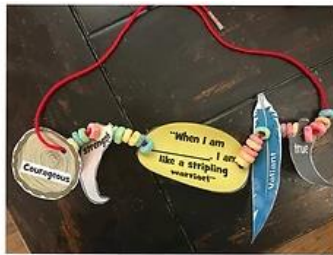


August 10-16 Alma 53-63

"PRESERVED BY HIS MARVELOUS POWER"

www.comefollowmekid.com

1. Stripling Warriors – Explain that today’s lesson is about a group of people who were really cool! They were called “The Stripling Warriors.” Stripling means young. Can young people do really cool things? Show them the picture on page 3 below and give them a quick summary of the stripling warriors. Read/watch [Helaman and the 2,000 Young Warriors](#) from the church’s website or read [The Stripling Warriors](#) story in this month’s Friend magazine. Summarize/discuss what happened with them. Are these people that we would want to be like?
2. I Am Like a Stripling Warrior Necklace- I LOVE [this necklace](#) created by Crystal from theredcrystal.org. Here’s how I’m planning on doing it with our kids. Cut out all of the pieces and put them in a pile. Take turns pulling them out of the pile one at a time, and discuss what each means. Put it onto yarn, and then brainstorm ways we can be (valiant, courageous, true, etc.). For each specific thing we can think of for how to be (valiant, courageous, true, etc.), they can place a Fruit Loop/Cheerio/bead/etc. onto the yarn. For example, I can be strong by eating healthy foods, I can be true when I tell the truth about breaking something, I can be courageous by saying no to friends when they’re asking me to do something I know I shouldn’t, etc. Mom/Dad might need to help prompt ideas on this one.



from www.theredcrystal.org

3. "I Will Be Valiant" Song – Sing "[I Will Be Valiant](#)" and talk about the words. [This video](#) also has some cute little missionaries talking about what the words mean. If you want a longer singing time feel for this, you can look up "singing time I Will Be Valiant" on YouTube, and lots of options come up. Lots of them are really long, but [this one](#) is only about 5 minutes, and is probably what I'll use with my kids since they're so young and don't have super long attention spans. 😊
4. Stripling Warrior Music March Game – While wearing the necklaces, march around the room like stripling warriors to the song "I Will Be Valiant." Cut apart the stripling warrior card pieces on page 4 below and place around the room. Stop the music, and whoever is on card #1 will read what's on it and answer the question. The next time the music stops, whoever is on #2 will answer the question, etc.
5. Story– Read a story/stories from *The Friend* about being true/courageous/etc. Remind them that God will help and bless them as they try to do these things.
 - [Here](#) are stories about courage.
 - [Here](#) are stories about keeping commandments.
 - [Here](#) are stories about honesty (being true).
6. I Can Be Like a Stripling Warrior Coloring Page – Alma 57:27 explains that the stripling warriors were young, but "their minds were firm, and they [did] put their trust in God continually." Use the activity page from the primary manual found [here](#) to help them understand that they are also young and can be strong and amazing like these boys were.
 - These [courage tokens](#) seem like an awesome idea too! Kids could wear them wherever they are to remind them to have courage to choose the right and trust God in whatever situation they're in.

7. We Do-Nut Doubt– This one’s a little bit of a stretch, and we’re probably going to be kind of silly with it, but here’s the plan. Explain that the mothers of the stripling warriors taught them many things. One thing their mothers taught them was “that if they did not doubt, God would deliver them” (Alma 56:47). The stripling warriors said, “We do not doubt our mothers knew it.” (Alma 56:48). Discuss: What are some things Mom/Dad have taught you that you don’t doubt? Before each kid can get a donut, have them say, “I do-not doubt that _____,” and fill in the blank with something spiritually-related.

8. Extra Activity – If time/interest, I think it’s also important to talk about how we can trust God when we’re worried. I’m sure the stripling warriors and Helaman were scared and worried sometimes. Crystal from www.therecrystal.org has also made this perfect activity that can be used for this (linked [here](#)). We’ll probably do this as a separate activity on a day all by itself.

Additional Ideas:

Support Articles and Activities from *The Ensign*: <https://www.churchofjesuschrist.org/study/ensign/2020/08/come-follow-me-book-of-mormon-support-articles-and-activities/alma-53-63?lang=eng>

Stripling Warriors Board Game for Older Kids <https://www.churchofjesuschrist.org/study/friend/2000/08/stripling-warriors-game?lang=eng>

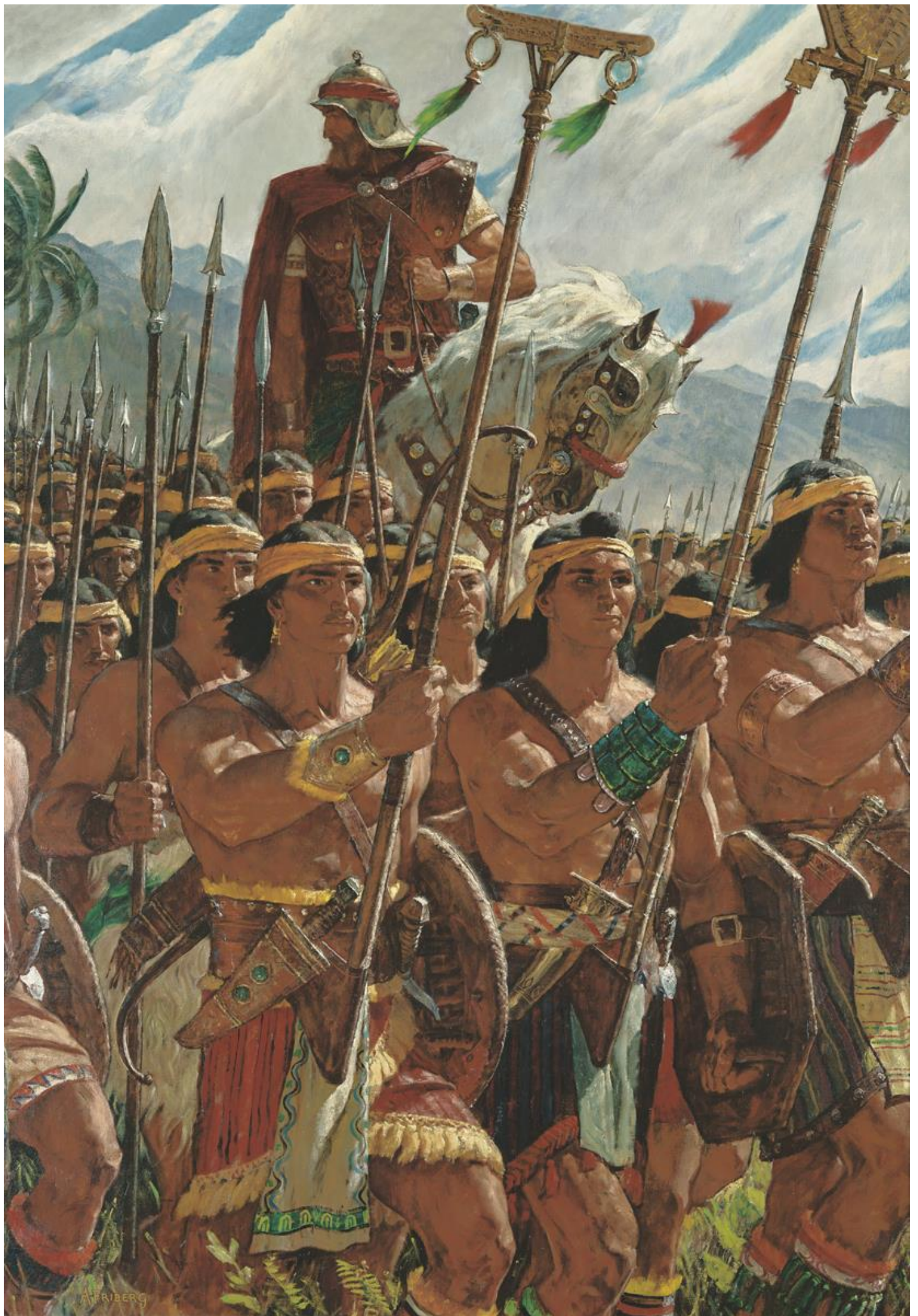
A Stripling Warrior Family story- How can we be strong even when hard things happen?

<https://www.churchofjesuschrist.org/study/friend/2019/08/a-stripling-warrior-family?lang=eng>

Stripling Warrior Challenge from The Friend <https://www.churchofjesuschrist.org/study/friend/2020/08/stripling-warrior-challenge?lang=eng>









Anger Fire Object Lesson <https://www.churchofjesuschrist.org/study/new-era/2018/06/stopping-anger-in-its-tracks?lang=eng>

More Great Ideas <https://www.therecrystal.org/post/come-follow-me-2020-aug-10-16-alma-53-63-free-lds-primary-lesson-helps>



Stripling Warrior Music March Game

Cut apart the strippling warrior card pieces below and place them around the room. March around the room like strippling warriors to the song "I Will Be Valiant." Stop the music randomly, and whoever is on card #1 will read what's on it and answer the question. The next time the music stops, whoever is on #2 will answer the question, etc.

 <p>1</p> <p>It's time for scripture study, but you'd rather keep playing with toys. What would a strippling warrior do?</p>	 <p>2</p> <p>People you know are making fun of others for believing in Christ. What could you do?</p>
 <p>3</p> <p>A kid in the neighborhood is being picked on. What would a strippling warrior do?</p>	 <p>4</p> <p>A friend asks you to do something that you've been taught is bad for you. What could you do?</p>
 <p>5</p> <p>You made a mistake and are afraid to tell the truth to your parents. What would a strippling warrior do?</p>	 <p>6</p> <p>You're playing with your friend, and they tell another kid they're not allowed to play with you. What could you do?</p>
 <p>7</p> <p>Your car broke down, and today is church day so your family will have to walk to get to church. It's a hot day and would be a long walk. What would a strippling warrior do?</p>	 <p>8</p> <p>You promised your mom that you wouldn't eat any cookies, but you really want one. You're home alone and nobody would see. What would a strippling warrior do?</p>