

June 29-July 5 Alma 23-29

"THEY NEVER DID FALL AWAY"

www.comefollowmekid.com

1. Anti-Nephi-Lehies Story- Show the picture on page 3 below and ask what they notice in it/what they think is going on. Read the story or watch [The People of Ammon video](#) from the church's website, and then summarize the story (found in Alma 24:6-24) while they look at the picture again. Then have them tell you what they understand in their own words by pointing out parts in the picture, and help them as needed.
2. Sword Activity – The Anti-Nephi-Lehies did what they did because they knew they needed to change in order to follow Jesus Christ more fully. Explain that all of us have ways we need to change and become better. Follow directions on the Anti-Nephi-Lehies Sword Activity on page 4 below. You could also have family members write/draw additional ways they'd like to change on the sword before tearing/burying it.
3. Friend Story – Read/discuss "[The No-Fighting Promise](#)" story from *The Friend*.
4. I Can Help My Friends – The manual says, "Tell the children the story of the Anti-Nephi-Lehies making a promise not to fight anymore (see [Alma 27:20–30](#)). Explain that because of the Anti-Nephi-Lehies' promise, they could not defend themselves from their enemies. Read [Alma 27:23](#), and explain that their friends among the Nephites chose to protect the Anti-Nephi-Lehies so they could keep their promise. How can we help our friends keep their promises? Tell about a time when a friend helped you keep your promises with God.
 - Role-play with the children situations in which they can, in a kind way, help others choose the right. For example, what can we say to a friend who wants to lie or be mean?" Some additional situations could be:
 - A friend wants you to go somewhere your parents told you not to go to.
 - A friend tells another kid they can't play with them because they think they're weird.
 - A friend has a bag of candy and is rudely telling other kids that he/she is not going to share.
 - A friend wants you to try a cigarette with them.
 - A friend starts making fun of another kid and tries to get you to join.
 - A friend tells you to lie to your parents about something that happened.
 - Sing "[Keep the Commandments](#)" and remind them of blessings that come from making good choices. If you want to make a shield craft to use with this song, you can use [this video](#). The [suggested music](#) for this week is "For Health and Strength," so you could also do that song.
5. The Gospel Brings Me Joy – As we do more Christ-like things and try to stop doing things that pull us away from Christ, we feel more joy. The manual suggests, "Select a few phrases from [Alma 26](#) or [29](#) that speak of joy, and read them to the children (see, for example, [Alma 26:11, 13](#) or [Alma 29:13–14](#)). Invite the children to stand every time they hear the words 'joy' or 'rejoice.'" Remind them of how happy we are when we choose the right and help others choose the right as well.
6. Flower Activity – What blessings have we seen/felt from following Christ? The manual suggests, "How would your family answer Ammon's questions in Alma 26:2? Perhaps you could make a list of their answers on a large piece of paper and hang it in a place where everyone can see it. Encourage family members to add to it as they think of other blessings God has 'bestowed upon us.'" Use the flower activity on page 6 below (designed by Crystal from theredcrystal.org) to write down/draw blessings they can think of.
7. Sword Treat- Make [pretzel swords](#) using pretzel rods, white chocolate, and Lifesavers or use large pixie sticks to make these [candy swords](#) and encourage family members to choose one thing they want to stop doing and focus on that for the next little while.

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-23-29?lang=eng>

Anti-Nephi-Lehies Coloring Page <https://www.churchofjesuschrist.org/study/manual/scripture-stories-coloring-book-book-of-mormon/anti-nephi-lehies-bury-their-weapons?lang=eng>

More Important than Basketball Story with Role-Play Questions

<https://www.churchofjesuschrist.org/study/friend/2020/02/more-important-than-basketball?lang=eng>

I Can be a Missionary Now Board Game <https://www.churchofjesuschrist.org/study/friend/2012/01/for-little-friends/i-can-be-a-missionary-now?lang=eng>

How Can I Share My Testimony of Jesus Christ <https://www.churchofjesuschrist.org/study/new-era/2015/03/be-a-missionary-now/how-can-i-share-my-testimony-of-jesus-christ?lang=eng>

More Great Ideas: www.theredcrystal.org

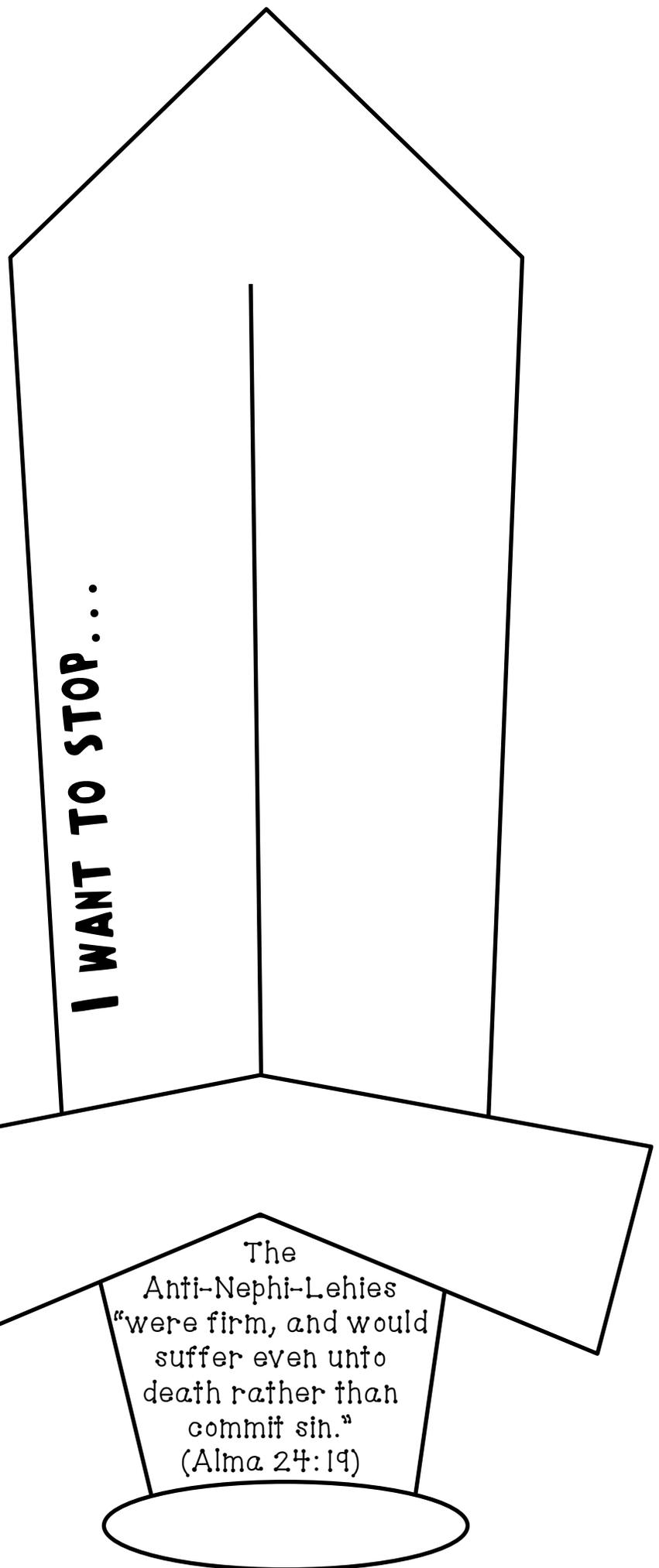


Illustration of the Anti-Nephi-Lehies burying their weapons, by Dan Burr

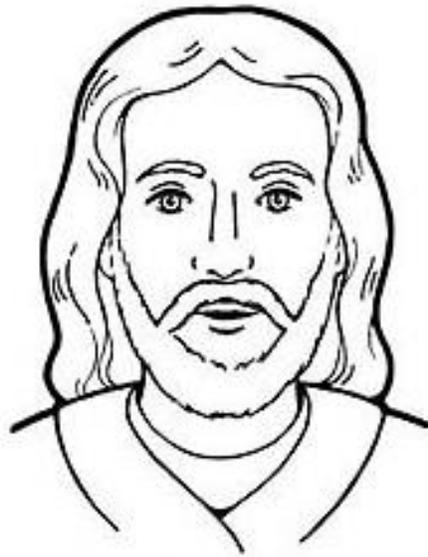
ANTI-NEPHI-LEHIES SWORD ACTIVITY:

- CUT OUT THE PIECES BELOW AND PUT THEM IN A BOWL.
- TAKE TURNS TAKING ONE OUT OF THE BOWL.
- IF THAT THING IS A GOOD THING, GLUE IT ONTO THE PICTURE OF CHRIST ON THE FOLLOWING PAGE.
- IF IT'S A SIN/MISTAKE THAT WE WOULD WANT TO STOP DOING, GLUE IT ONTO THE SWORD.
- WHEN ALL OF THE MISTAKE/SIN PIECES ARE GLUED ONTO THE SWORD, BURY THE SWORD IN A HOLE IN THE GROUND SOMEWHERE OR TEAR IT UP INTO PIECES TO SHOW THAT YOU'RE WILLING TO STOP DOING THOSE THINGS IN ORDER TO FOLLOW CHRIST MORE FULLY.

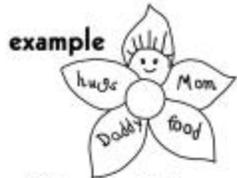
Saying mean things to others	Fighting	Loving others
Helping others	Complaining	Serving Others
Being lazy	Saying nice things to others	Being patient
Being impatient	Telling the truth	Lying
Being humble	Reading the scriptures	Praying
Bragging rudely	Ignoring the scriptures	Having faith



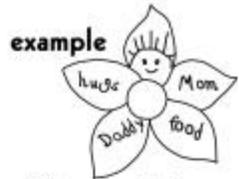
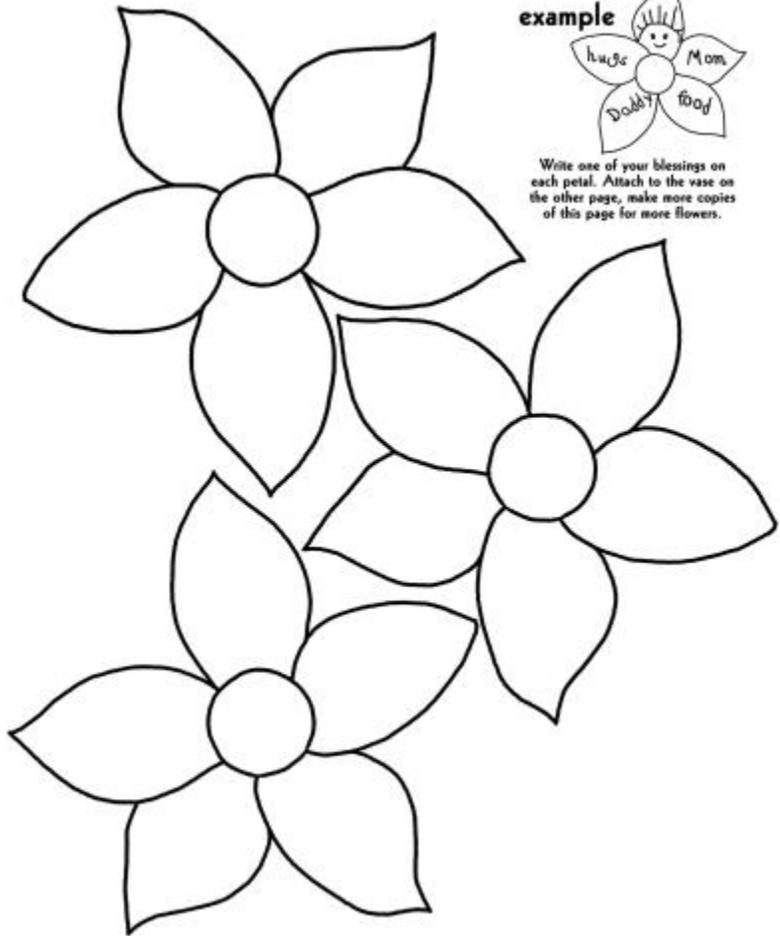
**I WANT TO BE LIKE
JESUS CHRIST**



JN45



Write one of your blessings on each petal. Attach to the vase on the other page, make more copies of this page for more flowers.



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