy or being kind to others, and how you were blessed.
- If possible, give the children copies of the message “I will go and do the things which the Lord hath commanded” (1 Nephi 3:7). Write the children’s names on their copies, and challenge them to make it their promise, also.
- Suggested Family Sharing** Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
- Suggested Home Reading** Suggest that the children study 1 Nephi 3:1–8; 4 at home as a review of this lesson.
- Invite a child to give the closing prayer.

<u>35</u>	<u>8</u>	<u>35</u>	<u>66</u>	<u>66</u>	<u>3</u>	<u>7</u>	<u>19</u>	<u>2</u>	<u>42</u>	<u>42</u>	<u>7</u>					
<u>5</u>	<u>75</u>	<u>1</u>	<u>5</u>	<u>75</u>	<u>35</u>	<u>2</u>	<u>3</u>	<u>82</u>	<u>8</u>	<u>75</u>	<u>35</u>	<u>16</u>	<u>75</u>	<u>5</u>	<u>75</u>	<u>1</u>
<u>66</u>	<u>7</u>	<u>50</u>	<u>42</u>	<u>75</u>	<u>19</u>	<u>5</u>	<u>75</u>	<u>16</u>	<u>7</u>	<u>88</u>	<u>88</u>	<u>19</u>	<u>2</u>	<u>42</u>	<u>1</u>	<u>42</u>
CODE: 35=I 8=W 66=L 3=G 7=O 19=A 2=N 42=D																
5=T 75=H 1=E 82=S 16=C 50=R 88=M																

I will go and do
the things
which the Lord
hath commanded.

1 Nephi 3:7

I will go and do
the things
which the Lord
hath commanded.

1 Nephi 3:7

I will go and do
the things
which the Lord
hath commanded.

1 Nephi 3:7

I will go and do
the things
which the Lord
hath commanded.

1 Nephi 3:7

Purpose

To strengthen each child's desire to obey the word of God and be worthy of eternal life.

Preparation

1. Prayerfully study 1 Nephi 8, 11, and 15:21–36. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. If possible, prepare a labeled copy of the tree of life visual for each child (see the sample at the end of the lesson).
4. Materials needed:
 - a. A copy of the Book of Mormon for each child.
 - b. Rope, twine, or string about fifteen feet (five meters) long; a blindfold; and two word cards, one labeled *Birth* and the other labeled *Eternal Life*.
 - c. The tree of life symbols and meanings chart, with the meanings covered with strips of paper.
 - d. Pictures 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572); 4-10, The Birth of Jesus (Gospel Art Picture Kit 200; 62116); 4-11, The Crucifixion (Gospel Art Picture Kit 230; 62505); 4-12, Lehi's Dream of the Tree of Life (62620); 4-13, The Tree of Life and Rod of Iron; and 4-14, Lehi Reaching for the Fruit.

Suggested**Lesson****Development**

Invite a child to give the opening prayer.

Attention Activity

Have two children stand in front of the class, one on one side of the room and one on the other. Have the first child hold the card labeled *Birth*, and have the second child hold the card labeled *Eternal Life*. Blindfold a third child. After turning the child around a few times, see if he or she can walk from the first child to the second child without help. Then have the two children stretch the rope or string between them, each holding an end. Have the blindfolded child try again to go from the first child to the second child, this time holding on to the rope. Discuss why the second time was easier than the first. Explain that while we live on earth we are all trying to return to Heavenly Father. He has given us something to hold on to so we can find our way back to him.

- What has Heavenly Father given us to lead us back to his presence? (Scriptures, prophets, the Holy Ghost.)

Show the picture of Jesus Christ, and tell the children that this lesson will explain how following Christ's teachings can help us return to Heavenly Father's presence.

Scripture Account Using the suggested pictures and the Book of Mormon, teach the account of Lehi's dream from 1 Nephi 8 and the interpretation of the dream from 1 Nephi 11 and 15:21–36. (For suggested ways to teach the scripture account, see "Teaching from the Scriptures," p. vii.) Explain that the scriptures often use symbols. A symbol is usually a familiar object that is used to represent a principle or teaching. For example, a lamb may be a symbol of purity, so Jesus Christ is called the Lamb of God. Explain that in this lesson the children will learn about symbols that Lehi saw in a dream and their meanings.

Discussion and Application Questions Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Why did Lehi want his family to eat the fruit of the tree of life? (1 Nephi 8:10–12.) What does Heavenly Father want for all his children?
- Why do you think some of Lehi's sons ate the fruit of the tree and others didn't? (1 Nephi 8:13–17.) What are some reasons we do not always obey Heavenly Father's commandments?
- What do the symbols in Lehi's dream mean? Show the tree of life symbols and meanings chart, uncovering each meaning as it is discussed.

Symbols:	Meanings:
1. The tree (1 Nephi 8:10)	1. The love of God in giving the world his Only Begotten Son (1 Nephi 11:21–22; John 3:16)
2. The fruit (1 Nephi 8:11)	2. Eternal life (1 Nephi 15:36; D&C 14:7)
3. The rod of iron (1 Nephi 8:19)	3. The word of God (1 Nephi 15:23–24)
4. Mist of darkness (1 Nephi 8:23)	4. Temptations of the devil (1 Nephi 12:17)
5. Great and spacious building (1 Nephi 8:26–27)	5. Pride of the world (1 Nephi 11:36)

- When Nephi asked the angel to show him the meaning of the tree, he saw a vision of the birth and ministry of the Savior. How do the birth and ministry of Jesus Christ show God's great love for us?
- What does the fruit of the tree represent? (The gift of eternal life.) Nephi saw that Jesus Christ, because of his love for us, would be crucified for our sins so that we might repent and gain eternal life. Explain that eternal life means living with Heavenly Father as families in the celestial kingdom. What must we do to obtain eternal life?
- What does the iron rod represent? (The word of God.) How will reading the Book of Mormon every day help us stay on the path back to our Father in Heaven? (1 Nephi 15:24.) How has reading the Book of Mormon blessed you?

- What does the mist of darkness represent? (The temptations of the devil, which can confuse us and lead us astray.) In what ways does Satan tempt us to leave the strait and narrow path? What can we do to resist his temptations? Why are we happier if we stay on the strait and narrow path?
- What does the great and spacious building represent? (The pride of the world.) In what ways have you been made fun of because you were trying to do right? Who influences people who make fun of us?

If possible, give a labeled picture of Lehi's dream to each child to take home. Have the children suggest choices they may make during the coming week that will help them hold on to the iron rod. (Answers may include reading daily from the Book of Mormon, obeying parents, praying, being honest, choosing good friends, choosing good entertainment, and so on.)

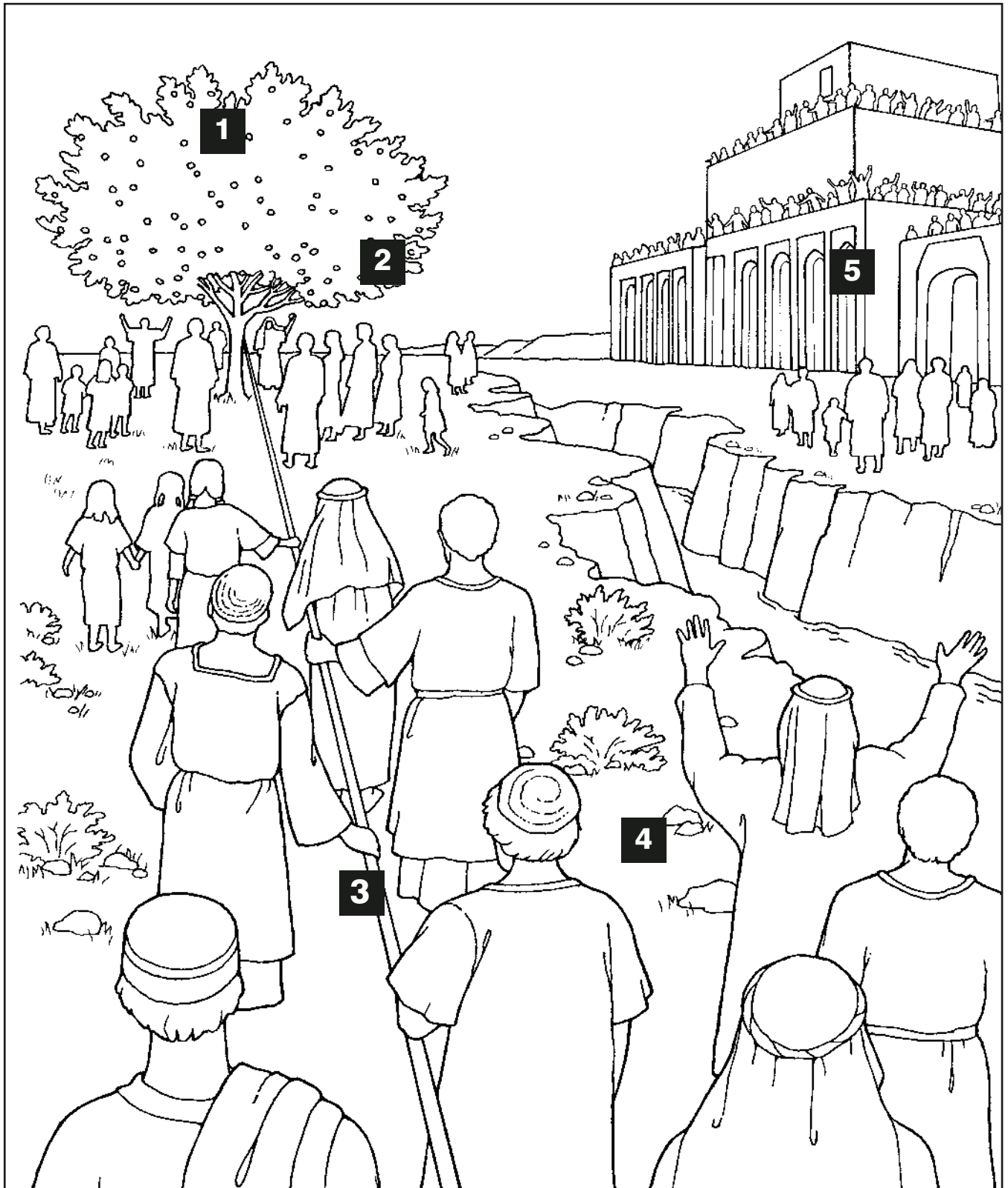
Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Play a matching game. Using the information from the tree of life symbols and meanings chart, write each symbol from Lehi's dream and the meaning of each symbol on a separate 3" x 5" card. Use six other 3" x 5" cards to make three sets of matching pictures or symbols, such as smiling faces, stars, and hearts. Mix the cards up, and place them face down in four columns on the floor or table. Have the children come up one at a time and turn over two cards. Read aloud what each says. If the cards match, leave them face up. The game is over when all the cards are face up.
2. Help the children memorize 1 Nephi 15:23–24.
3. Sing or read the words to "He Sent His Son" (*Children's Songbook*, p. 34), "I Will Follow God's Plan" (*Children's Songbook*, p. 164), "I Am a Child of God" (*Children's Songbook*, p. 2), or "The Iron Rod" (*Hymns*, no. 274).

Conclusion

Testimony	Bear testimony that by obeying the commandments we can return to live with Heavenly Father.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study 1 Nephi 8:5–34 at home as a review of this lesson. Invite a child to give the closing prayer.



1 The tree.
(1 Nephi 8:10)

The love of God
in giving the
world his Only
Begotten Son.
(1 Nephi 11:21–22,
John 3:16)

2 The fruit.
(1 Nephi 8:11)

Eternal life.
(1 Nephi 15:36;
D&C 14:7)

3 The rod of iron.
(1 Nephi 8:19)

The word of God.
(1 Nephi 15:23–24)

4 Mist of darkness.
(1 Nephi 8:23)

Temptations of
the devil.
(1 Nephi 12:17)

5 Great and
spacious building.
(1 Nephi 8:26–27)

Pride of the world.
(1 Nephi 11:36)

Lehi and His Family Are Led through the Wilderness

Purpose To help the children understand that when they do all they can and trust in Heavenly Father, he will guide them.

Preparation

1. Prayerfully study 1 Nephi 16, Alma 37:38–46, and Proverbs 3:5–6. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Before teaching the lesson, try the attention activity so you know how to do it.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A Bible for each child.
 - c. A 20-inch (50-cm) piece of string for each child.
 - d. Pictures 4-15, The Liahona (Gospel Art Picture Kit 302; 62041), and 4-16, Nephi and His Broken Bow.

Suggested Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Give the children each a piece of string 20 inches (50 cm) long. Have them hold one end of the string in their right hand and the other end in their left hand. Ask them to tie a knot in the string without letting go of the ends. If you do not have enough string, have one child do the activity in front of the class.

- Does this seem too hard or impossible to do?

Have the children try to tie a knot again, but this time have them fold their arms first and with their arms still folded have them pick up one end of the string with their right hand and the other end with their left hand. Ask them to hold onto the ends as they unfold their arms. Their string will be knotted. Collect the strings from the children. Point out that the children could tie the knot when you showed them how to do it. Tell the children that in the same way we all have challenges in our lives that might seem impossible to solve. If we do all we can and put our trust in Heavenly Father, he will help us find the answers.

Scripture Account

Using the pictures at appropriate times, teach the accounts of Lehi’s family being guided by the Liahona and Nephi’s broken bow from 1 Nephi 16:17–32. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Encourage the children to do their best and trust in the Savior no matter what happens.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- How was Lehi blessed for his faith and obedience as he traveled into the wilderness? (1 Nephi 16:10.)
- What did Nephi's father and brothers do when Nephi broke his steel bow? (1 Nephi 16:17–21.) Why is it easy to complain when things don't go the way you want?
- Even though Nephi was tired and hungry, he did not complain. What did he do to help solve the problem? (1 Nephi 16:22–32.)
- Why did Nephi ask his father for help? (1 Nephi 16:23–24.) How have your parents helped you when you have had a problem?
- How can you, like Nephi, be a good example to your parents and your brothers and sisters?
- How did the Liahona (the brass ball) work? (1 Nephi 16:26–30.)
- What has Heavenly Father given us to point the way back to him? (Alma 37:44–45.) Where can we find the words of Christ? (The scriptures.) What must we do to be able to have the words of Christ guide us? (Alma 37:46.)
- What must we do if we want help from Heavenly Father?
- What will Heavenly Father do if we have faith and trust in him? (Proverbs 3:5–6.) How can you show trust in Heavenly Father? Why do you think Heavenly Father wants us to trust him and do all we can?

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Have the children retell the story of Nephi's broken bow. Have them discuss which of Lehi's family members they would like to be like when they are faced with problems.
2. Have the children dramatize the story of the broken bow. Then have them role-play what might have happened if Laman and Lemuel had trusted in the Lord.
3. Ask the children what the first principle of the gospel is. Emphasize that they must have faith in Jesus Christ. Help them memorize the fourth article of faith.
4. Review the story of Nephi obtaining the brass plates as recorded in 1 Nephi 3–5. Compare what Nephi did then to what he did when he broke his bow. Help the children understand that both times he did all he could and trusted in Heavenly Father to help him.
5. Sing or read the words to "Faith" (*Children's Songbook*, p. 96) or "Seek the Lord Early" (*Children's Songbook*, p. 108).

Conclusion

Testimony and
Challenge

Share with the children a time when you trusted in Heavenly Father to help you accomplish something difficult. Bear testimony of the importance of doing all we can and then placing our trust in Heavenly Father. Challenge the children to think about Nephi during the coming week and try to be more like him when problems arise.

Suggested Family
Sharing

Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”

Suggested Home
Reading

Suggest that the children study 1 Nephi 16:18–32 at home as a review of this lesson.

Invite a child to give the closing prayer.

Heavenly Father Commands Nephi to Build a Ship

Lesson

6

Purpose To help the children want to be good examples and have a spiritual influence on their families by obeying Heavenly Father's commandments.

Preparation

1. Prayerfully study 1 Nephi 17. Then study the lesson and decide how you want to teach the children the scripture account. (See "Preparing Your Lessons," p. vi, and "Teaching from the Scriptures," p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A pencil and a piece of paper for each child.
 - c. Pictures 4-17, Nephi Melts Ore and Makes Tools, and 4-18, Nephi Subdues His Rebellious Brothers (Gospel Art Picture Kit 303; 62044).

**Suggested
Lesson**

Development

Invite a child to give the opening prayer.

Attention Activity

Invite a class member to review the story from last week's lesson of Nephi's broken bow and how Nephi obtained food for his family (see 1 Nephi 16:17–32).

Show a picture of a ship, or give each child a piece of paper and a pencil and have them quickly draw a picture of a ship. Then ask them some of the following questions:

- What materials do you think you would need to build a ship large and strong enough to carry you and your family across the ocean?
- What kind of help would you need?
- Where could you go to learn how to build a ship?

Explain to the children that they are going to learn how Heavenly Father helped Nephi build a ship.

Scripture Account

Teach the account from 1 Nephi 17 of Nephi and his brothers preparing to build a ship. (For suggested ways to teach the scripture account, see "Teaching from the Scriptures," p. vii.) Use the pictures at appropriate times. (You might have the children identify the people in each picture and tell what they are doing.)

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What does the Lord promise if we obey his commandments? (1 Nephi 17:3.) How have you and your family been blessed because of your obedience?
- Why did the Lord command Nephi to build a ship? (1 Nephi 17:8.) How did Nephi respond to this command? (1 Nephi 17:9.) What gave Nephi such great confidence? (1 Nephi 17:14–15.)
- Why do you think the Lord did not just give them a ship?
- Why did Laman and Lemuel not want to help Nephi build a ship? (1 Nephi 17:17–19, 45–46.) How would working together make building the ship easier?
- How would you feel if your older brothers made fun of you because you were keeping Heavenly Father’s commandments? How have you been able to help your family? How have you felt when you have helped your family or have not helped your family?
- What did Heavenly Father give Nephi power to do when his brothers tried to kill him? (1 Nephi 17:48, 54.)
- How did Nephi show his faith in Jesus Christ? (1 Nephi 17:50–51.) How can you be like Nephi and show courage and faith in Jesus Christ?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Divide the class into two groups. Ask them to listen for what the Lord promises when we are obedient as one group reads 1 Nephi 17:3 in unison and then the other group reads 1 Nephi 3:7 in unison. Help the children understand that they will be blessed if they keep the commandments and ask Heavenly Father for guidance.
2. Help the children memorize 1 Nephi 17:3, beginning with “And if it so be” and ending with “he has commanded them.” They could also memorize 1 Nephi 17:50: “If God had commanded me to do all things I could do them.”
3. Place a jar with a lid on it on a table, and ask a child to try to open the jar using only one hand. (Have the child put the other hand behind his or her back.) After a few attempts, ask another child to help using only one hand. Explain that tasks are usually easier to do when we work together. Discuss family goals, such as having regular family home evenings, family prayer, and family scripture study, and ask how children can help the family achieve these goals.
4. Distribute paper and pencils, and ask class members to list things they could do to help their families learn the gospel and keep the commandments, such as encourage daily scripture study, participate willingly in family prayer, help organize and participate in family home evening, obey their parents, help keep their homes neat and clean, pray for family members, show love and kindness to each other, share what they have learned in Primary, and so on. Have them choose one thing they would like to work on improving during the coming week.
5. List on the chalkboard the similarities between Lehi and his family’s journey and the children of Israel’s wandering in the wilderness (see 1 Nephi 17:22–46). Ask the children what we can learn from these experiences.

6. Sing or read the words to “Nephi’s Courage” (*Children’s Songbook*, p. 120), “Keep the Commandments” (*Children’s Songbook*, p. 146), or “Choose the Right Way” (*Children’s Songbook*, p. 160).

Conclusion

Testimony	Testify that each child can set a good example in his or her family. Point out that we and our families are blessed when we keep the commandments.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 1 Nephi 17:3–22, 45–55 at home as a review of this lesson. Invite a child to give the closing prayer.

Purpose

To help the children want to be worthy of the constant companionship of the Holy Ghost.

Preparation

1. Prayerfully study 1 Nephi 18. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: *Gospel Principles*, chapter 7.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A piece of cloth to use as a blindfold.
 - c. Pictures 4-15, The Liahona (Gospel Art Picture Kit 302; 62041); 4-19, Nephi Tied Up; and 4-20, Lehi and His People Arrive in the Promised Land (Gospel Art Picture Kit 304; 62045).

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity

Use chairs or other objects to make a small obstacle course in the front of the classroom. Ask for a volunteer to be blindfolded. Turn the child around several times; then explain to the blindfolded child that another child will guide him or her through the obstacle course by whispering or quietly speaking directions. Repeat the activity, this time asking the other children to give wrong directions in louder voices so that the blindfolded child has to concentrate to hear the quiet voice.

Let the child who was blindfolded tell about the difference in the two experiences.

- Who is the Holy Ghost? How does he help us? (See *Gospel Principles*, chapter 7.)
- How is the experience of being guided through the obstacle course like listening to the Holy Ghost?
- What evil influences, or “loud voices,” around us can confuse us or try to lead us down wrong paths?

Scripture Account

Teach the story of Lehi’s family crossing the sea from 1 Nephi 18. Use the pictures at appropriate times. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- How was Nephi able to build a ship that could carry his family safely across the ocean? (1 Nephi 18:1–3.)
- What did Laman, Lemuel, the sons of Ishmael, and their wives do that caused the Liahona to stop working? (1 Nephi 18:9–12.) What has Heavenly Father given us to guide us that is like the Liahona? (The Holy Ghost.) What are some things that may cause us or our families to lose the guidance of the Holy Ghost?
- How did the disobedience of Laman and Lemuel affect their parents and the rest of the family? (1 Nephi 18:12–19.) How does our obedience or disobedience affect our parents and other family members?
- How did Nephi react when he was being mistreated by his brothers? (1 Nephi 18:16.) Why do you think Nephi praised the Lord instead of complaining while he was suffering?
- In what ways would you like to be more like Nephi?
- In what ways can the inspiration of the Holy Ghost come to us? (It may come as a feeling of peace or comfort, a thought that inspires us to make a right choice, a quiet voice of instruction, a feeling that warns of danger, and so on.)
- Invite class members to share experiences when they have felt the influence of the Holy Ghost. What can we do to prepare ourselves so we can recognize the influence of the Holy Ghost?
- What choices did Nephi make so he was worthy of the companionship of the Holy Ghost? (1 Nephi 18:3, 10, 16.) What choices do you make daily to be worthy of the companionship of the Holy Ghost?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Write words or phrases such as *prayer, choice of friends, words we use, television shows, video programs, music, movies, obedience to parents, keeping the commandments, kindness to brothers and sisters, respect for other people, service*, or other appropriate activities on separate slips of paper. Put the papers in a small container. As each child draws out a piece of paper, have him or her read it to the class and tell how what is written can affect our ability to have the Holy Ghost in our lives.
2. Repeat or sing the first and fourth articles of faith.
3. Discuss with the children how following Jesus' teachings helps us have the influence of the Holy Ghost in our lives. Have the children choose one of Jesus' teachings they want to live more fully during the coming week and write it on a piece of paper to take home as a reminder.

4. Sing or read the words to “The Holy Ghost” (*Children’s Songbook*, p. 105), “The Still Small Voice” (*Children’s Songbook*, p. 106), or “Listen, Listen” (*Children’s Songbook*, p. 107).

Conclusion

Testimony	You may want to share an experience you have had when you were influenced by the Holy Ghost. Bear your testimony of the importance of the influence of the Holy Ghost in your life and of the need to have his constant companionship.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 1 Nephi 18:5–25 at home as a review of this lesson. Invite a child to give the closing prayer.

The Prophet Jacob Is Confronted by Sherem

Lesson

8

Purpose To strengthen the children’s testimonies of Jesus Christ so they will have power to withstand evil influences.

Preparation

1. Prayerfully study Jacob 7:1–23. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: 1 Nephi 18:7, 2 Nephi 2:1–4, 11:2–3, Jacob 1:17–19, and Book of Mormon Index: Jacob—son of Lehi.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A breakable piece of string about two feet (60 cm) long and a two-foot-long piece of strong rope.
 - c. A piece of paper and pencil for each child.
 - d. Picture 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572).

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Give a child the two-foot piece of string. Tell him or her to break the string. Then have the child try to break the rope. Let a few of the other children try to break the rope. Explain that our testimonies start like single pieces of string but can be strengthened until they become unbreakable. We can all develop strong testimonies that will help us when others try to challenge us and our beliefs or try to deceive us. Tell the children that this lesson is about Jacob, whose testimony was unbreakable.

Scripture Account

Tell the story of Jacob and Sherem from Jacob 7:1–23. Use the picture at an appropriate time. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Who was Jacob? (One of Nephi’s younger brothers.) About how many years before Christ’s birth did Jacob and Sherem live? (See the bottom of the page in Jacob 7.)

- How did Jacob know about Jesus Christ, who had not been born yet? (Jacob 7:5, 10–12.)
- What did Sherem do to try to convince the people that Jesus Christ would not come? (Jacob 7:2–4.) What does it mean to use flattery? (To give insincere or excessive praise, a form of dishonesty.)
- Who influenced Sherem? (Jacob 7:4, 18.) How does Satan try to influence us?
- What were some of Sherem's lies? (Jacob 7:7, 9–10, 19.)
- Why was Jacob able to withstand the evil influence of Sherem? (Jacob 7:5, 8, 10–12.) Although we may not see angels or hear God's voice, what can we do to be strong when people tempt us to do wrong? Share an experience, or invite a child to share one when he or she has withstood someone's evil influence.
- Why didn't Jacob want to show Sherem a sign? (Jacob 7:13–14.) Why isn't seeking signs a good way to gain a testimony of Christ? (D&C 63:7–12.) Explain that signs may come after we demonstrate faith and obedience, but we should not seek them. Review from past lessons Laman and Lemuel's lack of faith even though they had seen signs. (Teacher review: 1 Nephi 3:29–31; 16:39; 17:45; 18:20.)
- What effect did Sherem's confession and death have on the people? (Jacob 7:21–23.)
- Why do we need to have strong testimonies of Jesus Christ? How can we gain and strengthen our testimonies of the Savior? (See enrichment activity 2.) How can we share our testimonies with others? Why do our testimonies grow stronger when we bear them to others?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Write on slips of paper situations in which someone tries to convince a child to do something wrong and a reference to a corresponding commandment from the scriptures. For example, your friend goes with you into a store and tries to get you to steal some candy (Exodus 20:15 or Mosiah 13:22), someone offers you a taste of an alcoholic beverage (D&C 89:7), or you are tempted to stay home and not go to church (D&C 59:9). Have the children look up and read each scripture. Discuss how knowing what the scriptures teach strengthens our testimonies of Jesus Christ and helps us resist evil influences.

You might want to have the children pantomime these situations and have the other children guess what is being pantomimed.

2. Divide the class into two groups. Assign Alma 5:46 to one group and Alma 37:35 to the other group. Have the children find in these scriptures ways they can strengthen their testimonies of Jesus Christ. Summarize their responses on the chalkboard.
3. Sing or read the words to "I Will Be Valiant" (*Children's Songbook*, p. 162) or "Dare to Do Right" (*Children's Songbook*, p. 158).

Conclusion

Testimony	Tell the children how important it is to gain and strengthen our testimonies of Jesus Christ so that we can withstand the evil influences around us. Bear your testimony of the Savior's divinity. Challenge the children to choose one way to strengthen their testimonies and write it on a piece of paper as a reminder to take home and work on during the week.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Jacob 7:1–23 at home as a review of this lesson. Invite a child to give the closing prayer.

Purpose

To encourage the children to seek the blessings that come through sincere prayer to Heavenly Father.

Preparation

1. Prayerfully study the book of Enos. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: *Gospel Principles*, chapter 8.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed: a Book of Mormon for each child.

Suggested**Lesson****Development**

Invite a child to give the opening prayer.

Attention Activity

Tell the following riddle, and ask the children to raise their hands when they know the answer.

I am not a person, place, or object.

I can be so quiet that no one else can hear, or loud enough that everyone in the room can hear.

I can be used when you are alone or in a group.

I am used any time, any place, under any circumstance.

I am used for gratitude, guidance, comfort, forgiveness, protection, help, good health, or for any other blessing you need for yourself or for someone else.

You use me to talk with Heavenly Father.

What am I?

Write the children’s responses on the chalkboard. When they recognize that the correct answer is prayer, ask if they have any questions about prayer. Summarize their questions on the chalkboard, and ask the children to listen for answers as you share the story of Enos. At the end of the story, refer back to the questions and discuss them.

Scripture Account

Teach the account in the book of Enos. Explain that Enos was the son of the Jacob you learned about in lesson 8. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Why did Enos go to pray? (Enos 1:1–4.) Who had taught him about Jesus Christ? How have your parents helped you learn about Heavenly Father and Jesus Christ?
- What is “mighty prayer and supplication”? How do you think this kind of prayer is different from other prayers? How did Heavenly Father answer Enos’s prayer? (Enos 1:5.)
- How did Enos know his sins were forgiven? (Enos 1:5–6.)
- Why did Heavenly Father say Enos was forgiven of his sins? (Enos 1:8.) Explain that because Jesus Christ suffered for our sins, we can be forgiven if we repent.
- Who did Enos pray for after his sins were forgiven? (Enos 1:9.) What answer did the Lord give Enos about the Nephites? (Enos 1:10.)
- Why do you think Enos prayed for the Lamanites when they were the Nephites’ enemies? (Enos 1:11.) What blessings might you ask Heavenly Father to give someone who has been unkind to you? What did Enos desire for the Lamanites? (Enos 1:13.)
- Enos prayed for the safety of his people’s records. Why were these records so important? What did the Lord promise Enos? (Enos 1:15–18.) What does it mean to ask in faith?
- What promises were given to Enos? (Enos 1:8, 12, 15.) How can we receive the same promises?
- What effect did the Nephites’ teachings and efforts have on the Lamanites? (Enos 1:20.)
- What have you learned about prayer from the story of Enos?
- When you pray, how do you talk to Heavenly Father? How can we make our prayers more sincere?
- Enos heard the voice of the Lord in his mind in answer to his prayer. What are some other ways that we may receive answers to our prayers? (A feeling of peace; a feeling that something is not right; comfort; ideas that come into our minds; scriptures that bring understanding to a particular situation; counsel from Church leaders, parents, and others sent by the Lord; dreams or visions.) Invite class members to share experiences they have had in receiving answers to prayer.
- Why might Heavenly Father answer “no” to our prayers? How can we tell if Heavenly Father’s answer is “no”?
- Why should we take the time to listen after we have prayed, just as Enos did?
- What did Enos learn about life after death? (Enos 1:27.) You may want to read this verse or have the class read it in unison.

Check the list on the chalkboard to be sure all of the children’s questions have been answered.

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Give each child a piece of paper and a pencil, and have them write the questions *When can we pray?*, *Where can we pray?*, and *What can we pray about?*, leaving space between the questions to write their answers. Have them write the answers as you discuss the questions.
2. Review the pattern of prayer:
 - a. Begin by addressing our Father in Heaven.
 - b. Tell him what you are thankful for.
 - c. Ask him for what you desire.
 - d. Close by saying, "In the name of Jesus Christ, amen."
3. Review the language of prayer. Help the children understand that we are showing respect when we use the words *thee*, *thy*, *thou*, *thine* instead of *you*, *your*, *yours* (see Dallin H. Oaks, in Conference Report, Apr. 1993, pp. 16–20; or *Ensign*, May 1993, pp. 15–18).
4. Copy the following statement by Elder Boyd K. Packer (in Conference Report, Oct. 1979, p. 30; or *Ensign*, Nov. 1979, p. 21) on the chalkboard, leaving the blanks empty. Tell the children they will learn some ways to receive answers as they fill in the blanks in Elder Packer's statement.

"Some _____ (b) _____ will come from reading the _____ (a) _____, some from hearing _____ (e) _____. And, occasionally, when it is important, some will come by very direct and _____ (d) _____ _____ (f) _____. The promptings will be _____ (c) _____ and unmistakable."

Use the following words to fill in the blanks:

- a. scriptures
 - b. answers
 - c. clear
 - d. powerful
 - e. speakers
 - f. inspiration
5. Explain how Enos's prayer about preserving the records (Enos 1:14–16) was answered hundreds of years later with the coming forth of the Book of Mormon. Just as the Lord promised Enos, people today can gain a testimony of Jesus Christ through the Book of Mormon. You could invite a returned missionary to come to class and share an experience of a person's gaining a testimony of Jesus Christ through prayer and the Book of Mormon. Or you could ask a parent or other ward member to share how prayer helped him or her gain a testimony of the Book of Mormon.
 6. Review Joseph Smith's first vision, when he offered a sincere prayer of faith (Joseph Smith—History 1:14–16). You may want to use the picture of the First Vision (Gospel Art Picture Kit 403; 62470).
 7. Review the seventh and ninth articles of faith. Encourage the children to choose one to memorize in class or at home during the coming week.

8. Sing or read the words to “A Child’s Prayer” (*Children’s Songbook*, p. 12), “Tell Me, Dear Lord” (*Children’s Songbook*, p. 176), “I Pray in Faith” (*Children’s Songbook*, p. 14), or “If with All Your Hearts” (*Children’s Songbook*, p. 15).

Conclusion

Testimony	Share your testimony of the power of prayer in your life. You may want to relate an experience that has strengthened your faith and testimony of prayer. Invite the children to share experiences they have had with prayer.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Enos 1:1–8, 21–27 at home as a review of this lesson. Invite a child to give the closing prayer.

King Benjamin Teaches His People

Purpose To strengthen the children’s commitment to keep their baptismal covenants and follow Jesus Christ.

Preparation

1. Prayerfully study 2 Nephi 31:5–12 and Mosiah 2:1–22; 3:2–19; 4:11–16; 5:5–8, 13–15. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Picture 4-21, King Benjamin Addresses His People (Gospel Art Picture Kit 307; 62298).

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity Write the family names of the children in your class on the chalkboard. Ask the children to explain why they have these names.

- What does being a (use family name) mean to you?

Explain that when we are born into a family, we take upon ourselves a family name. This name may represent many important things, such as our heritage, our beliefs, the way we do things, and so on. When we are baptized, we become members of The Church of Jesus Christ of Latter-day Saints and take upon ourselves the name of Jesus Christ. When we take the name of Jesus Christ upon us, we are declaring our belief in him and our willingness to follow his teachings. Explain that King Benjamin was a prophet who taught the importance of taking upon ourselves the name of Jesus Christ.

Scripture Account Teach the children the account of King Benjamin teaching his people from Mosiah 2:1–22; 3:2–19; 4:11–16; 5:5–8, 13–15. Use the picture at an appropriate time. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Why did King Benjamin call his people together? (Mosiah 1:10.) How did the people of Zarahemla respond to the call to gather at the temple to hear their prophet and king? (Mosiah 2:1–6.) How do we hear or receive the words of

the living prophets? (General conference, Church publications, Church meetings, and so on.) How can we prepare ourselves to listen to the words of our leaders? (Mosiah 2:9.)

- How did King Benjamin serve his people? (Mosiah 2:12–15.) How did King Benjamin say we can serve Heavenly Father? (Mosiah 2:16–19.) How do you think serving others shows our gratitude and love for Heavenly Father?
- What are we promised if we obey Heavenly Father’s commandments? (Mosiah 2:22.)
- What did King Benjamin teach the people about Jesus Christ? (Mosiah 3:5–7, 9–10.) What great act of service did Christ perform for each of us? (Mosiah 3:11–13.) Explain that Jesus Christ suffered and died that we might repent of our sins, be baptized, be resurrected, and live with Heavenly Father forever. His sacrifice for us is called the Atonement.
- Why is it important for us to take upon ourselves the name of Jesus Christ? (Mosiah 3:17.) What does Jesus Christ ask us to do in order to take upon ourselves his name? (2 Nephi 31:5–12; Mosiah 2:22. Be baptized and keep the commandments. Mosiah 3:19. Submit our will to the Savior’s will.)
- What commandments did King Benjamin tell his people they should obey? (Mosiah 3:21; 4:11–15; 5:5. You might use the wordstrips in enrichment activity 1 as part of your discussion.) What did King Benjamin say would happen if we keep the commandments? (Mosiah 2:41.)
- How did the people respond to King Benjamin’s teachings? (Mosiah 5:2.) What can we do to experience this mighty change? (Mosiah 3:19.)
- What did King Benjamin’s people covenant to do? (Mosiah 5:5–9.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Make and display the following wordstrips. Draw a representation of the tower that King Benjamin used to teach his people. Mount the wordstrips on the drawing as you discuss ways we can take upon ourselves the name of Jesus Christ. Have the children think of ways they can obey the commandments represented on the wordstrips.

Have faith in Jesus Christ (Mosiah 3:21)

Repent (Mosiah 3:21)

Make and keep baptismal covenants (Mosiah 5:5)

Pray daily (Mosiah 4:11)

Be kind to others (Mosiah 4:13)

Don’t fight or quarrel (Mosiah 4:14)

Serve others (Mosiah 4:15)

Help the poor (Mosiah 4:16)

Live the gospel (Mosiah 4:15)

2. Using simple costumes or props, dramatize King Benjamin’s speaking to his people. The children could arrange their chairs in the outline of a tent with an opening toward the front of the room. The children could sit on the floor inside the “tent” facing the front. The person acting out the part of King Benjamin

could speak to them while standing on a chair at the front of the room. Have this child read King Benjamin's words from Mosiah 2:9.

3. Tell the children about the latest general conference of the Church. If possible, show them a copy of the conference issue of the *Ensign* or international magazine. Compare this conference to the meeting King Benjamin held with his people. Explain how the Church helps all its members receive messages from the President of the Church and other General Authorities through radio, television, and satellite broadcasts and through printed materials. Discuss some of the topics from the last conference. Encourage the children to read or listen to the messages from the next general conference and follow the counsel of our prophets and leaders.
4. Help the children understand and memorize the last phrase of Mosiah 2:17: "When ye are in the service of your fellow beings ye are only in the service of your God."
5. Discuss how the thirteenth article of faith relates to King Benjamin's address. Help the children memorize this article of faith.
6. Sing or read the words to "Love One Another" (*Hymns*, no. 308; or *Children's Songbook*, p. 136) or "I'm Trying to Be like Jesus" (*Children's Songbook*, p. 78).

Conclusion

Testimony	Bear testimony of the atonement of Jesus Christ and how it blesses our lives. Emphasize the importance of keeping the commandments as we take upon ourselves the name of Jesus Christ.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Mosiah 2:1–18 at home as a review of this lesson. Invite a child to say the closing prayer.

Abinadi and King Noah

Lesson

11

Purpose To encourage the children to be valiant in standing as witnesses of Jesus Christ.

Preparation

1. Prayerfully study Mosiah 11–13; 15:1, 6–8; 16:14–15; 17; and 19:4–20. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Mosiah 14–16.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. For the alternate attention activity, put the following objects in a sack or bag:
 - A paper mustache (see the illustration at the end of the lesson)
 - A flashlight or lightbulb
 - A paper replica of the Ten Commandments (see the illustration at the end of the lesson)
 - A picture of Christ
 - A piece of rope or string
 - A match
 - c. Picture 4-22, Abinadi before King Noah (Gospel Art Picture Kit 308; 62042).

Suggested

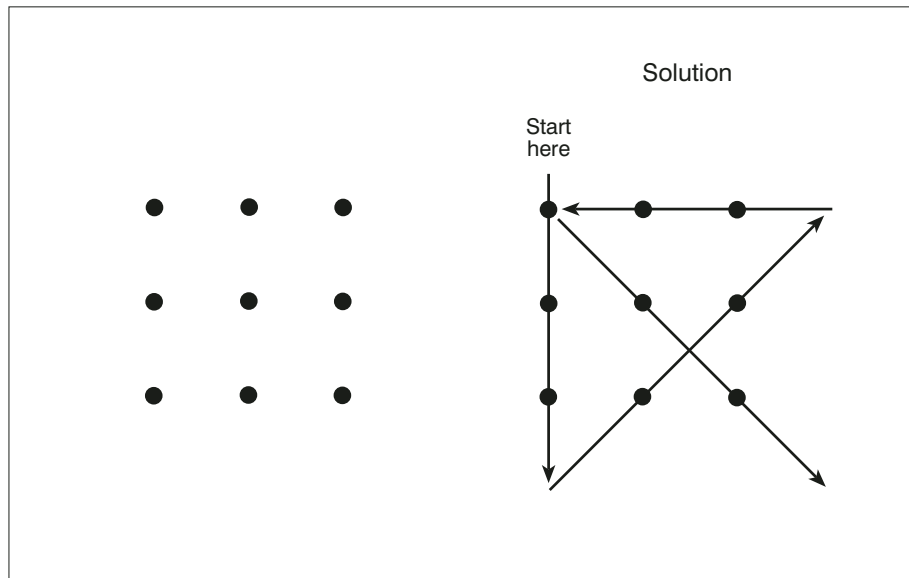
Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Give each child a copy of the nine-dot diagram, or draw it on the chalkboard. Tell the children that they are to connect all the dots by drawing four continuous straight lines without lifting the pencil off the paper or chalk off the chalkboard. After they have tried several solutions, show one child the correct solution without telling the others. Have that child show another child, and so on until all the children can connect the dots. Explain that when we learn something, we can help other people when we teach them what we know. When we learn about Heavenly Father, we can help other people by telling them about him.



Alternate Attention Activity

Have the children take turns removing objects from the sack. Ask each child to tell one or two things about his or her object. Explain that as the children learn about a righteous and valiant prophet named Abinadi, they will see how each object relates to his life.

Scripture Account

Display the picture Abinadi before King Noah, and teach the account of Abinadi from Mosiah 11–13; 15:1, 6–8; 16:14–15; 17; and 19:4–20. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize that Abinadi was a courageous witness of Jesus Christ, even though it cost him his life. If you use the alternate attention activity, explain how each object relates to Abinadi’s life.

- | | |
|--------------------------|---|
| Mustache: | Abinadi came back in disguise (Mosiah 12:1). |
| Lightbulb or flashlight: | Abinadi’s face shone with luster (Mosiah 13:5). |
| Ten Commandments: | Abinadi taught the Ten Commandments (Mosiah 13:11–24). |
| Picture of Christ: | Abinadi boldly testified of Jesus Christ (Mosiah 15; 16; 17:8). |
| Rope or string: | Abinadi was bound (Mosiah 17:13). |
| Match: | Abinadi was killed by fire (Mosiah 17:20). |

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did the Lord first command Abinadi to say to King Noah and his people? (Mosiah 11:20–21.)
- What kind of lives were King Noah and his people living? (Mosiah 11:1–7, 14–15, 19.)
- How did King Noah and his people respond to the words of Abinadi? (Mosiah 11:26–29.) Why do you think people get angry with those who call them to repentance?

- What did Abinadi boldly testify to the wicked King Noah and his priests about the commandments? (Mosiah 12:33–36; 13:11–24.) Why is it important for us to obey Heavenly Father’s commandments?
- Why were the people of King Noah afraid to lay their hands on Abinadi? (Mosiah 13:3–5.)
- What did Abinadi testify about Jesus Christ? (Mosiah 15:1, 6–8; 16:14–15.)
- How did Abinadi show his courage? (Mosiah 17:7–10.) Why is it sometimes difficult to stand for what is right? How can we stand for the right?
- Why was Abinadi burned to death? (Mosiah 17:20.) Why do you think the Lord let this happen? (Alma 60:13.)
- What was important to King Noah? (Mosiah 11:14; 19:7–8.) What was important to Abinadi? (Mosiah 13:4; 17:7–10.) What should be important to us?
- Who did Abinadi’s testimony affect before his death? (Mosiah 17:1–4.)
- How was Abinadi’s prophecy in Mosiah 12:3 fulfilled? (Mosiah 19:19–20.)
- Who can you think of who is valiant today in standing as a witness of Jesus Christ?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Have the children take the parts of the characters in the story of Abinadi and King Noah, and have a reporter interview them. Make a list of questions for the reporter to ask the characters, such as:

Reporter to Noah:	How did you pay for your fancy buildings?
Reporter to priests:	Why are you holding Abinadi prisoner?
Reporter to Alma:	What do you think about the teachings of Abinadi?
Reporter to Abinadi:	Why do these people want to kill you? Why won’t you deny what you have said to these people?
2. Sprinkle some pepper in a bowl of water. Put the bowl where all the children can see. Tell them the pepper represents those who choose to be valiant. Ask them to watch what happens when wickedness is put next to those who are valiant. Put a drop of dishwashing liquid, which represents wickedness, in the center of the bowl. The pepper quickly moves away. When Alma believed Abinadi’s testimony, he chose to be valiant in obeying the prophet and turned away from the wicked ways of King Noah. Ask the children what things they should turn away from so they can be valiant.
3. Discuss the Ten Commandments in Mosiah 12:34–36, 13:12–24.
4. Compare the valiant characteristics of righteous King Benjamin to the characteristics of King Noah.

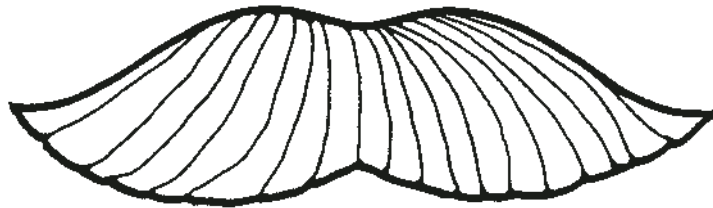
King Benjamin:	Mosiah 2:10–14, 4:9–10.
King Noah:	Mosiah 11:2, 6–7, 27; 19:8.
5. Discuss the similarities between how Abinadi was treated by the wicked King Noah and his people and how Christ was treated.

Christ:	Mosiah 15:5, Matthew 26:66, Luke 24:20.
Abinadi:	Mosiah 13:1; 17:7, 10, 13.

6. Sing or read the words to “I Will Be Valiant” (*Children’s Songbook*, p. 162), “Dare to Do Right” (*Children’s Songbook*, p. 158), or “The Church of Jesus Christ” (*Children’s Songbook*, p. 77).

Conclusion

- Testimony** Testify that even though being righteous does not free us from pain and trials, if we are valiant in our testimonies of Jesus Christ, Heavenly Father will bless us with peace in this life and all that he has in the life to come.
- Suggested Family Sharing** Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
- Suggested Home Reading** Suggest that the children study Mosiah 11:1–2, 20–21, 26–29; 12:1–9; and 17 at home as a review of this lesson.
- Invite a child to give the closing prayer.



Alma Baptizes at the Waters of Mormon

Lesson

12

Purpose To teach the children the meaning of their baptismal covenants and the importance of keeping them.

Preparation

1. Prayerfully study Mosiah 17:2–4; 18. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Optional: A lock and key for the attention activity (for example, a padlock, diary, jewelry box, or suitcase).
 - c. A cutout copy of a paper key with the word *Covenant* written on it (see the end of the lesson).
 - d. A copy of the handout “My Baptismal Covenants” for each child (see the end of the lesson).
 - e. Picture 4-23, Alma Baptizes in the Waters of Mormon (Gospel Art Picture Kit 309; 62332).

Suggested Lesson Development

Invite a child to say the opening prayer.

Attention Activity

Display a key. Ask the children what a key is used for. You might have a child use the key to open a lock. Hold the paper key so the children cannot see the word *Covenant*, and tear it in half. Explain that a key would not work if you had only half of it. Turn the pieces of the key over to show the word *Covenant*. Ask the children if they know what this word means. Explain that in the gospel a covenant is a sacred agreement or promise between Heavenly Father and his children. When we keep our covenants with Heavenly Father, he will always fulfill his part. But if we do not keep our covenant promises, the covenant is broken. Keeping our baptismal covenants is a key to blessings and eternal life. Explain that eternal life is becoming like Heavenly Father and living with him forever. Explain that as the children learn of Alma and his people they will be reminded of their baptismal covenants and how they can better keep them.

Scripture Account

Teach the children the account of Alma baptizing at the Waters of Mormon from Mosiah 17:2–4; 18. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize the covenants we make at baptism and the importance of keeping them. Use the picture at an appropriate time.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did Alma do to prepare himself for baptism? (Mosiah 17:2–4; 18:1.) How did you prepare for your baptism?
- What made the place called Mormon a good hiding spot for Alma to teach the people? (Mosiah 18:4–5.) Why did they need to hide?
- How did the people of Alma feel when they learned they could be baptized? (Mosiah 18:11.) How did you feel when you were baptized? What do you remember about that day?
- What promises did each of us make when we were baptized? What did Heavenly Father promise us? (Mosiah 18:8–10.) Display the handout “My Baptismal Covenants,” and discuss each promise. Explain that none of us is perfect but we must do our best to keep our baptismal covenants.
- How can we show that we have taken Jesus Christ’s name upon us and that we are standing as his witnesses?
- What does it mean to bear one another’s burdens and mourn with others? In what ways did Christ serve us and others while he lived on the earth? How can we follow Jesus Christ’s example and serve others?
- What commandments did Alma give his people to help them keep their baptismal covenants? (Mosiah 18:21–23, 27–29.) How can we live more like Alma’s people?
- Through what ordinance can we renew our baptismal covenants each Sunday? You may wish to explain that to renew means to make like new or begin again. Review the sacrament prayers with the children and help them find the covenants contained in them (see Moroni 4:3; 5:2). Give each child a copy of the handout, and review their baptismal covenants.

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Ask a child to hold on one hand a moderately heavy book with his or her arm straight out while you talk to the class about the baptismal covenants. Ask the child holding the book if his or her arm is getting tired. Have another child help hold the book. Explain that one of the promises we make when we are baptized is to “bear one another’s burdens, that they may be light.” Discuss some burdens children their age might feel, such as being made fun of, being sick, having problems with family members, wanting to belong, or having difficulties in school. Ask the children how they can help make each other’s burdens lighter.
2. Before class ask the children’s parents to tell you about a time when their child served someone. Share these experiences with the class, and commend the children for their service. Point out that these acts of service have made the burden lighter for those they served.

3. Explain to the children that part of the covenant we made when we were baptized was to be willing to take the name of Jesus Christ upon us and become a true Christian, or follower of Christ. We must live worthy of his name. Ask the children to think about how well they are honoring the name of Jesus Christ as you share the following story from President George Albert Smith, the eighth President of the Church:

“A number of years ago I was seriously ill. . . . I became so weak as to scarcely be able to move.

“One day . . . I lost consciousness of my surroundings and I thought I had passed to the Other Side. . . .

“I began to explore . . . and after I had walked for some time . . . through the forest, I saw a man coming towards me. I became aware that he was a very large man, and I hurried my steps to reach him, because I recognized him as my grandfather. . . . I remember how glad I was to see him coming. I had been given his name and had always been proud of it.

“When Grandfather came within a few feet of me, he stopped. . . . He looked at me very earnestly and said:

“‘I would like to know what you have done with my name.’

“Everything I had ever done passed before me as though it were a flying picture on a screen. . . . My whole life had passed before me. I smiled and looked at my grandfather and said:

“‘I have never done anything with your name of which you need be ashamed.’

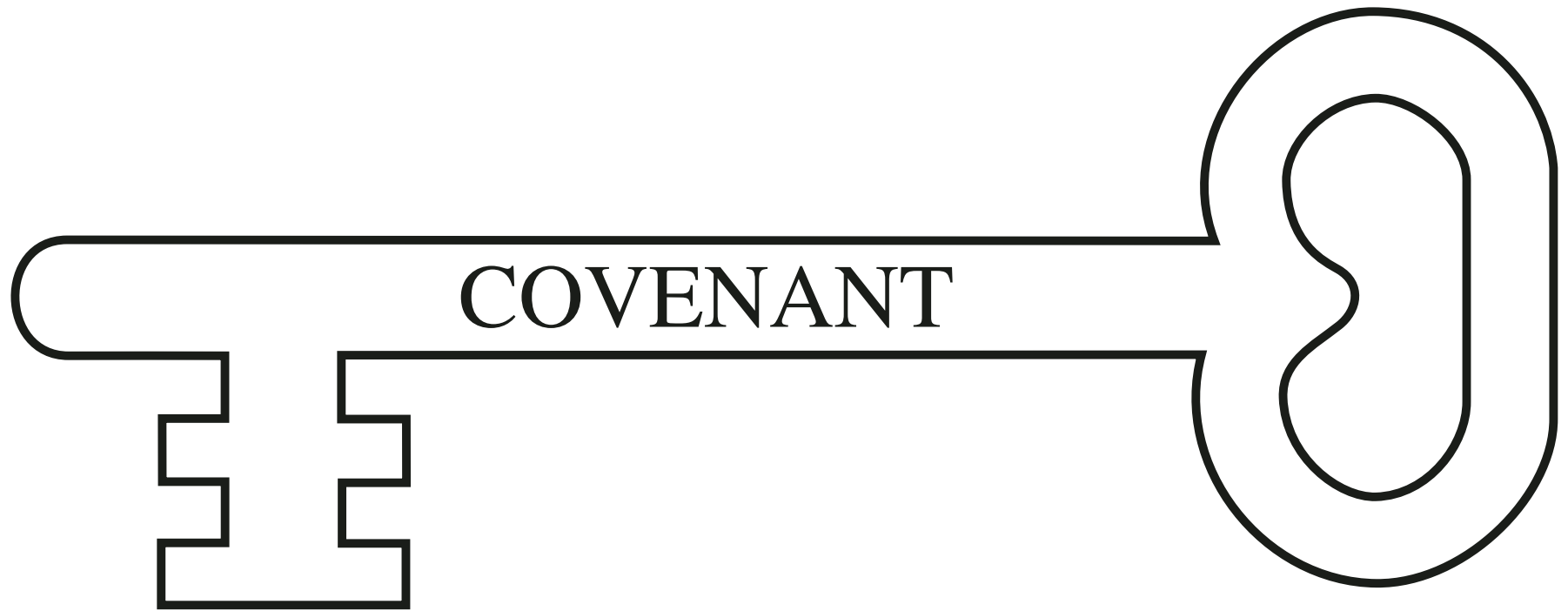
“He stepped forward and took me in his arms, and as he did so, I became conscious again of my earthly surroundings. My pillow was as wet as though water had been poured on it—wet with tears of gratitude that I could answer unashamed” (“Your Good Name,” *Improvement Era*, Mar. 1947, p. 139).

Explain to the children that as they willingly keep the commandments and give service to others, they are honoring the name of Jesus Christ.

4. Sing or read the words to “Baptism” (*Children’s Songbook*, p. 100) or “The Fourth Article of Faith” (*Children’s Songbook*, p. 124).

Conclusion

Testimony	Bear testimony that as we keep our baptismal covenants, we will learn to serve one another better and become more like Jesus Christ.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Mosiah 18:1–11, 30–35 at home as a review of this lesson. Invite a child to say the closing prayer. Note: If you decide to use enrichment activity 1 in the next lesson, make the assignments at least one week in advance.



COVENANT



My Baptismal Covenants

(Renewed Each Time I Partake of the Sacrament)

At Baptism I Covenant with the Lord to:

1. Come into the fold of God (become a member of the Church of Jesus Christ).
2. Be called his son or daughter (take upon me the name of Christ).
3. Bear others' burdens, that they may be light; mourn with those that mourn; and comfort those in need of comfort (help others).
4. Stand as a witness of God at all times and in all things and in all places (testify of Christ and set a good example at all times).
5. Serve God and keep his commandments.

When I Keep My Baptismal Covenants the Lord Covenants to:

1. Forgive my sins.
2. Pour his Spirit more abundantly upon me (give me the companionship of the Holy Ghost).
3. Redeem me that I might be numbered with those of the first resurrection and have eternal life (permit me to enter the celestial kingdom to live with Heavenly Father and Jesus Christ).

The People of King Limhi and the People of Alma

Purpose To teach the children that humility and faith in Jesus Christ can give us strength to face adversity.

Preparation

1. Prayerfully study Mosiah 21:1–16; 22; 23:1–6, 29–39; and 24 and review Mosiah 12:2, 4–5. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Mosiah 20–25 (for the entire account).
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. If you plan to use enrichment activity 1, you will need to make the assignments at least one week in advance.
5. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Pictures 4-24, Nephites under Guard of the Lamanites, and 4-25, King Limhi’s People Escape.

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity

Write the following words and definitions on the chalkboard or a poster. Explain that the children are going to learn some important words from the scripture account. Let the children volunteer to say a word and choose its definition.

Adversity	a. A load or sorrow difficult to bear
Bondage	b. Willing to learn; lack of pride
Humility	c. Misfortune, suffering, or difficulty
Persecution	d. Lack of freedom; slavery
Faith	e. Harassment, affliction, or attack
Burden	f. Believing without seeing

Answers: adversity: c; bondage: d; humility: b; persecution: e; faith: f; burden: a

Scripture Account	Review the prophecies of Abinadi concerning the Nephites from Mosiah 12:2, 4–5. These prophecies were literally fulfilled even though the Nephites were split into two separate groups. Teach the accounts of the people of King Limhi and the people of Alma from Mosiah 21:1–16; 22; 23:1–6, 29–39; and 24. Use the pictures at appropriate times. (For suggested ways to teach the scripture accounts, see “Teaching from the Scriptures,” p. vii.)
Discussion and Application Questions	Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

The People of King Limhi

- In what ways did the Lamanites persecute the people of Limhi? (Mosiah 21:3.) Why did this happen? (Mosiah 21:4; 12:2, 4–5.)
- What effect did losing three times in battle to the Lamanites have on the people of King Limhi? (Mosiah 21:13–14.) What does it mean to be humble? Why do you think the Nephites finally humbled themselves?
- Why was Heavenly Father slow to hear the cries of Limhi’s people? (Mosiah 21:15.) How did he finally answer their pleas for help? (Mosiah 21:15–16.) What could Limhi’s people learn from living in bondage? How can sufferings in our lives help us become more humble, obedient, and prayerful?
- After King Limhi and his people had made a covenant, or promise, with God, what did they want to do to show they honored their covenant with Him? (Mosiah 21:35.) How can we show Heavenly Father that we honor our baptismal covenants?

The People of Alma

- What are some reasons the faith and patience of the people of Alma were tested? (Mosiah 23:21.) What promise did the Lord make to them and to us if we put our trust in him when our patience and faith are being tested? (Mosiah 23:22.) How have you been blessed by trusting in the Lord?
- Why did Alma say that his people should not be frightened? (Mosiah 23:27.) How did the people respond to his counsel? (Mosiah 23:28.) How did the Lord help them? (Mosiah 23:29.) How has the Lord helped you find courage?
- What can you do to become stronger through adversity? How has Heavenly Father blessed you or your family in adversity?
- How did Alma and his people tell Heavenly Father what they needed when the wicked ruler Amulon would not let them pray out loud? (Mosiah 24:12.) How did Heavenly Father answer their prayers and keep his promise to them? (Mosiah 24:13–16.) How has Heavenly Father kept his promises to you?
- What did Alma and his people remember to do after they had been delivered from the Lamanites? (Mosiah 24:21–22.) Why is it important to show gratitude, even in adversity? How can we show gratitude to Heavenly Father for our blessings?
- How were the people blessed spiritually through their adversity?

- How can having faith in Jesus Christ and humility strengthen you during times of adversity?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Invite two adults to dress as King Limhi and Alma. King Limhi can tell the account of his people from Mosiah 21 and 22. Alma can tell the account of his people from Mosiah 23 and 24. Let the children ask questions about the events in the accounts. The discussion and application questions may be used during the accounts or at the conclusion of the accounts.
2. Divide the class into two to four teams, depending on the size of the class. Let each team take a turn pantomiming their favorite part of the story while the other teams guess what they are pantomiming.
3. Memorize the fourth article of faith.
4. Sing or read the words to “The Fourth Article of Faith” (*Children’s Songbook*, p. 124) or “Faith” (*Children’s Songbook*, p. 96).
5. Invite the children to read some of the following scriptures silently and mark those that have an important meaning to them:
 - Mosiah 23:7, 15, 21–22
 - Mosiah 24:12–16, 21–22
 - Mosiah 25:10, 15–16, 22–24

Conclusion

Testimony	Express your gratitude for and testimony of the Lord’s blessings to you during times of adversity.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Mosiah 21:6–16 and 24:10–15 at home as a review of this lesson. Invite a child to give the closing prayer.

Alma the Younger and the Sons of Mosiah Repent

Lesson

14

Purpose	To teach the children that repentance is necessary for earthly happiness and eternal life.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Mosiah 27, 28:1–9 and Alma 36:11–24. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.3. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. A backpack or bag and four or five heavy objects such as books, rocks, or bricks. Label each object with a sin such as lying, making fun of others, smoking, and so on.c. Picture 4-26, An Angel Appears to Alma and the Sons of Mosiah.
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Suggested Lesson Development	Invite a child to say the opening prayer.
Attention Activity	<p>Bring a backpack or bag filled with several heavy objects to class. (You may know of particular things children this age might be tempted with. Use these on the labels.) Let the children take turns holding the heavy bag. Then have a child take each object out one at a time.</p> <p>When all the “sins” are removed, the child’s “burden,” or heavy load, will be light. (You might want to keep the objects on display throughout the lesson so you can refer back to them.) Compare the weight of the heavy bag and the light bag. Jesus told us that if we come unto him through faith, repentance, and baptism, our burdens will be lightened. Repentance is being sorry for committing a sin, not doing it again, and then trying to live more like the Savior. In this lesson the children will see how Alma the Younger and the sons of Mosiah discovered the burden of sin and the happiness that comes when that burden is lifted through faith in Jesus Christ and repentance.</p>
Scripture Account	Using the picture at an appropriate time, teach the story of the mighty change that took place in the lives of Alma the Younger and the sons of Mosiah as recorded in Mosiah 27 and 28:1–9. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Help the children understand that this lesson is about Alma the Younger (his father, Alma the Elder, was the Alma who was converted through Abinadi’s preaching). Discuss the repentance process that Alma the Younger went through, which is the same process we must go through as we repent (see Alma 36:16–21):

1. Recognize sin.
2. Confess the sin and pray for forgiveness.
3. Do our best to make up for the wrong.
4. Forsake the sin.
5. Obey the commandments and live more like the Savior.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What were the unbelievers doing to the members of the Church? What does it mean to be persecuted? Why do you think these people persecuted members of the Church? (Mosiah 27:1, 8–10.) In what ways might members of the Church be persecuted today?
- Who prayed for Alma the Younger and the sons of Mosiah? For what did they pray? (Mosiah 27:14.) What do you think your parents pray about when they pray for you?
- How must we pray in order to receive answers? (Mosiah 27:14.) Invite class members to share experiences when they have received answers to their prayers. You may also want to share such an experience.
- How did Alma and his four friends experience Heavenly Father's power? (Mosiah 27:11, 15, 18.)
- What happened to Alma because of this spiritual experience? (Mosiah 27:19.) How was this a great blessing in Alma's life?
- What did Alma the Elder do when he heard what happened to his son? (Mosiah 27:20–23.) Why do our parents want us to obey Heavenly Father's commandments?
- How did Alma feel after the angel spoke to him? (Alma 36:11–17.) Why is it important for us to feel sorry for our sins?
- How did Alma's knowledge of Jesus Christ's atonement help him repent? (Alma 36:17–18.) What did Alma do when he remembered the Savior? (Alma 36:18.) Why is it important to confess our sins and pray for forgiveness when we repent?
- How did Alma try to make up for the wrong he had done? (Alma 36:24.) As part of repentance, why is it important for us to change and try to make up for the wrong things we have done?
- When Alma the Younger and the sons of Mosiah had repented and changed from their evil ways, what did they want to do to help others? (Mosiah 27:32, 35; 28:1.) How can we be examples for good among our families and friends?

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Use a picture of a baby, or invite someone with an infant to bring their baby to class. Compare the purity of a baby with the purity of a person who has repented.

2. Invite a recent convert to share some of the ways repentance and baptism have affected his or her life and happiness.
3. Use a bottle of clear water as a representation of a person free from sin. Drop a small amount of food coloring into the water, and point out how the color spreads throughout the water. Compare this to sin. Then add a few drops of liquid bleach to clear up the color, and compare this to how repentance cleanses us from sin. (You might want to try this experiment in advance to know how much food coloring and bleach to use.)
4. Sing or read the words to “Help Me, Dear Father” (*Children’s Songbook*, p. 99).

Conclusion

Testimony	Bear testimony that it is only through repentance and the atonement of Jesus Christ that our burdens of sin can be lightened and we can receive forgiveness and a fulness of joy.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Mosiah 27:10–24 at home as a review of this lesson. Invite a child to give the closing prayer.

Lesson
15

Alma and Amulek's Mission to Ammonihah

Purpose

To teach the children the importance of faithfully obeying Heavenly Father's commandments.

Preparation

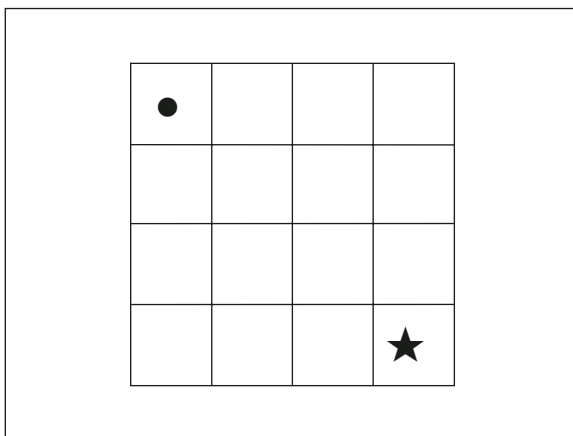
1. Prayerfully study Alma 8:8–9:34 and 11:21–12:19. Then study the lesson and decide how you want to teach the children the scripture account. (See "Preparing Your Lessons," p. vi, and "Teaching from the Scriptures," p. vii.)
2. Additional reading: Alma 10.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Picture 4-27, Alma Teaching the People of Ammonihah.

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity

Draw the following illustration on the chalkboard:



Have a child place the chalk on the dot and draw a line following these instructions:

1. Go right three squares.
2. Go down two squares.
3. Go left one square.
4. Go up one square.
5. Go left two squares.
6. Go down one square.
7. Go right one square.
8. Go down one square.
9. Go right two squares.

- If (name of child) had not followed my instructions, would the line have ended up on the star?

Thank the child for being obedient in following every instruction. Tell the children that in this lesson they will learn about two missionaries who were obedient in all they were asked to do.

Scripture Account	Teach the story of Alma and Amulek and their mission to Ammonihah from Alma 8:8–9:34 and 11:21–12:19. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Use the picture at an appropriate time.
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none"> • Why wouldn't the people of Ammonihah listen to Alma? (Alma 8:9.) What did Alma do to try to soften the hearts of the people? (Alma 8:10.) • What do you think you would have done if you had experienced what Alma did when he first went to Ammonihah? (Alma 8:13–14.) Why did the angel tell Alma to rejoice? (Alma 8:15.) How do you feel when you have obeyed Heavenly Father's commandments? • When was the first time this angel had been sent with a message for Alma? (Point out the footnote for the word <i>delivered</i> in Alma 8:15, and then have someone read Mosiah 27:11–16.) Briefly review how Alma had repented and become an obedient servant of Heavenly Father (see lesson 14). • What can we learn from the way Alma responded to the angel's command? (Alma 8:18.) • Why was Amulek so willing to help Alma? (Alma 8:20.) What were Alma and Amulek commanded to do? (Alma 8:29.) • How did Heavenly Father help Alma and Amulek face the wicked people of Ammonihah? (Alma 8:30–32.) What can we do to be worthy of Heavenly Father's help in difficult situations? • What did Alma prophesy would happen to the people of Ammonihah if they did not repent and obey the commandments? (Alma 9:18.) • What did Alma and Amulek prophesy about Jesus Christ? (Alma 9:26–28.) • What does it mean to fast? Why did Alma fast for the people of Ammonihah? (Alma 10:7.) How can fasting be a blessing to you? • How did Zeezrom try to tempt Amulek? (Alma 11:22.) How did Amulek respond to this temptation? (Alma 11:23–25.) Has anyone tried to trick or tempt you to do something wrong? How can you resist such temptations? • How was Zeezrom blessed by the obedience of Alma and Amulek? What caused Zeezrom to repent? (Alma 12:7–8.) How can sharing your testimony help others gain a testimony? What did Alma teach Zeezrom about how God will judge us? (Alma 12:12–15.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Invite a returned missionary to visit the class to share how important it was for him or her to obey the mission rules and the teachings of Jesus Christ. Explain that every morning missionaries strengthen themselves with scripture study and prayer before going out to teach the gospel of Jesus Christ. Teach the children that obeying the commandments will help them gain faith, courage, and protection from Satan.
2. Bring one or more items so that a child can dress up as Alma. Have a few children role-play Alma's mission to Ammonihah. Give the child taking the part of Alma a card with the following message written on it: "I am Alma. I have come to teach you about our Savior, Jesus Christ, and how to obey his commandments. May I come in?" Give other children cards with the following messages:

We are no longer members of the Church, Alma. We do not believe anything you say.

You cannot come in, Alma. Leave our house and our city.

Come in. I would like to hear your message.

No! We remember how rebellious you were, Alma. We will not listen to a hypocrite.

Talk about the courage missionaries must have and how faith in Jesus Christ and obedience to his commandments gives us courage.

3. Ask a child to role-play Amulek. Ask another child to role-play Zeezrom and pretend that he has six onties of silver in his hand. Give this child a card with the following message written on it: "Behold, here are six onties of silver, and all these will I give thee if thou wilt deny the existence of a Supreme Being." Stop the role play and ask the children what they think Amulek should say to this bribe. Emphasize Amulek's courage in doing what was right. Talk about the courage Heavenly Father and Jesus Christ want us to have to be obedient.
4. Ask the children what commandments they have obeyed or will obey today, such as saying prayers, coming to church, singing songs, bearing testimony, partaking of the sacrament, thinking of Jesus Christ during the sacrament, doing kind deeds of service, and paying tithing. Encourage the children to be aware of their actions, their words, and their thoughts in the coming week and to have the courage to obey Heavenly Father's commandments.
5. Sing or read the words to "Dare to Do Right" (*Children's Songbook*, p. 158), "Stand for the Right" (*Children's Songbook*, p. 159), or "Choose the Right Way" (*Children's Songbook*, p. 160).

Conclusion

Testimony	Bear testimony that Heavenly Father wants us to obey his commandments so we will be worthy of his Spirit, which will be with us and help us return to him.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Alma 8:14–20 at home as a review of this lesson.
	Invite a child to give the closing prayer.

Alma and Amulek in Prison

Lesson 16

Purpose To help the children develop faith in Jesus Christ so they will stand for the right.

Preparation

1. Prayerfully study Alma 14:1–16:10. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Alma 60:13.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. An umbrella.
 - c. Pictures 4-28, Alma and Amulek in Ammonihah, and 4-29, Alma and Amulek Walk out of the Fallen Prison.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

Show the children an umbrella (or pretend to have an umbrella) and a Book of Mormon. Ask how the two items might be similar. Help the children understand that an umbrella will not protect us from rain unless we open it and stand under it. Similarly, the Book of Mormon cannot increase our faith in Jesus Christ until we open it, prayerfully study it, and live its teachings.

Invite the children to open their copies of the Book of Mormon and learn how two missionaries had enough faith to cause the walls of a prison to tumble to the ground.

Scripture Account

Teach the account of Alma and Amulek in prison from Alma 14:1–16:10. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Use the pictures at appropriate times.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

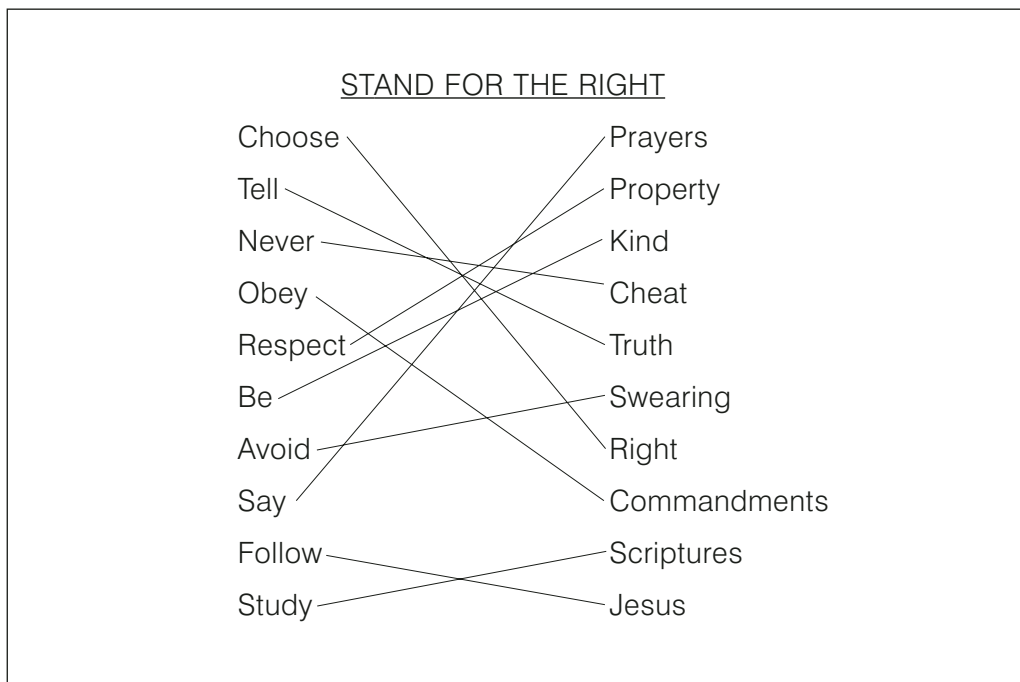
- Briefly review the story of Zeezrom from the last lesson. How did Zeezrom feel when he realized he had blinded the minds of the people? (Alma 14:6.)
- How did Zeezrom show he was sorry for his sins? (Alma 14:7.) How did the people treat him? Why do people sometimes persecute those who believe in Heavenly Father?
- What did the people of Ammonihah do to Zeezrom and those who believed Alma and Amulek? (Alma 14:7, 9.) How would you feel if this happened to you?

- As the sorrowing Alma and Amulek watched the scriptures and the innocent wives and children burning, what did the Holy Ghost tell Alma? (Alma 14:11.) Why didn't Heavenly Father allow Alma to save the people from the fire?
- What happens to righteous people who die in defense of the truth? (Alma 60:13.) Help the children understand that sometimes righteous people have died for defending the truth.
- Why do you think Alma and Amulek were able to endure their awful persecutions? What can you do to try to gain the faith in Jesus Christ that Alma and Amulek had? How does standing for the right take courage?
- While Alma and Amulek were in prison, what were they given the power to do? (Alma 14:25–28.) Who gave them this power? Why do you think the people of the city ran away from Alma and Amulek? (Alma 14:29.)
- Why was Zeezrom sick with a burning fever? (Alma 15:3.) What made it possible for Zeezrom to be healed both physically and spiritually? (Alma 15:6–8.) How have you felt when you have done something wrong? How have you felt when you have repented? (Be careful not to discuss matters that may embarrass the children.)
- After he was healed and baptized, what did Zeezrom do? (Alma 15:12.) What are you doing now to share the gospel with others? How can you prepare to serve a full-time mission? What happened to Amulek because he was a missionary? (Alma 15:16.) What sacrifices do missionaries make today to go on a mission?
- What did Alma prophesy would happen to the people of Ammonihah if they refused to repent? (Alma 9:18.) How was this prophecy fulfilled? (Alma 15:15; 16:2–3, 9–10.)
- What have you learned from the story of Alma and Amulek that will help you have faith in Jesus Christ and stand for the right?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Make copies of the Stand for the Right chart at the end of the lesson, and give one to each child. Have the children draw lines that will connect each word on the left to a word on the right to make a statement that takes courage to do. Ask the children to stand when they are finished. When everyone is standing, ask them to sit down and choose a statement that they are willing to take a stand for. Give each child the opportunity to come to the front of the room and repeat their goal out loud while opening the umbrella and standing under it. Example: "I will take a stand to never cheat!" (It is all right for several children to choose the same goal.) Explain that the umbrella represents the teachings of Jesus Christ, which will protect us from Satan if we stand under them.



2. With the children, make a list on the chalkboard of things children can do to strengthen their faith in Jesus Christ. Ask each child to choose from the list one thing to do during the coming week. Have the children close their eyes and imagine themselves accomplishing their goals. Invite the children to tell you next week how well they succeeded.
3. Read the fourth article of faith, and ask the children to identify how Zeezrom went through each of the steps listed.
4. Sing or read the words to “Stand for the Right” (*Children’s Songbook*, p. 159). Have the children stand when they sing the last phrase, “And stand for the right.”

Conclusion

Testimony	Testify that as we obey the commandments as Alma and Amulek did, our own faith in Jesus Christ will increase and we will have courage to stand for the right.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 14:23–29 and 15:1–13 at home as a review of this lesson. Invite a child to give the closing prayer.

STAND FOR THE RIGHT

Choose	Prayers
Tell	Property
Never	Kind
Obey	Cheat
Respect	Truth
Be	Swearing
Avoid	Right
Say	Commandments
Follow	Scriptures
Study	Jesus

STAND FOR THE RIGHT

Choose	Prayers
Tell	Property
Never	Kind
Obey	Cheat
Respect	Truth
Be	Swearing
Avoid	Right
Say	Commandments
Follow	Scriptures
Study	Jesus

Ammon, a Great Servant

Lesson

17

Purpose	To encourage each child to share the gospel by setting a good example and bearing testimony of Jesus Christ.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Alma 17–19. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.3. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. Picture 4-30, Ammon Defends the Flocks of King Lamoni (Gospel Art Picture Kit 310; 62535).
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	<p>Have a child role-play a nonmember. Have two children at a time be missionaries. (You may make paper name tags if you wish.) Have each pair of missionaries respond to one or two of the investigator’s questions, which could be similar to the following:</p> <p>How do you know Heavenly Father lives? What is your Heavenly Father like? Who is Jesus Christ? What did Jesus Christ do for us? Who is the Holy Ghost? How does the Holy Ghost help us?</p> <p>Ask the children how they feel when they tell someone about Heavenly Father, Jesus Christ, and the Holy Ghost. Help the children realize that they shared their testimonies when they explained what they know about Heavenly Father, Jesus Christ, and the Holy Ghost.</p> <p>Enrichment activity 1 could be used as an alternate attention activity.</p> <p>Explain that this lesson is about a great missionary who had a strong testimony.</p>
Scripture Account	Using the picture at an appropriate time, teach the children the account of Ammon and King Lamoni from Alma 17–19. Explain that Ammon bore testimony to King Lamoni of his knowledge of Heavenly Father. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What does it mean to be “an instrument in the hands of [the Lord]”? (Alma 17:9.) Explain that an *instrument* is a tool. After the sons of Mosiah repented, how did they prepare for their missions? (Alma 17:2–3.) What are you doing now to share the gospel with others? What can you do to prepare to be a faithful missionary?
- Why did the sons of Mosiah want to go on a mission to the Lamanites? (Alma 17:16.) Why is it important that all of Heavenly Father’s children hear and understand the gospel of Jesus Christ?
- What did Ammon hope for when he fought the wicked Lamanites? (Alma 17:29.)
- What did the Lord promise Mosiah about his sons? (Alma 17:35.) How did the Lord fulfill his promise at this time? (Alma 19:22–23.)
- What effect did Ammon’s example have on King Lamoni? (Alma 18:9–11.) Who has set a good example for you? For whom can you set a good example?
- How did Ammon’s testimony and the Spirit of the Lord affect King Lamoni? (Alma 18:40–43.) How have others’ testimonies helped you? In what ways can you share your testimony with others?
- How did the queen and her servant Abish show their great faith? (Alma 19:8–12, 17.)
- What did King Lamoni and the queen both testify of? (Alma 19:12–13, 29–30.) How do you think King Lamoni felt after he saw Jesus Christ? (Alma 19:12–13.)
- Why is it important that we help others learn about Jesus Christ as Ammon and King Lamoni did?

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Show the children a few tools or instruments used by builders, doctors, gardeners, painters, and so forth. Ask the children to tell what they know about each one, who uses it, and how it is used.

Discuss the importance of tools. Explain how each of the children can be like a tool in the hands of God.
2. Give the children each a piece of paper and a pencil and have them write their testimonies or feelings about the Church and the gospel of Jesus Christ. They could include the thoughts and feelings that make them feel close to Heavenly Father. Have them think of someone they could share their testimonies with.
3. Have each child make the following card to take home:

I can be a missionary now by _____. (Have them fill in the blank.)

4. Sing or read the words to “I Will Be Valiant” (*Children’s Songbook*, p. 162), “I Want to Be a Missionary Now” (*Children’s Songbook*, p. 168), or “Book of Mormon Stories,” verse 5 (*Children’s Songbook*, p. 118).

Conclusion

Testimony	Testify that the Lord blesses us as we bear witness of him and his gospel. We can share the gospel with others by our example as we live the gospel of Jesus Christ.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 17:19–25, 18:8–40 at home as a review of this lesson. Invite a child to give the closing prayer.

Lesson
18

King Lamoni's Father Is Converted

Purpose

To help each child understand that through the plan of redemption we can be forgiven for our sins.

Preparation

1. Prayerfully study Alma 20:1–22:26 and 23:1, 4–5. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Prepare the following eight wordstrips (or you could plan to write the words on the chalkboard):
 - Creation
 - Adam and Eve—Fall
 - Sin
 - Physical Death
 - Jesus Christ—Atonement
 - Resurrection
 - Repentance
 - Plan of Redemption
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Pictures 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572); 4-31, Ammon and Lamoni Meet Lamoni's Father; and 4-32, Aaron Reading the Scriptures to Lamoni's Father.

Suggested**Lesson****Development**

Invite a child to give the opening prayer.

Attention Activity

Ask the children to remember how they have felt when they have had a nightmare. Invite a child or two to share how they felt. Then ask them to remember what a relief it was to wake up and realize it was not real but just a dream.

Explain that disobeying Heavenly Father's commandments causes unhappiness, pain, and sorrow. Those who feel guilty for disobeying might wish they could “wake up” and find that their sins were gone. Forgiveness for sins is not that simple, but Heavenly Father has provided a way for us to be forgiven for our sins.

Display the following four wordstrips: “Creation,” “Adam and Eve—Fall,” “Sin,” and “Physical Death.” Briefly explain (plan on about two minutes) that before the earth was created we all lived as spirit children of our Heavenly Father. Jesus Christ, under the direction of Heavenly Father, created this world and everything on it. Adam and Eve were placed in the Garden of Eden, where they chose to partake of the fruit Heavenly Father had forbidden them to eat. Adam and Eve's disobedience in partaking of the fruit is called the Fall. Explain that

we are grateful to Adam and Eve because they made it possible for us to be born on earth. The Fall was necessary, but it had two serious consequences for all of us:

- We would all commit sin, making poor choices between good and evil.
- We would all suffer physical death.

Explain that before the earth was created, Heavenly Father already had a plan that could redeem, or save, us if we repent. (Alma 12:22–25.) Explain that in this lesson the children will learn about a Lamanite king who realized he had committed serious sins and how he obtained forgiveness for his sins.

Scripture Account

Teach the account of the conversion of King Lamoni's father recorded in Alma 20:1–22:26. Include in your discussion what King Lamoni's father learned about the plan of redemption. (For suggested ways to teach the scripture account, see "Teaching from the Scriptures," p. vii.) Use the pictures at appropriate times.

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Why did King Lamoni go with Ammon to the land of Middoni? (Alma 20:1–5.) Explain that Aaron was one of Ammon's imprisoned missionary brothers.
- How do we know that Lamoni's father was not ready to receive the gospel when he first met Ammon? (Alma 20:10, 13–14.)
- What helped soften Lamoni's father's heart so that he would later receive the message of the gospel? (Alma 20:26–27.) How do you feel about people who show love to you? How can you show your love to others?
- How did Aaron know he was to visit Lamoni's father? (Alma 22:1.)
- What caused Lamoni's father to be troubled? (Alma 22:4–6.)
- Why do you think Lamoni's father became interested in the gospel when Ammon said: "If ye will repent ye shall be saved, and if ye will not repent, ye shall be cast off at the last day"? (Alma 22:6.)
- What did Aaron use as he taught King Lamoni's father? (Alma 22:12.) How can reading the scriptures help us?
- What was the first thing Aaron discussed with Lamoni's father? (Alma 22:7–8.) Why is it so important to believe in Heavenly Father?
- What did Aaron teach Lamoni's father about the Creation? (Alma 22:10.)
- In whose image were we created? (Alma 22:12.) Why is it important for you to know you were created in the image of your Heavenly Father?
- What did Aaron teach Lamoni's father about the Fall and the Atonement? (Alma 22:12–14.)

Help the children understand that by suffering for our sins, giving his life for us, and being resurrected, Jesus Christ overcame the effects of the Fall. Put the wordstrip "Jesus Christ—Atonement" on top of the wordstrip "Adam and Eve—Fall."

Because of Jesus' resurrection all of us will be resurrected. Put the wordstrip "Resurrection" on top of the wordstrip "Physical Death."

Jesus suffered for our sins, making it possible for us to repent and be forgiven. Put the wordstrip “Repentance” on top of the wordstrip “Sin.”

Put the wordstrip “Plan of Redemption” above the other wordstrips, and explain that this is Heavenly Father’s plan to help us become like him.

- After Aaron explained the plan of redemption, what did Lamoni’s father want to know? (Alma 22:15.)
- What did Aaron tell Lamoni’s father to do? (Alma 22:16.) What must we do to receive forgiveness for our sins and be worthy of receiving eternal life?
- What did Lamoni’s father do that showed he wanted to repent? (Alma 22:17–18.) What happened as a result of the king’s conversion? (Alma 22:22–23, 25–26; 23:1, 4–5.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Invite the children to mark in their copies of the scriptures any passages they have read, such as the following, that they feel are especially important:
 - “If ye will repent ye shall be saved, and if ye will not repent, ye shall be cast off at the last day” (Alma 22:6).
 - “I will give away all my sins to know thee” (Alma 22:18).
2. Review the second and third articles of faith, and help the children understand and memorize them.
3. Draw a large square on the chalkboard or paper, and divide it into nine equal squares. Number the squares from one to nine as shown:

1	2	3
4	5	6
7	8	9

Divide the class into two teams. Assign each team a mark, such as X and O. Ask someone from the first team to choose a number from one to nine; then read the corresponding question below. Any member of the team may answer the question. If the team answers the question correctly, they can put their team’s mark in the square that has the same number as the question they answered. If they don’t answer the question correctly, leave the square blank. Have the two teams alternate turns. The game is over when either team gets three marks in a row, horizontally, vertically, or diagonally.

- 1) What is Heavenly Father's great plan for us called? (The plan of salvation, the plan of redemption, or the plan of happiness.)
- 2) What does *redeem* mean? (Save us from the bondage of sin.)
- 3) Who created the earth? (Jesus Christ, under Heavenly Father's direction.)
- 4) Who were the first people on the earth? (Adam and Eve.)
- 5) What happened because Adam and Eve ate the forbidden fruit? (They were cast out of the Garden of Eden, they could have children, they became mortal, and they were able to choose between right and wrong [see Moses 5:11].)
- 6) Aaron taught the king from the scriptures or the brass plates. What are the four books of scripture we use to teach the gospel, or plan of redemption? (The Bible, Book of Mormon, Doctrine and Covenants, and Pearl of Great Price.)
- 7) What was the first thing Aaron taught King Lamoni's father? (There is a God.)
- 8) How did Jesus make it possible for us to return to live with him again? (He suffered and died for our sins.)
- 9) What must we do to be able to return to Heavenly Father? (Repent of our sins, keep our covenants, do good works.)

To play the game again, make up questions from the lesson.

4. Sing or read the words to "Families Can Be Together Forever" (*Children's Songbook*, p. 188), "He Sent His Son" (*Children's Songbook*, p. 34), or "I Am a Child of God" (*Children's Songbook*, p. 2).

Conclusion

Testimony	Bear testimony that our Heavenly Father loves us and has provided a plan of redemption so we can repent of our sins and become like him.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Alma 22:1–16 at home as a review of this lesson. Invite a child to give the closing prayer. Note: If you choose to use enrichment activity 1 in next week's lesson, you will need to make the assignment one or two weeks in advance.

Purpose	To strengthen each child's desire to keep sacred covenants.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Alma 23–24; 26:23–33; and 27. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Additional reading: Alma 25:1–26:22.3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.4. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. For the alternate attention activity: a shallow box or pan, enough salt or sand to pour a thin layer in the box, a marker or crayon, and a rock.c. Picture 4-33, “The Anti-Nephi-Lehies Burying Their Swords” (Gospel Art Picture Kit 311; 62565).
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	Show the picture of the Anti-Nephi-Lehies burying their swords. Ask the children if they would want to bury their weapons if they knew they were in danger of attack. The people of Anti-Nephi-Lehi knew their enemies were planning to kill them, but they had made a solemn covenant with Heavenly Father that they would not fight. Explain that a gospel covenant is a binding agreement or promise between Heavenly Father and his children. Ask the children to listen as you tell the story of the Anti-Nephi-Lehies to discover why they made this covenant and how they kept their promise.
Alternate Attention Activity	<p>Sprinkle the salt or sand on the bottom of the box. With your finger write the word <i>Promise</i> in the salt or sand. Ask the children the following questions:</p> <ul style="list-style-type: none">• Have you ever made an agreement or promise with someone who broke their part of the promise? (Let the children tell how they felt when the promise was broken as you gently blow on the salt or sand to erase the word.)• What do we call a promise we make with Heavenly Father? (A covenant.)• When did we make promises to Heavenly Father? (When we were baptized.) <p>Remind the children that a promise should not be made lightly. Emphasize the importance of keeping your word. Write the word <i>Covenant</i> on the rock with a marker or crayon. Explain that a gospel covenant is a promise between Heavenly Father and his children. Blow on the rock to demonstrate that the word cannot be easily removed. As we make covenants we should remember that they are sacred, and we should be determined to keep them.</p>

Scripture Account	Teach the account of how the Anti-Nephi-Lehies honored their covenants from Alma 23–24; 26:23–33; and 27. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Use the picture at an appropriate time.
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none"> • What were the names of the four sons of Mosiah? (Mosiah 27:34.) • Why did the sons of Mosiah want to preach the gospel among the Lamanites? (Mosiah 28:3.) Why did the Nephites in Zarahemla laugh when the sons of Mosiah told them of their plans? (Alma 26:23–25.) • How were the Lamanites converted to Jesus Christ? (Alma 23:5–6.) How many of these converts remained strong in their faith in Jesus Christ? What can we do to keep our faith in Jesus Christ strong? • Why did the Lamanite converts change their name? (Alma 23:16–17.) Later, when these converts moved to the land of Jershon, by what name were they known? (Alma 27:26.) What name have you made a covenant to take upon yourself? (Mosiah 5:7–8.) • Why were the Anti-Nephi-Lehies determined to never again fight their enemies? (Alma 24:10–13, 16.) • What covenant did the Anti-Nephi-Lehies make with the Lord as they buried their weapons? (Alma 24:17–18.) How committed were the Anti-Nephi-Lehies to keeping this covenant? (Alma 24:19–22.) What commandments have we covenanted to obey? (The Word of Wisdom, tithing, keeping the Sabbath day holy, and having clean thoughts and actions.) • What happened to many of the Lamanite warriors when they saw that the people of God would not fight but lay down to be killed? (Alma 24:24–27.) How can our example help others want to join the Church? How can our example of keeping our covenants help others want to keep their covenants? • What attitude toward their enemies did the Anti-Nephi-Lehies show by burying their weapons? (Alma 26:32–33.) Why do you think people who are truly converted to the gospel of Jesus Christ have love and concern for everyone, including their enemies? • Why were the Anti-Nephi-Lehies not afraid to die? (Alma 27:28.) • Why did the king of the Anti-Nephi-Lehies say he and his people would be slaves to the Nephites? (Alma 27:4–8.) • What can we do to become more like the Anti-Nephi-Lehies in honoring our covenants?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Have an adult role-play the king of the Lamanites as he tells why his people will not take up their swords to fight their brethren. Review the covenant he made as he buried his sword. (See Alma 24:6–13, 16–18.)
2. Review the thirteenth article of faith. Ask the children if the people of Ammon lived by these principles. Ask them how living these principles will help us keep our covenants.
3. Sing or read the words to “I Feel My Savior’s Love” (*Children’s Songbook*, p. 74) or “Love One Another” (*Children’s Songbook*, p. 136).

Conclusion

Testimony	Testify that as members of Christ’s church, we have made sacred covenants. We must honor our covenants if we want to receive the promised blessings.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 24:6–27 at home as a review of this lesson. Invite a child to give the closing prayer.

Korihor, the Anti-Christ

Lesson 20

Purpose To help the children understand that by following Jesus Christ they can avoid being deceived by Satan.

Preparation

1. Prayerfully study Alma 30 and Moroni 7:15–17. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Slips of paper with positive words written on them and tape.
 - c. Pictures 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572); 4-34, Alma Testifying to Korihor That There Is a God; and 4-35, Korihor Writing That He Knows There Is a God.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity Before class, write positive words (for example, the first word of each pair below) on slips of paper, and tape one word under each child’s chair (or you could hand them out to the children as they enter the classroom). Invite the children to find the words under their chairs. Ask each child to think of a word that means the opposite of the word on his or her paper. Let each child say the opposite word he or she has thought of while the rest of the class tries to guess the positive word on the child’s paper.

Word Examples:

light/dark	right/wrong	clean/dirty
life/death	true/false	happy/sad
good/bad	peace/war	healthy/sick
love/hate	truth/lie	kind/mean
success/failure	pure/impure	joy/sorrow

When everyone has had a turn, explain that just as every word in this activity has an opposite, Satan has a counterfeit or opposite teaching for every teaching of Jesus Christ. Following Heavenly Father brings us happiness; following Satan brings us unhappiness. Ask the children the difference between how people feel when they tell lies and how they feel when they tell the truth.

Teach the children that the more we learn about something, the more we can tell the difference between that thing and its opposite. The more we learn about and follow Jesus Christ, the more we will be able to resist the temptations and deception of Satan.

Explain that the children will learn about an opposite to Jesus Christ—an anti-Christ. Anyone or anything that actively opposes Jesus Christ (either openly or secretly) is an anti-Christ.

Scripture Account

Teach the account of Korihor from Alma 30. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) You might have a child take the part of Alma and another the part of Korihor as they read the questions and answers in Alma 30:37–45. Use the pictures at appropriate times.

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Why did Korihor say the people were foolish? (Alma 30:12–16.) How can we know for ourselves that Jesus Christ lives? (By gaining a testimony of Jesus Christ.) How can we gain a testimony? (By studying the scriptures, praying, listening to the prophets, and so on.)
- What did Korihor say about the need for the atonement of Jesus Christ? (Alma 30:17.) Why can't we overcome sin on our own? How has Jesus Christ made it possible for us to overcome our sins?
- What impresses you about Alma's testimony of Christ? (Alma 30:39–41.) If you had been Alma, what might you have told Korihor about Jesus Christ?
- When Korihor asked Alma for a sign to convince him that there was a God, what examples did Alma give him? (Alma 30:44.) What do you see around you every day that helps you know that Heavenly Father exists? What experiences have you had that help you know Heavenly Father lives?
- What sign did Korihor receive? (Alma 30:48–50.) What did Korihor write about God and Satan after he was struck dumb? (Alma 30:52–53.)
- How does Satan support those who serve him? (Alma 30:60.) How does Heavenly Father reward those who serve him? (Mosiah 2:41.) Invite class members to share experiences when they have been blessed for keeping the commandments.
- Are you aware of any influences that oppose the teachings of Jesus Christ? What things do you avoid because you know they are not Christlike? What things encourage or persuade you to believe in Christ? (Moroni 7:15–17.)
- How can you be protected from being deceived by Satan? (Through keeping the commandments, listening to the Holy Ghost, studying the scriptures, and following the living prophet.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Give the children copies of the handout “Does this persuade me to believe in Jesus Christ?” at the end of the lesson. Explain that *persuade* means to convince a person to believe or do something. Tell them this is a guide given to us by the prophet Moroni for judging between good and evil (see Moroni 7:15–17). Make sure the children understand that if something persuades

them to do good and believe in Christ, it is good; if it does not, it is evil. The children may want to take their paper home as a reminder.

2. Help the children memorize the thirteenth article of faith and discuss how this is also a guide for choosing the right.
3. Display pictures of things in nature that witness that Heavenly Father lives. You may find pictures such as the following in the meetinghouse library: Creation—Living Creatures (62483), The World (62196), Children Looking at Spring Flowers (62270), Family with a Baby (62307), and so forth. Invite the children to express how they feel when they look at these pictures and how the pictures bear witness of God.
4. Read and discuss the following statement by President Ezra Taft Benson, the thirteenth President of the Church. Emphasize how the Book of Mormon is a powerful instrument in avoiding deception:

“There is a power in the [Book of Mormon] which will begin to flow into your lives the moment you begin a serious study of the book. You will find greater power to resist temptation. You will find the power to avoid deception. You will find the power to stay on the strait and narrow path” (*A Witness and a Warning*, pp. 21–22).
5. Sing or read the words to “The Still Small Voice” (*Children’s Songbook*, p. 106) or “My Heavenly Father Loves Me” (*Children’s Songbook*, p. 228).

Conclusion

Testimony	Bear testimony that we will not be deceived if we will keep the commandments, follow the promptings of the Holy Ghost, study the scriptures, and follow the living prophet.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 30:12–18, 37–56, 60 at home as a review of this lesson. Invite a child to give the closing prayer.

**Does this persuade me to
believe in Jesus Christ?**

see Moroni 7:15–17

**Does this persuade me to
believe in Jesus Christ?**

see Moroni 7:15–17

**Does this persuade me to
believe in Jesus Christ?**

see Moroni 7:15–17

**Does this persuade me to
believe in Jesus Christ?**

see Moroni 7:15–17

**Does this persuade me to
believe in Jesus Christ?**

see Moroni 7:15–17

The Zoramites and the Rameumptom

Lesson 21

Purpose	To teach the children to worship Heavenly Father in humility and sincerity.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Alma 31; 34:1–30, 38–41; and 35:1–9. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.3. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. Two sets of eating utensils.c. Picture 4-36, The Zoramites and the Rameumptom.
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	Have a make-believe dinner. Have two plates, two glasses, and two sets of utensils, but no food. Pretend to eat, and act enthusiastic about the delicious food. Invite a child to join you. Eating off empty dishes could be compared to the emptiness of the false and insincere worship of the Zoramites that is described in this lesson. Such empty worship does no more good for our spiritual nourishment than not eating does for our physical strength. In this lesson the children will learn about appropriate and sincere ways to worship God.
Scripture Account	Share the account of the Zoramites and their false beliefs recorded in Alma 31. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Use the picture at an appropriate time.
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none">• Who were the Zoramites? (Alma 31:1–3, 8.) How had they fallen away from the teachings of the Church? (Alma 31:8–11.)• How, when, and where did the Zoramites worship? (Alma 31:13–18, 21–23.) How should we worship Heavenly Father and Jesus Christ?• What were some of the things the Zoramites believed that were wrong? (Alma 31:15–17, 20.) Why is it important to know who Heavenly Father and Jesus Christ really are and what they are like?• How do we know the Zoramites’ prayers were insincere? (Alma 31:23, 27.) How can we make our prayers more sincere?

- Why did the Zoramites think they were better than others? (Alma 31:24–25, 27–28.) In what ways might we sometimes feel we are better than others? Why is pride a serious sin? (It leads us away from God.)
- How did Alma and the other leaders feel when they saw the people who had fallen away from the truth? (Alma 31:19, 24, 30–31.) How can we help those who do not know the truth? How can we help less-active members?
- What were the Zoramites' hearts set on? (Alma 31:28.) What are some worldly things that some children your age set their hearts on today? Why is it wrong to set our hearts on worldly things?
- What things did Alma pray for for himself and for his companions? (Alma 31:31–35.) How can praying for specific things help make our prayers more sincere? How has praying helped you with a problem?
- What did Amulek testify about Jesus Christ? (Alma 34:8.) How could the Zoramites gain a testimony of Jesus Christ? (Alma 34:17.)
- How and when should we pray? What should we pray for? (Alma 34:18–27.) How can we worship Heavenly Father every day of the week?
- What must we do after we pray so that our prayers are effective? (Alma 34:28.)
- How did the people of Ammon (the Anti-Nephi-Lehies) treat the Zoramites who joined them? (Alma 35:9.) How should we treat a stranger or those who are poor among us? How is this showing love for Heavenly Father? (Matthew 25:40; Mosiah 2:17.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Write the following scripture references on the chalkboard. Ask the children to match the verses that describe the Zoramites' erroneous beliefs with the verses that contain the correct teachings of Alma and Amulek:
 - Alma 31:16 (The Zoramites believed there would be no Christ.)
 - Alma 31:20–23 (All the Zoramites gave the same prayer and then never worshiped again all week.)
 - Alma 31:24 (The Zoramites' hearts were set upon riches.)
 - Alma 34:8 (Amulek testified of Christ.)
 - Alma 34:19–27 (Amulek taught that we should pray always and about everything.)
 - Alma 34:28–29 (Amulek taught that we should give of our riches to the poor.)
2. Ask the children how they would feel if they were being made fun of. Discuss ways people are prideful. Remind the children that the great and spacious building in Lehi's dream represented the pride of the world. Explain that being humble is the opposite of being proud. Have each child write on a paper one way they will try to become more humble.
3. Invite the children to read and mark the following verses or any other important verses from the lesson (the children may want to memorize all or part of a verse that is important to them):

Alma 31:34–35
 Alma 34:8
 Alma 34:26–28
 Alma 34:38

4. Sing or read the words to “A Child’s Prayer” (*Children’s Songbook*, p. 12), “I Know My Father Lives” (*Children’s Songbook*, p. 5), or “The Eleventh Article of Faith” (*Children’s Songbook*, p. 130).

Conclusion

Testimony	Bear testimony that if we humbly and sincerely worship Heavenly Father, he will bless us, and we will receive answers to our prayers.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 31:8–25 and 34:17–29 at home as a review of this lesson. Invite a child to give the closing prayer.

Alma Teaches about Faith

Purpose To teach the children that the word of God, when nourished by faith, will grow in our hearts into a testimony of Jesus Christ.

Preparation

1. Prayerfully study Alma 32–33. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Examine the visual aids at the end of the lesson and decide how you want to display them during the lesson. You could make a paper copy of each illustration, trace the illustrations on construction paper, or be prepared to draw the illustrations on the chalkboard.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A seed for each child, if possible.
 - c. A paper copy of the visual aids at the end of the lesson (seed, sprouting seed, sapling, tree, rain, sun, soil, and fertilizer).

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity

Give each child a seed, show the illustration of a seed, or draw a seed on the chalkboard.

- What can a seed become? (A plant or tree, depending on the type of seed.)
- What must happen before a seed can begin to grow? (Show the illustration of the sprouting seed or draw one on the chalkboard.)
- What does a tree look like when it is young? (Show the illustration of the sapling or draw one on the chalkboard.) What does it look like when it is mature? (Show the illustration of a tree or draw one on the chalkboard.)
- What nourishment does a seed need to help it grow into a plant or tree? (Explain that *nourishment* means something that helps things grow or keeps them alive and well, such as water, fertilizer, sunshine, and soil. Place the illustrations of the sun, rain, soil, and fertilizer near the picture of the seed.)

Explain to the children that in this lesson they will learn how they can gain a strong testimony. You could use the wordstrips from enrichment activity 1 as you discuss each principle in the lesson.

Scripture Account

Teach the account from Alma 32–33 of Alma teaching the Zoramites. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize that just as a good seed with proper care and nourishment

Discussion and
Application
Questions

will eventually become a fruit-bearing tree, the word of God, planted in our hearts and properly nourished, will develop into a strong testimony.

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

Explain that in the last lesson the children learned about the rich and proud Zoramites.

- Why were the poor Zoramites humble? (Alma 32:2–3.) What are some afflictions that may make people humble enough to listen to the gospel?
- What does it mean to be “poor in heart”? (Humble, teachable, truly repentant, and free from pride.)
- How was being poor a blessing for these people? (Alma 32:12–13.) Explain that people can be humble even if they don’t suffer afflictions or poverty, but sometimes people with riches become proud. Why is it necessary for us to be humble when we are taught the gospel?
- What is faith? (Alma 32:21.) Why must we have faith to develop a testimony of the gospel? (Alma 32:26.) Explain that it takes time to gain a testimony. Keeping the commandments can help us gain a testimony that they are true.
- What did Alma tell us to do to develop faith? (Alma 32:27.) What can we do to increase our desire to believe?
- How is obeying the commandments an “experiment” on the word of God? (Explain that *experiment* means to try something you are not sure about. When we experiment, or keep commandments, such as the Word of Wisdom, we receive blessings for our obedience and our testimonies become stronger.) How has your faith increased through your obedience to the commandments?
- How can we plant the word of God in our hearts so our testimonies will grow? (By regularly studying the scriptures; listening in Primary, sacrament meeting, and family home evening; praying; and consistently applying the principles of the gospel in our lives.)
- How will we know when the good seed, or a testimony of the gospel, is beginning to grow inside us? (Alma 32:28, 34.) Invite class members to share their testimonies and describe how they gained them. Encourage the children to gain and strengthen their testimonies. Assure them that if they have faith they can gain strong testimonies of the gospel.
- What does it mean to nourish a seed? (Explain that *nourish* means feed or take care of.) What qualities did Alma tell us we must have to nourish our testimonies of the gospel? (Alma 32:41–42.) Why do you think patience and diligence are necessary in developing faith and a testimony?
- How can studying the scriptures strengthen our faith and testimony? (Alma 33:14.)
- What important teaching should be part of our testimony? (Alma 33:22.)
- How is a strong testimony like a tree? (Alma 33:23.) How will having a testimony help you gain eternal life? You may wish to tell how your testimony has made your problems easier to deal with and brought you joy.

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Make the following wordstrips:

Word of God	Study the scriptures
Testimony of Jesus Christ	Obey the commandments
Pray	Give service

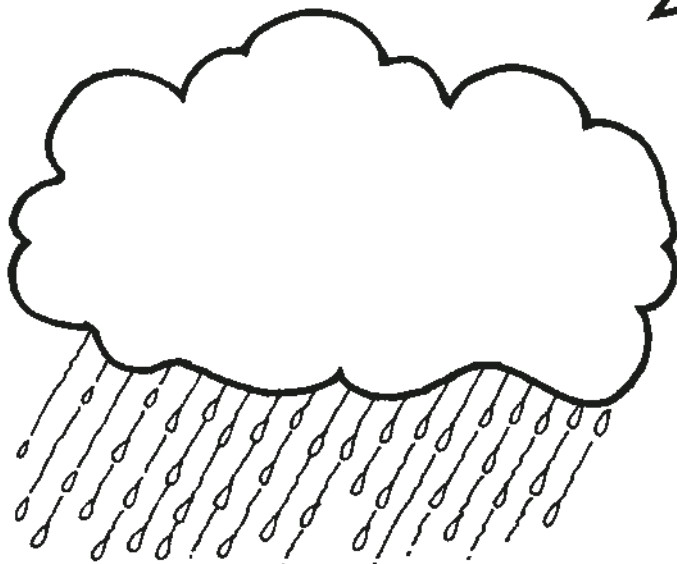
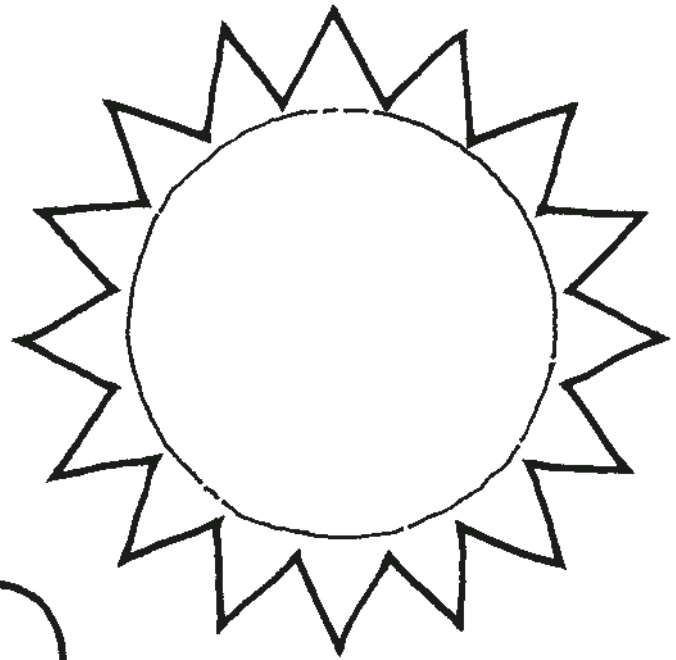
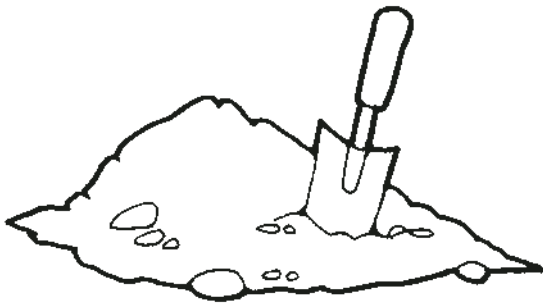
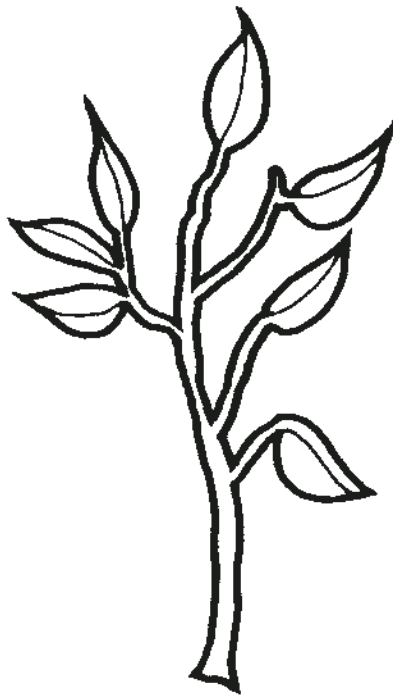
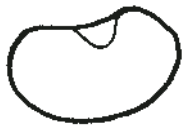
As you teach the children the scripture account, explain that in Alma 32 the word of God is compared to a seed. Place the wordstrip “Word of God” on the illustration of the seed. (Explain that in this scripture the word of God means the gospel, or the teachings of Jesus Christ.) Just as a seed will grow into a tree, if we learn and obey the word of God, we will gain a strong testimony of the gospel.

Place the wordstrip “Testimony of Jesus Christ” on the illustration of the tree. Just as a seed requires care and nourishment to grow into a tree, our testimony of the gospel requires faith and care to grow strong. Ask the children what they can do to strengthen their testimonies. As they respond, place the wordstrips “Pray,” “Study the scriptures,” “Obey the commandments,” and “Give service” by the illustrations of the things that nourish a tree.

2. Make individual puzzles out of some of the words that apply to the lesson by writing the words on slips of paper and cutting the papers into pieces. The words could include *humility*, *desire*, *nourish*, *obedience*, and so on. Divide the class into as many groups as you have words. When a group has put the word together, let a child from that group review what the lesson taught about that word.
3. Prepare pieces of paper with a gospel principle, such as fasting, tithing, or Word of Wisdom, written on each one. Pin or tape a piece of paper on the back of each child, without the child seeing it. Have the children ask the other children questions to try to guess what the principle is, or have the rest of the class give clues. After the child guesses correctly, ask him or her how someone can gain a testimony of that principle. In each case the answer should include praying and living the principle.
4. Sing or read the words to “Faith” (*Children’s Songbook*, p. 96) or “The Fourth Article of Faith” (*Children’s Songbook*, p. 124).

Conclusion

Testimony	Testify that if the children will learn the word of God and obey the commandments while they are young, they will gain strong testimonies of the truthfulness of the gospel of Jesus Christ. Share your feelings about your faith in the Savior and in his gospel.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 32:21–22, 26–28, 40–43; and 33:14–23 at home as a review of this lesson. Invite a child to give the closing prayer.



Lesson
23

Alma Counsels His Sons Helaman and Shiblon

Purpose To teach the children that the scriptures were given to us as a source of joy in this life and as a guide for us to return to Heavenly Father and gain eternal life.

Preparation

1. Prayerfully study Alma 37–38. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Prepare a copy of the handout “The Scriptures” (at the end of the lesson) for each child. (Optional)
4. Prepare the wordstrip “Eternal Life.”
5. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A small picture of Jesus Christ or the wordstrip “Jesus Christ.”
 - c. Pictures 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572), and 4-15, The Liahona (Gospel Art Picture Kit 302; 62041).

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

Before class starts hide a small picture of Jesus Christ or the wordstrip “Jesus Christ” somewhere in the classroom. Display the wordstrip “Eternal Life.” Explain that as members of the Church we want to find joy in this life, return to our Heavenly Father, and obtain eternal life, which is to live forever as families in God’s presence. Help the children understand that eternal life is God’s greatest gift to his children. Heavenly Father wants all of us to be worthy to live with him forever. Tell the children that hidden some place in the room is a small picture (or wordstrip) of someone who wants to help them gain eternal life. Give the children about thirty seconds to search for the picture (or wordstrip). Remind them that Heavenly Father has given us a guide to lead us to eternal life. Give hints if necessary.

After the children find the hidden picture of Jesus (or wordstrip), show them the large picture of Christ and your scriptures. Explain that we have been given the scriptures as a guide to help us learn about Jesus Christ and become like him so we may return to our Father in Heaven.

Scripture Account

Using the suggested pictures, teach Alma’s counsel to his sons Helaman and Shiblon found in Alma 37–38. Emphasize Alma’s teachings about the scriptures and how they can be a guide in our lives. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Why was it important for the Book of Mormon prophets to keep and preserve the brass plates? (Alma 37:4, 8; see lesson 3.)
- Why was the Liahona given to Lehi? How did it work? (1 Nephi 16:10, 28.)
- How are the scriptures like the Liahona? (Alma 37:44–45.) How can the scriptures help us return to live with Heavenly Father?
- What did the scriptures teach the Lamanites that caused them to repent? (Alma 37:9.)
- What did Alma ask his son Helaman to teach the people? (Alma 37:32–34.) How can we overcome temptation?
- What did Alma mean when he counseled Helaman to “learn wisdom in thy youth”? (Alma 37:35.) Why is living the gospel in our youth so important?
- What did Alma teach Helaman about prayer? (Alma 37:36–37.) How and when should you pray? What does it mean to “be lifted up at the last day”? Help the children understand that this refers to the final judgment when all who have obeyed the commandments will enter into Heavenly Father’s presence and live with him forever.
- How had Alma’s son Shiblon brought him great joy? (Alma 38:2–4.) How has your obedience to the commandments brought joy to your parents?
- What is pride? (Alma 38:11. Not being humble or teachable. Proud people think they are more important than others. Proud people follow their own will rather than Heavenly Father’s will.) How does learning to admit and correct our mistakes bring us closer to Heavenly Father? What does it mean to boast?
- How did Alma know the things he taught his son? (Alma 38:6–8.) What must we do so the Holy Ghost can teach and help us as he did Alma? How has the Holy Ghost taught or helped you do what is right?
- What did Alma testify to Shiblon about Jesus Christ? (Alma 38:9.) How can we use the scriptures to help us gain a similar testimony? (Read and ponder them daily, seek the help of the Spirit to understand them, and liken them to our own experiences and situations.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Explain that one of the reasons we have been given the scriptures is to help us overcome and solve our problems. Give each class member a copy of the four written situations. Ask each child to work with a partner to decide how the scriptures that are listed would help in each situation. The four situations given below are only examples. You may use others that relate better to the children in your class. (More than one scripture may apply to each situation.)

When Jim was baptized, his family was angry with him. When the bishop asked Jim to accept a call to serve a full-time mission, Jim did not have enough money.

Shelly has an important decision to make, but even after talking to many people she can't decide what to do.

Heather's friends often try to get her to shoplift with them. When she refuses, they make fun of her.

Doug has been given a school assignment that is difficult to complete in the assigned time.

Alma 26:12; 1 Nephi 3:7; Alma 37:37; 1 Nephi 17:3

2. Copy the following words from Alma 37 on two separate sheets of paper.

"Learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God" (Alma 37:35).

"Counsel with the Lord in all thy doings, and he will direct thee for good" (Alma 37:37).

Cut each scripture into individual words. Put the first scripture in one container and the second in another, and place them in front of the class. Divide the class into two groups. Give each group a piece of paper and a pencil. Have one person at a time from each group come up to the container, pick a word, and bring it back to the group. The next person does the same, and so on. Each group assembles the words in proper order. If the children need help, give them the scripture reference. When the groups have figured out their scriptures, they may write them out and memorize them. At the conclusion, each group could recite its scripture in unison.

3. Read 1 Nephi 16:28 with the class: "And it came to pass that I, Nephi, beheld the pointers which were in the ball, that they did work according to the faith and diligence and heed which we did give unto them." Discuss how the Liahona worked for Lehi and his family. Divide the class members into three groups, and give each group one of the three words (*faith, diligence, or heed*) with its definition.

Faith: a belief in that which is unseen and is true.

Diligence: devoted effort to accomplish something.

Heed: attention; notice.

Have each group discuss the meaning of their word and how the principle can help them use the scriptures as a guide back to Heavenly Father. Have them try to think of an example to illustrate. After two or three minutes have each group choose someone to explain to the class how that principle can help them use the scriptures as a Liahona.

4. Invite a ward member to come to your class and share experiences when the scriptures have given him or her guidance and answers to prayers.
5. Read and discuss the eighth article of faith. Emphasize how the scriptures help us return to our Father in Heaven. You may want to use the Eighth Article of Faith chart (65008).
6. Sing or read the words to "Search, Ponder, and Pray" (*Children's Songbook*, p. 109), "Seek the Lord Early" (*Children's Songbook*, p. 108), or "As I Search the Holy Scriptures" (*Hymns*, no. 277).

Conclusion

Testimony	<p>Bear testimony that studying the scriptures daily can help us solve our problems, overcome temptation, and stay on the strait and narrow path to return to our Father in Heaven and gain eternal life.</p> <p>Give the children each a copy of the handout. Suggest that they put it inside their scriptures as a bookmark.</p>
Suggested Family Sharing	<p>Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”</p>
Suggested Home Reading	<p>Suggest that the children study Alma 37:33–47 and 38:1–12 at home as a review of this lesson.</p> <p>Invite a child to give the closing prayer.</p>



THE SCRIPTURES

*My Guide to Returning to My Father in
Heaven and Gaining Eternal Life*

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Alma Counsels His Son Corianton

Lesson
24

Purpose To help the children understand that there are good and bad consequences depending on our choices.

Preparation

1. Prayerfully study Alma 39. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Make a chart of the items listed in the attention activity, or write them on the chalkboard.
4. Materials needed: a Book of Mormon for each child.

Suggested Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Ask the children to imagine that they are alone on a raft in the middle of the ocean. They discover that they must lighten their load because the raft is riding low in the water. They must throw overboard all but two items of their supplies. From the following list, ask them to choose the two items they will keep:

- Life jacket
- First aid kit
- Chest filled with gold
- Fishing pole, fishing tackle, and bait
- Case of one dozen bottles of fresh water
- Two-way radio
- Box of emergency flares
- Large can of shark repellent

List the choices on the chalkboard, and ask the children to explain the reasons for their choices. The choices in this activity should pose a dilemma. Point out that choosing would be difficult because they would not know what would happen in the future: they might sink and need the life jacket, become thirsty and need the water to drink, become hungry and need the fishing pole, encounter sharks and need the repellent, need the radio to seek help, get hurt and need the first-aid kit, need the flares for a nighttime rescue, or get rescued in the next few hours and wish they had kept the treasure.

Explain that in life we have many difficult choices to make, but Heavenly Father has given us commandments to help us. This lesson is about making choices.

Scripture Account

Teach the children the account of Alma counseling his son Corianton from Alma 39. (For suggested ways to teach the scripture account, see “Teaching

from the Scriptures,” p. vii.) Note: Do not teach the specific content of Alma 39:3–6. Simply summarize it by explaining that Corianton committed a very serious sin while on a mission among the Zoramites. If the children ask about the nature of Corianton’s sin, suggest that they discuss it with their parents.

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What kind of example had Corianton’s brother set for him? (Alma 39:1.) Whom do you look to for a righteous example? What righteous choices have they made?
- Why did Alma say he was unhappy with Corianton? (Alma 39:2.) What does it mean that Corianton did not give heed to his father’s words? (Corianton did not obey Alma.) Why do we need to obey our parents? What does it mean to boast? (To brag or put ourselves above others.) Why is it wrong to boast?
- Why did Alma say he was reminding Corianton of his sins? (Alma 39:7–9. Explain that to “cross yourself in all these things” [verse 9] means to turn away from these evils.) Who knows of all our sins? (Alma 39:8.) How can feelings of guilt lead a person to repent?
- Who did Alma say could give Corianton good advice in making choices? (Alma 39:10.) How have your parents and family helped you make right decisions? From what other sources can you receive righteous counsel?
- How did Corianton’s unrighteous actions affect the Zoramites? (Alma 39:11.) In what ways may our choices affect others?
- What are some of the choices you have to make? How might the Holy Ghost help you know when you are doing something wrong? How might the Holy Ghost help you know you have made a good decision? Invite class members to share experiences when the Holy Ghost has helped them make decisions.
- What did Alma teach Corianton about repentance? (Alma 39:13.) What do you think it means to “turn to the Lord with all your mind, might, and strength”? Why should we apologize to those whom we have hurt by our wrong choices?
- What was Alma’s counsel about seeking riches? (Alma 39:14.) What happens to people when riches become the most important things in their lives?
- What did Alma teach Corianton about the mission of Jesus Christ? (Alma 39:15.) What was Corianton supposed to teach about? (Alma 39:16.) What can we do to share the gospel with those around us?

You could use enrichment activities 2 and 3 to help the children understand the consequences of choices they make in their lives.

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Review and discuss the second article of faith, and have the children memorize it. Point out that each person is responsible for what he or she does.

2. Discuss with the children choices they can make in the following or similar areas. Use ideas that are potential problems for the children in your class. Ask them what kinds of choices Jesus would want them to make. Help them consider the consequences of the various choices they could make.

The language they use
 Keeping the Sabbath day holy
 The clothes they wear
 Obeying their parents
 The music they listen to
 Stealing
 The movies, videos, and television shows they watch
 Telling the truth
 The books and magazines they read

3. Have the children role-play situations involving choices and consequences, such as the following:

A friend tells a lie about someone.
 A friend wants you to watch an inappropriate movie or video.
 A friend tells you an inappropriate story.
 A friend wants you to cheat in school.
 A friend wants you to break the Word of Wisdom.
 Someone offers you illegal drugs.

4. Discuss with the children the consequences of the following decision made by President Spencer W. Kimball:

“I made up my mind while still a little boy that I would never break the Word of Wisdom. . . . I knew that when the Lord said it, it was pleasing unto him for men to abstain from all these destructive elements and that the thing I wanted to do was to please my Heavenly Father. And so I made up my mind firmly and solidly that I would never touch those harmful things. Having made up my mind fully and unequivocally, I found it not too difficult to keep the promise to myself and to my Heavenly Father” (in Conference Report, Apr. 1974, p. 127; or *Ensign*, May 1974, p. 88).

5. Make a small handout for each child in your class of the words *I will make righteous choices*. Place the handouts face down on a table, and have the children come one at a time to the front and choose one. Ask each child to answer the following questions:

- What will you use to guide you in making righteous choices this week?
- What can be a consequence (result) of making wrong choices?
- What can be the result of making righteous choices?

At the conclusion of the activity, emphasize the importance of thinking of the consequences before we make choices.

6. Discuss the eleventh article of faith and how each person is responsible for his or her choices.

- Why should we not try to force someone to believe the gospel?
- Why should we expect others to let us worship God as we desire?

Help the children memorize the eleventh article of faith.

7. Sing or read the words to “Choose the Right Way” (*Children’s Songbook*, p. 160) or “Dare to Do Right” (*Children’s Songbook*, p. 158).

Conclusion

Testimony	Testify that deciding to follow Jesus Christ will lead to making righteous choices and that this is the only way to find true happiness.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 39:12–19 at home as a review of this lesson. Invite a child to give the closing prayer.

Captain Moroni Defeats Zerahemnah

Lesson
25

Purpose To encourage each child to put on the armor of God as a protection against evil.

Preparation

1. Prayerfully study Alma 43–44 and Ephesians 6:11, 13–18. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Doctrine and Covenants 27:15–18.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A Bible.
 - c. Depending on how you want to teach the children about the armor of God, make wordstrips, small cutouts of the armor and man’s figure for each child, a larger set of armor to place on a figure drawn on the chalkboard, or a set of armor out of cardboard to put on a child. (See the illustration at the end of the lesson.)
 - d. Pictures 4-37, Captain Moroni’s Soldiers Fight the Lamanites, and 4-38, The Army of Zerahemnah Throws Down Its Weapons.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

- In ancient times when men went to battle with swords and spears, how did they protect their heads, hearts, stomachs, arms, legs, and feet? (With armor.)

Explain that we are all in a war against evil. The temptations and the powers of Satan are very real. Heavenly Father does not want us to fight the battle against evil unprotected. Have a child read Ephesians 6:11, 13–18. Discuss each piece of armor using the wordstrips or cutouts. Relate each piece of armor to how we need to live to be protected from the evils around us.

Scripture Account

Teach the children the account of Captain Moroni defeating Zerahemnah in Alma 43–44. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize that Moroni’s army not only put on man-made armor but also had the stronger protection of the armor of God. Use the pictures at appropriate times.

**Discussion and
Application
Questions**

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

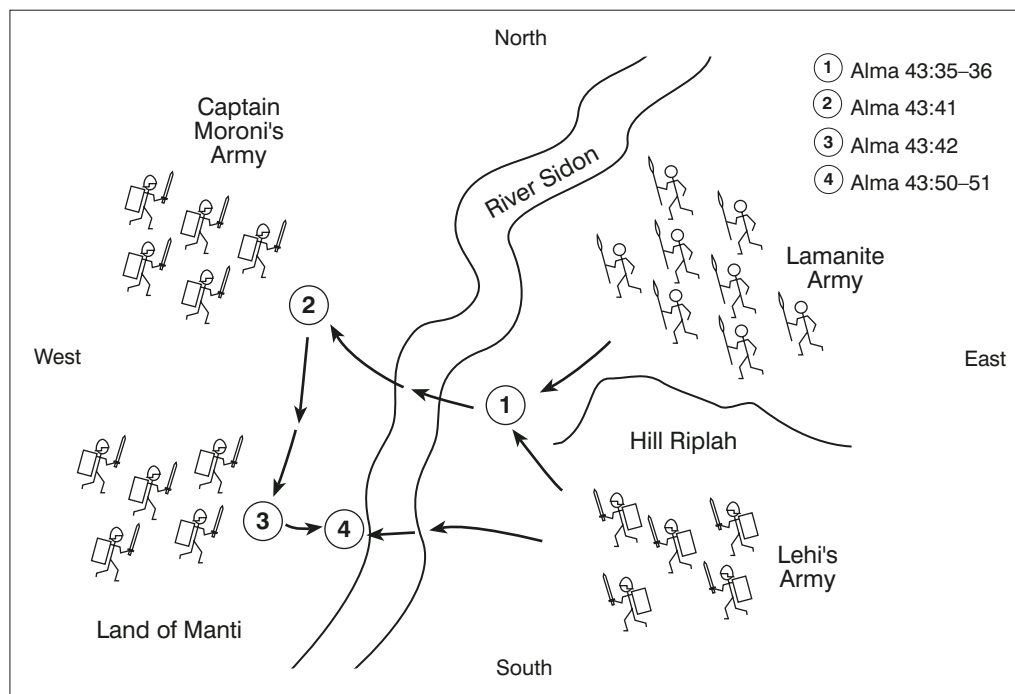
- Why did Zerahemnah, the Lamanite commander, appoint Amalekites and Zoramites as chief captains over the Lamanites? (Alma 43:6–7.) Why did the Lamanites want to fight the Nephites? (Alma 43:8, 29.)
- Why were the Nephites willing to fight? (Alma 43:45, 47.) Why are our homes, families, liberties, and Church worth fighting for? What do you value enough to fight for?
- How did Captain Moroni prepare his army to meet the Lamanites at Jershon? (Alma 43:18–19.) Why did this preparation frighten the Lamanites? (Alma 43:20–21.) In what ways can you put on the spiritual armor of God and be prepared to stand for what is right?
- How did Captain Moroni find out where he should send his armies? (Alma 43:23–24.) How do prophets help us today?
- Even though the Nephite army wore armor, why did they fear and want to flee from the Lamanites? (Alma 43:48.) How did Moroni inspire them?
- What did Captain Moroni's army do to receive strength and courage to fight? (Alma 43:49–50.) How can prayer help you put on the armor of God? (Ephesians 6:18.)
- After Moroni had surrounded the Lamanites, what did he do that showed he was not a man of bloodshed? (Alma 43:54; 44:1–2, 6.)
- Why did the Lord deliver the Lamanites into the hands of Moroni's army? (Alma 44:3.) What promise did the Lord make to the Nephites and to us if we are faithful? (Alma 44:4.) What did Zerahemnah think was protecting the Nephites? (Alma 44:9.)
- What happened when the angry Zerahemnah would not make the oath of peace? (Alma 44:12.) What happened to the Lamanites who covenanted not to fight? (Alma 44:15.) Why is it important for us to keep promises and covenants?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Play a matching game (see “Teaching from the Scriptures,” p. vii). Write the names of the following pieces of armor on six cards and what they symbolize on another set of six cards. Have the children match the name of the piece of armor to what it symbolizes in our armor of God.
 - Girdle (belt) — Truth (Ephesians 6:14)
 - Breastplate — Righteousness (Ephesians 6:14)
 - Shoes — Preparation of the gospel of peace (Ephesians 6:15)
 - Shield — Faith (Ephesians 6:16)
 - Helmet — Salvation (Ephesians 6:17)
 - Sword — God's Spirit, or the word of God (Ephesians 6:17; D&C 6:2)
2. Using Ephesians 6:13–18, help the children memorize what each piece of the armor of God symbolizes. Name a piece of armor as you toss a beanbag or ball to a child. Have the child give the meaning of that piece of armor and then name a different piece of armor while tossing the ball to another child, who will give the meaning and choose a new piece of armor, and so on.

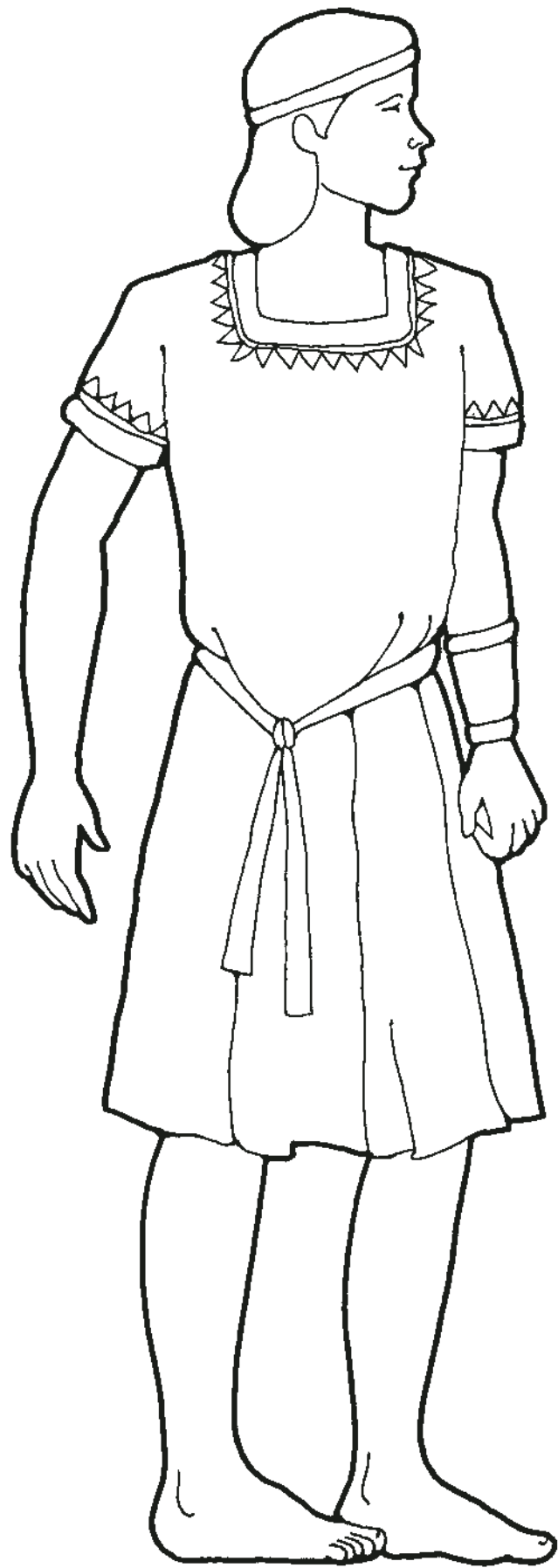
- Ask the children what types of things Satan uses today to try to wound or kill us spiritually. They may mention such things as certain movies, television programs, videos, books, or magazines; temptations to break the Word of Wisdom; temptations to not go to church; and so on. Discuss what the children are doing to strengthen their spiritual armor, such as having personal and family prayers, having personal and family scripture study, having family home evenings, attending church, and so on.
- Discuss how Captain Moroni tricked the Lamanite army, as told in Alma 43:31–42. Use the chalkboard to illustrate the position of the Nephite and Lamanite armies.

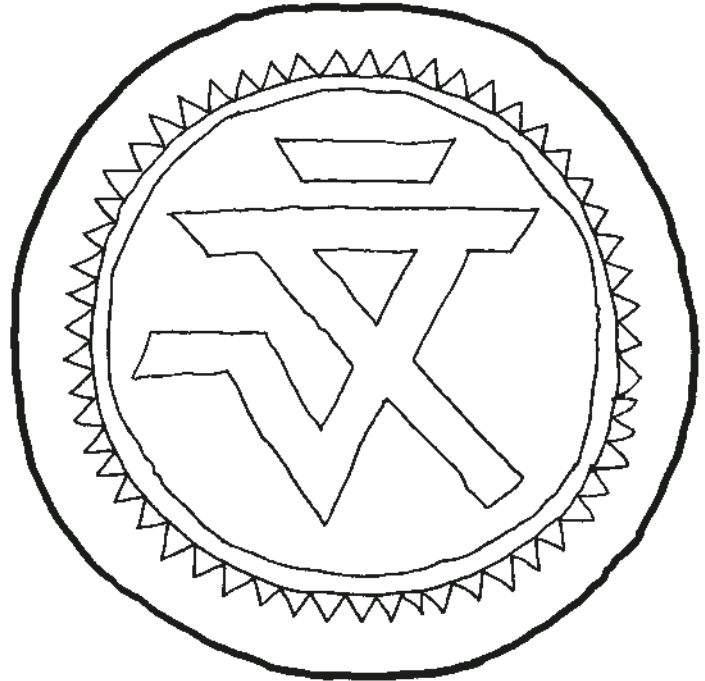
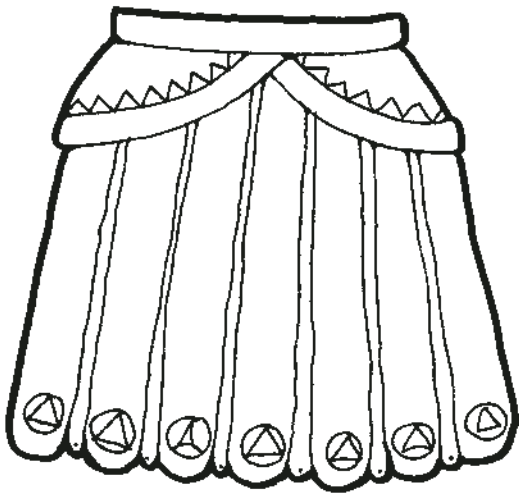
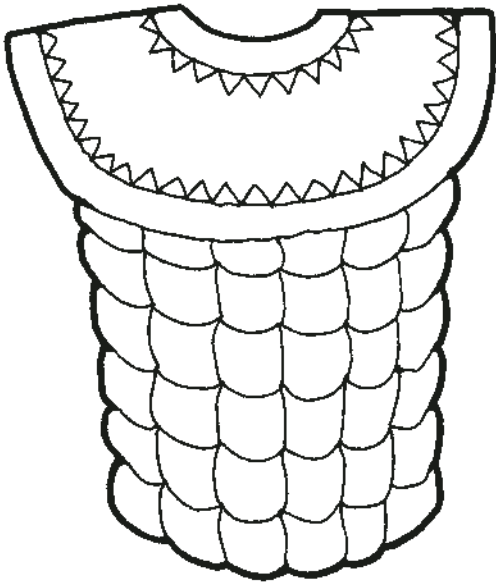
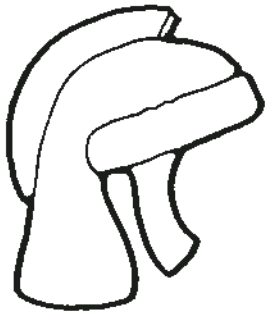


- Sing or read the words to “Dare to Do Right” (*Children’s Songbook*, p. 158) or “Choose the Right Way” (*Children’s Songbook*, p. 160).

Conclusion

Testimony	Bear testimony of the importance of putting on the armor of God to protect us against evil.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 43:41–54 and 44:1–4 at home as a review of this lesson. Invite a child to give the closing prayer.





Captain Moroni and the Title of Liberty

Purpose

To teach the children that true freedom comes by resisting evil and keeping Heavenly Father's commandments.

Preparation

1. Prayerfully study Alma 46, 48, and 49:21–30. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Alma 47, 49:1–20.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A large piece of white fabric (or you could use a large piece of paper or the chalkboard), a pole or stick, and tape.
 - c. Picture 4-39, Captain Moroni Raises the Title of Liberty (Gospel Art Picture Kit 312; 62051).

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

Display the picture of Captain Moroni. Ask the children to open their scriptures to Alma 46. Explain that the children will learn about two men who were each military commanders—Captain Moroni and Amalickiah. Amalickiah was a Nephite by birth, but he had entirely forgotten the Lord. By lying, deceit, and murder he became the king of the Lamanites. Amalickiah wanted to defeat the Nephites in battle so he could become king over both the Nephites and the Lamanites.

Captain Moroni was the chief commander of the Nephite armies. He was a strong and mighty man who loved the Lord and loved his people. He had sworn with an oath to protect his people from Amalickiah and his Lamanite army.

As Amalickiah and his army were preparing to destroy the Nephites, Captain Moroni was preparing his people to defend themselves.

Holding up the fabric (or paper), tear a large piece off, or draw a picture of a torn cloth on the chalkboard. Tell the children that Captain Moroni tore a piece from his coat and made it into a flag or banner that he called the title of liberty. Invite the children to read in unison Alma 46:12. Write the following words on one of the torn pieces of cloth or paper: “In memory of our God, our religion, and freedom, and our peace, our wives, and our children.” If you have used cloth or paper, have the children attach the flag to the pole. Ask a child to post the flag in front of the classroom.

Scripture Account	Teach the children the account from Alma 46–48 of Captain Moroni, a mighty man of God who prepared his people to defend their liberty and freedom. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none"> • What was threatening the peace among the Nephites? (Alma 45:24; 46:1–2.) Why did so many people follow Amalickiah? (Alma 46:5.) • What did Captain Moroni do when he heard of this conflict? (Alma 46:11–12.) After Captain Moroni made the title of liberty, what did he do? (Alma 46:13, 16.) • What did Captain Moroni ask the Nephite people to do? (Alma 46:19–20.) Why do you think the words written on the title of liberty inspired the Nephites? • What covenant did the people who followed Moroni make? (Alma 46:21–22.) How do you think making this covenant helped the people defend their liberty and their religion? What are some of the covenants we have made? • What did Captain Moroni want his people to remember? (Alma 46:23–24. Point out that these verses refer to the Old Testament Joseph and his coat of many colors.) • How were the preparations of the Nephites different from the preparations of the Lamanites? (Alma 48:7.) How did the Nephites try to protect their cities? (Alma 49:2, 4.) How can we prepare ourselves to defeat the influences of Satan? • What had the Nephites been taught about war? (Alma 48:14.) What did they believe Heavenly Father would do for them? (Alma 48:15–16.) • How did the prophet Mormon, who recorded this account, feel about Captain Moroni? (Alma 48:11–13, 17–18.) In what ways would you like to be like Captain Moroni? • Even though the Nephites did not want to go to war, why did they fight the Lamanites? (Alma 48:23–24.) • What happened to the Lamanites in their final battle against the City of Noah? (Alma 49:21–25.) What do you think gave the Nephites courage to fight this battle? What gives you courage to defend righteousness and freedom? • After the Lamanites fled and the Nephites were delivered from their enemies, what did the Nephites do? (Alma 49:28.) How can we show gratitude for the freedoms we enjoy?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Have the children look at the picture of Captain Moroni. Review the importance of putting on the armor of God in order to protect ourselves from evil. Suggest that each child has been sent to earth by Heavenly Father at this time to defend righteousness and truth. Ask the children to identify each piece of

Moroni's battle armor (Alma 46:13) and tell what it represents as spiritual armor (see lesson 25 and Ephesians 6:11, 13–18).

Loin armor: Truth. This means to know right from wrong, to love the truth, to protect your virtue, and to be morally clean.

Breastplate: Righteousness. This means to choose the right and follow Jesus Christ.

Shield: Faith. This means to have faith in the Lord Jesus Christ.

Helmet: Salvation. This means to be judged worthy to live with Heavenly Father forever.

Sword: The Spirit, or the Holy Ghost. This means to be directed by the Holy Ghost and the revealed word of Jesus Christ.

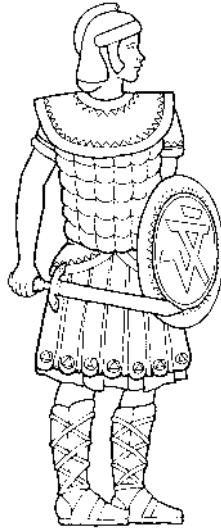
Shoes: The preparation of the gospel of peace. This means understanding the gospel so we will walk the strait and narrow path.

Give each child a copy of the handout included with this lesson, and work with the children to fill in the blanks on their papers. Have each child sign his or her name at the bottom. Invite two children to go to the front of the class and raise the title of liberty that was used during the attention activity. Have everyone read out loud the last statement on their paper, "I am ready to stand against the fiery darts of the wicked," and discuss what that statement means. Have the children take their "Armor of God" papers home to show to their family.

2. Display your country's flag. Explain that a flag is a wonderful reminder. Every nation has a flag that is a symbol to the people of who they are and what their nation stands for. Give the children a piece of paper or fabric and some art materials and ask them to design a personal flag that will show something that is important to them, such as who they are, what they enjoy, who they hope to be, and what they stand for. You might share some symbols that represent these things.
3. Discuss the twelfth article of faith with the children, and help them memorize it.
4. Sing or read the words to "Keep the Commandments" (*Children's Songbook*, p. 146).

Conclusion

Testimony	Bear testimony that freedom is a great blessing. Testify that we gain true freedom when we resist evil and obey Heavenly Father's commandments.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Alma 48:11–13, 17–18 at home as a review of this lesson. Invite a child to give the closing prayer.



I WILL PUT ON THE WHOLE ARMOR OF GOD

I will stand with my loins girt about with _____.

I will cover my heart with the breastplate of _____.

I will stand with my feet shod with the _____.

I will take in my hand the shield of _____.

I will cover my head with the helmet of _____.

I will take in my hand the sword of the _____.

I am ready to stand against the fiery darts of the wicked.

(See Ephesians 6:11–17; Doctrine and Covenants 27:15–18.)

Helaman and the Two Thousand Warriors

Purpose	To teach the children that following the examples and teachings of righteous parents gives us power to defend truth and right.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Alma 53:10–23 and 56:1–58:27. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Additional reading: Alma 24.3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.4. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. Pictures 4-33, The Anti-Nephi-Lehies Burying Their Swords (Gospel Art Picture Kit 311; 62565), and 4-40, Two Thousand Young Warriors (Gospel Art Picture Kit 313; 62050).
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	<p>Display the picture The Anti-Nephi-Lehies Burying Their Swords. Remind the children that they learned about these great people a few weeks ago (see lesson 19). Ask the children the following questions:</p> <ul style="list-style-type: none">• Who were the Anti-Nephi-Lehies? Why did they bury their swords? <p>Have a child read Alma 24:19. Explain that the Anti-Nephi-Lehies set a wonderful example for their children.</p> <p>Invite the children to share examples of important principles, such as honesty, kindness, paying tithing, keeping the Sabbath day holy, and so on, that they have learned from their parents and how obedience to those principles has blessed them.</p> <p>Explain that Heavenly Father gave us parents to love, teach, and guide us through our lives. Explain that during this lesson the children will learn how the two thousand young warriors, who were the sons of the Anti-Nephi-Lehies, used the teachings and examples of their righteous parents to keep their covenant to defend their freedom.</p> <p>(Note: If any of the children are being raised by grandparents, relatives, or others, adjust the lesson to include their important influence.)</p>
Scripture Account	Using the pictures at appropriate times, teach the children the account of Helaman and the two thousand young warriors from Alma 53, 56–58. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,”

Discussion and
Application
Questions

p. vii.) Emphasize how these young men followed the teachings of their parents and were preserved in battle.

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What covenant had the parents of the two thousand young warriors made? (Alma 53:10–12.) Why did they think about breaking this covenant? (Alma 53:13.) Why did Helaman not want the Anti-Nephi-Lehies to help fight the Lamanites? (Alma 53:14–15.) Why is it so important to keep our covenants?
- Why did the two thousand young men decide to fight? (Alma 53:16.) What did these young warriors covenant to fight for? (Alma 53:17.)
- What were these young men like? (Alma 53:20–21.) What does it mean to be “true at all times in whatsoever thing [you are] entrusted”? What are some ways you can be true and walk uprightly before the Lord?
- How did the fathers help their sons without breaking their covenant not to fight? (Alma 56:27.) What are some ways your parents give you support?
- What did Helaman tell Moroni about the strength and courage of these young warriors? (Alma 56:45.) What had their mothers taught them? (Alma 56:46–48.) Why were they not afraid of death? How are your parents trying to prepare you to have the courage and faith to meet challenges?
- What gave the two thousand young warriors strength and courage in battle? (Alma 57:26–27; 58:39–40.)
- How did these warriors follow Helaman? (Alma 57:21.) What does it mean to follow with “exactness”? Why is it important to follow the counsel of your leaders and parents with exactness?
- What did the two thousand young warriors do when they needed strength? (Alma 58:10.) How was their prayer answered? (Alma 58:11.) Invite class members to share experiences when they or family members have been prompted by the Holy Ghost.
- How was the great faith and courage of these young men rewarded? (Alma 56:56; 57:25; 58:39.) What power saved them from death? (Alma 57:26–27; 58:40.)

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Make a copy of the handout at the end of the lesson for each of the children to take home.
2. Let children volunteer to complete the following statements:
 - I can be like the young warriors by how I _____ .
 - I can be like the young warriors by remembering that my parents taught me to _____ .

I most admire _____ about the young warriors.

My favorite part of the account of the two thousand young warriors is _____.

3. Encourage the children to mark in their scriptures some of their favorite verses about the two thousand young warriors. They may want to choose from some of the following examples:
 - Alma 53:20–21
 - Alma 56:45–48
 - Alma 57:21, 25–27
 - Alma 58:10–11
 - Alma 58:39–40
4. Help the children memorize the fifth commandment (see Mosiah 13:20).
5. Sing or read the words to “We’ll Bring the World His Truth” (*Children’s Songbook*, p. 172), “Dare to Do Right” (*Children’s Songbook*, p. 158), or “Book of Mormon Stories” (*Children’s Songbook*, p. 118), verse 6.

Conclusion

Testimony	Share your testimony of the blessings that come through following the righteous teachings and examples of our parents.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 53:16–21, 56:45–48, and 57:25–27 at home as a review of this lesson. Invite a child to give the closing prayer.



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27

Purpose To encourage the children to make the Savior the foundation of their lives by choosing to live his teachings.

Preparation

1. Prayerfully study Helaman 5. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A rock, sand or salt, and box lid or shallow pan.
 - c. Picture 4-41, Nephi and Lehi in Prison.

Suggested Lesson Development

Development Invite a child to give the opening prayer.

Attention Activity Explain that before a building is built, the workers make a strong foundation for the building to rest on for support. Have the children compare the stability of a rock and sand as foundations to build on. Put a medium-sized rock and a box lid or shallow pan with sand or salt in it on the table. Blow on the rock and then blow on the sand or salt.

Ask the children if they were building a home why they would choose rock rather than sand for a foundation. Explain that the scriptures compare Jesus Christ to the rock as being a strong foundation on which to build our lives. We build our lives on the rock foundation of Christ when we choose to live his teachings.

Sing “The Wise Man and the Foolish Man” (*Children’s Songbook*, p. 281). You may want to ask the Primary chorister to come to your class to help the children sing the song. You could also play the song on a tape recorder or have the class members say the words in unison.

In this account Nephi and Lehi had built their lives on the sure foundation of the Savior, which means they had strong testimonies of Jesus Christ. They helped many Lamanites gain testimonies of him also. We, too, can build our lives on the only sure foundation, Jesus Christ.

Scripture Account Teach the children the account of Nephi and Lehi found in Helaman 5. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize how these two faithful men made Jesus Christ the foundation of their lives.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Who was Helaman? (Helaman 2:2.) Why did Helaman name his sons after Nephi and Lehi? (Helaman 5:6.)
- Whose name do we take upon us when we are baptized? (2 Nephi 31:13.) How can we become more like Jesus Christ?
- Why did Nephi give up being the chief judge? (Helaman 5:2–4.)
- How did Jesus Christ make it possible for us to be saved from our sins? (Helaman 5:9–10.) What must we do so Jesus Christ can redeem us from our sins? (Helaman 5:11.)
- What does it mean that “it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation”? (Helaman 5:12.) Why is Jesus Christ our only sure foundation? How can you make Jesus the foundation of your life?
- How does Satan “send forth his mighty winds, . . . shafts, [and] . . . hail” on individuals and families today? How much power does the devil have over those who build their lives on the foundation of Christ? (Helaman 5:12.)
- How did Helaman’s teachings affect Nephi and Lehi? (Helaman 5:13–14.) What have your parents taught you that has helped you in your life?
- Display the picture Nephi and Lehi in Prison. How were Nephi and Lehi protected in the prison? (Helaman 5:22–23.) How might we be helped if we are worthy?
- How did Jesus Christ communicate with the Lamanites in the prison? (Helaman 5:29–30.) What was the voice like? What did the Lord say to the Lamanites? (Helaman 5:29, 32.)
- What did Aminadab tell the Lamanites to do so the cloud of darkness would be removed? (Helaman 5:41.) What happened to the Lamanites after the darkness was taken away? (Helaman 5:43–47.) How do you think you would have felt if you had been there? How does it feel to have the Spirit in our lives? Allow the children to share experiences when they have felt the Spirit in their lives.
- Who appeared to the Lamanites? (Helaman 5:48.) What did the Lamanites do after seeing the angels? (Helaman 5:50.)
- How did those who were converted change their actions? (Helaman 5:51–52.) What are some ways we can live to show that Jesus Christ is the foundation of our testimonies?

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Help the children memorize the following words from Helaman 5:12: “Remember, remember that it is upon the rock of our Redeemer, who is Christ, the

Son of God, that ye must build your foundation.” Challenge the children to memorize the entire verse during the week.

2. Review the fourth article of faith, and help the children memorize it. Help them understand how the principles and ordinances of the gospel help us build our lives on the foundation of Jesus Christ.
3. Sing or read the words to “Follow the Prophet” (*Children’s Songbook*, p. 110), “Keep the Commandments” (*Children’s Songbook*, p. 146), or “Seek the Lord Early” (*Children’s Songbook*, p. 108).

Conclusion

Testimony	Bear testimony of the Savior and his influence in your life. Share how your testimony gives you strength and power to withstand Satan’s temptations. Challenge the children to make Jesus Christ the foundation of their lives by choosing to live his teachings and striving continually to become more like him.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children memorize Helaman 5:12 at home as a review of this lesson. Invite a child to give the closing prayer.

Nephi Prophecies

Lesson 29

Purpose	To teach the children that Heavenly Father sends prophets to teach us about the Savior, help us repent, and warn us of things to come.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Helaman 6:18–23 and 7–9. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.3. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. Seven copies of the footprint at the end of the lesson. Write one of the following words on each footprint: <i>Follow, the, prophet, he, knows, the, way.</i>c. A copy of an address given by the living prophet (from a conference issue of the <i>Ensign</i> or one of the international magazines).d. A picture of the living prophet.
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	Before class, tape the paper footprints, blank side up in any order, to the classroom floor. Have the footprints lead to the picture of the living prophet. Ask the children to follow the path of the footprints; then gather the footprints and assemble them in the correct order. Have the class read aloud the words written on them. Explain that if we obey these words, we will know the truth and avoid being deceived. Explain that this lesson is about the prophet Nephi, the son of Helaman. Nephi knew a murder had been committed and who the murderer was without being at the scene of the crime. Tell the children that as they learn more about the prophet Nephi, they can strengthen their confidence in the words of the living prophet.
Scripture Account	Teach the children the account of Nephi’s warning and experiences from Helaman 7–9. (For suggested ways to teach the children the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize that Heavenly Father sends prophets to teach us about the Savior, help us find happiness, help us repent, and warn us of things to come.
Discussion and Application Questions	Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Who were the Gadianton robbers? (Helaman 6:18.) What oaths had this band taken? (Helaman 6:21–22.) What wicked things had the Gadianton robbers done? (Helaman 6:23.)
- What did Nephi do because of the wickedness of the people? (Helaman 7:6–7, 10.) What did the people do when they saw him on the tower? (Helaman 7:11–12.)
- What did Nephi say to the people? (Helaman 7:13–18.) Why do you think he talked about repentance? What must we do to repent?
- What did Nephi say would happen to the people if they did not repent? (Helaman 7:19, 22.) How did Nephi know these things would happen? (Helaman 7:29.) What have other prophets said will happen to us if we do not repent? How can listening to the living prophet help us in our lives? (D&C 21:4–6.)
- How did the judges respond to Nephi’s teachings? (Helaman 8:1.) How did some of the people defend Nephi? (Helaman 8:7–9.) Why does it sometimes take courage to stand up for the truth? What can we do to sustain the living prophet?
- What have all the holy prophets testified of? (Helaman 8:14–16.) What has the living prophet taught us about Jesus Christ? (You may want to share a brief talk given by the living prophet about Jesus.)
- What did Nephi tell the people about their chief judge? (Helaman 8:27–28.) How did Nephi know what had happened?
- What were the five men thinking about as they ran to the judgment seat? (Helaman 9:2.) How do we know that the five men eventually believed all of Nephi’s words? (Helaman 9:4–5, 39.) What can we do to strengthen our testimonies of the living prophet?
- How did the other judges try to convince the people that Nephi was a false prophet? (Helaman 9:16.) What was Nephi’s response to their accusations? (Helaman 9:25–35.)
- What effect did Nephi’s revelation have on some of the people? (Helaman 9:39–41.) How have you been blessed by following the prophets? You might use enrichment activity 3 to help the children understand the role of a prophet.

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Have the children role-play the account from Helaman 8–9.
2. Read and discuss the following statement from Elder James E. Faust:

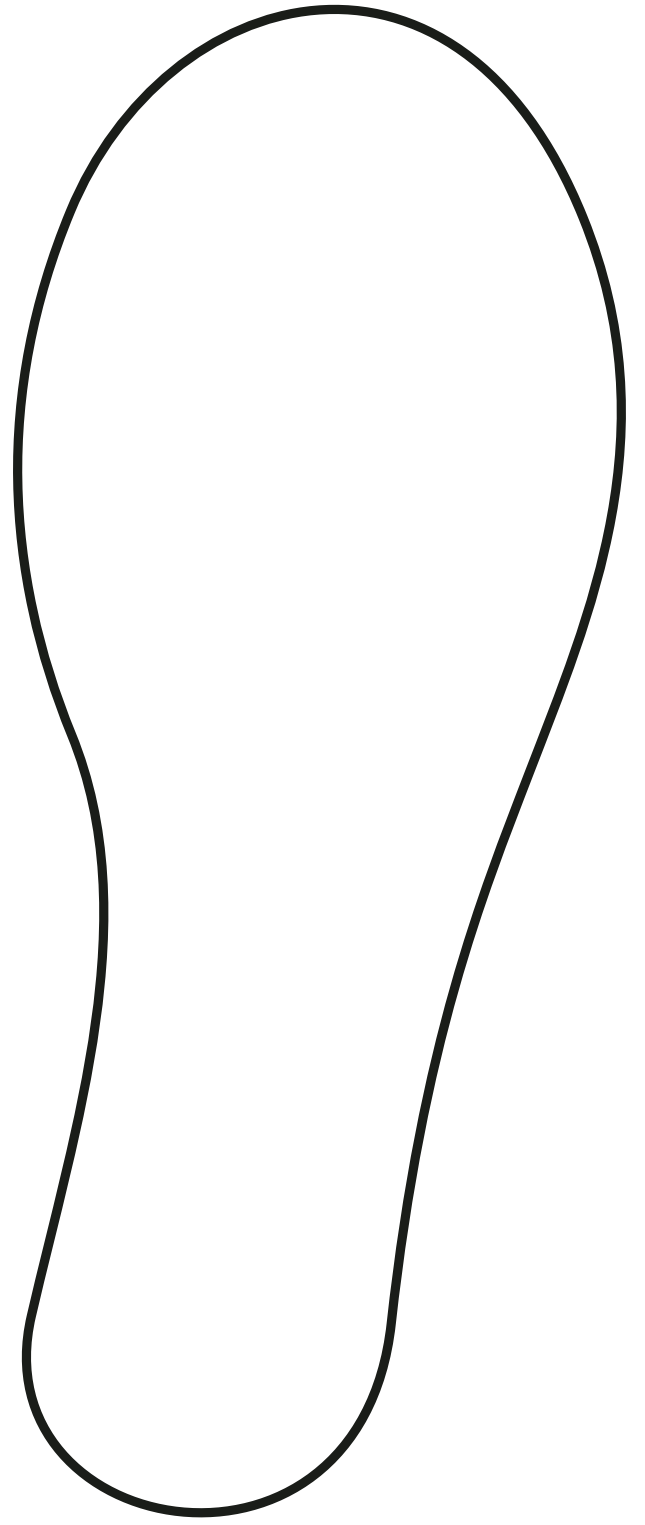
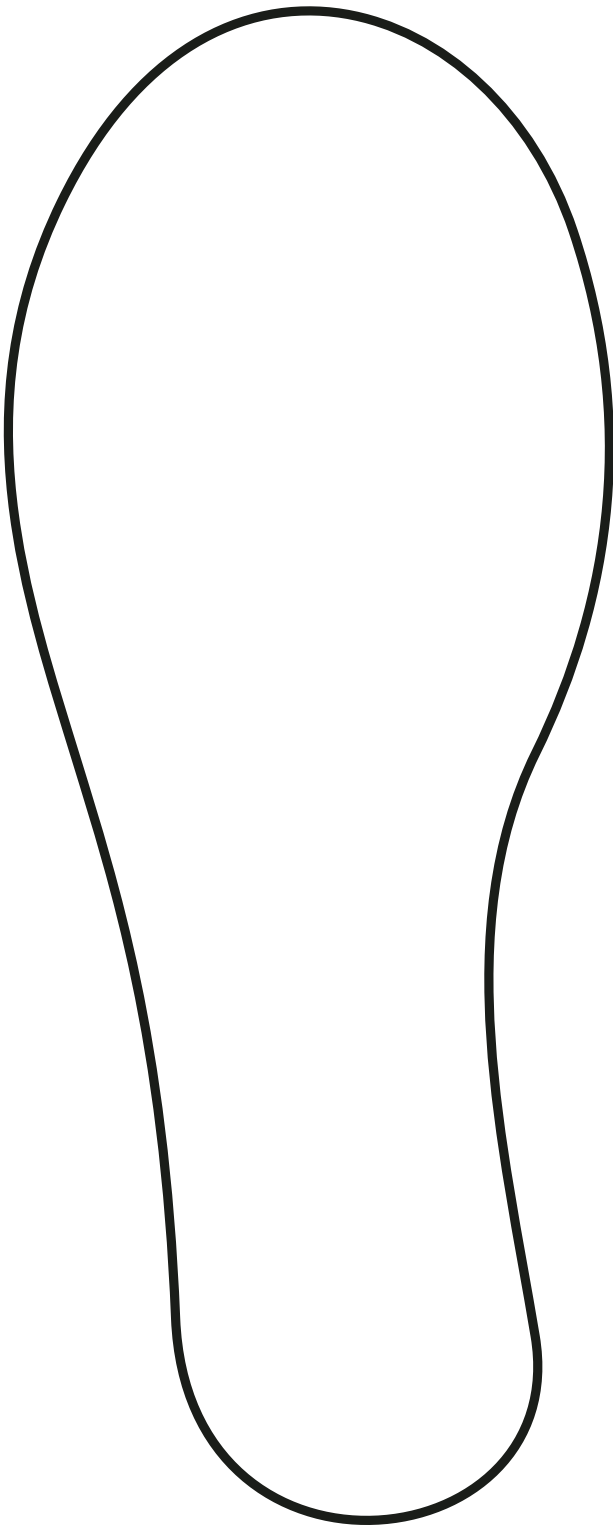
“We have been promised that the President of the Church will receive guidance for all of us as the revelator of the Church. Our safety lies in paying heed to that which he says and following his counsel” (in Conference Report, Oct. 1989, p. 11; or *Ensign*, Nov. 1989, p. 10; see also D&C 21:4–6).
3. Discuss how latter-day prophets continue to reveal knowledge from Heavenly Father. Give some examples of latter-day revelations, such as the Word of Wisdom (see D&C 89), and how they have blessed the lives of those who

have followed them. Share the words of the living prophet from a recent conference talk (see the *Ensign* or one of the international magazines). Ask the children how they can be blessed by following the prophet's counsel.

4. Review the ninth article of faith and help the children memorize it.
5. Sing or read the words to "The Still Small Voice" (*Children's Songbook*, p. 106) or "Follow the Prophet" (*Children's Songbook*, p. 110).

Conclusion

Testimony	Share your testimony about the living prophet and the truth of what he has taught. Tell the children how you have been blessed by following the prophet's teachings.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Helaman 8:25–28, 9 at home as a review of this lesson. Invite a child to give the closing prayer.



Nephi Receives Great Power

Lesson
30

Purpose To teach the children that through the power and authority of the priesthood Jesus Christ guides and blesses his followers and his church.

Preparation

1. Prayerfully study Helaman 10. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Helaman 11:1–18.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed: a Book of Mormon for each child.

Suggested Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Begin your class with the lights turned off. Ask the children if they have noticed something unusual. Ask someone to turn on the lights. Talk about the power of electricity that gives light. Discuss what things in the children’s homes run on electricity (stove, refrigerator, fans, tools, and so on). Explain that this lesson is about a different kind of power, a power stronger than electricity: the power of the priesthood of God.

Alternate Activity

For classrooms without electricity, see enrichment activity 1.

Scripture Account

Teach the children the account from Helaman 10 of Nephi receiving the sealing power and the protection of the priesthood to do Heavenly Father’s work. (For suggested ways to teach the children the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- As Nephi went his way toward his own house, what was he doing? (Helaman 10:2–3.) What does it mean to ponder? (To think about or consider deeply.) What should we ponder or think about?
- Why had Nephi become discouraged as he labored to proclaim the gospel to the Nephites? (Helaman 10:3.)
- What was there about Nephi that pleased Heavenly Father and Jesus Christ? (Helaman 10:4.) How can we please them?

- What blessings did Jesus Christ promise Nephi? (Helaman 10:5.) What does it mean that Nephi would not pray for anything that was “contrary to [Christ’s] will”? How can we learn to follow Jesus Christ’s will?
- What was Nephi given power to do? (Helaman 10:6–10.)
- What is the sealing power Nephi was given? (Helaman 10:7; see also D&C 132:7.) How can this sealing power of the priesthood bless us today? (In the temple our families can be sealed together forever.) How does it make you feel to know your family can live together forever? (If any of the children have gone to the temple to be sealed, you might ask them to share how they felt when they were sealed to their families.)
- What did the Lord command Nephi to say to the people? (Helaman 10:11.) How did Nephi show his obedience when the Lord finished speaking to him? (Helaman 10:12.) In what ways does the Lord speak to us? How can we show obedience?
- Why didn’t Nephi’s revelation of the murder of the chief judge change the lives of the Nephites? (Helaman 10:13.)
- How was Nephi protected as he declared the word of God to these people? (Helaman 10:15–17.) What do you think it means that “the power of God was with” Nephi? How can the priesthood bless and protect us today?
- What effect did Nephi’s teachings have on these people? (Helaman 10:18.)
- How have you and your family been blessed by the power of the priesthood?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Tell the children you are thinking of a word. Ask them to listen to the following descriptions and raise their hand when they know the word.

It is the power of God.

Through this power the Lord blesses his children and his church.

Those who hold this power represent the Lord Jesus Christ.

Those who hold this power are appointed to do the things the Savior wants done.

- What is the name of this power? (The priesthood.)
2. Display the following wordstrips: Deacon, Teacher, Priest, Elder, Twelve, Fourteen, Sixteen, Eighteen.

Read the following descriptions to the children, one at a time, and invite them to find the two wordstrips that fit the description and post them on the chalkboard. It would be more challenging for older children if the descriptions were read out of order. (The descriptions for Aaronic Priesthood duties are taken from D&C 20:46–59. The description for the office of an elder in the Melchizedek Priesthood is taken from D&C 20:38–45; 107:11–12.)

- a. I have had the Aaronic Priesthood conferred on me. I pass the sacrament. I may serve as a messenger for priesthood leaders. I collect fast offerings. I help care for Church buildings and grounds. What am I? How old am I when I can be ordained? (Wordstrips: “Deacon,” “Twelve”)

- b. I hold the Aaronic Priesthood. I have all the duties and powers of a deacon, and I prepare the bread and water for the sacrament. I may be assigned to be a home teacher. What am I? How old am I when I can be ordained? (Wordstrips: “Teacher,” “Fourteen”)
- c. I hold the Aaronic Priesthood. I have all the duties and powers of a deacon and teacher, and I can administer (bless) the sacrament. I have the authority to baptize, help with ordinations of other Aaronic Priesthood holders, and take charge of meetings when there are no Melchizedek Priesthood holders present. I help Church members live the commandments. What am I? How old am I when I can be ordained? (Wordstrips: “Priest,” “Sixteen”)
- d. I hold the Melchizedek Priesthood. I may serve a full-time mission. I am called to teach, expound, exhort, baptize, and watch over the Church. I may give the gift of the Holy Ghost, conduct meetings, bless little children, administer to the sick, and bless family members. What am I? How old am I when I can be ordained? (Wordstrips: “Elder,” “Eighteen”)

Ask the children to name one thing they have learned about the duties of these four priesthood offices.

3. Tell the following story about priesthood power:

Elder Hugh B. Brown was a member of the Quorum of the Twelve Apostles. When Elder Brown was younger, he was an officer in the Canadian army and was sent to England to fight in World War I for the king of England.

Elder Brown liked being an officer for the king, for he had power to do many things for the king.

One morning Elder Brown got a phone call. A soldier who was in the hospital wanted Elder Brown to come and see him. Many soldiers in the hospital had asked Elder Brown to visit them. They knew that as an officer he had power from the king to send them home. As Elder Brown went to the hospital, he thought of the power he had as an officer. He felt pleased that he could speak for the king and decide if soldiers should stay or go home.

When Elder Brown went into the soldier’s room, the soldier did not ask to be sent home. Instead he said, “Brother Brown, will you give me a blessing? I’m afraid I am going to die, and I want you to ask God to let me live.”

Elder Brown was surprised. The soldier had not sent for him because he was an officer and could do the king’s work. The soldier had sent for him because he had the priesthood and could do Heavenly Father’s work. Elder Brown knew that the power of the king could not save the soldier’s life. It would take the power of Heavenly Father to save the soldier. As he laid his hands on the soldier’s head and gave him a blessing, he felt very humble.

As Elder Brown left the hospital, he was not thinking about his power as an officer. He was thinking about his priesthood power. He knew that men must have the priesthood to do Heavenly Father’s work on the earth. He was glad he had the priesthood and could do God’s work. (Adapted from Hugh B. Brown, *Continuing the Quest*, pp. 26–27.)

4. Give the children each one of the following or similar pictures of priesthood bearers using the priesthood. (You can get the pictures from your meeting-house library.) Invite the children to show their picture and describe what

ordinance is being performed in each picture and what office in the priesthood the boy or man holds.

Boy Being Baptized (62018)

Girl Being Confirmed (62020)

Passing the Sacrament (62021)

Ordination to the Priesthood (62341)

Administering to the Sick (62342)

Blessing the Sacrament (62343)

5. Read and discuss Moroni 3, which explains how priests and teachers are to be ordained by elders.
6. Read and discuss the fifth and sixth articles of faith. Help the children memorize these articles of faith.
7. Sing or read the words to “The Priesthood Is Restored” (*Children’s Songbook*, p. 89).

Conclusion

Testimony	Bear testimony of the blessing of priesthood power in your life. Invite the children to share experiences when the priesthood has been a blessing in their lives.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Helaman 10:1–12 at home as a review of this lesson. Invite a child to give the closing prayer. Note: If you decide to use the attention activity for next week’s lesson, assign three class members ahead of time to do the role play.

Samuel the Lamanite

Lesson

31

Purpose To teach the children that prophets foretold the life and mission of Jesus Christ.

Preparation

1. Prayerfully study Helaman 13–14, 16, and 3 Nephi 23:9–13. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Helaman 15.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Three note cards with excerpts of prophecies from Nephi, Abinadi, and Alma (see the attention activity).
 - c. Minor props, such as scarves, robes, or name tags, for the children to use to role-play Nephi, Abinadi, and Alma.
 - d. Picture 4-42, Samuel the Lamanite on the Wall (Gospel Art Picture Kit 314; 62370).

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Have three children from your class who read well role-play Nephi, Abinadi, and Alma. They could each have a name tag or a partial costume. They could pretend to come from a time machine to visit the class and retell their prophecies of Jesus Christ’s life and mission:

“I arrived in the promised land almost six hundred years before Christ was born. I told my people about a vision I had which taught me of Christ’s birth and death: ‘I looked and beheld the virgin again, bearing a child in her arms. And the angel said unto me: Behold the Lamb of God.’ Then I ‘saw that he was lifted up upon the cross and slain for the sins of the world’ (1 Nephi 11:20–21, 33). Who am I?” (Nephi.)

“I lived about one hundred and fifty years before Jesus Christ. The people did not like me and did not believe the things I told them. I prophesied that Jesus Christ would ‘come down among the children of men, and . . . redeem his people’ by being ‘crucified, and slain’ and taking ‘upon himself their iniquity’ (Mosiah 15:1, 7, 9). I was burned at the stake for my testimony. Who am I?” (Abinadi.)

“After a special vision I had about one hundred years before Jesus Christ was born, I knew that I could only be saved through our Redeemer, who would come. I traveled everywhere to tell people what I had learned, that the ‘Son of God . . . shall go forth, suffering pains and afflictions and temptations of every

kind. . . . And he will take upon him death, that he may loose the bands of death [and] succor [or help] his people according to their infirmities' (Alma 7:10–12). Who am I?" (Alma.)

Explain that not only did these three prophets prophesy of Jesus Christ, so have all other prophets. Refer to Mosiah 13:33: "Did not Moses prophesy unto them concerning the coming of the Messiah, and that God should redeem his people? Yea, and even all the prophets who have prophesied ever since the world began—have they not spoken more or less concerning these things?" Explain that in this lesson they will learn of another important prophet, Samuel the Lamanite, who taught with great courage and power of Christ's birth, death, and mission.

Scripture Account	Teach the children the account of Samuel the Lamanite from Helaman 13–14, 16. (For suggested ways to teach the scripture account, see "Teaching from the Scriptures," p. vii.) Emphasize that Samuel taught the people boldly of Jesus and the Atonement.
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none">• What message was Samuel the Lamanite sent to reveal to the Nephites? (Helaman 13:6–7.) What were the glad tidings Samuel was sent to teach? (Helaman 14:9, 11–13. Explain that "glad tidings" means "good news," or the gospel.) Why is the gospel of Jesus Christ good news for us? (We can repent and be forgiven of our sins.)• What did Samuel say would happen to the Nephites if they did not repent? (Helaman 13:6, 8–10.) Why is it important to have the Spirit with us? Why is it important not to put off repentance? (Helaman 13:38.)• Who were the Nephites following instead of the prophets? (Helaman 13:27–29.) What "foolish and blind guides" are leading people today? How do others sometimes try to get us to do wrong things?• Why did the people reject Samuel's teachings? (Helaman 14:10.)• Display the picture Samuel the Lamanite on the Wall. Why did Samuel get on the city wall? (Helaman 14:11–12.) What did Samuel prophesy would happen in five years, and what would be the signs? (Helaman 14:2–6.) What would be the signs at the time of Christ's death? (Helaman 14:20–28.) Why did the Lord reveal these signs to the Nephites? (Helaman 14:12–13, 28.)• What did Samuel teach about the Atonement? (Helaman 14:15–18.) What responsibility do we have when we understand the Atonement? (Helaman 14:19.) What responsibility do we have for our actions? (Helaman 14:30–31.)• What did the Nephites who believed Samuel do after he finished preaching? (Helaman 16:1.) What did those who did not believe him do? (Helaman 16:6.) Why do you think people choose not to believe the prophets? What can we do to strengthen our testimonies of the prophets?

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Find some recent talks given by the living prophet (see especially the conference issues of the *Ensign* or one of the international magazines). Read some excerpts from the talks, and let the children discover what the prophet is teaching them to do today. Write the children's answers on the chalkboard. Let the children each choose one principle they want to follow, and have them write it on a note card.
2. Make two column headings on the chalkboard: "Signs of Christ's Birth" and "Signs of Christ's Death." Write all of the signs of Jesus Christ's birth and death that were discussed in this lesson on separate pieces of paper, and mix them up in a small container. Let the children take turns picking one, reading it, and placing it under one of the two columns.

Signs of Christ's Birth (Helaman 14:2–6)

Great lights in heaven
A day and a night and a day as if there were no night
A new star
Many signs and wonders in heaven

Signs of Christ's Death (Helaman 14:20–28)

Sun, moon, and stars shall be darkened
No light for three days
Thunderings and lightnings for many hours
Earth shall shake and tremble
Solid mass of rocks shall be broken up
Great tempests
Mountains laid low
Valleys become mountains
Highways broken up
Cities become desolate
Graves shall be opened and yield up their dead

3. Memorize the sixth, seventh, or ninth article of faith.
4. Sing or read the words to "Book of Mormon Stories" (*Children's Songbook*, p. 118), verse 7; "Samuel Tells of the Baby Jesus" (*Children's Songbook*, p. 36); or "Follow the Prophet" (*Children's Songbook*, p. 110).

Conclusion

Testimony	Bear testimony of the truthfulness of the things prophets tell us, both in times of old and now.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Helaman 14:1–14, 20–31 at home as a review of this lesson. Invite a child to give the closing prayer.

Signs in America of Jesus Christ's Birth

Purpose	To teach the children that when we have faith, signs can strengthen our testimonies of Jesus Christ.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study 3 Nephi 1–2. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.3. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. The visual aids included at the end of this lesson (or you may make simple drawings on the chalkboard).
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	<p>Tell the children that you are going to give them some clues about an event that took place many years ago. Ask them to raise their hands when they know what event the clues are describing. Invite children to come to the front of the class and hold the pictures (see the visual aids at the end of the lesson) of the following items as you hand them out:</p> <ul style="list-style-type: none">AngelShepherd's staffDonkeyStarMangerBaby <p>When the children have guessed that the event is the birth of Jesus Christ, leave the star on display. Explain that this lesson teaches about a place far from Jerusalem where people watched for the signs of the birth of the Savior and saw a star.</p>
Scripture Account	Teach the children the account in 3 Nephi 1–2 of the people in Zarahemla at the time of the birth of Christ. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Explain that the Nephi in this account was the son of Nephi who was the son of Helaman.
Discussion and Application Questions	Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What were some of the people saying about Samuel the Lamanite's prophecies? (3 Nephi 1:5–6.) How did the believers react to the unbelievers? (3 Nephi 1:7.)
- What sign were they looking for? (3 Nephi 1:8.) What does their steadfastness teach us about their faith?
- What threat did the unbelievers make to those who believed? (3 Nephi 1:9.) Why do you think some people get angry with those who believe in God?
- What did Nephi do when he saw the wickedness of the people? (3 Nephi 1:12.) What was the answer to Nephi's prayer? (3 Nephi 1:13–14.) Why did Jesus Christ say he was coming into the world?
- How was the prophecy fulfilled? (3 Nephi 1:15, 19.) Why were the unbelievers so afraid when they saw the signs that the prophecy was fulfilled? (3 Nephi 1:18.) How would you have felt if you had been there?
- What sign did the Nephites see that was also seen in Bethlehem? (3 Nephi 1:21.)
- What did Satan do to try to keep the people from believing the signs? (3 Nephi 1:22.) How did the people show their belief in the Lord? (3 Nephi 1:22–23.)
- What happened that caused the people's faith and righteousness to decrease? (3 Nephi 1:29–30.) Why is it important to follow the righteous example and teachings of our parents? How have you been blessed by obeying your parents?
- What was the attitude of the people toward the many signs they saw? (3 Nephi 2:1–2.) What can we learn about the strength of testimonies that are based on signs? What can we do to strengthen our testimonies?
- What were the results of the Nephites' unbelief? (3 Nephi 2:3, 11.) What did the righteous Nephites and Lamanites do to protect themselves? (3 Nephi 2:12.) How does being with other Church members and worshiping Heavenly Father help us grow stronger?
- What finally happened to the people because of their wickedness? (3 Nephi 2:17–19.)
- How do you know that the prophecies of Jesus Christ's second coming will be fulfilled? (3 Nephi 1:20.)
- What do you think the world will be like when Jesus Christ comes again? What kind of a person do you want to be when he comes? What can we do now to prepare for the Second Coming?

Enrichment Activities

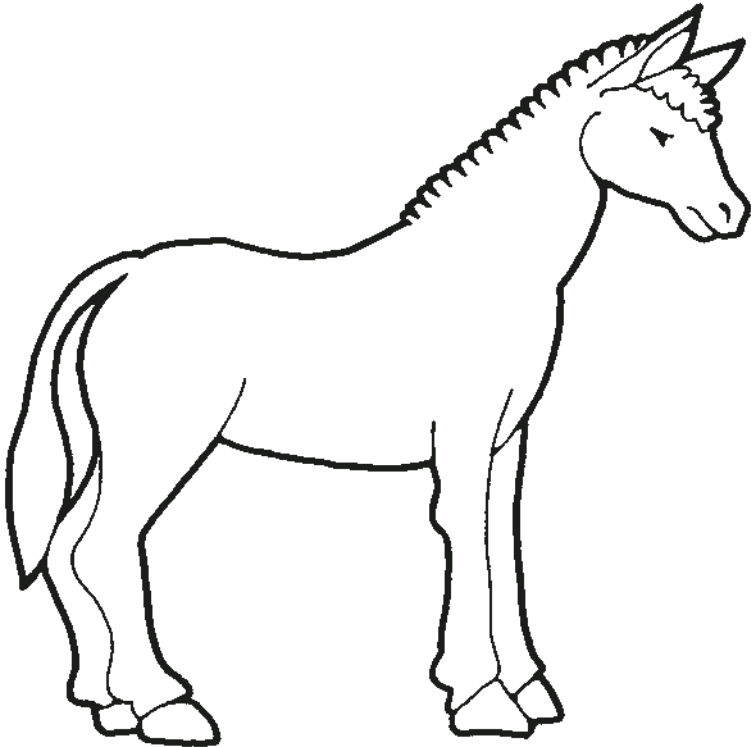
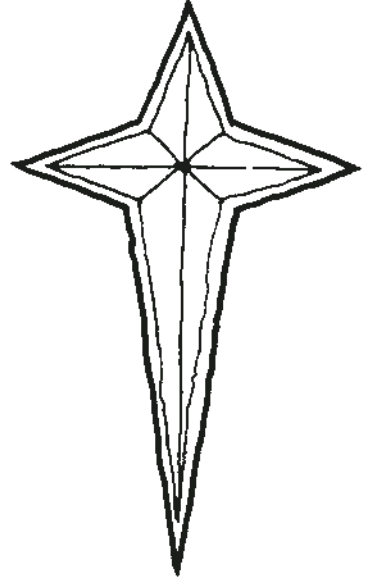
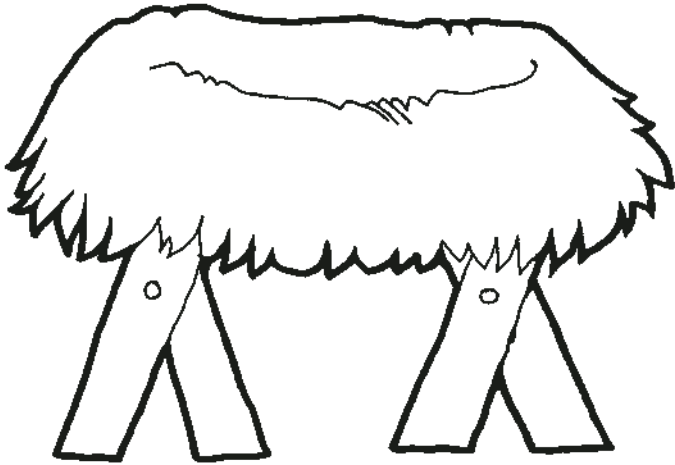
You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Ask the children to name unfaithful people they learned about in previous lessons who asked for or saw signs and discuss the effect signs had on their testimonies. Use the following examples if the children need help:
 - Laman and Lemuel (1 Nephi 3:28–31; 17:45)
 - Sherem (Jacob 7:13–20)
 - Korihor (Alma 30:43–56)

2. Ask the children to pretend that they are home teachers or visiting teachers. Let them volunteer to share what they would teach the people to help them stay strong in their testimonies of Jesus Christ.
3. Help the children memorize 3 Nephi 1:20, and discuss how it applies to our lives.
4. Help the children memorize the tenth article of faith.
5. Sing or read the words to “He Sent His Son” (*Children’s Songbook*, p. 34), “Samuel Tells of the Baby Jesus” (*Children’s Songbook*, p. 36), or “When He Comes Again” (*Children’s Songbook*, p. 82).

Conclusion

Testimony	Bear testimony that Heavenly Father will fulfill all the prophecies that have been made. Emphasize the need to live righteous lives and to be prepared to meet the Savior when he comes again.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 3 Nephi 1:4–15, 19–22 at home as a review of this lesson. Invite a child to give the closing prayer.



Lesson
33

The Savior Appears to the Nephites

Purpose To strengthen each child’s testimony that Jesus Christ is the Son of God, that he is our Savior, and that he lives today.

Preparation

1. Prayerfully study 3 Nephi 8–11. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: 3 Nephi 7.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Pictures 4-43, Christ Appears to the Nephites (Gospel Art Picture Kit 315; 62047); 4-44, World Map; and 4-45, Jesus Teaching in the Western Hemisphere (Gospel Art Picture Kit 316; 62380).

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity Ask the children if any of them have been in a scary, violent storm. Invite one or two of the children to share such an experience, or you could share an experience you have had. Explain that at the time Jesus Christ was crucified in Jerusalem, there was a terrible storm and great destruction in America. Using the map, show where he lived and died in what is now called Israel. Explain that this lesson is about what happened in America at the time of Jesus Christ’s death.

Scripture Account Using the pictures at appropriate times, teach the children the account of the signs of the Savior’s death and his visit to the Nephites from 3 Nephi 8:5–11:41. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What had Samuel the Lamanite prophesied to the Nephites about the Savior’s death? (Helaman 14:20–27.) Why was he trying to prepare them? (Helaman 14:28–29.) How were these prophecies fulfilled? (3 Nephi 8:5–25.)
- What did the Savior say was the reason the people had been killed? (3 Nephi 9:2, 12.) What did he say to the people who had not been killed? (3 Nephi 9:13–14.) What does it mean to come unto Christ? What blessings will we receive as we become more like the Savior?

- What did Jesus teach the people about his mission? (3 Nephi 9:15–17.) Why is it important for us to know that Jesus Christ is the Son of God?
- What did Jesus say was the reason he came into the world? (3 Nephi 9:21.) What must we do to be saved from our sins? (3 Nephi 9:22.) How did understanding the Atonement make the people feel? (3 Nephi 10:10.)
- How many times did the people at the temple in the land Bountiful hear the voice from heaven and not understand it? (3 Nephi 11:3–4.) What did the people do so they could understand the voice? (3 Nephi 11:5–6.) What does it mean to “open their ears to hear it?” (We must listen and be ready to receive what Heavenly Father wants us to hear.)
- What did the people hear Heavenly Father tell them the third time? (3 Nephi 11:6–7.) What important things do we learn from this introduction? (We learn that Jesus Christ is the Son of God, they are two separate beings, the Father loves the Son, and we are to hear, or listen to the Son.) What can we do to better hear and understand the words of Jesus Christ?
- What did the people see as they looked up toward heaven? (3 Nephi 11:8.) When the Savior told them who he was, why do you think the people fell down to the earth? (3 Nephi 11:10–12.) How would you have felt if you had been there? Why did Christ have the people feel the wounds in his body? (3 Nephi 11:14–15.)
- How did the Nephites feel and show gratitude and love for the Savior? (3 Nephi 11:16–17.) How can we show love and gratitude for him and what he has done for us?
- What important ordinance did Jesus Christ give Nephi the power to perform? (3 Nephi 11:19–21.) How should baptisms be performed? (3 Nephi 11:22–27.)
- What did the Savior say about arguments and contention? (3 Nephi 11:28–30.)
- What did he say all of us have to do to gain eternal life? (3 Nephi 11:33–38.)
- Explain that the greatest news in the world today is that Jesus Christ lives. Many people think of him as having lived long ago and having died on the cross. What knowledge do we as members of his church have that makes us feel especially close to the Savior? (We know that he suffered for our sins and gave his life for us and that he lives and directs his church today.)

Invite the children to express their feelings about Jesus Christ.

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Read and discuss the first, second, or fourth article of faith. Help the children memorize one of them.
2. Discuss the meaning of having a testimony. One of the most important things a person can have in this life is a testimony that Jesus Christ is a real person and is the Son of God, which makes him divine. A testimony is a spiritual feeling and a strong belief that becomes knowledge. When you begin to gain a testimony, you feel within you that the gospel is true. This feeling grows and becomes stronger as you nourish it by study, prayer, and obedience. You will

begin to make right choices because of your faith and the love you have for Heavenly Father and his Son, Jesus Christ. When we bear our testimony, we express to others our feelings and commitment to Heavenly Father and Jesus Christ. We also bear testimony by the way we live, dress, and act. When we choose the right, we are showing others that we have a testimony of Jesus Christ and his gospel.

3. Discuss why it is important for us to continually learn about Jesus Christ. Explain that we tend to become like those we know, admire, and respect. We can draw closer to Jesus Christ and become more like him as we learn of him and try to follow his example.
4. Sing or read the words to “He Sent His Son” (*Children’s Songbook*, p. 34), “This Is My Beloved Son” (*Children’s Songbook*, p. 76), or “Had I Been a Child” (*Children’s Songbook*, p. 80).

Conclusion

Testimony	Bear testimony of the reality and divinity of Jesus Christ.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 3 Nephi 11 at home as a review of this lesson. Invite a child to give the closing prayer.

Jesus Christ Teaches the Nephites the Beatitudes

Lesson 34

Purpose To teach the children that the Beatitudes and the other truths Jesus Christ taught the Nephites can help us become more like our Heavenly Father and his Son.

Preparation

1. Prayerfully study 3 Nephi 12 and 13. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Picture 4-45, Jesus Teaching in the Western Hemisphere (Gospel Art Picture Kit 316; 62380).

Suggested Lesson Development

Development Invite a child to give the opening prayer.

Attention Activity Divide the children into pairs. If there is an uneven number of children, be a partner for one of the children. Ask the children to first listen to all the directions and then try to remember them and do them in the sequence they were given.

1. Shake hands with your partner, and tell him or her your full name.
2. Stand up and tell your partner something you admire about him or her.
3. Turn around once and tell your partner one thing you like about yourself.
4. Find out your partner’s favorite Book of Mormon prophet.
5. Sit down, and fold your arms.

Ask the children to begin. If the children have a hard time remembering everything, repeat the instructions and have them try again. Explain that if the activity were repeated several times everyone would be able to remember and do what they were asked to do. As we choose to follow the teachings of Jesus Christ throughout our lives, we will gradually learn to become like our Heavenly Father and his Son.

Explain that Jesus Christ visited the Americas after he was resurrected. He chose twelve disciples and taught the Nephites the same principles he taught in the Sermon on the Mount in Jerusalem (see Matthew 5–7). These teachings, known as the Beatitudes, are important for us to live. The word *beatitude* means happiness or blessing.

Scripture Account Display the picture Jesus Teaching in the Western Hemisphere, and teach the children the account from 3 Nephi 12 and 13 of Jesus Christ teaching the Beatitudes. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize that the Savior was teaching us how to become like him and his Father.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Who did Jesus Christ say the Nephites should listen to and obey? (3 Nephi 12:1.) Why is it important that we listen to and obey our Church leaders today?
- What blessings do we receive when we are baptized? (3 Nephi 12:2.) What must we do if we want the Holy Ghost to help us?
- What does it mean to be “poor in Spirit”? (3 Nephi 12:3. Teachable, not conceited or boastful.) How can we show Heavenly Father we are teachable? Point out that the words “who come unto me” in verse 3 are not in the Bible account but help us better understand the Beatitudes. Being “poor in spirit” is not enough unless we come unto the Savior. This applies to each of the other Beatitudes as well.

The Savior taught that we should repent and come unto him “as a little child” (3 Nephi 9:22). Point out exemplary qualities you have observed in each child. Emphasize the importance of being reverent in class, trying to learn, and helping others learn.

Read 3 Nephi 12:4. Share a time when you have felt comforted by the Spirit. Invite the children to share experiences they have had when they were comforted.

- What does it mean to be meek? (3 Nephi 12:5. To be gentle and kind and to show self-control.) How are we and others blessed when we are meek?
- What does it mean to hunger and thirst after righteousness? (We should want to be good as much as we want food and water.) What are we promised if we hunger and thirst after righteousness? (3 Nephi 12:6.)
- What does it mean to show mercy? (3 Nephi 12:7. To be willing to forgive, to be kind and loving.) When we show mercy, what are we promised? You may want to share an experience when you chose to forgive someone and how you felt when you did.
- What does it mean to be pure in heart? (3 Nephi 12:8. To be sincere and genuine, to have clean minds and hearts, to enjoy good things, and to turn away from evil or wickedness in thought and action.) What are some examples of choosing good activities over bad ones? How does obeying the teachings of the gospel help us to be pure in heart?
- What does it mean to be a peacemaker? (3 Nephi 12:9.) What are some situations you can change by being a peacemaker? How does it make you feel when you are a peacemaker?
- What did the Savior promise those who are persecuted (teased, made fun of, tormented) because of their testimony of him? (3 Nephi 12:10–12.) Do you know anyone who has endured persecution for the Savior’s sake? You may want to share a time when you or someone you know stood for what is right in spite of being criticized.
- What does it mean to be the salt of the earth? (3 Nephi 12:13. See enrichment activity 4.) How can your righteous example to others be compared to salt?

- How much light would a lighted candle give if it were under a bucket or can? (3 Nephi 12:14–16.) In what ways can you let your light (or example) shine? How has someone else’s example been like a light in your life?
- How can keeping the commandments help us become more like Heavenly Father and Jesus Christ? (3 Nephi 12:48.)
- How important is it for us to forgive others? (3 Nephi 13:14–15.)
- What can we learn about fasting from 3 Nephi 13:16–18?
- What do you think “Lay not up for yourselves treasures upon earth . . . but lay up for yourselves treasures in heaven” means? (3 Nephi 13:19–20.) What treasures can we take with us from this life into the next life? What treasures that seem important to us now can we not take with us?
- Why does Jesus Christ give us commandments? (3 Nephi 12:20.) What have you learned from the Beatitudes and other truths that will help you this week to be more like the Savior?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Write the headings *Blessed are* and *Promise* on the chalkboard. Write *3 Nephi 12:3*, *3 Nephi 12:4*, and so on to verse 10 on separate pieces of paper and distribute them to class members. Have the children read the verses on their pieces of paper and tell you what the promise is in each Beatitude. Write the responses in the appropriate column. (Emphasize the importance of “coming unto Christ” when you talk about each Beatitude.) When you are through, the chalkboard should have the following lists on it:

<u>BLESSED ARE</u>	<u>PROMISE</u>
the poor in spirit who come unto Jesus Christ	shall receive the kingdom of heaven
those who mourn	shall be comforted
the meek	shall inherit the earth
those who hunger and thirst after righteousness	shall be filled with the Holy Ghost
the merciful	shall obtain mercy
the pure in heart	shall see God
peacemakers	shall be called the children of God
those who are persecuted for the Savior	shall receive the kingdom of heaven

2. Discuss and help the children memorize the thirteenth article of faith.

3. Ask the children how they could better live one of the Beatitudes, and list their suggestions on the chalkboard. Encourage each child to choose one of the Beatitudes to work on this week. You may want to give the children a paper with the sentence “This week I will be more _____” printed on it. Have them fill in the blank and take the paper home.
4. Show the children some salt. Explain that salt has been used for hundreds of years to flavor foods and preserve them from spoiling. Just as salt preserves food, our relationship with Heavenly Father and the Savior is preserved when we obey their teachings and keep our covenants. As salt adds flavor to food, we can add goodness to the world by living righteously. Ask the children the following questions:
 - What are some of the impure (unclean) influences of the world that can affect our relationship with the Savior?
 - Just as salt loses its savor (flavor) when it is weakened with impurities, what happens to us when we allow impurities (unclean thoughts, influences, and actions) into our lives?
5. If you are not teaching this lesson on fast Sunday, prepare a food such as popcorn with and without salt (check with parents to see if any of the children are allergic), and have the children taste the difference. Explain how important salt is to certain foods. Help the children understand that to be considered the salt of the earth we must develop Christlike qualities and give service to others.
6. Read the following scripture. Have the children raise their hands each time they hear the word *do*.

“This is my gospel; and ye know the things that ye must *do* in my church; for the works which ye have seen me *do* that shall ye also *do*; for that which ye have seen me *do* even that shall ye *do*;

“Therefore, if ye *do* these things blessed are ye, for ye shall be lifted up at the last day” (3 Nephi 27:21–22; italics added).

Explain that if we do the things the Savior has commanded us to do, he will bless us. It is an eternal law that obedience brings blessings. You may want to read and discuss D&C 130:20–21.
7. Show a picture of Spencer W. Kimball, twelfth President of the Church, and tell the children one of his favorite mottos: “Do it.” President Kimball knew that it was essential not only to know the teachings of Jesus but to actually do them. Tell this story about President Kimball and the song “I Am a Child of God.”

“In 1957 the Primary General Board . . . asked Naomi W. Randall and Mildred T. Pettit . . . to write a [song about the need of children to be taught the gospel]. Naomi Randall reported: ‘That evening, I got down on my knees and prayed aloud, pleading that our Heavenly Father would let me know the right words. Around 2:00 A.M. I awakened and began to think again about the song. Words came to my mind. . . . I immediately got up and began to write the words down as they had come to me. Three verses and a chorus were soon formed. I gratefully surveyed the work, drank of the message of the words, and returned to my bedroom where I knelt before my Father in Heaven to say “Thank you!”’ . . .

“The words of the chorus originally read, ‘Teach me all that I must *know* / To live with him some day.’ (Italics added.) A few years after the song was published, Spencer W. Kimball, then a member of the Quorum of the Twelve Apostles, attended a conference . . . where a Primary children’s chorus sang the song. Naomi Randall said: ‘On the trip home he talked with a Primary General Board member [and] expressed his love for the song, then stated that there was one word in the chorus that concerned him. He wondered if Sister Randall would consider changing the line that says “Teach me all that I must *know*” to “Teach me all that I must *do*.” Of course I gladly accepted his suggestion.

“‘I wondered why I didn’t include that thought at the time the lyrics were first written. But as time went on I came to feel very sincerely that this was the way the Lord wanted the song to evolve, because it became a teaching moment for members all over the Church and impressed upon their minds that knowing the gospel is not all that is required; it is the day-by-day *doing* the Lord’s will and keeping the commandments that help us reach our eternal goal’” (in Karen Lynn Davidson, *Our Latter-day Hymns*, pp. 303–4).

Have each child write “Do it now” on a card to take home.

8. Sing or read the words to “I Want to Live the Gospel” (*Children’s Songbook*, p. 148); “Love One Another” (*Children’s Songbook*, p. 136); “The Things I Do” (*Children’s Songbook*, p. 170); “Nephi’s Courage” (*Children’s Songbook*, p. 120), verse 3; “I Am a Child of God” (*Children’s Songbook*, p. 2); or “Do What Is Right” (*Hymns*, no. 237).

Conclusion

Testimony	Testify that by living the Beatitudes and other commandments we will be blessed and will become more like Heavenly Father.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 3 Nephi 12:3–24, 39–48 at home as a review of this lesson. Invite a child to give the closing prayer.

Lesson
35

Jesus Christ Heals the Sick and Blesses the Children

Purpose To teach the children that Jesus Christ loves each of us and to encourage them to experience joy by having faith in him.

Preparation

1. Prayerfully study 3 Nephi 17. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Salt.
 - c. Pictures 4-46, Jesus Healing the Nephites (Gospel Art Picture Kit 317; 62541); 4-47, Jesus Praying with the Nephites (62542); and 4-48, Jesus Blesses the Nephite Children.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

Have the children each take a taste of salt, and ask them how they would explain the taste to someone who had never tasted it before. You may need to remind them that they could not describe the flavor as “salty” because a person who has never tasted salt would not know what the word meant. Explain that it is sometimes hard to describe things you have experienced in words others can understand. The Nephites had such great joy when Jesus Christ appeared to them that they said, “No tongue can speak, neither can there be written by any man, neither can the hearts of men conceive so great and marvelous things as we both saw and heard” (3 Nephi 17:17). Tell the children that if they will picture in their minds the events they will hear in this lesson, they may be able to feel and understand with their spirits some truths that words cannot describe.

Scripture Account

Using the pictures at appropriate times, teach the children the account of Jesus Christ healing the sick and blessing the children from 3 Nephi 17. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize that the Savior’s love for the people was so great that words could not express it.

**Discussion and
Application
Questions**

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did Jesus Christ say the people should do to help them understand the things he had taught them? (3 Nephi 17:3.) What does it mean to ponder?

(To think deeply about something.) Why is it important to ponder and pray about what we are taught by our Church leaders and teachers?

- Where did the Savior say he was going after he visited the Nephites? (3 Nephi 17:4.) How does this show that Jesus loves all of Heavenly Father’s children?
- What did the people do when the Savior said he was leaving? (3 Nephi 17:5.) What did he do to show that he loved them? (3 Nephi 17:6–8.)
- What did Jesus Christ say was the reason the people could be healed? (3 Nephi 17:8.) What is one reason miracles sometimes do not occur? (Ether 12:12, 18.)
- How did the Nephites show their thanks when Jesus Christ healed the sick? (3 Nephi 17:10.) When should you thank Heavenly Father and Jesus? How can you show your thanks for the blessings you receive?
- After Jesus Christ healed the sick, what did he command the people to do? (3 Nephi 17:11.) What did he do when the children had been brought to him? (3 Nephi 17:13–15.) Why were the words he prayed to Heavenly Father not written? (3 Nephi 17:16–17.)
- Why did Jesus weep? (3 Nephi 17:20–21.) How has the gospel brought you joy? How did he show his love for the children? (3 Nephi 17:21.) How would you feel if Jesus Christ held you in his arms, blessed you, and prayed to Heavenly Father for you?
- When the Savior told the parents to behold their little ones, what did the parents see? (3 Nephi 17:23–24.) What does it mean to *minister*? (To give help or service.) What can we do to serve others?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Read and discuss the following statement from President Ezra Taft Benson, thirteenth President of the Church:

“I promise you, dear children, that angels will minister unto you also. You may not see them, but they will be there to help you, and you will feel of their presence. . . .

“Dear children, our Heavenly Father sent you to earth at this time because you are some of His most valiant children. He knew there would be much wickedness in the world today, and He knew you would be faithful and obedient” (in Conference Report, Apr. 1989, p. 105; or *Ensign*, May 1989, p. 83).
2. Read together 3 Nephi 17:20–21. Ask the children to choose a word or group of words from these verses that they think is important, and then have them share their feelings about the words they chose.
3. Ask the children to think about the times in their lives when they have been the happiest. Ask them the following questions about those times:
 - What were you doing?
 - What made you happy?

- Why are we happiest when we live like Jesus taught?
- Why are you happiest with certain friends and family members?

Explain that we naturally want to be with those whom we love and who love us. If we obey the commandments, we can live with Heavenly Father and Jesus and our families forever. This will give us the greatest joy we can experience.

4. Because the Nephite people who gathered at Bountiful were not sufficiently prepared, the Savior could not tell them everything that Heavenly Father wanted them to know. What did Jesus ask the people to do? (Have the children fill in the blanks from 3 Nephi 17:3.)

Therefore, go ye unto your homes,
and ponder upon the things which I
have said, and ask of the Father,
in my name, that ye may understand. (3 Nephi 17:3.)

Following a conference, sacrament meeting, or Primary, what should you do to help you understand what you have heard?

5. Sing or read the words to “Had I Been a Child” (*Children’s Songbook*, p. 80) or “When He Comes Again” (*Children’s Songbook*, p. 82).

Conclusion

Testimony	Testify that Jesus Christ and Heavenly Father love all children and that if we have faith in Jesus Christ and obey the commandments, we will know the joy of living with them again.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 3 Nephi 17 at home as a review of this lesson. Invite a child to give the closing prayer.

Jesus Christ Gives the Sacrament to the Nephites

Lesson
36

Purpose To encourage the children to always remember Jesus Christ so they can have his Spirit to be with them.

Preparation

1. Prayerfully study 3 Nephi 18:1–14. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Write the following words on pieces of paper (or you could write them on the chalkboard):
 - Darkness*
 - Destruction*
 - Voice*
 - Marks of his wounds*
 - Angels*
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Pictures 4-43, Christ Appears to the Nephites (Gospel Art Picture Kit 315; 62047); 4-46, Jesus Healing the Nephites (Gospel Art Picture Kit 317; 62541); 4-47, Jesus Praying with the Nephites (62542); and 4-49, The Resurrected Jesus Christ (Gospel Art Picture Kit 239; 62187).

Suggested Lesson Development

Development Invite a child to give the opening prayer.

Attention Activity Ask the children what important events they remember from their lives. Ask them what helps them remember these events.

Show the pictures listed in the “Preparation” section and the words you prepared one at a time. Ask the children what each picture or word or phrase helps them remember about Jesus’ visit. Explain that this lesson is about what Jesus did to help us always remember him.

Scripture Account Teach the children the account from 3 Nephi 18:1–14. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did Jesus Christ ask his disciples to bring? (3 Nephi 18:1.) What did Jesus do with the bread? (3 Nephi 18:3–4.) What did he do with the wine? (3 Nephi 18:8–9.)

- What must a young man have before he can prepare or bless or pass the sacrament to the members of the Church? (3 Nephi 18:5.) Who prepares, passes, and blesses the sacrament in our ward?
- What does the sacrament bread help us remember? (3 Nephi 18:7.) What does the sacrament water help us remember? (3 Nephi 18:11.)
- Whom do we covenant with when we partake of the sacrament? (3 Nephi 18:7.)
- What does Jesus Christ promise us if we always remember him? (3 Nephi 18:7.) What does it mean to have his Spirit with us? (We are guided and helped by the Holy Ghost.) What can we do during the week to always remember the Savior so that we may have his Spirit with us?
- When members of the Church partake of the sacrament, what are they witnessing to Heavenly Father? (3 Nephi 18:10.) What does it mean to be willing to keep his commandments? What are some of the commandments that Heavenly Father wants us to willingly keep? You might ask the children to silently choose a commandment they would like to obey more fully.
- When we partake of the sacrament, which covenants do we remember and renew? (3 Nephi 18:11.) How does thinking often about the covenants we make at baptism help us live better? (Mosiah 18:10.) Challenge the children to listen carefully to the sacrament prayers and think about ways to keep their baptismal covenants during the coming week.
- How are we blessed when we partake worthily of the sacrament? (3 Nephi 18:12–14.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Have the children read the sacrament prayers from Moroni 4:3 and 5:2. Ask the children to suggest ways they can prepare to partake of the sacrament. You might use the following suggestions if the children need help:
 - Sing the words of the sacrament hymn.
 - Listen to the words of the sacrament prayers.
 - Think about the Savior's love, suffering, death, resurrection, and teachings.
 - Think about our covenants with Heavenly Father.
2. Share an appropriate experience when you have felt the Spirit. If any of the children have had an experience with the Spirit they would like to share, invite them to do so. Help the children understand that Jesus Christ wants them to discover and always feel his Spirit in their lives. Discuss the following statement by President Ezra Taft Benson, thirteenth President of the Church: "We hear the words of the Lord most often by a feeling. If we are humble and sensitive, the Lord will prompt us most often through our feelings. That is why spiritual promptings move us on occasion to great joy, sometimes to tears" (*The Teachings of Ezra Taft Benson*, p. 77).
3. Choose a familiar hymn or Primary song to hum while the children draw something that would help them remember the Savior during the sacrament. Some choices might be Jesus Christ in the Garden of Gethsemane, Jesus Christ with the Nephites, a blessing the children are thankful for in their lives,

and so on. Encourage them to keep their thoughts on the Savior during the sacrament service.

4. Sing or read the words to “Reverently, Quietly” (*Children’s Songbook*, p. 26), “He Sent His Son” (*Children’s Songbook*, p. 34), “To Think about Jesus” (*Children’s Songbook*, p. 71), or “The Sacrament” (*Children’s Songbook*, p. 72).

Conclusion

Testimony	Show the picture The Resurrected Jesus Christ. Share your testimony that when we remember Jesus and keep his commandments, we have the Holy Ghost to be with us.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 3 Nephi 18:1–14 at home as a review of this lesson. Invite a child to give the closing prayer.

Lesson
37

Jesus Christ Teaches the Nephites to Pray

Purpose

To encourage the children to pray so they will not enter into temptation.

Preparation

1. Prayerfully study 3 Nephi 18:15–25; 19; 20:1. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
 2. Additional reading: Alma 13:28–29, Matthew 26:41, and Doctrine and Covenants 31:12, 61:39.
 3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
 4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Pictures 4-47, Jesus Praying with the Nephites (62542), and 4-50, Family Prayer (62275).
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**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

Share the following story from Elder Rex D. Pinegar about a special family prayer:

“One morning several years ago I was driving with my family [on a vacation]. Our four young daughters were excited as we approached the turnoff to [a] famous park. The laughter and happy chatter stopped suddenly, however, as our rented station wagon sputtered and chugged to an unexpected stop on the exit ramp. Many cars sped by us in the rush-hour traffic as I tried to get the car running again. Finally, realizing there was nothing more we could do, we got out of the stalled car and huddled together off the road for a word of prayer.

“As we looked up from our prayer, we saw a smiling, handsome man and his son maneuver their . . . car through the lanes of traffic and pull off the road beside us. For the remainder of the morning and into the afternoon these men cared for our needs in many kind and helpful ways. They took us and our belongings to the . . . park. . . . They helped me locate a tow truck for the stranded car; they drove me to the rental agency to get a replacement vehicle. . . . They bought refreshments for my family and waited with them until I returned several hours later.

“We felt that these men were truly an answer to our prayer, and we told them so as we said good-bye and tried to thank them. The father responded. ‘Every morning I tell the good Lord that if there is anyone in need of help today, please guide me to them’” (in Conference Report, Oct. 1991, pp. 54–55; or *Ensign*, Nov. 1991, p. 39).

Invite the children to share experiences they have had with personal and family prayer.

Scripture Account	Using the pictures at appropriate times, teach the children the account of Jesus Christ's teaching the Nephite multitude from 3 Nephi 18:15–25; 19; 20:1. (For suggested ways to teach the scripture account, see "Teaching from the Scriptures," p. vii.)
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none"> • Why does Jesus want us to pray always? (3 Nephi 18:15, 18.) • To whom do we pray? In whose name do we pray? (3 Nephi 18:19; 19:6–8.) • As we pray in faith for what is best for us, what promise do we have? (3 Nephi 18:20.) Help the children understand that Heavenly Father always knows what is best for us. Sometimes this is different from what we want. • Why is family prayer important? (3 Nephi 18:21.) How can you help your family have regular family prayer? • What did Jesus Christ say we should do for those who are not members of the Church? (3 Nephi 18:22–23.) • What does it mean to "hold up your light that it may shine unto the world"? (3 Nephi 18:24.) How can we help others understand the importance of prayer? • What did the twelve disciples of Jesus Christ teach the Nephites who were gathered? (3 Nephi 19:6.) When do you kneel and pray? How does kneeling show respect for Heavenly Father? What are some other ways we can show reverence while praying in our homes and classrooms? • As the disciples prayed, what did they desire the most? (3 Nephi 19:9.) How was this gift given to them? (3 Nephi 19:13–14.) • What did Jesus say when he prayed to Heavenly Father? (3 Nephi 19:20, 28.) Why do you think expressing thanks is such an important part of our prayers? What are some things you are thankful for? • How can we pray unceasingly? (3 Nephi 20:1.) Why should we always have a prayer in our hearts? (3 Nephi 18:15, 18.) How can prayer help us avoid temptation?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Write the following scripture references on pieces of paper, and give them to the children either individually or in small groups. Have the children read the scriptures, looking for the things Jesus Christ taught about the blessings that come to us through prayer. Then have the children report what they have learned to the class.
 - 3 Nephi 18:15, 18 (We will be able to avoid temptation.)
 - 3 Nephi 18:20 (Our righteous desires will be granted.)
 - 3 Nephi 18:24 (We will be examples to others.)
 - 3 Nephi 19:30 and 27:30 (Heavenly Father and Jesus Christ will be pleased with us.)

2. Find stories from Church magazines or conference addresses about praying, and share them with the children.
3. Read and discuss the following statement from President Ezra Taft Benson, thirteenth President of the Church:

“There is a great tendency for us in our prayers and in our pleadings with the Lord to ask for additional blessings. But sometimes I feel we need to devote more of our prayers to expressions of gratitude and thanksgiving for blessings already received” (*God, Family, Country*, p. 199).

Invite the children to mention in one minute as many things as they can think of for which they are thankful. Summarize their answers on the chalkboard.

4. Discuss and help the children memorize part of Alma 13:28: “Humble yourselves before the Lord, and call on his holy name, and watch and pray continually, that ye may not be tempted above that which ye can bear, and thus be led by the Holy Spirit.”
5. Discuss the basic parts of a prayer:
 - a. Address our Heavenly Father . . .
 - b. Thank him for . . .
 - c. Ask him for . . .
 - d. Close in the name of Jesus Christ, amen.

Write on the chalkboard “I thank thee for . . .” Invite the children to tell what they thank Heavenly Father for and summarize their comments on the chalkboard. Do the same for “I ask thee for . . .”

6. Sing or read the words to “A Child’s Prayer” (*Children’s Songbook*, p. 12), “Children All Over the World” (*Children’s Songbook*, p. 16), “Family Prayer” (*Children’s Songbook*, p. 189), or “Love Is Spoken Here” (*Children’s Songbook*, p. 190).

Conclusion

Testimony	Bear testimony of the importance of daily prayer and that if we pray as Jesus taught, we will be protected from the influences of Satan.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 3 Nephi 18:18–25 and Alma 13:28–29 at home as a review of this lesson. Invite a child to give the closing prayer.

Peace among the Nephites

Lesson 38

Purpose To encourage each child to seek the peace and happiness that come from living the gospel of Jesus Christ.

Preparation

1. Prayerfully study 3 Nephi 28:1–16, 23–40 and 4 Nephi. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed: a Book of Mormon for each child.

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity

Ask the children to imagine what it would be like to have the Savior live with their family for a week. Ask them what they think it would be like to be in their home for that week. Have a child read 4 Nephi 1:15–16. Explain that these verses describe how the people in America treated each other after Jesus Christ’s visit. Help the children discuss what it would be like living under these conditions.

- How would our lives be different if everyone obeyed the commandments? (We would have no need for locks, keys, police officers, and so on.) Help the children understand that one of the most important keys to happiness is how we treat other people. By living the teachings of Jesus Christ, we will treat our families and friends with more kindness and less selfishness, and we will find greater peace and happiness.

Scripture Account

Teach the children the account in 3 Nephi 28:1–16, 23–40 and 4 Nephi of the Nephite disciples and the peace and happiness the Nephites found in keeping the commandments. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did Jesus Christ’s disciples desire of him? (3 Nephi 28:2, 4–7.) Why were the three disciples allowed to remain on earth until its end? (3 Nephi 28:6, 9.) What changes were made in their bodies that made it possible for them to do this? (3 Nephi 28:38–39.)
- How were the three disciples protected as they taught the people? (3 Nephi 28:18–22.) What did Mormon record about these three disciples? (3 Nephi 28:24–26. Point out that Mormon lived about 350 years after Jesus Christ.)

- What did the disciples do after the Savior left them? (3 Nephi 28:18.) What did the people do when they heard the disciples' words? (4 Nephi 1:1–2.) How many of the people were converted? Point out that the people were no longer divided into Nephites and Lamanites but were united.
- What do *contention* and *disputation* mean? (4 Nephi 1:2. Quarreling or arguing.) How have you and your family been blessed when you have had no contention? How can you be a peacemaker and help your family avoid contention?
- What does it mean that the people had “all things common among them”? (4 Nephi 1:3.) What would you like about living in this way? Why do you think it might be hard?
- What miracles did Jesus Christ's disciples perform? (4 Nephi 1:5.)
- How were the people blessed? (See enrichment activity 1.)
- Why was there no contention in the land? (4 Nephi 1:15.) What does it mean to have the “love of God” in our hearts? When have you felt the love of God in your life? How can we share this love with others?
- What caused a change in this happy society? (4 Nephi 1:23–29.) How did the people treat the disciples? (4 Nephi 1:30–34.) What is pride? How can we overcome pride in our lives?
- What does it mean to “wilfully rebel against the gospel of Christ” as these people did? (4 Nephi 1:38.)
- What was the condition of the people three hundred years after Christ's visit? (4 Nephi 1:45–46.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Prepare wordstrips of these phrases from 4 Nephi 1:2–3, 5, 15–17:

“Every man did deal justly one with another.”

“They had all things common among them.”

“All manner of miracles did they work.”

“There was no contention in the land.”

“The love of God . . . did dwell in the hearts of the people.”

“There were no envyings.”

“There were no . . . tumults [rioting].”

“There were no . . . lyings.”

“There were no robbers.”

“There were . . . [no] murderers.”

“They were in one, the children of Christ.”

Put the wordstrips in a container, and let each child draw one out and display it. These phrases from 4 Nephi explain why the people were living in peace and happiness.

2. Read and discuss the following statement from President Ezra Taft Benson, the thirteenth President of the Church:

“The Lord warns us in the Doctrine and Covenants, ‘Beware of pride, lest ye become as the Nephites of old’ (D&C 38:39)” (in Conference Report, Apr.

1989, p. 3; or *Ensign*, May 1989, p. 4). President Benson taught us that we can overcome pride in our lives and be humble, meek, and submissive by—
Loving Heavenly Father and putting him first in our lives.

Not worrying about what others think of us but only what Heavenly Father thinks of us.

Not gossiping or criticizing.

Not envying or living beyond our means.

Not arguing or fighting in our families.

Helping others feel good about themselves.

Accepting counsel from our leaders.

Forgiving those who have offended us.

Being unselfish.

Serving others.

These statements could be prepared as wordstrips and placed in a sack. The children could each draw out one wordstrip and discuss how that principle can help us overcome pride in our families.

3. Read, discuss, and help the children memorize part or all of 4 Nephi 1:15–16.
4. Have the children role-play real-life situations where there is contention. Have the children role-play what the situation would be like if they were living in the Nephite society with “no contention.” (Suggestions: two children both want to be first in line, two sisters both want to play with the same toy, and so on.)
5. Read and discuss the following statement from Elder Marvin J. Ashton:

“‘How can you tell if someone is converted to Jesus Christ?’ . . . ‘The best and most clear indicator that we are progressing spiritually and coming unto Christ is the way we treat other people’” (in Conference Report, Apr. 1992, p. 25; or *Ensign*, May 1992, p. 20).
6. Help the children memorize the thirteenth article of faith. Discuss how it applies to the way the Nephites lived after Jesus Christ visited them and how we can live now.
7. Read and discuss Doctrine and Covenants 19:23.
8. Sing or read the words to “I Feel My Savior’s Love” (*Children’s Songbook*, p. 74) or “Keep the Commandments” (*Children’s Songbook*, p. 146).

Conclusion

Testimony	Bear testimony that we can experience peace and happiness if we humbly live as the Savior has taught us to.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study 4 Nephi 1:1–18 at home as a review of this lesson. Invite a child to give the closing prayer.

Lesson
39

Mormon Witnesses the Destruction of the Nephites

Purpose To strengthen each child's desire to remain true to the teachings of Jesus Christ in spite of the evil influences around us.

Preparation

1. Prayerfully study Mormon 1–6. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Six written descriptions of Mormon as described in the attention activity.
 - c. Pictures 4-1, Mormon Abridging the Plates (Gospel Art Picture Kit, 306; 62520), and 4-51, Mormon Bids Farewell to a Once Great Nation (Gospel Art Picture Kit 319; 62043).

Suggested Lesson Development

Invite a child to give the opening prayer.

Attention Activity Write *Mormon* on the chalkboard.

- What do you think of when you hear this word?

After the children discuss what they think of, explain that today they are going to learn about the prophet Mormon. Give six children each one of the following descriptions of Mormon as a young man to read to the class:

I was born about 321 A.D.

When I was ten years old, the prophet Ammaron told me that I would be given the large plates of Nephi when I was twenty-four years old. (Mormon 1:2–4.)

When I was eleven years old, I moved to Zarahemla, a large city with many people, with my father. That same year wars began. (Mormon 1:6–8.)

When I was fifteen years old, I was visited by Jesus Christ and felt his love and goodness. (Mormon 1:15.)

When I was sixteen years old, I was appointed to lead all the Nephite armies. (Mormon 2:1–2.)

Because of the wickedness of my people, I had to be strong in keeping the commandments and trusting in Heavenly Father.

Explain to the children that when we study the life of Mormon, we can see how it is possible to live a righteous life in spite of the evil influences around us.

Scripture Account	Teach the accounts of Mormon abridging the large plates of Nephi and the destruction of the Nephites from Mormon 1–6. Use the pictures at appropriate times. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none"> • How and why was Mormon chosen to keep the records? (Mormon 1:2–4.) How do you think you would feel if you were given the same responsibilities that Mormon was given so early in your life? How could you prepare yourself for such a sacred responsibility? • What was happening among the Nephites and Lamanites at this time? (Mormon 1:13.) What spiritual blessings did the Nephites give up because of their wickedness? (Mormon 1:13–14.) Why is it important to live so we can have the Holy Ghost with us? • Why was Mormon not allowed to teach the gospel to the Nephites? (Mormon 1:16–17.) In what ways is it hard to live in a wicked world? • What caused the Nephites to begin to repent? (Mormon 2:10–11. You might remind the children of Samuel's prophecy in Helaman 13:18.) Why did Mormon's happiness over the repentance of the people soon turn to sorrow? (Mormon 2:12–15.) How can we sincerely repent? • During the wars, what did Mormon do with the large plates of Nephi? (Mormon 2:16–18.) Help the children understand that the Book of Mormon is named after Mormon because he was the prophet who abridged or summarized the large plates of Nephi. Show the picture of Mormon abridging the large plates of Nephi. This abridgment made by Mormon; the things added by his son, Moroni; and the small plates of Nephi are the gold plates Joseph Smith got from Moroni at the Hill Cumorah. • Why weren't the Nephites as successful in battle as they could have been? (Mormon 2:26–27.) What can we do to have the “strength of the Lord” in our lives? • What happened when Mormon taught the Nephites about repentance? (Mormon 3:2–3.) Why do many people not listen to Heavenly Father and his prophets? • What did Mormon finally do because of the people's wickedness? (Mormon 3:11.) What did he do to show how much he cared about them? (Mormon 3:12.) Why should we pray for people who are not keeping Heavenly Father's commandments? • Which prophets had prophesied of the destruction of the Nephites? (Mormon 1:19; 2:10.) What were some of the hardships the people suffered, because of their wickedness, in fulfillment of these prophecies? (Mormon 2:8, 20; 4:11, 21; 5:16, 18; 6:7–9.) If you saw these hardships happening to your friends and neighbors, what would you want to do for them? What can we do to help others learn to keep Heavenly Father's commandments? (See enrichment activity 2.)

- How many people were killed in these wars? (Mormon 6:10–15. See enrichment activity 3.) How did Mormon feel about the destruction of his people? (Mormon 6:16–22.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Discuss Mormon's purpose for keeping the records (Mormon 3:20–22; 5:14–15). Assign each child at least one verse to read to find the answers.
2. Ask each child to name a commandment and tell what would have been different in Zarahemla or in their city if everyone lived just that one commandment.
3. Discuss the great numbers of people who were destroyed. Compare it to a city of 230,000 where all were killed except twenty-four people.
4. Review with the children the blessings we have because of Mormon's great faith and courage in being true to his responsibility. Include the following:
 - He set an example by showing us how to remain faithful when surrounded by evil.
 - He recorded the history of his people.
 - He abridged the history of the Nephites.
 - He wrote letters to his son, Moroni, which give us wise counsel and doctrine.
 - How can we show our gratitude for these sacred records?
5. Sing or read the words to "I Feel My Savior's Love" (*Children's Songbook*, p. 74), "I Will Follow God's Plan" (*Children's Songbook*, p. 164), or "Choose the Right" (*Hymns*, no. 239).

Conclusion

Testimony	Bear testimony of the Book of Mormon and how it can help us remain true to Jesus Christ in spite of the evil influences around us.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Mormon 1:1–7, 13–19 at home as a review of this lesson. Invite a child to give the closing prayer.

The Jaredites Are Led to the Promised Land

Lesson
40

Purpose To encourage the children to seek the guidance of the Holy Ghost throughout their lives.

Preparation

1. Prayerfully study Ether 1:1–4, 33–43; 2; 3; 6:1–13; and Genesis 11:1–9. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Write the phrase “Stand up, turn around, and sit quietly” on a slip of paper. Then, using the other languages below, make enough copies of the phrase in foreign languages so the rest of the children can have one.
 - German: Steh auf, dreh dich um, und sitz still.
 - Italian: Alzati, girati, siediti, e stai tranquillo.
 - Danish: Rejs dig op, vend dig omkring, sæt dig stille ned.
 - Swedish: Ställa upp, vänd dig omkring, sätt dig stilla ned.
 - French: Lève-toi, tourne-toi, et assieds-toi tranquillement.
 - Portuguese: Levante-se, vire-se, e sente-se silenciosamente!
 - Spanish: Ponte de pie, date una vuelta, y siéntate en silencio.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A Bible.
 - c. Pictures 4-44, World Map; 4-52, The Brother of Jared Sees the Finger of the Lord (Gospel Art Picture Kit 318; 62478); 4-53, The Jaredite Barges; and 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572).

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity Give each child one of the papers with the phrase “Stand up, turn around, and sit quietly” written on it in one of the various languages. Ask the class members to follow the instructions on their papers.

- Why are you all not able to follow the instructions?

Briefly tell the story of the Tower of Babel from Genesis 11:1–9.

- What would it be like if you were not able to understand the people around you? Explain that today the children will learn about a family who lived at the time of the Tower of Babel.

Scripture Account Using the pictures at appropriate times, teach the children the account from Ether 1–3 and 6:1–13 of the Jaredites being led to the promised land. (For

suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- Who were the Jaredites? (Ether 1:33.) Why didn't the Lord confound (change or confuse) their language? (Ether 1:34–37.)
- What did the brother of Jared ask Heavenly Father? (Ether 1:38.)
- What preparations did the Jaredites make for their journey? (Ether 1:41; 2:2–3; 6:4.)
- What is the meaning of *deseret*? (Ether 2:3.)
- How did Heavenly Father and Jesus Christ guide the Jaredites in their journey to the sea? (Ether 2:4–6.) How can we receive divine guidance in our lives? (Answers to prayer, through the Holy Ghost, through prophets and other leaders, through the scriptures.)
- Why were the Jaredites being led to a choice land? (Ether 1:42–43.)
- Why was the Lord unhappy with the brother of Jared? (Ether 2:14.) What did the brother of Jared do after the Lord chastised him? (Ether 2:15.) Explain that *chastised* means to be told that you are doing something wrong so you will know what the right thing to do is.
- After the barges were nearly finished, what two problems did the brother of Jared need help with? (Ether 2:19.) What did the Lord expect the brother of Jared to do to solve the problem of lighting the barges before giving him guidance? (Ether 2:23, 25; 3:1.) What can we learn from the experiences of the brother of Jared about solving our own problems?
- Because of his great faith in Jesus Christ, what did the brother of Jared do to provide light for the barges? (Ether 3:1, 4–5.) How did Jesus Christ help him? (Ether 3:6.) How can we exercise our faith in Jesus Christ?
- What did the brother of Jared see as the stones were lighted? (Ether 3:6–8.) Why was the brother of Jared able to see Jesus Christ? (Ether 3:9–15.) What did the brother of Jared learn about the body of Jesus Christ? (Ether 3:6, 15–17.) Help the children understand that the brother of Jared saw the spirit body of Jesus Christ, which looked very much like the physical body Jesus received when he came to earth.
- What problems did the Jaredites face as they crossed the sea? How did the Lord help them? What did the Jaredites do? (Ether 6:5–9.)
- What did the Jaredites do as soon as they landed on the shore of the promised land? (Ether 6:12–13.) What blessings are you thankful for? How can we show Heavenly Father that we are grateful for our blessings?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Show several objects or pictures of objects such as a map, compass, flashlight, and so on. Have the children discuss how each object helps guide us. Display the picture of Jesus Christ and discuss how we receive spiritual guidance in our lives.
2. Review and discuss the fourth article of faith. Display the picture of Jesus Christ, and ask the children why they think faith in the Lord Jesus Christ is the first principle of the gospel. Discuss why we must have faith before we can repent, be baptized, and receive the gift of the Holy Ghost. Let the children give some examples of how faith in Jesus Christ improves our actions and behavior. Emphasize the great power that can be ours as we develop faith in him.
3. Using the chalkboard or a poster, make a tic-tac-toe board. Divide the class into two groups, one using the x's and the other the o's. If the question you ask is answered correctly, that group gets to choose where to put the x or o. The object is to get three x's or o's in a row. When any question is missed, the opposing team gets a chance to answer the same question. (Refer to lesson 18 for directions.) The following are possible review questions about the Jaredites (you will need to add others):
 - How many stones were placed in each barge? (Two.)
 - How long did it take for Jared, his brother, and their families and friends to cross the ocean? (Almost a year.)
 - What was the name of the high tower the wicked people were building? (Tower of Babel.)
 - Why did the brother of Jared prepare the sixteen small stones? (To make a source of light for their journey.)
 - How did Jesus Christ make each stone shine? (With his power by touching them with his finger.)
4. Sing or read the words to "I Need My Heavenly Father" (*Children's Songbook*, p. 18) or "I Am a Child of God" (*Children's Songbook*, p. 2).

Conclusion

Testimony	Bear testimony that the children can each receive guidance from the Holy Ghost if they will live worthy of having the Spirit in their lives.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Ether 3:6–16 at home as a review of this lesson. Invite a child to give the closing prayer.

The Jaredites Reject the Prophets

Purpose	To help each child want to overcome evil in his or her personal life by choosing to listen to and obey the prophets.
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Preparation	<ol style="list-style-type: none"> 1. Prayerfully study Ether 2:10–12; 11:1–5; 12:1–5; 13:13–22; 14:1–2, 21; 15:1–6, 18–34; and Omni 1:20–21. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.) 2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson. 3. Materials needed: <ol style="list-style-type: none"> a. A Book of Mormon for each child. b. Picture 4-54, Ether Recorded the History of the Jaredites.
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	<p>Ask questions similar to the following:</p> <ul style="list-style-type: none"> • What would happen if you chose to stick a pin in a fully inflated balloon? • What would happen if your family chose to stop watering a plant in your home? • What would happen if you chose to stay up late and not get enough sleep? <p>Explain to the children that all their choices have consequences. Consequences are what happen as a result of the choices we make. The scriptures and our prophets teach us the consequences of our choices because Heavenly Father wants us to make good choices. This lesson is about the Jaredites and the prophet Ether. Ether told the Jaredites that if they chose not to repent, the consequences would be that all of the people would be destroyed.</p>
Scripture Account	Teach the children the account of the destruction of the Jaredites from the scriptures listed in the “Preparation” section. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Point out that the prophets taught the people to have faith in Jesus Christ and to repent, but because the people rejected and killed the prophets, eventually the entire Jaredite civilization was destroyed. Use the picture at an appropriate time.
Discussion and Application Questions	Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What is agency? (The ability to choose.) Why did Heavenly Father give us agency? Help the children understand that we grow and learn when we make choices. Heavenly Father knew that forcing us to do things would not help us learn to become like him.
- What did the Jaredites do to the prophets who prophesied of their destruction? (Ether 11:1–5.) What could the Jaredites have done to prevent their destruction? Explain that we can always choose to repent and avoid the consequences of continuing in sin.
- Who was Coriantumr? (Ether 12:1.) Who was Ether? (Ether 12:2.) What did Ether say to the Jaredites? (Ether 12:3–4.)
- How did the people react to Ether's teachings? (Ether 13:13.) Where did Ether hide? (Ether 13:14.) What did he do while he was in the cave? Why do you think some people refuse to listen to the prophets?
- What did Jesus Christ direct Ether to tell Coriantumr? (Ether 13:20–21.) How did Coriantumr and the Jaredites respond to Ether? (Ether 13:22.)
- What great curse came upon the land because of the wickedness of the people? (Ether 14:1–2, 21; 15:2.) What do you think it would be like to live with these problems?
- What are the consequences of using our agency to make right choices? Ask the children to give examples of right choices and consequences. What are the consequences when we make wrong choices? Give examples of wrong choices and their consequences.
- What did Coriantumr write in a letter to Shiz, the opposing military leader? (Ether 15:4.) What did Shiz answer? (Ether 15:5.) How did Coriantumr and his people react to the people of Shiz? (Ether 15:6.)
- Why did the people keep fighting? (Ether 15:18–19.) What would have happened if the Jaredites had obeyed the prophet Ether? (Ether 13:20.)
- Who were the last two Jaredite warriors? (Ether 15:29.) Which one survived? (Ether 15:30–32.) Who found Coriantumr? (Omni 1:20–21.) What did the prophet Ether do with the record he wrote about the Jaredites? (Ether 15:33.) What was Ether's final testimony? (Ether 15:34.) What should be the most important goal of our lives?
- How do you think you would have felt if you had been Ether and had seen the people destroyed because of their disobedience?
- What could the Jaredites have done to avoid this great tragedy? How can choosing to follow the living prophets help us today? What are some of the teachings of the living prophets today? What blessings will come if we follow their counsel?

You might use enrichment activity 3 as a review of this lesson.

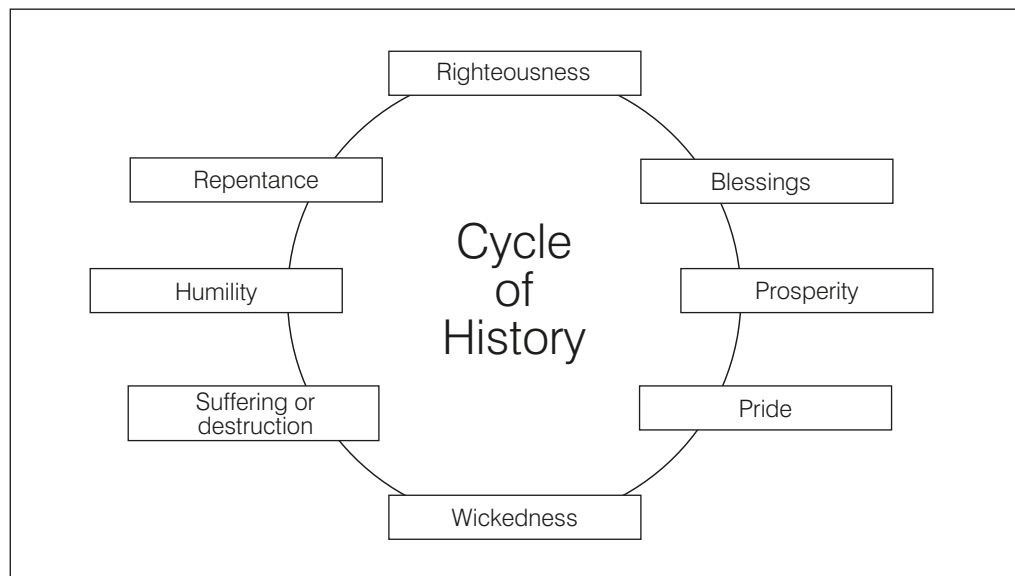
Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Share recent conference messages of the First Presidency and the Quorum of the Twelve Apostles that could apply to the children in your class. Ask the children how they can follow the living prophets, and list their suggestions on the chalkboard. Have the children choose one way they can follow the prophets during the coming week.
2. Before class, write the letters to the word *obedience* on separate pieces of paper, and hide them around the classroom. Explain to the children that you have hidden some letters. Give specific directions for finding each letter. When all the letters have been located, put them on the floor or chalkboard to form the word *obedience*. Ask how they were able to find all the letters. Teach the children that Heavenly Father wants us to choose to obey. Learning to obey is one of the main reasons we are here on earth. Heavenly Father wants us to use our agency and choose to obey the counsel of the leaders of the Church. Ask the children what they think is the most important thing they can do to be happy. Refer again to the letters that spell *obedience*. Point out that Heavenly Father tells us in the scriptures and through his Church leaders what he wants us to do. When we use our agency to be obedient and do what he says, he will help us find happiness.
3. Make the following wordstrips:
 - Righteousness
 - Blessings
 - Prosperity
 - Pride
 - Wickedness
 - Suffering or destruction
 - Humility
 - Repentance

Explain that throughout history when people have been righteous, Heavenly Father has blessed them with prosperity. Unfortunately this prosperity can lead to pride and wickedness and sometimes complete destruction.

Explain that this is what happened to the Jaredites. At first they were a righteous people and were blessed and prospered. (Draw a large circle on the chalkboard, and have the children put up the wordstrips “Righteousness,” “Blessings,” and “Prosperity” in the proper places on the circle [see the following illustration].) Then the Jaredites became proud and rejected the prophets. The people became so wicked that they were entirely destroyed. (Have the children put up the wordstrips “Pride,” “Wickedness,” and “Suffering or destruction” in the proper places on the circle.) Explain that if the Jaredites had humbled themselves and repented before they were destroyed, they could have returned to enjoying the blessings of righteous living. (Have the children put up the wordstrips “Humility” and “Repentance” in the proper places on the circle.) Help the children understand that this cycle often happens in our personal lives as well as in the history of nations.



4. Have the children make their own copies of the cycle of history to take home and share with their families. The children could make their cycles more personal by including such things as “listening to the prophets,” “obeying my parents,” “praying daily,” “expressing gratitude,” “serving others,” and so on.
5. Sing or read the words to “Follow the Prophet” (*Children’s Songbook*, p. 110), “Keep the Commandments” (*Children’s Songbook*, p. 146), or “We’ll Bring the World His Truth” (*Children’s Songbook*, p. 172).

Conclusion

Testimony	Testify that if we choose to listen to and follow Heavenly Father’s prophets we will be blessed and can overcome evil.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Ether 13:13–22 and 15:33–34 at home as a review of this lesson. Invite a child to give the closing prayer.

Purpose To help the children want to choose good over evil so they may be blessed with charity, the pure love of Christ.

Preparation

1. Prayerfully study Mormon 8:2–6 and Moroni 1, 7–8. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Picture 4-51, Mormon Bids Farewell to a Once Great Nation (Gospel Art Picture Kit 319; 62043).

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Show the picture Mormon Bids Farewell to a Once Great Nation and ask the children who the men in the picture are.

Explain that Mormon gave part of the sacred records to his son, Moroni, to protect them from the Lamanites and to have Moroni complete the account. Have the children read Moroni’s words in Mormon 8:2–5.

Help the children determine approximately how long Moroni was alone by finding the year of the final Nephite battle on the bottom of the page in Mormon 6. Then have the children subtract that date from the year listed on the bottom of the last page of Moroni 10. ($421 - 385 = 36$ years.)

Ask the children how long they have ever been alone. Help them imagine what it would be like to be alone for thirty-six years.

Explain that Moroni lived through many difficulties to complete the gold plates so they could come to future generations as the Book of Mormon and help us become like Jesus Christ.

You might also use enrichment activity 1 as an attention activity.

Scripture Account

Teach the children the account of Moroni’s living alone in the wilderness and writing his father’s words on the plates, as told in Mormon 8:2–6 and Moroni 1, 7–8. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.)

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- In addition to finishing the record of the Nephites, Moroni also wrote a brief history of another civilization. Who were those people? (Moroni 1:1.)
- How did Moroni feel about Jesus Christ? (Moroni 1:2–3.) (You may want to bear your testimony of Jesus Christ.) How can having a testimony of Jesus Christ help us choose the right?
- What did Moroni write about doing good? (Moroni 7:6–8.) Why is it important to do acts of kindness with the right attitude? What are some of the gifts we are commanded to give as members of the Church of Jesus Christ? (Service, love, obedience, tithing, fast offerings.)
- What did Moroni write about how we should pray? (Moroni 7:9.) What can we do to make our prayers more sincere?
- What spirit is given to all of us to help us judge between good and evil? (Moroni 7:15–18. Explain that the light of Christ is often called a person's conscience.) What additional help does Heavenly Father send us when we are baptized? (The gift of the Holy Ghost.) How can we use this knowledge to make decisions? (See enrichment activity 2.)
- What did Mormon write about charity? (Moroni 7:45, 47. See enrichment activities 3 and 4.) Why is it important for us to have charity? (Moroni 10:21.)
- What can we do to gain the pure love of Christ (charity)? (Moroni 7:48.) What blessings are we promised if we have the pure love of Christ?
- What did Moroni write about baptizing little children? (Moroni 8:8–10.) What does it mean to be accountable? (To be able to recognize good and evil and to be responsible for our choices.) At what age are we accountable for our actions? (Eight years old; see D&C 68:25, 27.)
- How do you think the histories of the Nephites and the Jaredites might have been different if they had applied the principles of charity in their lives?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. For this activity you will need a piece of tin and a nail. (A large lid from a can might work for the piece of tin. Cover all sharp edges with tape.) Have the children take turns using the nail to scratch a letter or two of the following words: *Now I, Moroni . . .* on the piece of metal or tin. Express your appreciation for the Book of Mormon record keepers, who engraved the words of God on metal plates.
2. Use the following or similar examples of choices that apply to your class. Have the children use Moroni 7:16 to help them choose good from evil.

You are playing ball with your friends when a child who does not play well wants to join your team. Your friends tell you if this person plays on your team you will lose the game. You consider telling the child not to play with you. Ask yourself, “Does this choice invite me to do good and to believe in Jesus Christ?”

You are watching a movie that has an immoral scene that only lasts a few seconds. You feel embarrassed to leave the movie. Ask yourself, "Does watching this movie invite me to do good and to believe in Jesus Christ?"

You are in a store when the clerk makes a mistake and doesn't charge you the right amount for the item you are buying. You know that the item costs more than what you were charged, but the clerk made the error. Ask yourself, "Does paying the wrong price invite me to do good and to believe in Jesus Christ?"

Your bishop has asked you to read the Book of Mormon every day. Sometimes scripture words are hard for you to understand. Ask yourself, "Does reading the scriptures every day help me to do good and persuade me to believe in Christ?"

3. Explain the qualities of charity found in Moroni 7:45 using terms the children can understand. You could have the children match Moroni's descriptions with your explanations.

Suffereth long: Is patient

Kind: Not cruel or mean, loving

Envieth not: Is not jealous

Not puffed up: Humble, not proud

Seeketh not her own: Is unselfish

Not easily provoked: Slow to anger, quick to forgive

Thinketh no evil: Is trusting, looks for the good

Rejoiceth in truth: Is honest

Beareth all things: Is obedient

Believeth all things: Is faithful

Hopeth all things: Is optimistic, trusting

Endureth all things: Is patient, persistent

4. Moroni had the pure love of Christ. Help the children find some of the following examples of Moroni's charity, or use some of the following examples as you tell the children the story of Moroni.

Suffereth long: Moroni lived alone for over thirty-six years patiently keeping the records. (Mormon 8:5.)

Kind: Moroni prayed for us, and he loved his brethren. (Ether 12:36, 38.)

Envieth not: Moroni saw our day and counseled us to not be envious or proud. (Mormon 8:35–37.)

Not puffed up: Moroni was humble because of his weakness in writing. (Ether 12:23–25.)

Seeketh not her own: Moroni unselfishly worked and prayed for us that we would have a knowledge of Jesus Christ. (Mormon 9:36; Ether 12:41.)

Not easily provoked: Moroni forgave his enemies and worked hard to write things that he hoped would be of worth to them. (Moroni 1:4.)

Thinketh no evil: Moroni exhorted us to hold to good and touch not evil. (Moroni 10:30.)

Rejoiceth in truth: Moroni was honest. (Moroni 10:27.)

Bearth all things: Because Moroni would not deny Jesus Christ, he had to wander alone for his safety. (Moroni 1:2–3.)

Believeth all things: Moroni encouraged us to believe in Jesus Christ. (Mormon 9:21.) So great was Moroni’s faith that he was able to see Christ face to face. (Ether 12:39.)

Hopeth all things: Moroni understood the importance of hope. (Ether 12:32.)

Endureth all things: Moroni was faithful to the end. (Moroni 10:34.)

5. Moroni received a letter from his father when Moroni was first called to the ministry. As part of the letter Mormon expressed his love, appreciation, and concern for his son (see Moroni 8:2–3). Before class have a parent, or an adult relative or friend, of each of the children in your class write a letter of love and appreciation. Give these letters to the children as you explain the love that Mormon had for his son, Moroni. Point out that Moroni valued this letter; he carried it with him as he fled from his enemies. Suggest that the children save their letters as a reminder to continue to do good things which will please their parents and the Lord.
6. Review the thirteenth article of faith.
7. Sing or read the words to “I’m Trying to Be like Jesus” (*Children’s Songbook*, p. 78).

Conclusion

Testimony	Express your gratitude for Moroni and bear testimony of the truth of his writings. Testify that little by little we can each become more like Christ.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Moroni 1; 7:5–19, 43–48 at home as a review of this lesson. Invite a child to give the closing prayer.

Lesson
43

Moroni Teaches Faith in Jesus Christ

Purpose

To encourage each child to exercise faith in Jesus Christ.

Preparation

1. Prayerfully study Ether 12:6–41 and Moroni 7:21–28, 33–34. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Prepare the following nine wordstrips (from Ether 12:6) for the attention activity:
Faith is
things
which
are
hoped
for
and
not
seen
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Picture 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572).

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

Before class, place the wordstrip “Faith is” and the picture of Jesus Christ on the chalkboard or wall. Place each of the other eight wordstrips for the definition of faith under several of the children’s chairs.

Have the children find the wordstrips and bring them to the front of class and put them in order.

Read and discuss the completed scripture (Ether 12:6).

- What things that you have not seen would you like to see? How do you know that they exist?
- Even though we have not seen Jesus Christ with our own eyes, how do we know that he lives?
- What does it mean to have faith in Jesus Christ? (To have a strong enough belief in Jesus Christ that we obey him and seek to become like him.)
- What are some ways Jesus Christ can help you if you have faith in him? (He can give you comfort, direction, peace, strength, healing.)

Explain that the Book of Mormon teaches about many people who received great blessings and performed miracles because of their faith in Jesus Christ.

Scripture Account

Teach the children about Mormon's and Moroni's teachings on faith from Moroni 7:21–28, 33–34 and Ether 12:6–41. (For suggested ways to teach the scripture account, see "Teaching from the Scriptures," p. vii.) Explain that Mormon and Moroni wrote about many people who had been blessed through their faith (see enrichment activity 2).

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- What did Jesus Christ say we will receive if we have faith in him? (Moroni 7:33.) (See enrichment activity 1.)
- What did Moroni teach about how to receive a witness, or testimony, of the gospel? (Ether 12:6.) What does it mean to have a "trial of your faith"? (To have your faith tested in some way.)
- Explain that everyone has weaknesses. In what ways can having faith in Jesus Christ help us overcome our weaknesses? (Ether 12:27.)
- What are some things that faith in Jesus Christ will help us do? (Pray, receive answers to prayers, repent, be baptized, follow the promptings of the Holy Ghost, serve others, resist temptation, pay tithing, meet challenges, say "I'm sorry," attend church, obey the Word of Wisdom, and so on.)
- What promise about prayer does Heavenly Father give people who have faith? (Moroni 7:26.) How have your prayers been answered?

Allow time for the children to express their feelings about Jesus Christ. Explain that these feelings show that they have faith in him.

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Put the names of each of the following people on separate pieces of paper in a container. Have the children take turns choosing a piece of paper and, using the appropriate picture, briefly recount the story of how the people named on the paper were blessed with power because of their faith in Jesus Christ.

Alma and Amulek caused the prison to tumble. (Alma 14:26–28.) Show picture 4-29, Alma and Amulek Walk out of the Fallen Prison.

Nephi and Lehi were imprisoned and were encircled by fire. (Helaman 5:44–52.) Show picture 4-41, Nephi and Lehi in Prison.

Ammon saved the flocks of King Lamoni. (Alma 17:29–18:3; 26:12.) Show picture 4-30, Ammon Defends the Flocks of King Lamoni (Gospel Art Picture Kit 310; 62535).

The brother of Jared saw the spirit body of Jesus Christ and moved a mountain. (Ether 3; 12:30.) Show picture 4-52, The Brother of Jared Sees the Finger of the Lord (Gospel Art Picture Kit 318; 62478).

The 2,000 warriors' lives were spared in battle. (Alma 56:44–56.) Show picture 4-40, Two Thousand Young Warriors (Gospel Art Picture Kit 313; 62050).

Nephi obtained the brass plates. (1 Nephi 4:1–31.) Show picture 4-8, Nephi Returning to Lehi with the Brass Plates.

Lehi and his family were guided by the Liahona to the promised land. (1 Nephi 16:28–29; 18:23.) Show picture 4-20, Lehi and His People Arrive in the Promised Land (Gospel Art Picture Kit 304; 62045).

Jesus Christ appeared to his disciples in great power. (Ether 12:31.) Show picture 4-45, Jesus Teaching in the Western Hemisphere (Gospel Art Picture Kit 316; 62380).

Abinadi was willing to die for his testimony of Jesus Christ. (Mosiah 17:7–20.) Show picture 4-22, Abinadi before King Noah (Gospel Art Picture Kit 308; 62042).

2. Play the Who Am I? game with the children. Give them the following clues, and have them guess the person you are talking about.

I prayed all day and all night, using my faith in Jesus Christ. (Enos.)

Because of faith, an angel appeared to my son and the four sons of Mosiah to call them to repentance. (Alma.)

I used a special flag to encourage my people to have faith in Jesus Christ and to fight for their liberty and their families. (Captain Moroni.)

Because of my faith, I chose to take my family and go with Lehi and his family into the wilderness. (Ishmael.)

I had the faith to return to Jerusalem to get the brass plates. (Nephi.)

My faith in Jesus Christ let me see his finger and then his whole being. (Brother of Jared.)

Our faith in Jesus Christ, taught by our mothers, saved our lives in battle. (2,000 stripling warriors.)

My faith in Jesus Christ and my desire to preach his gospel helped me fight off a band of robbers who wanted to kill King Lamoni's sheep. (Ammon.)

Our faith caused the prison to tumble. (Alma and Amulek.)

While imprisoned, we were encircled with fire because of our faith. (Nephi and Lehi.)

Because of our faith in Jesus Christ, we will not taste of death. (Three Nephites.)

We were guided by the Liahona to the promised land according to our faith in Jesus Christ. (Lehi and his family.)

3. Discuss how the following activities can help us strengthen our faith in Jesus Christ:

Studying the scriptures: As you learn about Jesus Christ and what he did, you will develop greater love and faith in him.

Praying: We can ask Heavenly Father to help strengthen our faith in Jesus Christ.

Obeying Jesus Christ's teachings: Obedience to his commandments brings happiness and peace.

4. Discuss and memorize the fourth article of faith, emphasizing faith in Jesus Christ as the first principle of the gospel.
5. Explain that faith comes from knowing and trusting. To develop faith in Jesus Christ we must come to know him. Have the children tell you things they know about Jesus Christ and how knowing each one helps them have faith in him. Write them on the chalkboard. Some possible answers might be that he is the Son of God, he lives, he loves us, he died for us, he is our Savior, he is forgiving, he has power over the elements of the earth, he knows what is best for us, he wants to help us return to his presence, he and Heavenly Father appeared to Joseph Smith.
6. Prepare the wordstrip "We build our faith by obeying the Lord's commandments" and put it on the chalkboard or wall.

Invite the children to tell about times when they have obeyed the commandments. Help them understand that such choices show faith in Jesus Christ. Put pieces of blank paper on the chalkboard or wall on top of each other as if you were building a wall (or draw them on the chalkboard). Have the children label each piece with something they do that builds their faith in Jesus Christ, such as praying, reading the scriptures, paying tithing, being an example of righteous choices, obeying their parents, taking the sacrament, obeying Heavenly Father's commandments, and so on.
7. Sing or read the words to "Faith" (*Children's Songbook*, p. 96), "The Church of Jesus Christ" (*Children's Songbook*, p. 77), "The Fourth Article of Faith" (*Children's Songbook*, p. 124), or "I Know That My Redeemer Lives" (*Hymns*, no. 136).

Conclusion

Testimony	Bear testimony of the reality of Jesus Christ and that through faith in him we gain the power to become like him. As we study, pray, and obey his commandments, our faith will be strengthened.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Ether 12:6–22, 41 at home as a review of this lesson. Invite a child to give the closing prayer.

Moroni and the Book of Mormon Promise

Purpose

To encourage the children to gain a personal testimony of the Book of Mormon and study it and live its teachings throughout their lives.

Preparation

1. Prayerfully study Moroni 10 and Joseph Smith—History 1:30–35, 59–60. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Mormon 8:1–4, 16 and the title page of the Book of Mormon. Note: The title page is a translation from the last leaf of the gold plates (see *History of the Church*, 1:71).
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Make a wordstrip of the word *Testimony*.
5. Materials needed:
 - a. A Book of Mormon for each child.
 - b. Pictures 4-2, Moroni Hides the Plates in the Hill Cumorah (Gospel Art Picture Kit 320; 62462); 4-55, Moroni Appears to Joseph Smith in His Bedroom (Gospel Art Picture Kit 404; 62492); 4-3, Joseph Smith Receives the Gold Plates (Gospel Art Picture Kit 406; 62012); and 4-56, Angel Moroni on the Temple.

Suggested Lesson Development
Development

Invite a child to give the opening prayer.

Attention Activity

Display the picture Moroni Hides the Plates in the Hill Cumorah. Explain that this picture depicts Moroni near the end of his life on earth. Tell the children that their class study of the Book of Mormon is also coming to an end.

Review the following things about Moroni’s life:

Moroni had completed the sacred record. His father, Mormon, had been killed; his relatives were dead; he had no friends. The arrows, swords, and shields of battle were left on the battlefields. There was destruction everywhere. For years Moroni had been living alone, hiding from the Lamanites and protecting the sacred records. He had abridged (summarized) the twenty-four gold plates (book of Ether) and finished his own writing on the plates his father had given him.

Referring to the picture, explain that Moroni is about to place the gold plates in a stone box in the Hill Cumorah. Moroni made a special promise to all those who read the Book of Mormon. This promise is one of the last things Moroni wrote on the gold plates. It is a promise about getting a testimony of the Book of Mormon.

Scripture Account	<p>Display the wordstrip “Testimony.” Tell the children that during this lesson they will discover the steps to take to gain a testimony of the Book of Mormon (see enrichment activity 1). They will also learn about the promise Moroni gave us.</p> <p>Teach the accounts of Moroni’s fulfilling his father’s commandment to finish the sacred record, of his promise to the faithful and his farewell found in Moroni 10, of his hiding the record in the earth, and of his appearing 1,400 years later to Joseph Smith, found in Joseph Smith—History 1:30–35, 59–60. (For suggested ways to teach the scripture accounts, see “Teaching from the Scriptures,” on p. vii.) Use the pictures at appropriate times.</p>
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none"> • What did Moroni want us to remember? (Moroni 10:3.) • What did Moroni say we should do to find out if the Book of Mormon is true? (Moroni 10:4.) • Who will help us know the Book of Mormon is true? (Moroni 10:5.) • What is Moroni’s promise to us? (See enrichment activity 4.) • How can we recognize the power of the Holy Ghost when he is testifying to us that the Book of Mormon is true? (Explain that the Lord prompts us most often through our feelings. The Holy Ghost often gives us a feeling of peace that something is right and good. It may be a warm feeling inside us.) • What is the most important thing you can learn from studying the Book of Mormon? (That Jesus is the Christ. [See the title page of the Book of Mormon.]) • What did Moroni say about the coming forth of the Book of Mormon? (Mormon 8:16.) By what power would the Book of Mormon come forth? • Who received the gold plates and translated them into the Book of Mormon? • Now that the work of the Book of Mormon prophets and the Prophet Joseph Smith has been completed, what responsibility do we have to the Book of Mormon? (To study it, gain a testimony of it, live its teachings, and share our testimony with others.)

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Make the following wordstrips: “Read,” “Remember,” “Ponder,” “Pray.” Allow the children to take turns turning the wordstrips over and reviewing the steps Moroni gave us for gaining a testimony. Discuss how the children can use these steps to gain their own testimony:

Gaining a Testimony of the Book of Mormon

Read (Explain that the first step in gaining a testimony of the Book of Mormon is to read and study it.)

Remember (Moroni said we should remember how kind and merciful Jesus Christ is and we should fill our hearts with gratitude for him. This love and gratitude will prepare us for the spirit of revelation.)

Ponder (We must ponder or think in our hearts and minds the things we have learned about Jesus Christ and his teachings in the Book of Mormon.)

Pray (We must pray sincerely, asking God, the Eternal Father, in the name of Jesus Christ, if the Book of Mormon is true.)

2. Share with the children the following statement from President Ezra Taft Benson, the thirteenth President of the Church:

“There are three great reasons why Latter-day Saints should make the study of the Book of Mormon a life-time pursuit.

“The *first* is that the Book of Mormon is the keystone of our religion. . . . A keystone is the central stone in an arch. It holds all the other stones in place, and if removed, the arch crumbles.

“There are three ways in which the Book of Mormon is the keystone of our religion. It is the keystone in our witness of Christ. It is the keystone of our doctrine. It is the keystone of testimony. . . .

“The *second* great reason . . . is that it was written for our day. . . .

“The *third* reason . . . is [that] it helps us draw nearer to God. . . .

“There is a power in the book which will begin to flow into your lives the moment you begin a serious study of the book. You will find greater power to resist temptation. You will find the power to avoid deception. You will find the power to stay on the strait and narrow path” (in Conference Report, Oct. 1986, pp. 4–6; or *Ensign*, Nov. 1986, pp. 5–7).

3. Show the picture Angel Moroni on the Temple. Explain that we learn in Revelation 14:6 and Doctrine and Covenants 133:36 that an angel (Moroni) returned the “everlasting gospel” to the earth. Invite the children to look for the golden statue of Moroni on top of some of our temples and remember Moroni, who never failed in his testimony of Jesus Christ: “And I, Moroni, will not deny the Christ” (Moroni 1:3).
4. Invite the children to read and memorize part or all of the promise of the Book of Mormon (Moroni 10:4–5) or the eighth article of faith.
5. Explain that when we gain a testimony of the Book of Mormon, we also gain a testimony that—
 - Jesus is the Christ.
 - Joseph Smith is a prophet of God.
 - The Church of Jesus Christ of Latter-day Saints is the true church of God.
6. Invite the children to share their favorite accounts from the Book of Mormon. (They might want to role-play these accounts.) Ask them what important lessons they have learned from each account.
7. Sing or read the words to “Search, Ponder, and Pray” (*Children’s Songbook*, p. 109).

Conclusion

Testimony	Testify to the truthfulness of Moroni's promise in Moroni 10:3–5 and that each child in your class can have his or her own testimony that the Book of Mormon is true. Invite the children to bear testimony of the Book of Mormon.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Moroni 10:1–5 at home as a review of this lesson. Invite a child to give the closing prayer.

Lesson
45

The Book of Mormon Is a Witness of the Resurrection of Jesus Christ (Easter)

Purpose To teach the children that the Book of Mormon is another scriptural witness of the resurrection of Jesus Christ.

Preparation

1. Prayerfully study Alma 11:40–45; 40; and 3 Nephi 11:1–17. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A Bible.
 - c. A glove or stocking.
 - d. Pictures 4-49, The Resurrected Jesus Christ (Gospel Art Picture Kit 239; 62187), and 4-45, Jesus Teaching in the Western Hemisphere (Gospel Art Picture Kit 316; 62380).

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

(If no glove or stocking is available, you might use enrichment activity 2 as the attention activity.)

Hold up your hand, and explain that it represents the spirit that is inside our bodies. The hand can move. Hold up the glove (stocking), and explain that it represents the physical body. When we are born, the spirit and the body are temporarily joined together, and the spirit gives the body life. The body cannot move by itself. But just like when the glove is placed on the hand, the body becomes alive and can move when the spirit enters it. (Put the glove on your hand.) We all have a spirit and a body. Explain that when we die, the spirit separates from the body. (Remove the glove from your hand.) Can a body move or live without the spirit? After we die, is the spirit still alive and can it move? (Move your hand and fingers to illustrate.) At the time of the Resurrection the body and spirit are reunited. (Place the glove back on your hand.) Everyone who lives on the earth will be resurrected after death. Jesus Christ was the only one who could make resurrection possible for us. (Adapted from Boyd K. Packer, in Conference Report, Apr. 1973, pp. 79–80; or *Ensign*, May 1973, pp. 51–53.)

What does it mean to be a witness? (A witness is a person or thing that gives evidence or testifies of facts.) The New Testament in the Bible is a written witness that Jesus Christ was resurrected and brought resurrection to all people. What book is a second written witness of the Resurrection?

Scripture Account

Teach the Book of Mormon accounts from Alma 11:40–45; 40; and 3 Nephi 11:1–17 about the Resurrection. (For suggested ways to teach the scripture accounts, see “Teaching from the Scriptures,” p. vii.) Emphasize that the Book of Mormon is a written witness of the resurrection of Jesus Christ. Use the pictures at appropriate times.

Discussion and Application Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

- How did Jesus Christ die? (Luke 23:33; 2 Nephi 10:3.) Help the children understand that because of his great love for us, Jesus Christ volunteered in premortality to be our Savior. He knew he had to die for Heavenly Father’s plan to work for us.
- What happened to Jesus Christ on the third day after he died? (1 Corinthians 15:4; Mosiah 3:10.) Where was his spirit for those three days? (1 Peter 3:18–19; D&C 138:11–12, 18.) Where do our spirits go after we die? (Alma 40:12.)
- What does *resurrection* mean? (Alma 11:43; 40:18.) Refer back to the attention activity, and explain that resurrection is when the spirit reunites with the body and will never leave the body again.
- How did the people in Jerusalem know Jesus Christ was resurrected? (1 Corinthians 15:5–7.) How did the Nephites, who lived in America, know Jesus Christ was resurrected? (3 Nephi 11:8–10.) When the Nephites first saw Jesus Christ, what did they think he was? (3 Nephi 11:8.) Why did Jesus want the Nephites to touch the prints of the nails in his hands and feet? (3 Nephi 11:14–15.) How would you have felt if you had been among those who saw the resurrected Christ?
- How can you know Jesus Christ was resurrected? (By seeking and gaining a testimony.)
- What was the Savior’s resurrected body like when he visited the Nephites? (3 Nephi 11:15.)
- Who else will be resurrected? (1 Corinthians 15:20–22; Alma 40:4.) What will our bodies be like when we are resurrected? (Alma 11:43–45; 40:23.) You might mention that any disabilities or infirmities we might have will be for this earth life only. We will be made whole and perfect in the Resurrection.
- How is the Book of Mormon a scriptural witness of the resurrection of Jesus Christ? Why does Heavenly Father want us to have both the Bible and the Book of Mormon? (2 Nephi 29:8.)
- Since most of us have not seen the resurrected Jesus Christ as the Apostles and the Nephites did, how can we gain a knowledge of the Resurrection? (From the scriptures and the Holy Ghost. [See Moroni 10:4–5.]

**Enrichment
Activities**

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Explain that Jesus Christ wants each of us to know that he was resurrected and is still alive today. Ask the children why they think Jesus wants us to know this. Their answers might be similar to the following ones:

To give us the peace of knowing that after death we continue to live and that one day our bodies will reunite with our spirits.

To motivate us to obey the commandments so we can be truly happy and live with Heavenly Father in the next life.

To comfort us with the knowledge that when someone we love dies, he or she will one day live again.
2. Write on the chalkboard a word that brings to mind a recent news story or a newspaper headline. Explain your interest in the story. Ask the children what they think is the greatest news ever announced to the world. List the children's responses on the chalkboard. Discuss what would be different if these events had never occurred. Why is the news that Jesus Christ was resurrected the greatest news ever told? What would happen if the Resurrection had not occurred? Read and discuss 2 Nephi 9:19–22.
3. Sing or read the words to "He Sent His Son" (*Children's Songbook*, p. 34), "Did Jesus Really Live Again?" (*Children's Songbook*, p. 64), or "Jesus Has Risen" (*Children's Songbook*, p. 70).

Conclusion

Testimony	Testify that the Book of Mormon is a scriptural witness of the resurrection of Jesus Christ. Testify that because of the Savior's love for us, he willingly suffered and died for each of us. His resurrection made it possible for all people to live again.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study 3 Nephi 11:8–17 at home as a review of this lesson. Invite a child to give the closing prayer.

The Book of Mormon: Another Testament of Jesus Christ (Christmas)

Lesson
46

Purpose To teach the children that the Book of Mormon is a second witness of Jesus Christ.

Preparation

1. Prayerfully review 1 Nephi 10:4; 11:13, 15, 18; 2 Nephi 25:19; 29:8; Mosiah 3:5; Alma 7:10; Helaman 14:2–5; Isaiah 7:14; Matthew 1:21; 2:1–2, 9–10; 20:19; Luke 1:35; 2:8, 10–12; and John 3:16. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A Bible.
 - c. Name tags or scarves and shawls for the children to wear during the attention activity.
 - d. Pictures 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572); 4-10, The Birth of Jesus (Gospel Art Picture Kit 200; 62116); 4-21, King Benjamin Addresses His People (Gospel Art Picture Kit 307; 62298); 4-42, Samuel the Lamanite on the Wall (Gospel Art Picture Kit 314; 62370); 4-44, World Map; and 4-45, Jesus Teaching in the Western Hemisphere (Gospel Art Picture Kit 316; 62380).

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Display the picture The Birth of Jesus. Explain that the New Testament records the birth of Jesus in Jerusalem. The Book of Mormon is a second written witness of Jesus Christ and tells what happened in the Americas when he was born.

Have four children take the parts of Lehi (600 B.C.), King Benjamin (124 B.C.), Alma (83 B.C.), and Samuel the Lamanite (6 B.C.). Have the children read each prophet’s prophecy about the birth of Jesus Christ from the following references: Lehi, 1 Nephi 10:4; King Benjamin, Mosiah 3:5; Alma, Alma 7:10; and Samuel the Lamanite, Helaman 14:2.

As each prophet is identified, let one child hold the picture of the prophet as another child reads the scripture.

- What signs of Jesus Christ’s birth were given in Bethlehem? (Luke 2:6–14; Matthew 2:1–2.) Which sign was seen in Bethlehem and in America? (3 Nephi 1:21.) What were the other signs given in America? (3 Nephi 1:15, 19.)

Scripture Account	<p>Using the pictures at appropriate times, teach the accounts of Jesus Christ's birth and mission as told in the Bible and the Book of Mormon. (For suggested ways to teach the scripture accounts, see "Teaching from the Scriptures," p. vii.) Emphasize that the Bible was written in and around Jerusalem and that the Book of Mormon was written thousands of miles from Jerusalem in America.</p> <p>Explain that the Bible and Book of Mormon were written by several different prophets. As passages are read or referred to, tell the children whether they were written by prophets in the Holy Land as recorded in the Bible or by Book of Mormon prophets from America.</p>
Discussion and Application Questions	<p>Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.</p> <ul style="list-style-type: none"> • Six hundred years before the Savior's birth, what did Nephi say the name of the Son of God would be? (2 Nephi 25:19.) What did Nephi and Isaiah prophesy about the Savior's mother? (1 Nephi 11:13, 18; Isaiah 7:14.) What did Alma prophesy would be the name of the mother of the Son of God? (Alma 7:10.) • Who was Jesus' Father? (Luke 1:35. Heavenly Father.) Who was Joseph? (Joseph was Mary's husband. Explain that even though Heavenly Father was the Father of both Jesus Christ's body and spirit, Joseph took care of Jesus and raised him as a father would raise a son.) Just before the birth of Jesus, what did the angel tell Joseph to name the baby? (Matthew 1:21.) • What signs did Samuel the Lamanite give about the birth of Jesus? (Helaman 14:2–5.) What signs were given in Jerusalem? (Luke 2:8, 10–12; Matthew 2:1–2, 9–10.) • Why is it important that we have two scriptural witnesses of the birth and mission of Jesus Christ? (2 Nephi 29:8.) • Why did Heavenly Father send his Son, Jesus Christ, to earth? (2 Nephi 9:21–22; 3 Nephi 27:13–14; John 3:16.) • How does Heavenly Father want us to show our gratitude for Jesus Christ? (Alma 7:23–24.)

Enrichment Activities


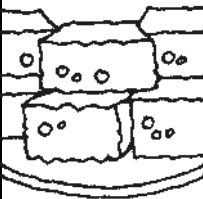

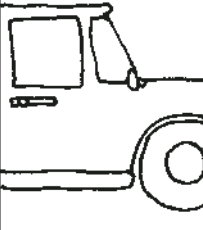




- You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.
1. Let the children follow the example of Jesus Christ by choosing an individual gift of service to give to someone for Christmas. Give each child a pencil and a piece of paper to write about their gift and how they plan to give the service.
 2. Ask the children to share family traditions that remind them of the birth and life of Jesus Christ. Younger children may like to draw a picture of their family participating in the tradition.
 3. Display picture 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572). Let each child tell a Christmas experience that helps him or her remember Jesus Christ throughout the year.

4. Compare some of the Savior's teachings in the Bible with those in the Book of Mormon, such as the following: Matthew 5:16 and 3 Nephi 12:16; Matthew 7:12 and 3 Nephi 14:12; and Matthew 5:44 and 3 Nephi 12:44.
5. The calendar included at the end of the lesson may be used in one or more of the following ways:
 - Make a copy of the calendar for each child to color and take home as a gift for the family. This calendar could be used during the year as a reminder to follow Jesus Christ.
 - Read the ideas to the children and let them choose some they want to do.
 - Make a copy of the calendar and cut out each section. The children can choose those ideas they want to take home as reminders.
 - Using the calendar as a pattern, have the children make their own calendars.
 - Draw the calendar on a poster for display in the classroom.
6. Sing or read the words to "Away in a Manger" (*Children's Songbook*, p. 42) or "He Sent His Son" (*Children's Songbook*, p. 34).

Conclusion

Testimony	<p>Share your testimony that Jesus Christ is the Son of God. Express gratitude for having the Bible and the Book of Mormon as witnesses of Jesus Christ's life and mission.</p> <p>Give the children an opportunity to express their feelings about the Savior and what he means to them. Challenge the children to take time during the Christmas season to think about Jesus Christ and all he has done for us.</p>
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	<p>Suggest that the children study 1 Nephi 11:12–24 and 2 Nephi 29:8 at home as a review of this lesson.</p> <p>Invite a child to give the closing prayer.</p>

Give Loving Service

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Have some friends over for family home evening 	 Visit the sick	Really listen to someone 	 Forgive someone	Give a sincere compliment 	 Call and cheer someone up
 Write to a missionary	Volunteer to do the dishes 	 Make a treat for the bishopric	Share your smile 	 Send a letter to someone	Think good thoughts about someone 	 Take a meal to someone who is sick
 Give someone a ride to church	Share a talent 	 Bake 2 and share 1	Hug someone 	 Read to a small child	Try to understand someone's feelings 	 Make a new friend
Make someone feel welcome at church 	 Share a treat for family home evening	Tell a friend what you like about him or her 	Do someone a favor 	 Show someone you care	Smile at a frowning face 	Visit an elderly neighbor 
Help a busy mother with her children at church 	Say "I love you" 	Clean your room without being asked 				

The Priesthood Can Bless Our Lives

(Priesthood Preparation Lesson)

Lesson
47

Purpose This lesson has been written to help eleven-year-old children understand the blessings and responsibilities of the priesthood. It should be taught before the first child in your class turns twelve.

Preparation

1. Prayerfully study “Testimony of the Prophet Joseph Smith” in the introduction to the Book of Mormon or in Joseph Smith—History 1:29–54, 59, 66–72; Doctrine and Covenants 13, including the section heading; Doctrine and Covenants 121:34–46.
2. Study the lesson and decide how you want to teach the children the scripture account (see “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii). Select the discussion questions and enrichment activities that will best help the children achieve the purpose of the lesson.
3. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A Doctrine and Covenants.
 - c. A source of light such as a flashlight, a lightbulb, or a lantern.
 - d. Pictures 4-9, Jesus the Christ (Gospel Art Picture Kit 240; 62572); Ordination to the Priesthood (62341); and John the Baptist Conferring the Aaronic Priesthood (Gospel Art Picture Kit 407; 62013).

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Attention Activity

Display an object that produces light.

- What is necessary for this object to make light? If you have a flashlight, show that it needs batteries, a lightbulb, and a switch that all work properly for it to make light. A lightbulb needs good filaments and must be screwed into a socket that is connected to a source of power. The switch also needs to be turned on to allow electricity to flow.

Ask the boys in your class to stand. These boys have the potential to receive the priesthood, which is a greater power than electricity because it is the power and authority to act in God’s name. Through this power Heavenly Father’s children can be baptized and receive other Church ordinances. But in order to receive this power and use it as God has intended, a boy must be worthy and properly prepared.

Scripture Account

Using the pictures at appropriate times, teach the account of Joseph Smith receiving the gold plates and being ordained to the Aaronic Priesthood from “Testimony of the Prophet Joseph Smith” or Joseph Smith—History 1:29–54,

59, 66–72. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) You may need to briefly review with the class the events leading up to Joseph’s receiving the gold plates.

Discussion and
Application
Questions

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading and discussing the scriptures with the children in class will help them gain personal insights.

- Why couldn't Joseph Smith have translated the gold plates, received the priesthood, and organized the Church immediately after the First Vision? (He was not prepared; he needed to grow in wisdom and knowledge.)
- What was the first major task the Lord asked Joseph Smith to do? (Translate the gold plates so we could have the Book of Mormon.)
- What was Joseph doing the night the angel Moroni first appeared to him? (Joseph Smith—History 1:29–30.) How many times did Moroni appear to Joseph Smith before Joseph saw the gold plates for the first time? (Joseph Smith—History 1:30, 44–49; four times.) Why do you think Moroni repeated his first message three more times?
- What other instruction did Joseph receive before he could start translating the gold plates? (Joseph Smith—History 1:53–54.) How did this instruction help prepare Joseph Smith for the other great things he was to do? What are you doing to prepare for your future?
- What special obligations do most Latter-day Saint young men take upon themselves at age twelve? (They receive the Aaronic Priesthood and are ordained deacons.)
- How did Joseph Smith receive the Aaronic Priesthood? (Joseph Smith—History 1:68–70.) How does a young man receive the Aaronic Priesthood today? (He is interviewed for worthiness and is ordained by the laying on of hands by a man who has the authority to ordain him.)
- How should boys prepare themselves to receive the priesthood? How should girls prepare themselves to receive the blessings of the priesthood? (Boys and girls prepare the same way. They pray, have faith, learn the gospel from parents and teachers, live worthily, obey the commandments, serve others, respect one another, and are honest.) (See enrichment activity 4.)
- What responsibilities do deacons have in the Church? (D&C 20:59.) How do they fulfill these responsibilities? (Pass the sacrament, collect fast offerings, act as a messenger for the bishop in sacrament meeting, and set a good example.)
- Who was the first person to pass the sacrament? (Jesus Christ.) Why is the sacrament so sacred? (It is an ordinance that represents the sacrifice that Jesus Christ made for each of us.)

Read or have a class member read the following quotation from Elder Jeffrey R. Holland: “We ask you young men of the Aaronic Priesthood to prepare and bless and pass these emblems of the Savior’s sacrifice worthily and reverently. What a stunning privilege and sacred trust given at such a remarkably young age! I can think of no higher compliment heaven could pay you. We do love you. Live your best and look your best when you participate in the sacrament

of the Lord's Supper" (in Conference Report, Oct. 1995, p. 89; or *Ensign*, Nov. 1995, p. 68).

- How can we all honor and sustain the priesthood? (By accepting callings from priesthood leaders; serving others; speaking respectfully of Church leaders; and praying for fathers, brothers, family members, and others who hold the priesthood.) (See enrichment activity 3.) How can your doing these things help your father or brother honor his priesthood? How can they help you prepare to receive the priesthood or the blessings of the priesthood?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Write on separate cards or pieces of paper the following blessings that come through the priesthood:

Receiving a name and a blessing
 Being baptized
 Receiving the gift of the Holy Ghost
 Receiving a blessing when sick
 Partaking of the sacrament
 Serving a mission
 Being married in the temple

Divide the class into groups and give each group one of the cards. Invite the children in each group to share appropriate personal or family experiences related to the blessing written on their card.

2. Make the room as dark as possible. Then tell the children the story of a group of tourists who went into a deep, dark cave. Once inside the cave the guide turned off the lights, waited for a few minutes, and then asked each person to point in the direction of the exit. When the lights came back on, people were pointing in all different directions.

Make your classroom light again, and share the following quotation from Elder Robert D. Hales: "If the power of the priesthood were not upon the earth, the adversary would have freedom to roam and reign without restraint. There would be no gift of the Holy Ghost to direct and enlighten us; no prophets to speak in the name of the Lord; no temples where we could make sacred, eternal covenants; no authority to bless or baptize, to heal or comfort. . . . There would be no light, no hope—only darkness" (in Conference Report, Oct. 1995, p. 40; or *Ensign*, Nov. 1995, p. 32).

3. Read or tell the following story about what one family did to support their father in his priesthood calling:

"I was seated [at General Conference many years ago] with six children of Elder Ezra Taft Benson, one of whom was my college roommate. My interest heightened when President McKay arose and announced the next speaker. I watched respectfully as Elder Benson, whom I had not yet met, walked toward the microphone. He was a big man, well over six feet tall. He was a man with a master's degree, a man internationally known as the United States Secretary of Agriculture and a special witness of the Lord, a man who seemed serene

and sure, one who had addressed audiences throughout the world. Suddenly a hand touched my arm. A little girl leaned toward me and whispered urgently, 'Pray for Dad.'

"Somewhat startled, I thought, 'This message is being passed down the row, and I am to pass it on. Shall I say, "Pray for Elder Benson"? Shall I say, "You're supposed to say a prayer for your father"?' Sensing the immediate need to act, I leaned over and whispered simply, 'Pray for Dad.'

"I watched that whisper move along the row to where Sister Benson sat, head already bowed.

"Many times since that day I have remembered that message—Pray for Dad, the patriarch of the home. Pray for him as he serves as district president or home teacher. Pray for him when he becomes executive secretary of a civic group, when his business flourishes, or when he takes a cut in salary. Pray as he gives counsel in family home evening. Pray for Dad who works long hours so that Jerold can go on a mission and Diane can go to college. Pray for him as he speaks in sacrament meeting or gives Mother a blessing that she might be made well again. And in the evening, when he comes home tired or discouraged, pray for him. Pray for Dad in all that he might do—the small things and the great.

"As the years have passed, general conferences have come and gone, and each time President Benson has stood to speak, I have thought, 'His children, who are scattered across the continent, are united now in prayer for their father.'

"And I have come to believe that the brief message that passed along the row [many] years ago is the most important message a family can share. What extraordinary power and faith any man can have to meet the daily challenge of his life if somewhere in the world his daughter or son is whispering, 'Pray for Dad'" (Elaine McKay, "Pray for Dad," *New Era*, June 1975, p. 33).

4. When we live the gospel we will be prepared to accept the responsibilities and enjoy the blessings of the priesthood. Read "My Gospel Standards" (*My Achievement Days* booklet [35317], back cover), pausing after each one to let the children think about how worthily they are living that standard. When you have finished reading the list you may want to review by using illustrations, key words, or pantomimes.

My Gospel Standards

1. I will remember my baptismal covenants and listen to the Holy Ghost.
2. I will be honest with Heavenly Father, others, and myself.
3. I will seek good friends and treat others kindly.
4. I will dress modestly to show respect for Heavenly Father and myself.
5. I will only read and watch things that are pleasing to Heavenly Father.
6. I will only listen to music that is pleasing to Heavenly Father.
7. I will use the name of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.
8. I will keep my mind and body sacred and pure.
9. I will not partake of things that are harmful.

10. I will do those things on the Sabbath that will help me feel close to Heavenly Father.
 11. I will choose the right. I know I can repent when I make a mistake.
 12. I will live now to be worthy to go to the temple and serve a mission.
 13. I will follow Heavenly Father's plan for me.
5. Share the following quotation from President Gordon B. Hinckley, fifteenth President of the Church: "This church does not belong to its President. Its head is the Lord Jesus Christ, whose name each of us has taken upon ourselves [at baptism]. We are all in this great endeavor together. We are here to assist our Father in His work and His glory, 'to bring to pass the immortality and eternal life of man' (Moses 1:39). Your obligation is as serious in your sphere of responsibility as is my obligation in my sphere. No calling in this church is small or of little consequence. All of us in the pursuit of our duty touch the lives of others" (in Conference Report, Apr. 1995, p. 94; or *Ensign*, May 1995, p. 71).
 6. Sing or read the words to "Love Is Spoken Here" (*Children's Songbook*, p. 190).

Conclusion

Testimony	You may want to bear testimony that the priesthood has been restored and that it is the authority to act for God. Encourage the boys to live now to be worthy to hold the Aaronic Priesthood and all the class members to live worthy to receive all the blessings of the priesthood. Encourage the children to honor and support priesthood leaders.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the "Suggested Home Reading."
Suggested Home Reading	Suggest that the children study Doctrine and Covenants 121:34–46 at home as a review of this lesson. Invite a child to give the closing prayer.