

August 31-September 6 Helaman 13-16

"GLAD TIDINGS OF GREAT JOY"

www.comefollowmekid.com

1. Samuel the Lamanite – Show picture on page 3 below and give a quick summary of who Samuel the Lamanite was and what he did (he was a Lamanite who was commanded to preach to the Nephites). Read [this story](#) about him from *The Friend* and/or show and discuss [this video](#) from the church’s website. Explain that Heavenly Father helped him know what he should say to the Nephites.
2. Picture Activity – From the manual: “Invite half of the children to read [Helaman 14:2–6](#) and draw pictures of the signs of Jesus’s birth. Invite the other half of the class to read [Helaman 14:20–28](#) and draw pictures of the signs of Jesus’s death. Then ask each group to share what they drew. Read together [Helaman 14:11–12](#), and ask the children to listen for why Samuel prophesied about these signs. How do we learn about Jesus Christ today?” [This link](#) has some cute premade pictures that could be used for this with your family.
3. The Spirit Can Speak to Our Hearts – How did Heavenly Father help Samuel the Lamanite know what to say? Did he knock on Samuel’s door and talk to him in person? (No) Explain that usually when God speaks to us, it’s through feelings in our hearts. Samuel knew what to say to the Nephites because Heavenly Father helped him know in his heart what he should say.
 - From the manual: “Teach the children that while we speak to each other using words, the Holy Ghost can communicate through feelings in our hearts. Invite them to hold their hands over their hearts each time you read the word ‘heart’ in Helaman 13:2–5. Help them decorate heart-shaped pieces of paper that say, ‘The Spirit speaks to me in my heart.’” Use [this heart](#) made by Crystal from www.theredcrystal.org.
 - From the manual: “Tell the children that when they are baptized and confirmed, they will have the gift of the Holy Ghost to help them know what Heavenly Father wants them to do and say. Help them think of things the Holy Ghost might tell them, and invite them to share what they could do to follow His promptings.”
4. Song – Sing “[Samuel Tells of the Baby Jesus](#).” [This video](#) has an 18-minute singing time explanation (the Samuel the Lamanite song starts at about 5:30). Or, if your kids are like mine and have a shorter attention span, [here](#) is an adorable little 3-minute video that talks about the chorus. I LOVE how many people out there are sharing their talents and resources to build up The Church of Jesus Christ of Latter-Day Saints right now. If you go on YouTube and type in “Singing Time” and the name of the primary song you want, you might be able to find more of these types of videos as well, and then you can choose one that works best for your family.
5. Family Study Fun Activity – Follow directions for “Go Forth” in this month’s [Ensign Family Study Fun](#) Section or do this activity from the manual (whichever activity you feel like would be best for the needs of your family):
“Would your family enjoy acting out the story of Samuel the Lamanite? After reading the account, maybe family members could take turns standing on a chair and reading some of Samuel’s prophecies while other family members pretend to shoot arrows or throw stones. This could help your family understand how Samuel and the Nephites may have felt. Young children might also enjoy drawing pictures of the story. How can we be like Samuel and share the gospel with others despite our fears?”
6. Modern Prophets, What I Will Do Because of Their Words – From the manual: “As you study and ponder Helaman 13, you could mark the many warnings that Samuel gave. For example, what did he teach about repentance? about humility and wealth? How might these warnings apply to you? What warnings have modern prophets given recently, and what do you feel you should do about those warnings?”
 - I’ve been reading through the talks in the April 2020 conference again, and they are completely full of stuff I hadn’t caught the first time or had forgotten. I’d highly recommend rereading them now if you haven’t. If your kids are old enough, use the sheet below to have them fill out things they can remember or find that

prophets have talked about recently and write what they want to do about those things. If your kids are younger like mine, it will probably be more of just a super simple discussion (The prophet has encouraged us to “Hear Him” (Christ). How can we be better at hearing Christ each day? etc.)

- Older kids might benefit from discussing “Signs of the Times” as well:

<https://www.churchofjesuschrist.org/study/scriptures/gs/signs-of-the-times?lang=eng>

7. Treat – Make a Rice Krispies treat wall like the one in [this link](#) to represent the wall that Samuel the Lamanite stood on. Remind them that prophets are like watchmen on towers. They can see dangers that might be coming and give us warnings of what we might need to do to be safe. What we see in our own lives, and the revelations we get for ourselves are very important, but the prophets are in a position where God can help them see further than our own views, so it’s also very important to listen to the things they say. We can trust that they will tell us what Heavenly Father wants us to know and point us to Christ.



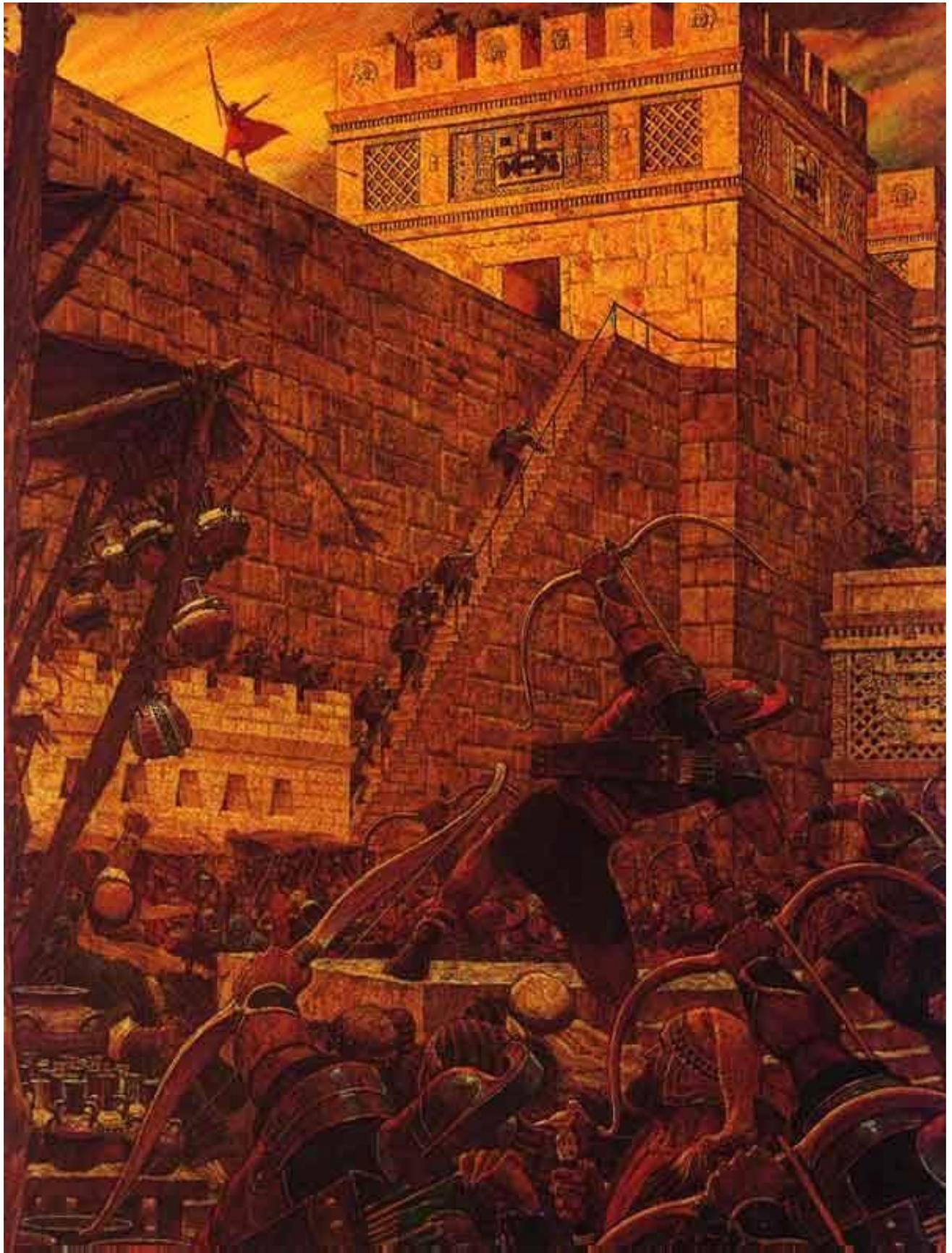
Additional Ideas:

Additional Samuel the Lamanite Resources from *The Friend*

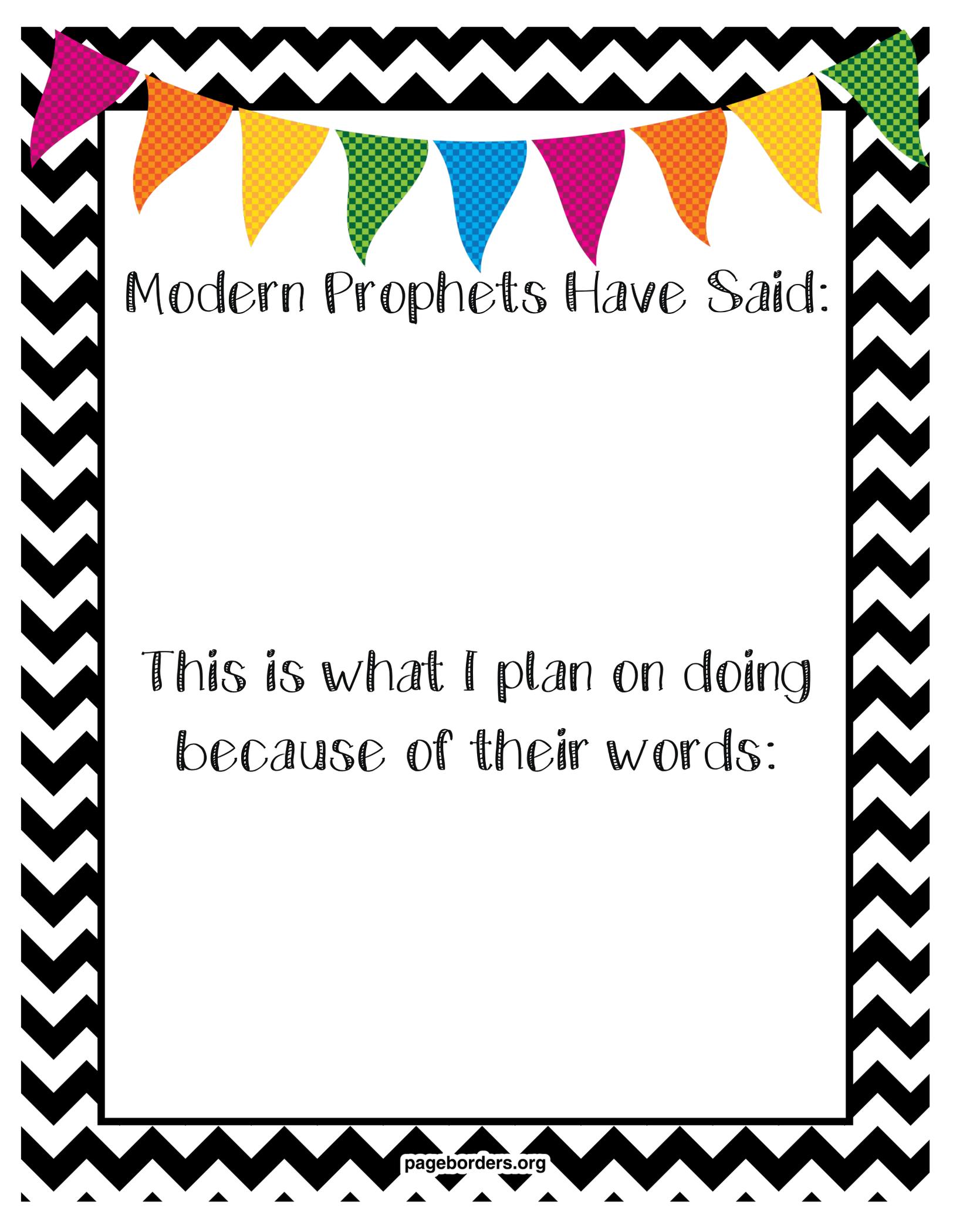
<https://www.churchofjesuschrist.org/children/resources/topics/samuel-the-lamanite?lang=eng>

More Great Ideas: https://www.theredcrystal.org/post/come-follow-me-2020-aug-31-sept-6-helaman-13-16-free-primary-lesson-helps-for-lds-children?fbclid=IwAR0IgydVk15IaRd5cINyuerO_7YZ6CcGez8nYkInQFAXF4tYpGW9UadFdyE

Support Articles and Activities from *The Ensign*: <https://www.churchofjesuschrist.org/study/ensign/2020/09/come-follow-me-book-of-mormon-support-articles-and-activities/helaman-13-16?lang=eng>



(picture from <https://www.pinterest.com/pin/17521886027866814/>)



Modern Prophets Have Said:

This is what I plan on doing
because of their words: