

July 6-12 Alma 30-31

"THE VIRTUE OF THE WORD OF GOD"

- 1. Binocular Walk** – Show pictures of the earth and planets on page 3 below. Let them look at the pictures while you read Alma 30:44 to them, and ask them to listen for things that Alma said help us know God is real. Tell them to point to the picture when they hear that word.
 - Tell them that we're going to go on a walk to find more things we see on the earth that help us know God is real. To help us find these things, we get to make some binoculars. Print up and look at the binoculars on page 4 below (designed by Crystal from theredcrystal.org). You might want to print these up on cardstock to make them more sturdy. Point out all of the pictures on it and ask, "How can trees help us know God is real? How can butterflies help us know God is real?" Etc. Then roll them up and glue/tape them to make binoculars (I'll probably print one up for each kid). Take them outside while walking to look for those things. Encourage them to also look for additional things they see that help them know that God is real.
 - After the walk, remind them that we have SO many things to help us feel how real God is and that He loves us!
- 2. Song Circle Game**- The manual says, "Ask the children to sit in a circle and sing together a song about God's creations, such as "[My Heavenly Father Loves Me](#)" (Children's Songbook, 228–29). While the children sing, invite them to pass around an object such as a ball. When the music stops, ask the child holding the object to share one thing Heavenly Father created that he or she is grateful for."
- 3. Korihor** – Explain that there was a man named Korihor who tried to teach people that Jesus and God weren't real. Watch the [Korihor video](#) from the church's website or just give a brief summary. I feel like the depiction of him getting trampled at the end of this video might be a little too much for my kids right now, so we'll probably just say that he was very sad because of the choices he made, and remind them that Heavenly Father and Jesus are real and they love us and want us to be happy. ☺ Show the picture on page 5 below while discussing. Read the bullet points underneath the picture and ask if each one is true or false. Explain that Alma taught him the truth using the word of God, which is more powerful than anything (swords, kings, queens, superheroes, etc.)
- 4. Prayer (Zoramites)** – Because Heavenly Father and Jesus are real, they love us and want to hear from us! Prayer is how we can talk to them. Review what they know about prayer, and tell them that there was a group of people who were confused about prayer. The manual says, "[Alma felt sad when he saw how the Zoramites prayed \(see Alma 31:24\)](#)—they didn't believe in Jesus Christ and they always said the same prayers in a place where everyone could see them ([Alma 31:27](#)). But Alma's prayer was humble and showed faith in Christ. Briefly summarize the story of Alma and the Zoramites for the children using verses from [Alma 31:8–35](#)."
 - Watch/read/discuss [Alma Teaches How to Pray](#) story. You could also watch this [Book of Mormon video](#) about it.
 - The manual suggests, "Invite the children to imagine they met one of the Zoramite children. What would they say to teach him or her how to pray? Help the children identify things the Zoramites said in their prayer (see [Alma 31:15–18](#)) as they help you build a Rameumptom tower with blocks or rocks. Explain that this is not how we should pray. Ask the children how we should pray, and let them remove a block or rock for each thing they mention."
 - Talk about how special it is that we can pray, and discuss some things we might pray for.
 - Can also do the sandwich prayer activity from [this link](#).
- 5. Prayer Quiz** – Read the story and have the kids look at the pictures to answer the questions about how to pray on [these pages](#) from *The Friend*. The quiz questions from this are also on page 6 below.
- 6. Prayer Rock** – The manual says, "After reading [Alma 31:20–38](#) with your family, you could discuss the following questions: How was Alma's prayer different from the prayer of the Zoramites? How can we follow Alma's

example in our personal and family prayers? Younger children could put a rock under their pillows to help them remember to pray every morning and night. They also might enjoy decorating their rock."

- Get out some paints/markers and let the kids decorate their own prayer rocks. [This website](#) has a cute poem to go along with a prayer rock. We'll probably print up the poem and put it into a Ziploc baggie with their rocks.
 - If time/interest, read [Prayers and Planes Story](#) from *The Friend*.
 - Share stories/testimonies of times when prayer has helped us, and remind them that their prayers are heard and Heavenly Father and Jesus are real, they love us, and they want to bless us.
7. Pretzel Treat – Make [homemade soft pretzels](#) to remind them to fold their arms while praying, just like the pretzel pieces are crossed. Put cinnamon and sugar on top to make it extra tasty. 😊

Additional Ideas:

Support Articles and Activities from *The Ensign*: <https://www.churchofjesuschrist.org/study/ensign/2020/07/come-follow-me-book-of-mormon-support-articles-and-activities/alma-30-31?lang=eng>

[Jesus is Real](#) story from *The Friend*

[How to Pray kid's message from Dieter F. Uchtdorf](#)

More Great Ideas: www.theredcrystal.org



Roll and glue to make binoculars. Have the kids look through the binoculars, while you teach Alma 30:44. They can play "I spy" and count the different creations. Or you can have the kids color them and assemble it and go outside to look at all the creations, that "denote their is a God."



- 1-sun
- 2-clouds
- 2-trees
- 3- butterflies
- 3-birds
- 4-Planets

Binoculars

the red crystal.org & comefollowmekid.com

glue to center 1	
	<p>"Yea, and all things...</p>
center 1	
center2	
	<p>denote there is a God."</p> <p>Alma 30:44</p>
glue to center 2	



Korihor Confronts Alma, by Robert T. Barrett

Korihor taught:

- Christ would not come to earth (Alma 30:12)
- The prophets don't know what they are talking about (Alma 30:14)
- Your sins can't be taken away by Christ (Alma 30:16-17)
- It doesn't really matter what choices you make because "whatsoever man [does is] no crime." (Alma 30:17)
- "When a man [is] dead, that [is] the end thereof" (we won't live after we die) (Alma 30:18)
- God has never been seen or known and doesn't exist (Alma 30:28)

Talking to Heavenly Father

When we pray, we are talking to Heavenly Father.
How do we act during a prayer? Point to the right answer.
Then practice the next time you pray!



When we pray,
what do we think
about?



When we pray,
what do we do
with our eyes?



When we pray,
what words do
we use?

Give me...



When we pray,
what do we do
with our bodies?

Can you think of
a scripture story
about prayer?

