



READY-TO-USE

Come, Follow Me

**Hands-On
Learning**



**BOOK OF MORMON
WEEKS 14-26**



Printable **PAGES**

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Come, Follow Me

Hands-On
Learning

WEEKS 14-26

Jacob 1-Alma 16



Printable PAGES

Feel free to print and use any or all of the following pages to aid in teaching children.

If you would like to save on ink and purchase a physical copy of a book containing all of these ready-to-use activities, please visit our website (www.comefollowmekid.com).

[WWW.COMEFOLLOWMEKID.COM](http://www.comefollowmekid.com)

WEEK 14

MAGNIFYING OUR ERRANDS FROM THE LORD

JACOB'S "ERRAND FROM THE LORD" WAS TO TEACH THE WORD OF GOD (JACOB 1:17). HE TOOK THIS RESPONSIBILITY SERIOUSLY AND WORKED HARD TO MAGNIFY WHAT THE LORD HAD ASKED HIM TO DO. LOOK AT EITHER A REAL MAGNIFYING GLASS OR A PICTURE OF A MAGNIFYING GLASS AND DISCUSS WHAT THEY DO.

WHAT ARE SOME ERRANDS THE LORD MIGHT WANT US TO DO IN OUR LIVES? CUT OUT THE MAGNIFYING GLASS ON THE FOLLOWING PAGE. ASSIGN ONE PERSON AT A TIME TO ACT OUT DIFFERENT "ERRANDS" THE LORD MIGHT ASK US TO DO (YOU CAN USE THE ONES ON THIS PAGE OR THINK OF YOUR OWN). ASSIGN ANOTHER PERSON TO BE THE "MAGNIFIER." THE ERRAND PERSON WILL START BY ACTING OUT AN ERRAND IN A HALF-HEARTED WAY. WHEN THE "MAGNIFIER" POINTS THE MAGNIFYING GLASS AT THAT PERSON, THEY WILL BUMP UP THEIR EFFORTS AND SHOW WHAT THAT ERRAND WOULD LOOK LIKE IF THEY WERE TO MAGNIFY IT.

Visit someone
who is lonely

Participate in
church meetings

Help a family
member

Cheer up a friend
who is sad

Share your
testimony

Help your family
do scripture study

WEEK 14

MAGNIFYING OUR ERRANDS FROM THE LORD



WEEK 14

JACOB 2:18, 19

CUT THESE STRIPS APART AND UNSCRAMBLE THEM (READ JACOB 2:18, 19 TO HELP). TRY TO MEMORIZE THE LAST FOUR STRIPS. THEN BRAINSTORM OTHER SPECIFIC THINGS WE CAN DO TO HELP OTHERS.

BUT BEFORE YE SEEK FOR RICHES,



SEEK YE FOR THE KINGDOM OF GOD.



AND AFTER YE HAVE OBTAINED A HOPE IN CHRIST

YE SHALL OBTAIN RICHES, IF YE SEEK THEM;



**AND YE WILL SEEK THEM FOR THE
INTENT TO DO GOOD -**



TO CLOTHE THE NAKED,



AND TO FEED THE HUNGRY,



AND TO LIBERATE THE CAPTIVE,



**AND ADMINISTER RELIEF TO THE
SICK AND THE AFFLICTED.**



WEEK 14

THE SHARE CHAIR GAME

MAKE A CIRCLE OF CHAIRS WITH JUST ENOUGH FOR ONE CHAIR PER PERSON. TAPE THE "SHARE CHAIR" LABEL ONTO ONE OF THE CHAIRS. PLAY A SONG, SUCH AS "GIVE, SAID THE LITTLE STREAM" (CHILDREN'S SONGBOOK, 236), WHILE EVERYONE WALKS IN A CIRCLE AROUND THE CHAIRS. PAUSE THE MUSIC AT RANDOM TIMES AND HAVE EVERYONE SIT IN THE CHAIR THAT IS CLOSEST TO THEM. WHOEVER IS IN THE "SHARE CHAIR" WILL GET TO SHARE SOMETHING WITH EVERYONE ELSE. HAVE THEM PICK ONE OF THE SHARING CARDS ON THIS PAGE (OR COME UP WITH THEIR OWN IDEA OF SOMETHING THEY CAN SHARE). KEEP ALL OF THE CHAIRS IN THE CIRCLE AND REPEAT AS MANY TIMES AS WANTED. REMIND EVERYONE ELSE TO SAY "THANKS" WHEN SOMETHING IS SHARED WITH THEM.

SHARE CARDS: Cut these cards apart. Place them in a bag/bowl. Whoever ends up on the "Share Chair" will pull a card out without looking, and then they will share what that card tells them to share.

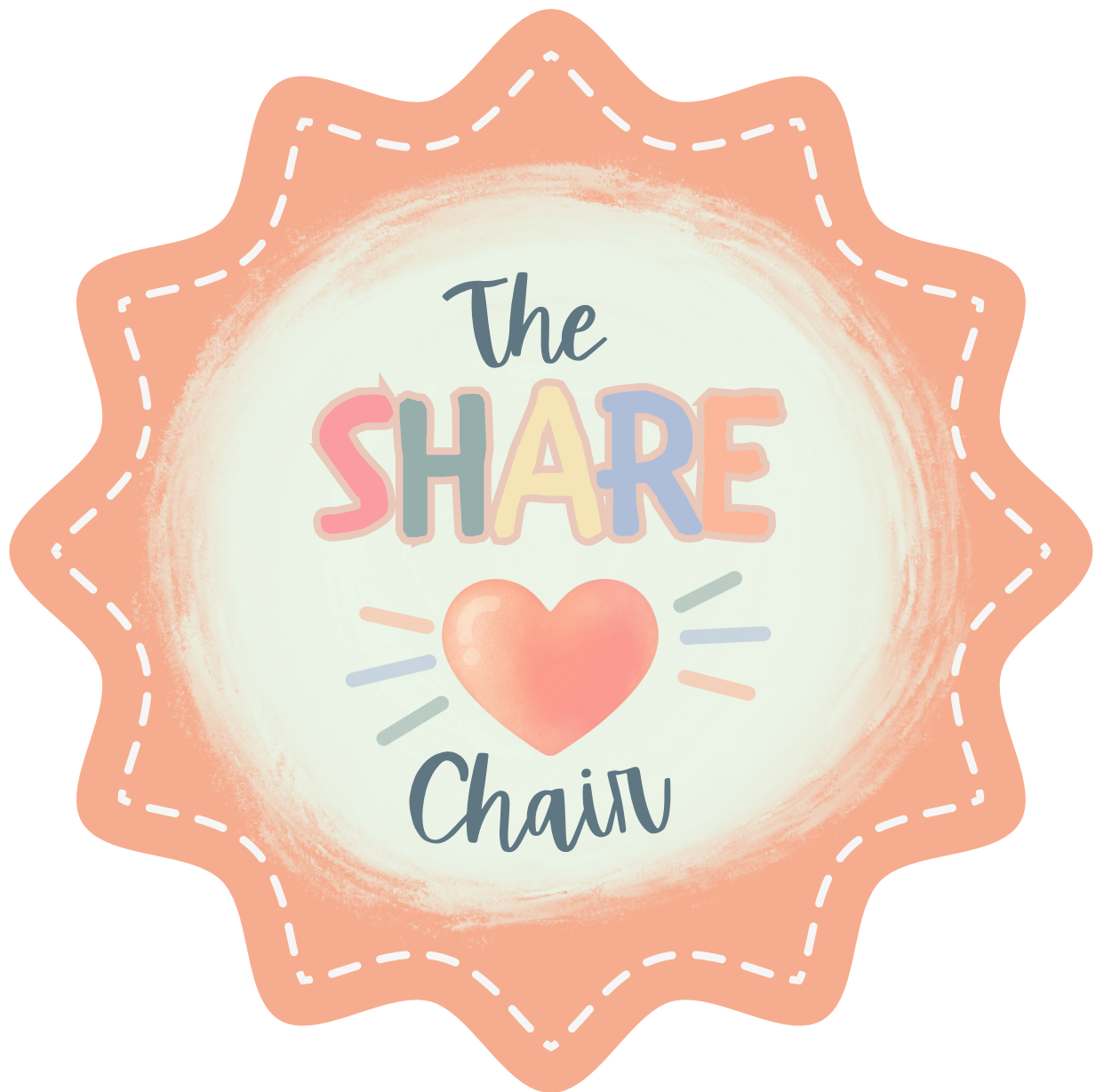
 <p>Share a good piece of advice someone has given you.</p>	 <p>Share a kind word by complimenting someone else in the room.</p>	 <p>Share something you know about the Gospel of Jesus Christ.</p>
 <p>Share a big smile with everyone else.</p>	 <p>Share a snack with everyone.</p>	 <p>Share a quick drawing or song with everyone.</p>

**If you plan on using the "Share a snack" card, make sure you have a bowl prepared with some kind of simple snack that can be shared.*

WEEK 14

THE SHARE CHAIR
GAME

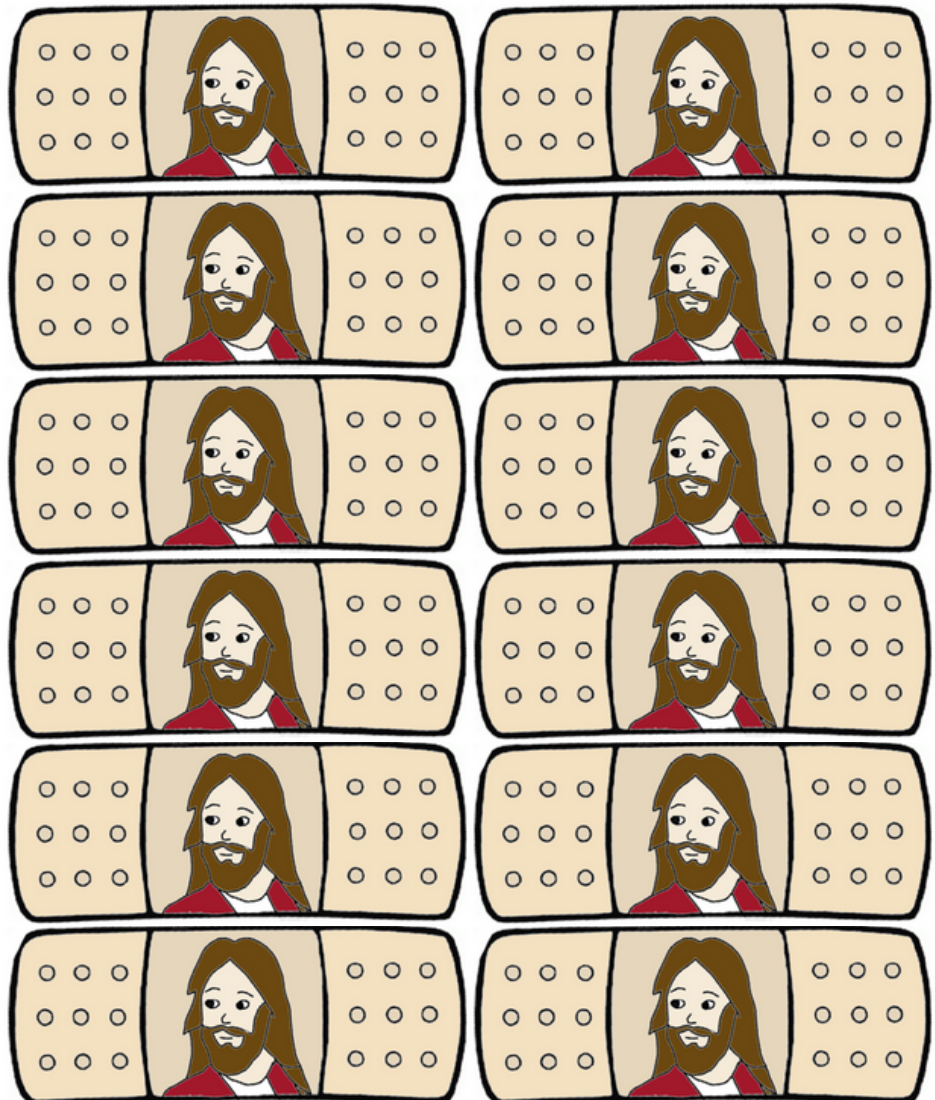
TAPE THIS ONTO THE CHAIR DESIGNATED AS THE "SHARE CHAIR."



WEEK 14

THE WOUNDED SOUL

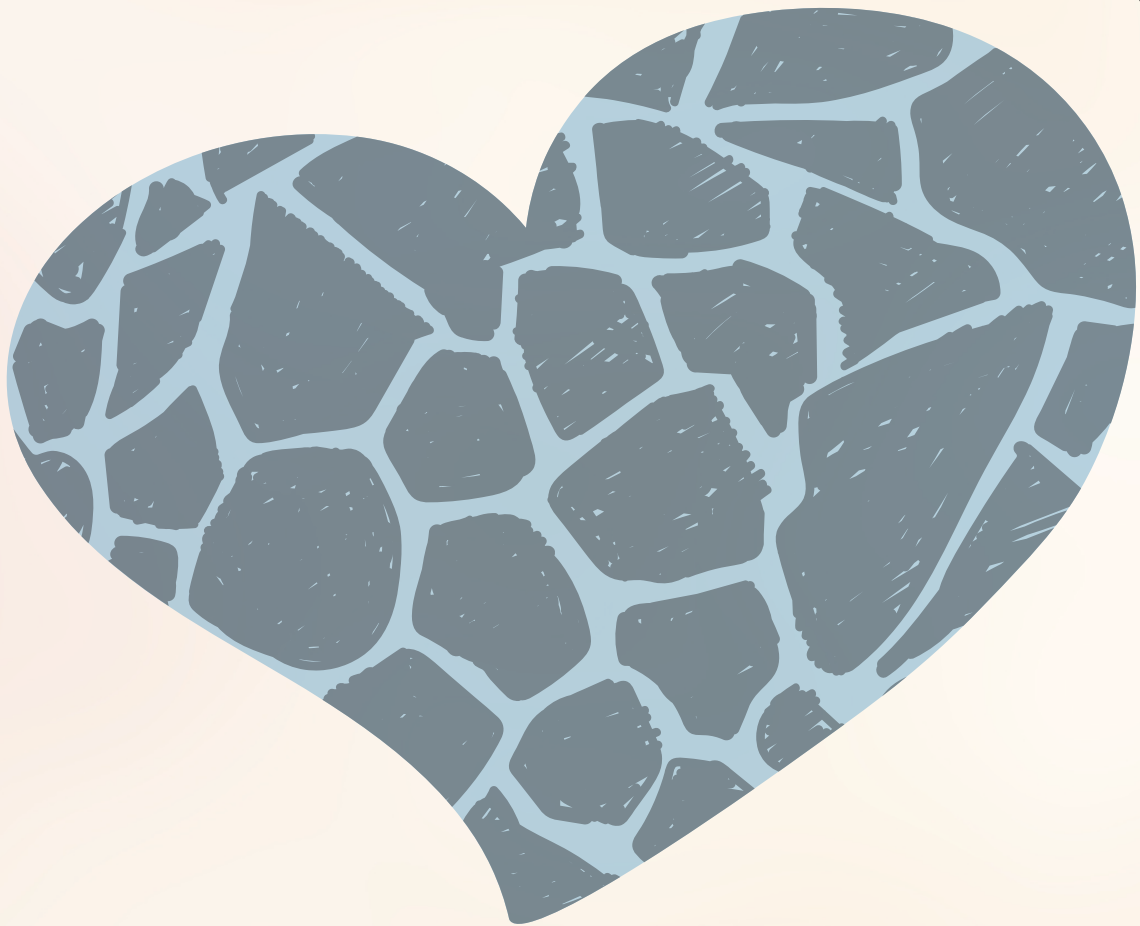
AFTER SHARING EXAMPLES OF TIMES OUR BODIES HAVE BEEN WOUNDED AND WHAT HELPED THEM HEAL, DISCUSS WHAT IT MEANS FOR OUR SPIRITS TO BE WOUNDED AND HOW THE SAVIOR CAN HELP HEAL THEM. CUT THE BANDAGES OUT. EVERYONE WILL TAKE TURNS GLUING ONE OF THE BANDAGES ONTO THE CRACKED HEART ON THE FOLLOWING PAGE WHILE SHARING EXAMPLES OF WAYS THE SAVIOR HAS HELPED THEM OR CAN HELP THEM WHEN THEIR SOUL IS FEELING WOUNDED.



WEEK 14

THE WOUNDED SOUL

Cut this out and place it on a table or tape it onto a wall so the back side can't be seen. After everyone has covered it with the bandages, flip it over to show the whole heart. Remind them that Jesus can heal our hearts and souls completely.



*"And it supposeth me that they have come up hither to hear
the pleasing word of God, yea,
the word which healeth the wounded soul."*

Jacob 2:8

WEEK 14

THE WOUNDED SOUL



Replace the blue cracked heart with this one.

WEEK 15

SCRIPTURE PICTURES

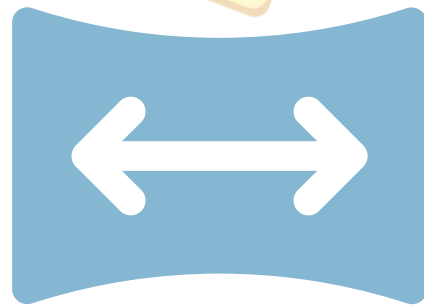
CUT OUT THE PICTURES ON THIS PAGE. TALK ABOUT WHAT THE WORD "CLEAVE" MEANS. HAVE EVERYONE POINT TO WHICH PICTURE THEY THINK REPRESENTS "CLEAVE" (THE GLUE). DO THE SAME FOR THE WORDS "EXTEND"/"STRETCH" (THE EXTENDED ARROWS). THEN PLACE THE PICTURES IN DIFFERENT SPOTS ON A TABLE OR AROUND THE ROOM. READ JACOB 6:4-5 OUT LOUD, AND HAVE THEM LISTEN CAREFULLY FOR THE WORDS "CLEAVE," "EXTEND," "STRETCH," AND "HEART." EACH TIME THEY HEAR ONE OF THOSE WORDS, THEY WILL POINT TO THE PICTURE THAT REPRESENTS IT OR MOVE TO THE PLACE IN THE ROOM WHERE THAT PICTURE IS. THEN DISCUSS THE MEANING OF THESE VERSES.

Jacob 6:4-5

And how merciful is our God unto us, for he remembereth the house of Israel, both roots and branches; and he stretches forth his hands unto them all the day long; and they are a stiffnecked and a gainsaying people; but as many as will not harden their hearts shall be saved in the kingdom of God.

Wherefore, my beloved brethren, I beseech of you in words of soberness that ye would repent, and come with full purpose of heart, and cleave unto God as he cleaveth unto you. And while his arm of mercy is extended towards you in the light of day, harden not your hearts.

**For an extension to this, ask everyone to come up with actions for these words. They will then do the actions whenever they hear those words while the verses are being read.*



WEEK 15

JACOB AND SHEREM

USE THESE NAMETAGS TO ACT OUT THE STORY OF JACOB FOUND IN JACOB 7:1-23. ASSIGN ONE PERSON TO ACT AS JACOB AND ANOTHER ONE TO ACT AS SHEREM. JACOB STATES THAT "GOD Poured IN HIS SPIRIT INTO MY SOUL" (JACOB 7:8). PLACE THE SPIRIT BADGE ON JACOB. HELP THEM SEE HOW THE SPIRIT HELPED HIM STAND UP TO SHEREM WITH POWER.

To make the nametags and Spirit badge reusable, you can punch holes in each and make them necklaces by attaching them to yarn.

Jacob

Sherem

After acting out the story of Jacob and Sherem, let everyone have a turn wearing the Spirit badge. Give them different scenarios of when they might need to stand for the right and have them role-play their responses. Discuss how the Holy Ghost can give us extra power as we stand for the truth.



The Spirit

WEEK 15

VINEYARD / TREE PUZZLE

Because Heavenly Father and Jesus love us, they want all of us to be close to Them.

VINEYARD:

Mark an area on the floor using tape or a large rectangle made out of yarn. This represents the vineyard Jacob taught about in Jacob 5.

JESUS CHRIST:

Cut out the bottom piece of the tree puzzle that has the picture of Christ on it (on the following page). Place it inside the marked area. Explain that Heavenly Father and Jesus want us all to be gathered close to them because They love us.

TREE PUZZLE PIECES:

The tree puzzle pieces represent all of us. Cut the pieces out from the following page and scatter/hide them outside of the vineyard area. Have everyone work together to find the pieces and assemble them correctly inside the vineyard.

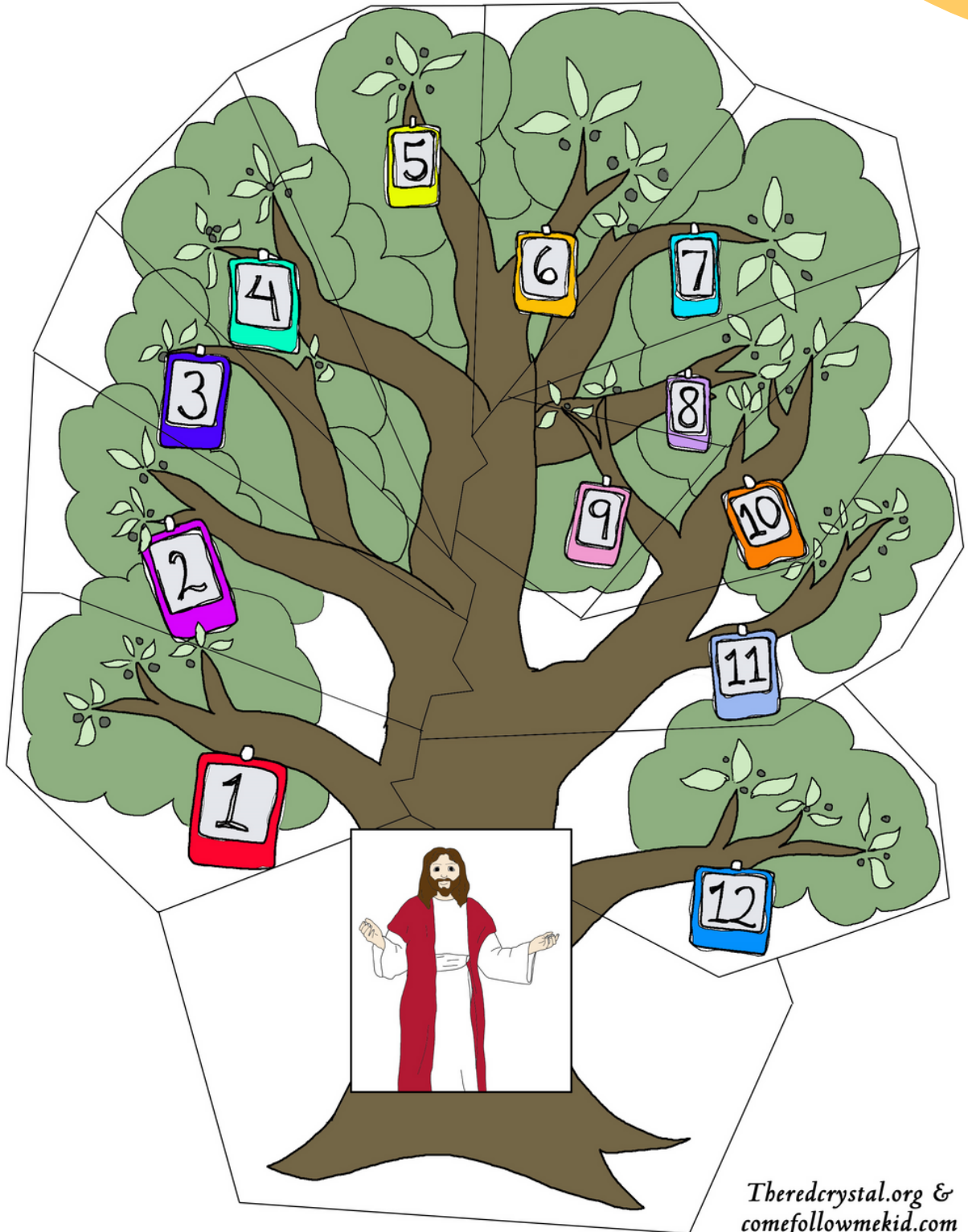
LABORERS IN THE VINEYARD:

Explain that Jacob 5 teaches that the Lord of the vineyard (Jesus) works hard to look after His trees (people). Remind them that Jesus wants ALL people to be close to Him, and He works hard to help others be gathered close to Him, but He needs our help as well. He calls laborers (us) to help take care of the trees (people). Read Jacob 5:71-72 and discuss how we can help bring others closer to Christ and feel His love. Take turns holding gardening tools while pretending to do work on the tree and sharing a way you'll help others feel God's love and come closer to Christ. You can cut out the pictures of garden tools on the following pages for this. Share/discuss this phrase from Jacob 6:3 "And how blessed are they who have labored diligently in his vineyard."



Jacob 5-7

WEEK 15



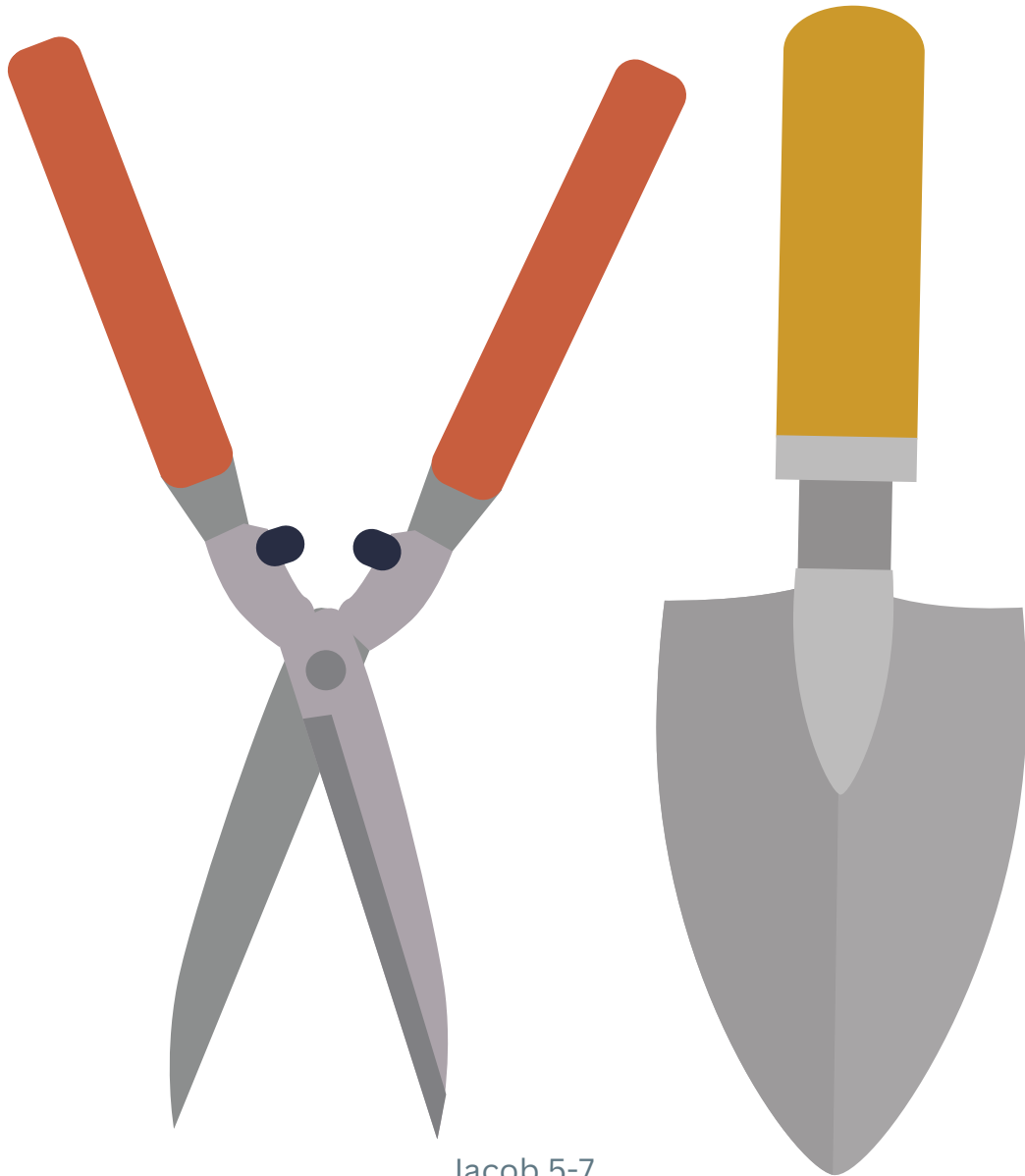
*TheRedCrystal.org &
comefollowmekid.com*

Jacob 5-7

WEEK 15

LABORERS IN VINEYARD

TAKE TURNS HOLDING THESE GARDENING TOOLS WHILE PRETENDING TO DO WORK ON A TREE AND SHARING WAYS YOU'LL WORK TO HELP OTHERS FEEL GOD'S LOVE AND COME CLOSER TO CHRIST. SHARE/DISCUSS THIS PHRASE FROM JACOB 6:3: "AND HOW BLESSED ARE THEY WHO HAVE LABORED DILIGENTLY IN HIS VINEYARD." REMIND THEM THAT WE ARE NOT ALONE, AND THAT THE LORD LABORS WITH US (JACOB 5:72).

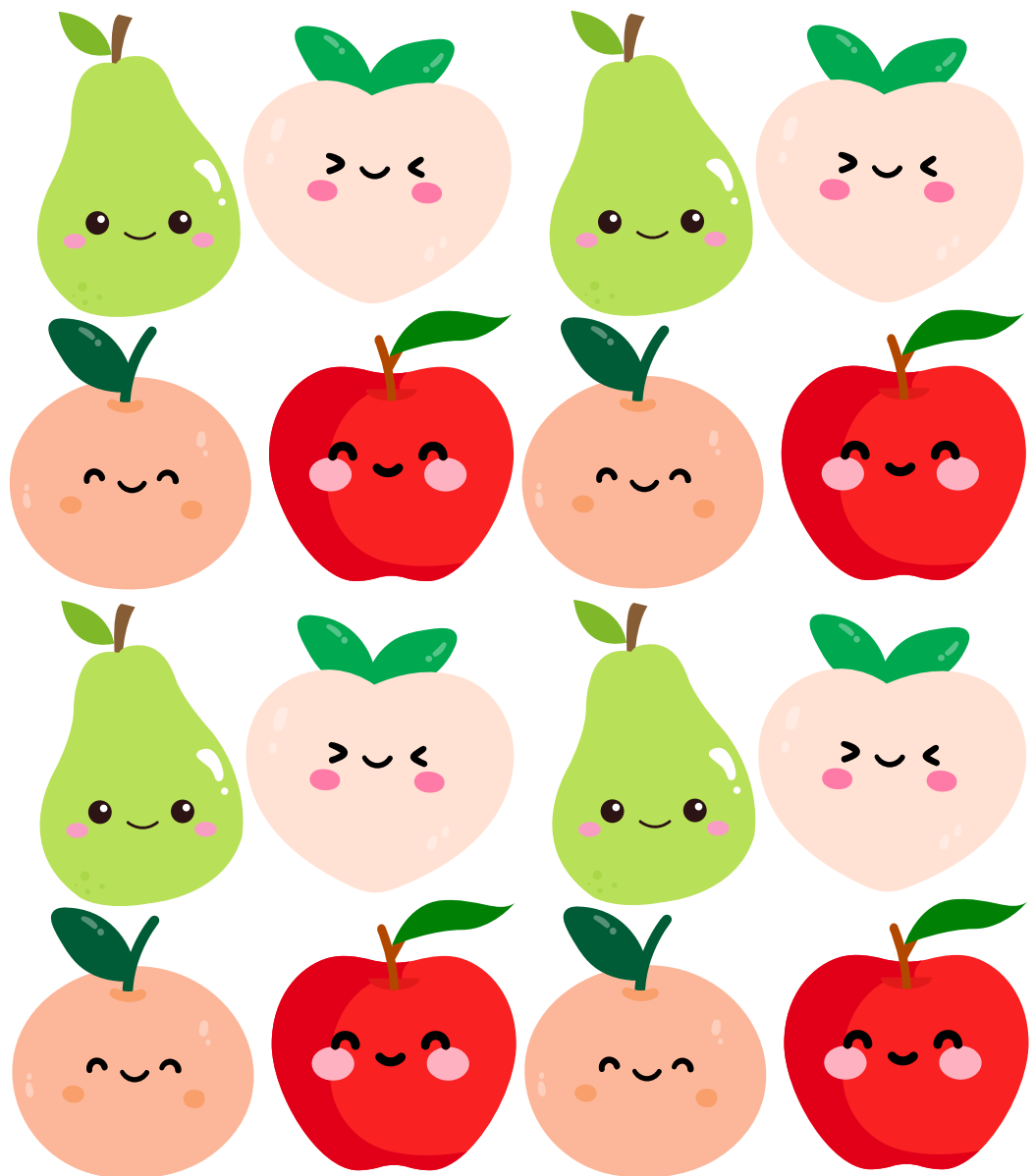


Jacob 5-7

WEEK 15

FRUIT ON THE TREE

JACOB 6:7 TEACHES, "FOR BEHOLD, AFTER YE HAVE BEEN NOURISHED BY THE GOOD WORD OF GOD ALL THE DAY LONG, WILL YE BRING FORTH EVIL FRUIT?" DISCUSS GOOD THINGS WE MIGHT DO AS EACH PERSON PLACES GOOD FRUIT PIECES ON THE TREE PUZZLE.



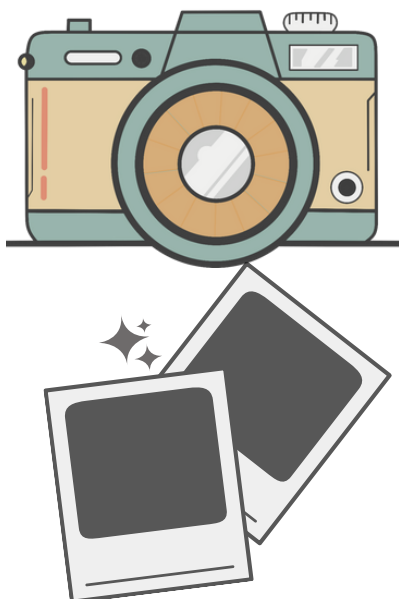
Jacob 5-7

WEEK 16

PICTURES OF ENOS

YOU TIME-TRAVELED TO 420 B.C. AND WERE ABLE TO TAKE SOME PICTURES OF ENOS! CUT OUT THE PHOTO RECTANGLES, READ THE VERSES ON EACH FRAME, AND DRAW A PICTURE OF WHAT A PHOTO OF THAT EVENT MIGHT HAVE LOOKED LIKE. THEN HAVE EVERYONE USE THE PHOTOS TO SUMMARIZE AND RETELL THE WHOLE STORY.

**You can either work together to draw each picture or assign different people different verses/pictures to draw.*

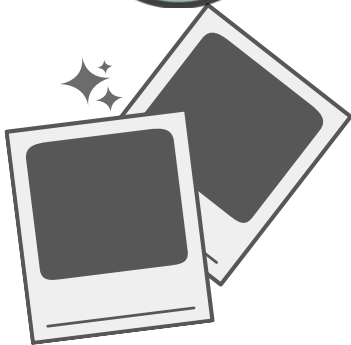
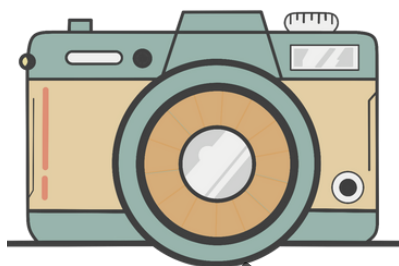


BEHOLD, I WENT TO HUNT BEASTS IN THE FORESTS; AND THE WORDS WHICH I HAD OFTEN HEARD MY FATHER SPEAK CONCERNING ETERNAL LIFE, AND THE JOY OF THE SAINTS, SUNK DEEP INTO MY HEART. (ENOS 1:3)

AND MY SOUL HUNGERED; AND I KNEELED DOWN BEFORE MY MAKER, AND I CRIED UNTO HIM IN MIGHTY PRAYER AND SUPPLICATION FOR MINE OWN SOUL; AND ALL THE DAY LONG DID I CRY UNTO HIM; YEA, AND WHEN THE NIGHT CAME I DID STILL RAISE MY VOICE HIGH THAT IT REACHED THE HEAVENS. (ENOS 1:4)

WEEK 16

PICTURES OF ENOS



AND THERE CAME A VOICE UNTO ME, SAYING: ENOS, THY SINS ARE FORGIVEN THEE, AND THOU SHALT BE BLESSED. AND I, ENOS, KNEW THAT GOD COULD NOT LIE; WHEREFORE, MY GUILT WAS SWEEPED AWAY. (ENOS 1:5-6)

NOW, IT CAME TO PASS THAT WHEN I HAD HEARD THESE WORDS I BEGAN TO FEEL A DESIRE FOR THE WELFARE OF MY BRETHREN, THE NEPHITES; WHEREFORE, I DID POUR OUT MY WHOLE SOUL UNTO GOD FOR THEM. AND AFTER I, ENOS, HAD HEARD THESE WORDS, MY FAITH BEGAN TO BE UNSHAKEN IN THE LORD; AND I PRAYED UNTO HIM WITH MANY LONG STRUGGLINGS FOR MY BRETHREN, THE LAMANITES. (ENOS 1:9, 11)

**For an extension to this, have someone dress up as Enos and make a video of what these events might have looked like.*

WEEK 16

MY SOUL HUNGERED



Assemble and display the parfait container from the following page. Discuss what it feels like when we're hungry. What do we crave? How do we fix our hunger? When Enos said his "soul hungered," what do you think he meant? Was he hungry for food? Discuss things our souls might hunger for and how prayer can help us in those situations.

Question Cards:

Separate the "Question Cards" from the blank cards. Place the question cards on a table so the questions are face-down. Let everyone take turns choosing a question card, answering the question, and then placing the card into the parfait container.

Blank Cards:

Take turns adding one of the blank cards to the parfait while talking about different aspects of prayer. You could let everyone add an ingredient to the parfait while sharing something they might pray for, or you could break it up in a way similar to this:

- For fruits, name specific things you might thank Heavenly Father for.
- For whipped cream, name specific people you might pray for.
- For granola, name things you might ask Heavenly Father for.

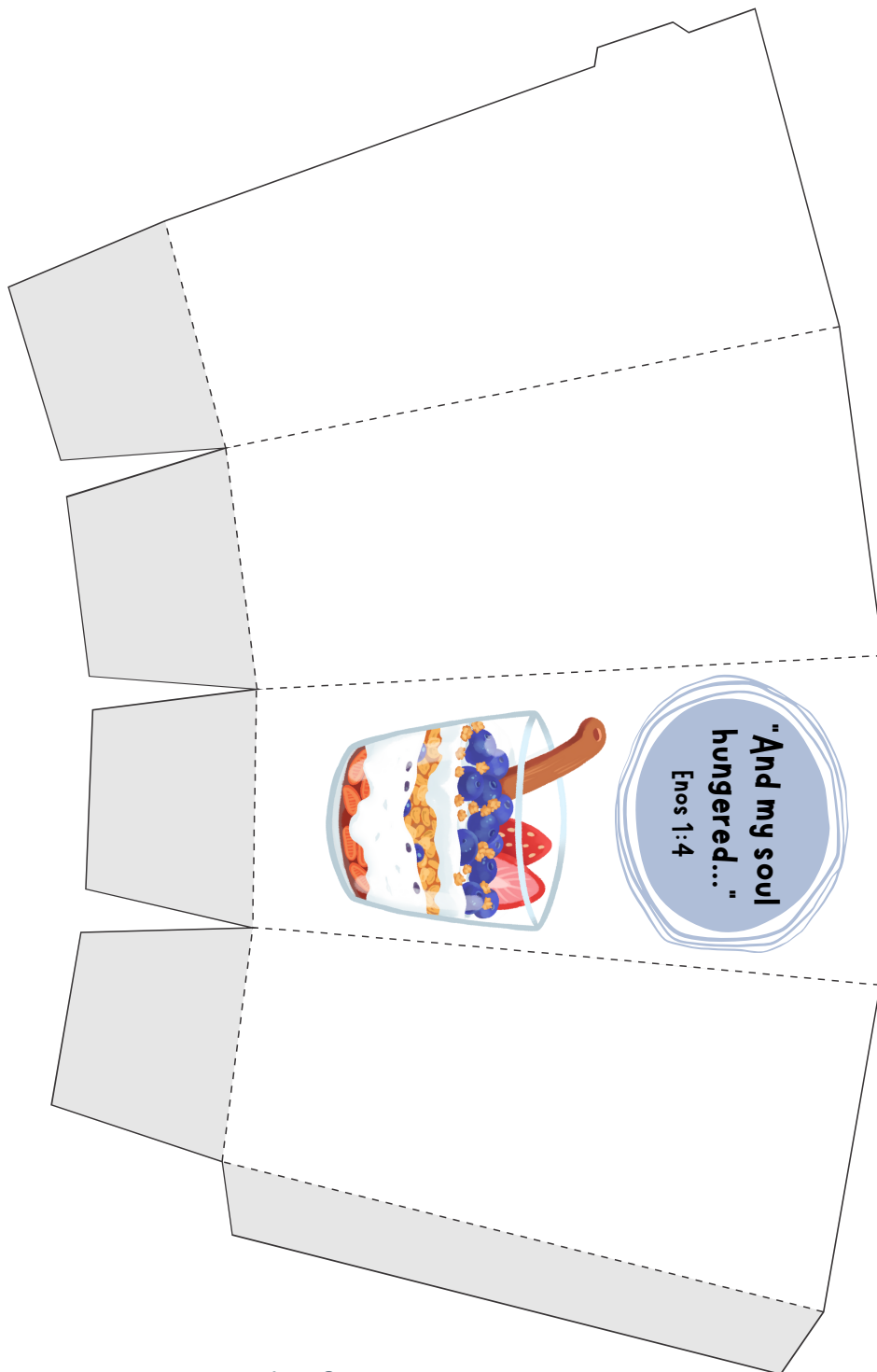
OR (for younger kids)

- Put a strawberry in while sharing how we begin our prayers.
- Put granola in while sharing things you might thank Heavenly Father for.
- Put blueberries in while sharing things you might ask Heavenly Father for.
- Put whipped cream in while sharing how we end our prayers.

OR whatever other creative idea you can think of!

WEEK 16

MY SOUL HUNGERED


















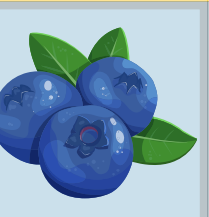




WEEK 16

MY SOUL HUNGERED

Question Cards

 ?	 ?	 ?	 ?	 ?
 ?	 ?	 ?	 ?	 ?

Blank Cards

Glue these questions on the back of the question cards:

How can you make your prayers mighty like Enos's?

Summarize what happened when Enos prayed (Enos 1).

If you were face-to-face with Heavenly Father, what would you say to Him?

If you were face-to-face with Heavenly Father, what do you think He'd say to you?

What words did Enos hear in response to his prayer? (Enos 1:5)

Where was Enos when he prayed? In what places can we pray?

What were some things Enos prayed for?

How long was Enos praying for?

What happened because of Enos's prayers? (Enos 1:6, 9, 11)

What are some things you might "[cry] unto" the Lord for? (Enos 1:4)

WEEK 16

WHISPERS OF THE SPIRIT

PLAY A GAME OF TELEPHONE USING PHRASES FROM SCRIPTURES IN THIS WEEK'S COME, FOLLOW ME CURRICULUM! EVERYONE WILL SIT IN A CIRCLE. CUT OUT THE SCRIPTURE STRIPS BELOW AND PLACE THEM IN A PILE UPSIDE-DOWN. ONE PERSON WILL PULL A SCRIPTURE STRIP OUT OF THE PILE. THEY WILL WHISPER THAT SCRIPTURE PHRASE TO THE PERSON NEXT TO THEM. THAT PERSON WILL THEN WHISPER THE PHRASE TO THE PERSON NEXT TO THEM, AND EVERYONE WILL CONTINUE PASSING THE PHRASE ON UNTIL WHOEVER IS LAST IN THE CIRCLE RECEIVES AND SHARES THE MESSAGE. THEN DISCUSS HOW THE SPIRIT WHISPERS TO US. IN WHAT WAYS CAN WE PREPARE OURSELVES TO LISTEN WHEN THE SPIRIT SPEAKS TO US? HOW DID MORMON LISTEN TO AND FOLLOW THE WHISPERS FROM THE SPIRIT (WORDS OF MORMON 1:3-8)? HOW HAVE WE BEEN BLESSED BECAUSE OF HIS CHOICE TO FOLLOW THE SPIRIT?

"...the things which are upon these plates [are] pleasing [to] me..."

Words of Mormon 1:4

"...[the plates] are choice unto me; and I know they will be choice unto my brethren."

Words of Mormon 1:6

"And I do this for a wise purpose; for thus it whispereth me, according to the workings of the Spirit..."

Words of Mormon 1:7

"...I do not know all things; but the Lord knoweth all things..."

Words of Mormon 1:7

WEEK 16

INFLUENCING FAMILY

CUT OUT THIS PAPER AND LIST WAYS YOU CAN INFLUENCE YOUR FAMILY IN POSITIVE WAYS. IF DOING THIS TOGETHER AS A FAMILY, LET EVERYONE SIGN THEIR NAMES ON THE BOTTOM TAN STRIP SAYING THEY AGREE TO TRY TO REMEMBER TO ACT IN THESE WAYS.

















I CAN INFLUENCE MY FAMILY
IN POSITIVE WAYS

WEEK 17

SERVICE STRIPS

ON EACH STRIP, WRITE WAYS WE CAN SERVE FAMILY MEMBERS. PUT THEM IN A BAG. EACH DAY, PULL ONE OR MORE OUT OF THE BAG AND DO THAT ACT OF SERVICE. (IDEA FROM COME, FOLLOW ME MANUAL)

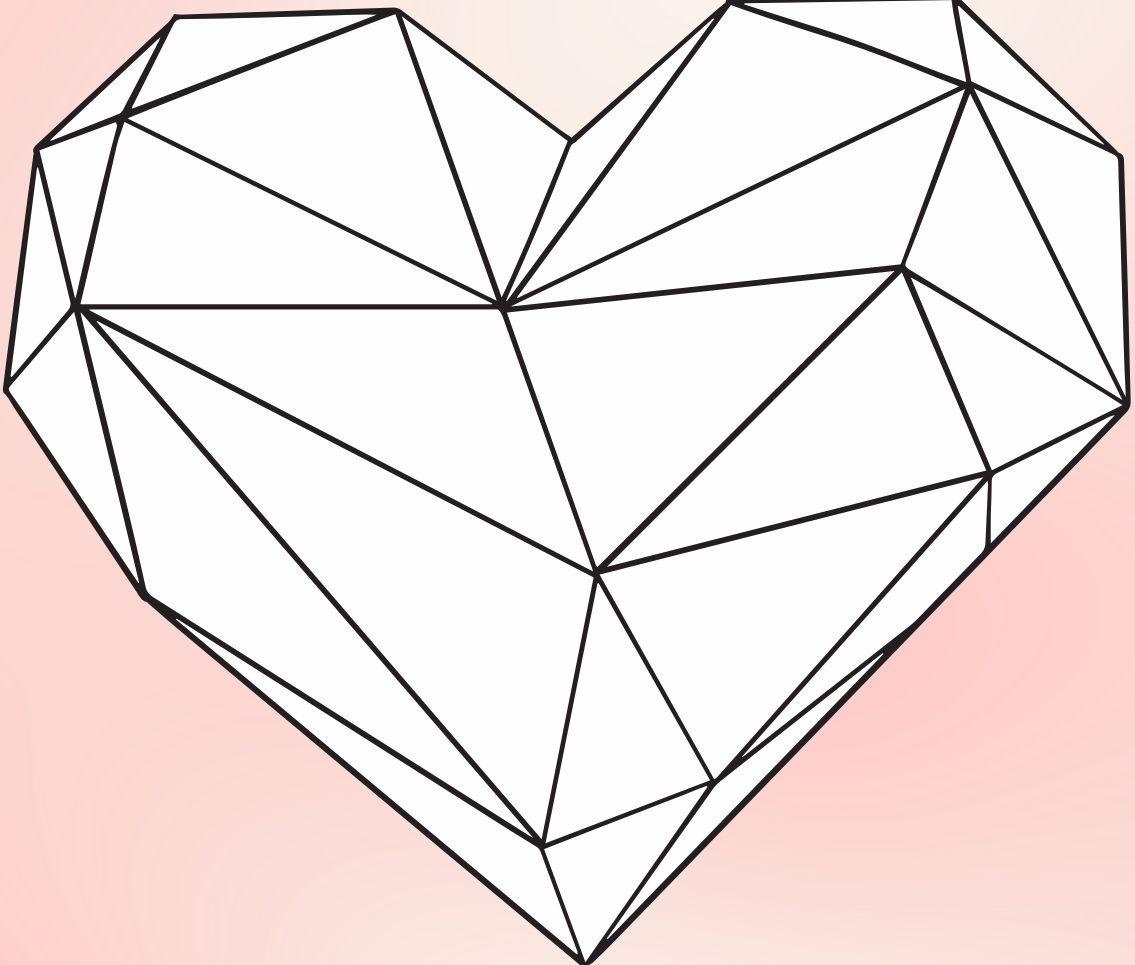
THESE STRIPS CAN BE USED IN COMBINATION WITH THE SERVICE HEART ON THE FOLLOWING PAGE.

WEEK 17

SERVICE HEART

DISPLAY THIS HEART SOMEWHERE IN YOUR HOME. AS FAMILY MEMBERS DO ACTS OF SERVICE FOR EACH OTHER, THEY CAN COLOR IN A SECTION OF THE HEART. IT COULD BE FUN TO PLAN SOME KIND OF FAMILY CELEBRATION TO DO WHEN THE WHOLE HEART IS COLORED IN.



*"...When ye are in the service of your fellow beings
ye are only in the service of your God."*

Mosiah 2:17

Mosiah 1-3

WEEK 17

MOSIAH 2:17

CUT OUT THE PIECES ON THIS PAGE. READ MOSIAH 2:17 OUT LOUD WHILE EVERYONE WORKS TO UNSCRAMBLE THE WORDS TO THE VERSE. ONCE THEY'RE IN ORDER, PRACTICE SAYING THE WHOLE VERSE OUT LOUD TOGETHER. TURN THE PIECES WITH PICTURES ON THEM UPSIDE-DOWN TO SEE IF EVERYONE CAN STILL REMEMBER AND RECITE THE WHOLE VERSE. FOR AN EXTRA CHALLENGE, CONTINUE FLIPPING ADDITIONAL PIECES OVER AND ATTEMPT TO MEMORIZE THE WHOLE VERSE.

that ye
may learn

And behold,

I tell you
these things

that ye
may learn

WISDOM;



that when
ye are

FELLOW
BEINGS



in the service

of your

ye are only in
the service of

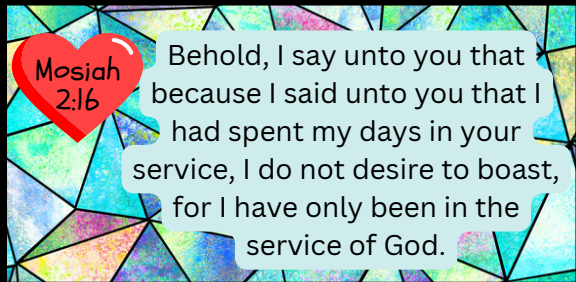
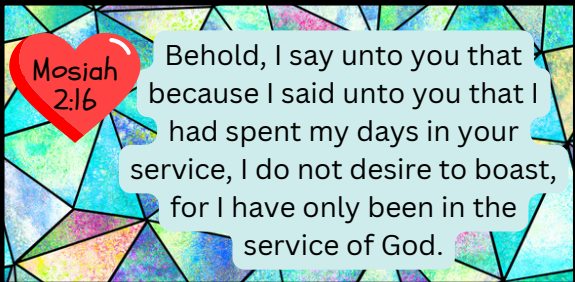
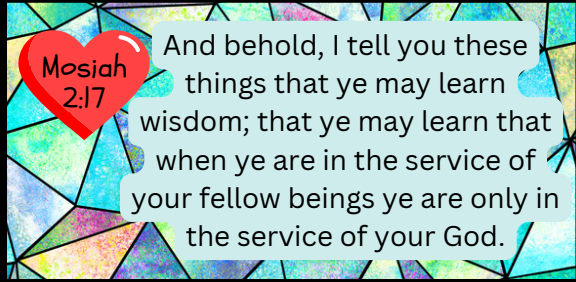
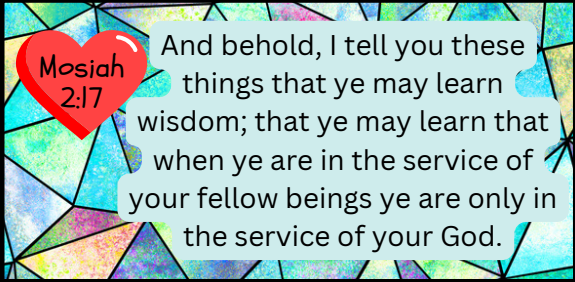
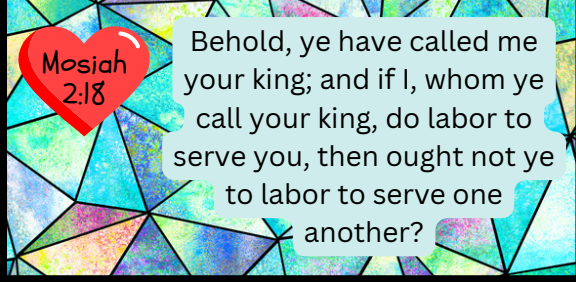
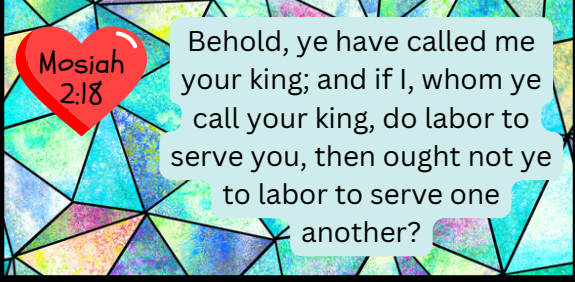
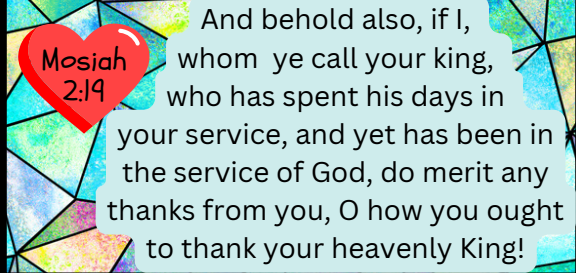
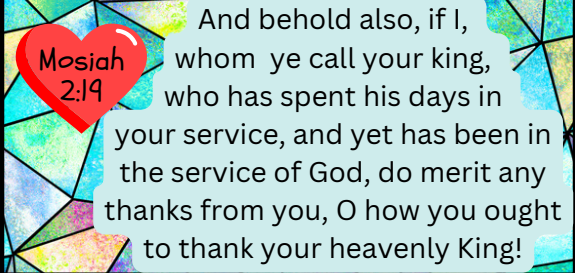
YOUR GOD.



WEEK 17

MOSIAH 2 MATCH

CUT OUT THE PIECES BELOW. MIX THEM UP AND PLACE THEM UPSIDE-DOWN. EVERYONE WILL TAKE TURNS FLIPPING TWO OVER TO SEE IF THEY ARE A MATCH. WHEN A MATCH IS FOUND, THAT PERSON WILL READ THE SCRIPTURE AND DISCUSS WHAT IT MEANS.

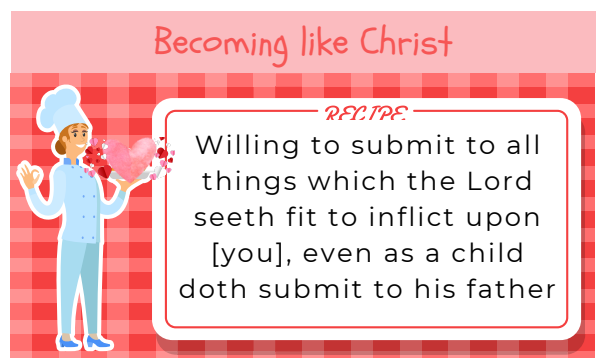
 <p>Behold, I say unto you that because I said unto you that I had spent my days in your service, I do not desire to boast, for I have only been in the service of God.</p>	 <p>Behold, I say unto you that because I said unto you that I had spent my days in your service, I do not desire to boast, for I have only been in the service of God.</p>
 <p>And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.</p>	 <p>And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.</p>
 <p>Behold, ye have called me your king; and if I, whom ye call your king, do labor to serve you, then ought not ye to labor to serve one another?</p>	 <p>Behold, ye have called me your king; and if I, whom ye call your king, do labor to serve you, then ought not ye to labor to serve one another?</p>
 <p>And behold also, if I, whom ye call your king, who has spent his days in your service, and yet has been in the service of God, do merit any thanks from you, O how you ought to thank your heavenly King!</p>	 <p>And behold also, if I, whom ye call your king, who has spent his days in your service, and yet has been in the service of God, do merit any thanks from you, O how you ought to thank your heavenly King!</p>

WEEK 17

RECIPE MOSIAH 3:19

KING BENJAMIN GAVE US A "RECIPE" FOR HOW WE CAN BECOME LIKE JESUS CHRIST. FOLD THE RECIPE BOOK ON THE SPINE. CUT OUT THE RECIPE CARDS AND EITHER PLACE THEM IN AN UPSIDE-DOWN PILE OR HIDE THEM AROUND THE ROOM. TAKE TURNS CHOOSING OR FINDING A CARD. DISCUSS EACH "INGREDIENT" ON THE CARDS ONE AT A TIME AND PLACE THEM INSIDE THE RECIPE BOOK. DISCUSS HOW THE ATONEMENT OF JESUS CHRIST IS THE MOST IMPORTANT INGREDIENT. WE NEED HIS HELP AS WE TRY TO BECOME LIKE HIM. (BASED ON IDEA FROM CFM MANUAL)

Fold along the spine of the book so the recipe cards can be placed inside. For an extra challenge, put the ingredients in order based on Mosiah 3:19, tape the top edge of the cards into the book, and use these to try to memorize this part of the verse.



Mosiah 1-3

WEEK 17

RECIPE MOSIAH 3:19

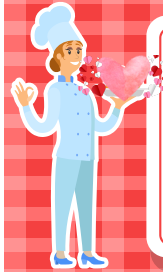
Becoming like Christ



RECIPE

Become as a child

Becoming like Christ



RECIPE

Yield to the enticings of the Holy Spirit

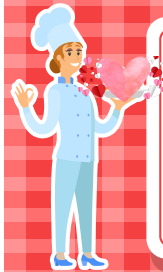
Becoming like Christ



RECIPE

Submissive

Becoming like Christ



RECIPE

Put off the natural man

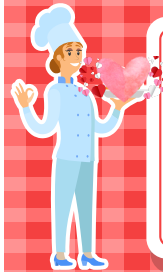
Becoming like Christ



RECIPE

Meek

Becoming like Christ



RECIPE

Become a saint through the Atonement of Christ the Lord

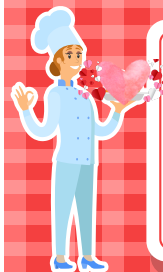
Becoming like Christ



RECIPE

Humble

Becoming like Christ



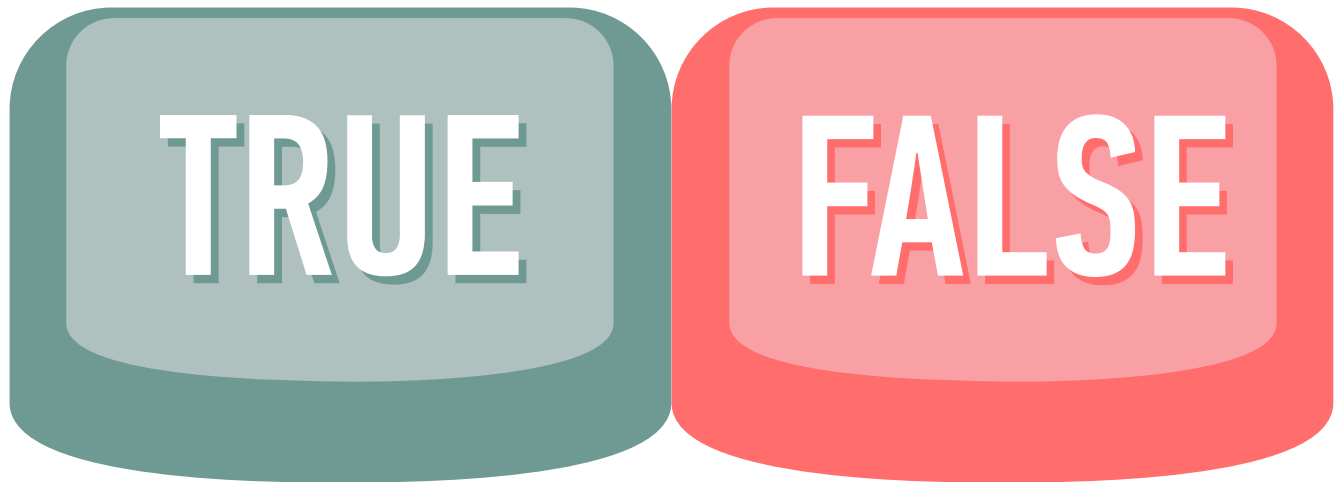
RECIPE

Patient

WEEK 18

TRUE / FALSE

AFTER READING “REPENT, REPENTANCE” IN THE GUIDE TO THE SCRIPTURES, TAPE THE TRUE AND FALSE BUTTONS ONTO OPPOSITE WALLS IN A ROOM. READ THROUGH THE FOLLOWING STATEMENTS ONE AT A TIME. AS EACH IS READ, LET EVERYONE GO OVER TO TOUCH THE BUTTON THAT CORRESPONDS TO WHETHER THAT STATEMENT IS TRUE OR FALSE.



STATEMENTS:

- Repentance is “a change of mind and heart that brings a fresh attitude toward God, oneself, and life in general.” (True)
- When we repent, we turn away from evil and turn our heart and will to God. (True)
- True repentance comes from someone else telling us we’re wrong. (False. “True repentance comes from a love for God and a sincere desire to obey His commandments.”)
- All accountable people have sinned. (True)
- We can progress toward salvation without ever repenting. (False)
- When we repent, we submit to God’s commandments and desires and forsake sin. (True)
- It is only through our own power that repentance can become effective. (False. “Only through the Atonement of Jesus Christ can our repentance become effective and accepted by God.”)

WEEK 18

HOW REPENTANCE FEELS

DO THE HAND-WASHING EXPERIMENT EXPLAINED IN THE MANUAL: "TO TEACH ABOUT THE JOY OF REPENTANCE, MAYBE YOU COULD LET YOUR CHILDREN GET THEIR HANDS STICKY OR DIRTY AND NOTICE HOW THEY FEEL AFTER WASHING." THEN CUT OUT THE SOAP PICTURE ON THIS PAGE AND THE HAND PICTURE ON THE FOLLOWING PAGE. READ MOSIAH 4:1-3. ON THE BACK OF THE HAND, WRITE WORDS THAT DESCRIBE HOW THE PEOPLE FELT BEFORE THEIR SINS WERE FORGIVEN. ON THE BACK OF THE SOAP, WRITE WORDS THAT DESCRIBE HOW THEY FELT AFTER BEING FORGIVEN.



WEEK 18

HOW REPENTANCE FEELS

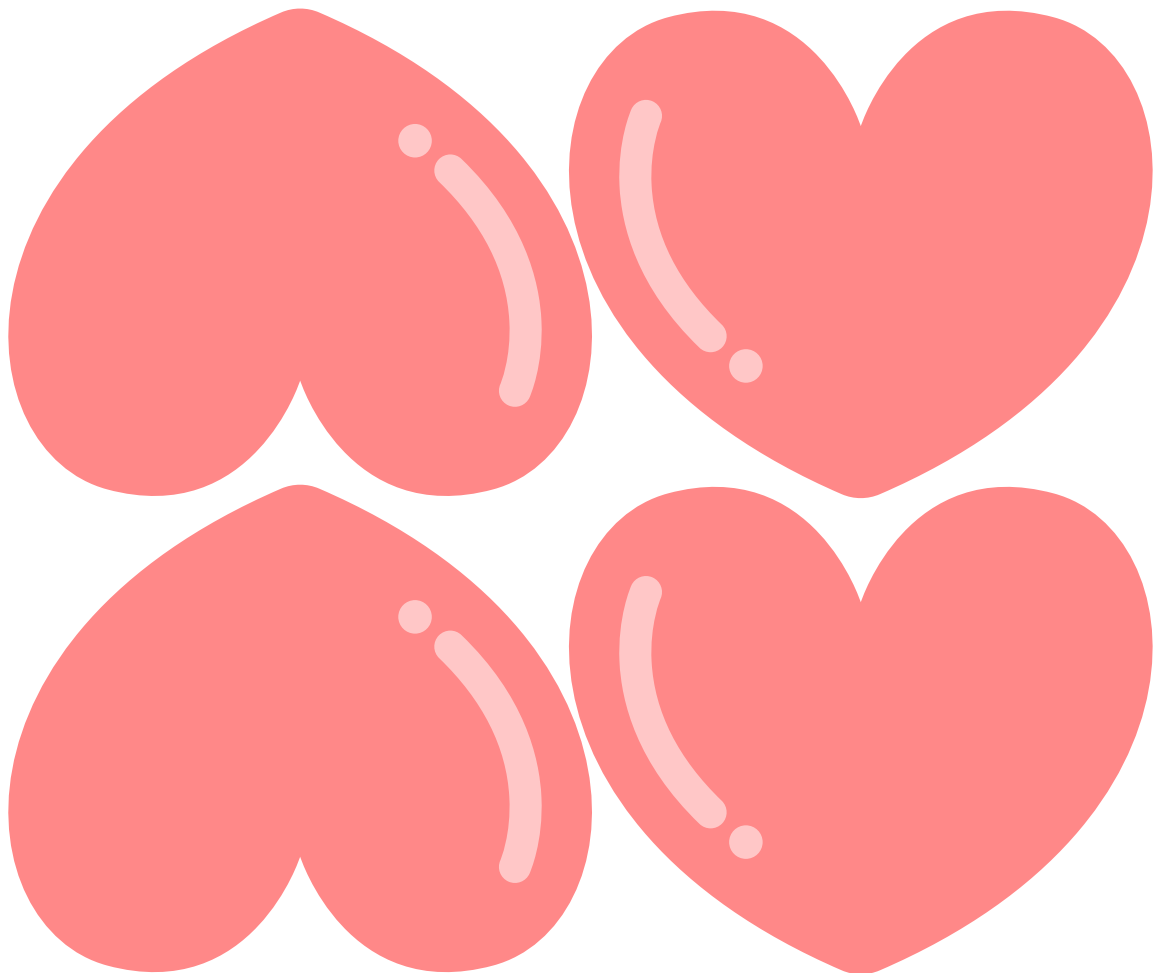


WEEK 18

CHRIST IN HEARTS

MOSIAH 5:8-12 TEACHES US ABOUT HAVING SOMEONE'S NAME WRITTEN ON OUR HEARTS. READ THE VERSES AND DISCUSS WHOSE NAME IT IS (CHRIST'S). GIVE EVERYONE A HEART AND HAVE THEM WRITE "CHRIST" ON IT. HOW DOES IT FEEL IF WE HAVE CHRIST IN OUR HEARTS? IF HE WAS HERE RIGHT NOW, WHAT THINGS WOULD YOU STOP DOING? WHAT THINGS MIGHT YOU START DOING? READ THROUGH THE FOLLOWING LIST OUT LOUD. IF WHAT IS SAID IS SOMETHING CHRIST WOULD DO, HAVE THEM HOLD THEIR CHRIST HEART UP. IF NOT, THEY WILL SET IT DOWN.

Loving others ● Being mean ● Helping a family member with a chore ● Hurting someone
Sharing one of your favorite things ● Helping someone who is hurt ● Saying nice things to others
Helping someone who is sick



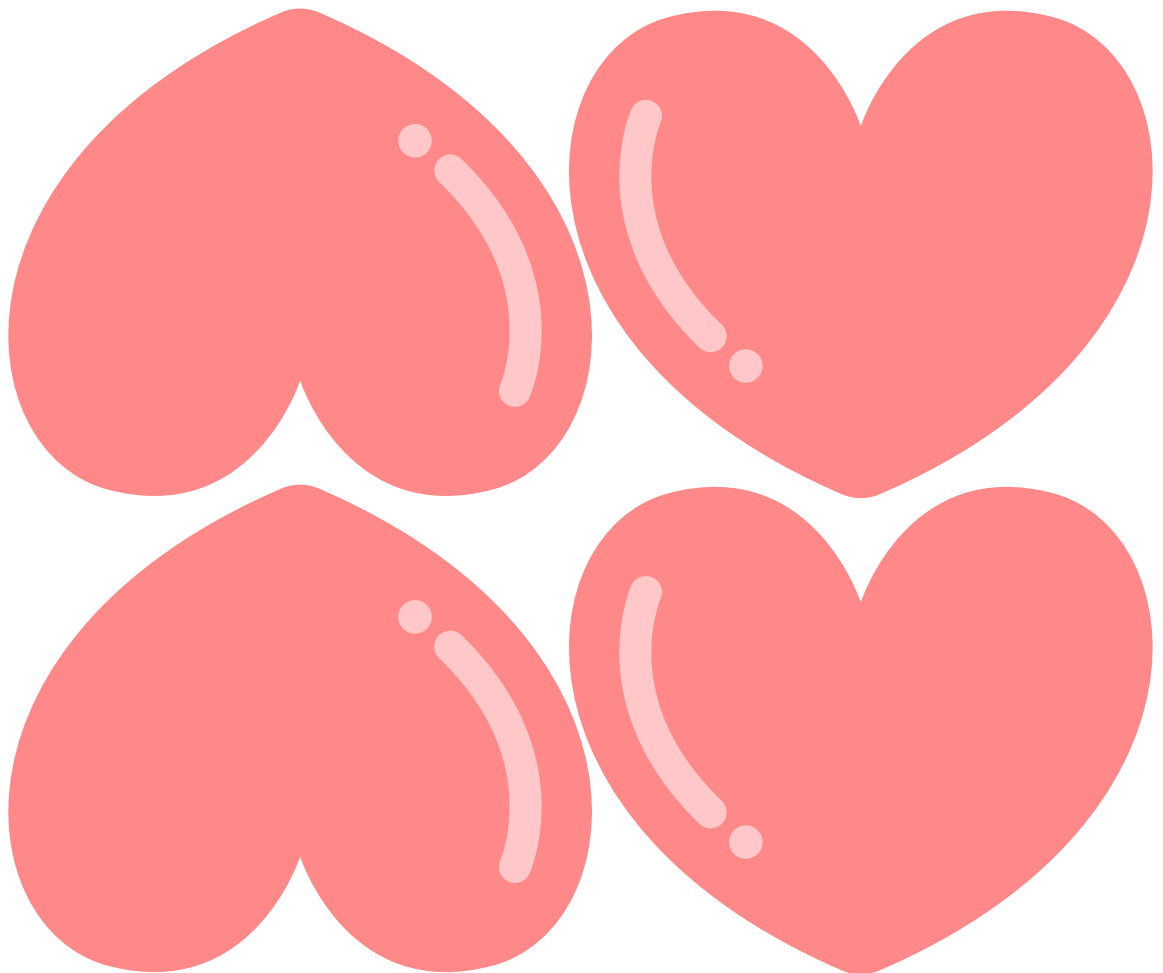
Mosiah 4-6

WEEK 18

CHRIST IN HEARTS

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Mosiah 4-6

WEEK 19

GOD HELPS PEOPLE

KING LIMHI REMINDED HIS PEOPLE OF WAYS GOD HELPED PEOPLE IN THE SCRIPTURES. SHOW THE PICTURES BELOW AND REVIEW HOW GOD HELPED THESE PEOPLE. GIVE EVERYONE A CHANCE TO ACT THESE STORIES OUT. IT COULD ALSO BE FUN TO LET THEM CHOOSE OTHER SCRIPTURE STORIES TO ACT OUT THAT SHOW HOW GOD HAS TAKEN CARE OF HIS PEOPLE.



“...God...brought the children of Israel out of the land of Egypt, and caused that they should walk through the Red Sea on dry ground...” Mosiah 7:19

Items that could be used to act out the story of Moses parting the Red Sea:

- 2 blue blankets that can be “parted” by pulling them to separate sides of the room.
- A stick for Moses to hold

Items that could be used to act out the story of manna:

- A plastic tablecloth to set on the floor
- Cereal pieces to place on the tablecloth to represent manna
- Bags for everyone to collect their “manna” in



“...God...fed them with manna that they might not perish in the wilderness...” Mosiah 7:19

WEEK 19

GOD HELPS ME

EVERYONE WILL WRITE OR DRAW WAYS GOD CAN HELP THEM. THEN TAKE TURNS SHARING DRAWINGS AND EXPLAINING WAYS GOD HELPS US.

God Can Help Me

God Can Help Me

God Can Help Me

God Can Help Me

WEEK 19

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God Can Help Me

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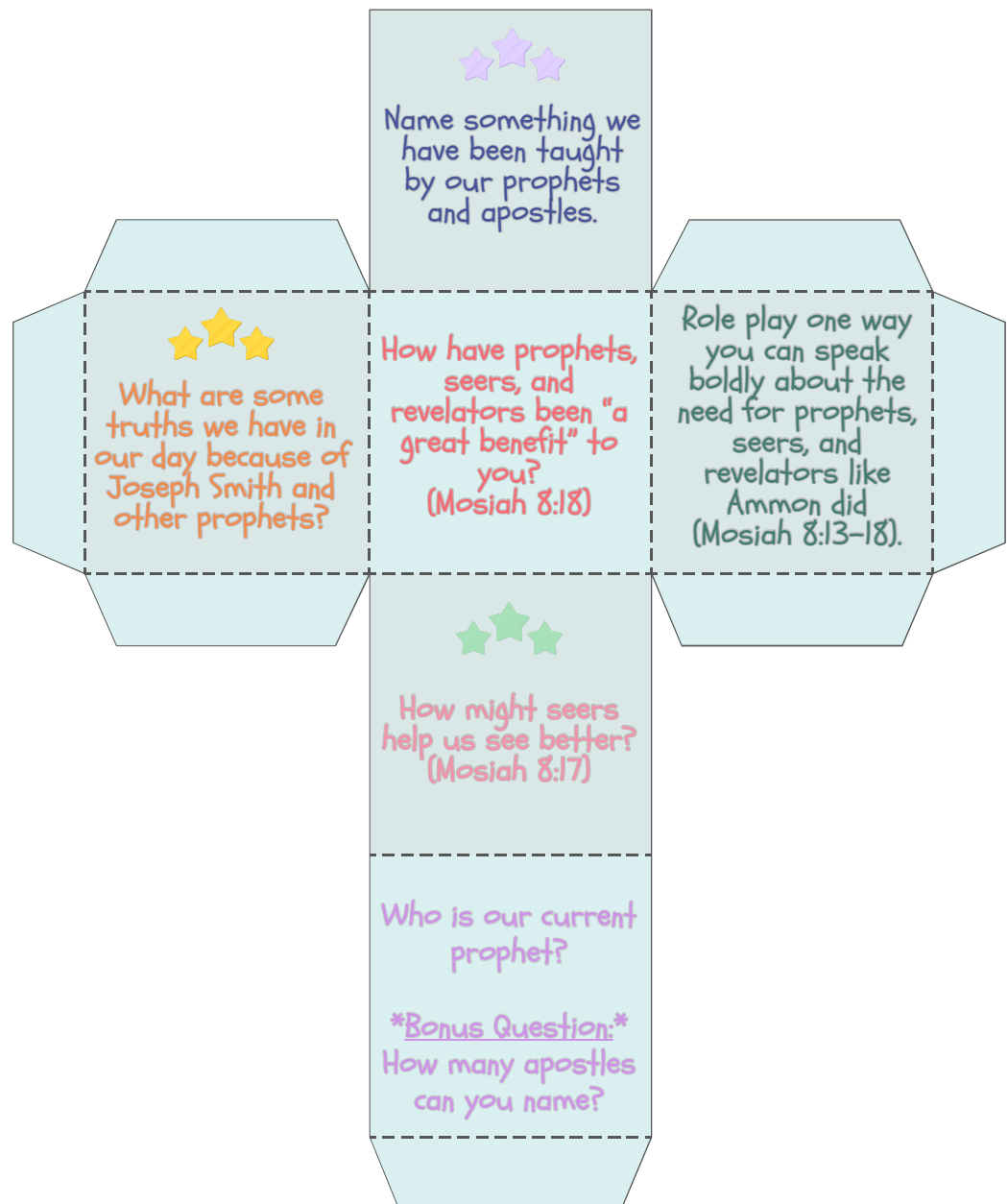
God Can Help Me

God Can Help Me

WEEK 19

ROLL-A-QUESTION

CUT OUT AND ASSEMBLE THE DIE ON THIS PAGE. TAKE TURNS ROLLING IT AND ANSWERING THE CORRESPONDING QUESTIONS.



WEEK 19

STRENGTH OF THE LORD

DISCUSS WHAT IT MEANS TO HAVE "THE STRENGTH OF THE LORD" (MOSIAH 9:17-18; 10:10). CUT OUT THE "POWER BURSTS" AND "IN THE STRENGTH OF THE LORD" SIGN. TAKE TURNS TAPING ONE BURST ONTO THE SIGN WHILE SHARING THINGS WE CAN DO THAT HELP US RECEIVE THE STRENGTH OF THE LORD. THE STRENGTH OF THE LORD HELPED PEOPLE IN THESE VERSES BATTLE THEIR ENEMIES. WHO IS OUR SPIRITUAL ENEMY? IN WHAT WAYS MIGHT WE NEED TO BATTLE HIM? PUNCH HOLES THROUGH THE CORNERS OF THE SIGN AND PUT STRING THROUGH IT SO IT CAN BE WORN. TAKE TURNS WEARING THE SIGN WHILE ROLE-PLAYING RESPONSES TO SITUATIONS WHERE THE STRENGTH OF THE LORD CAN HELP US (BEING HONEST WHEN IT'S HARD, STANDING UP TO PEER PRESSURE, FEELING SAD WHEN GOING THROUGH CHALLENGING TIMES, BEING BRAVE ENOUGH TO SHARE YOUR TESTIMONY, ETC.).

**IN THE STRENGTH
OF THE LORD**



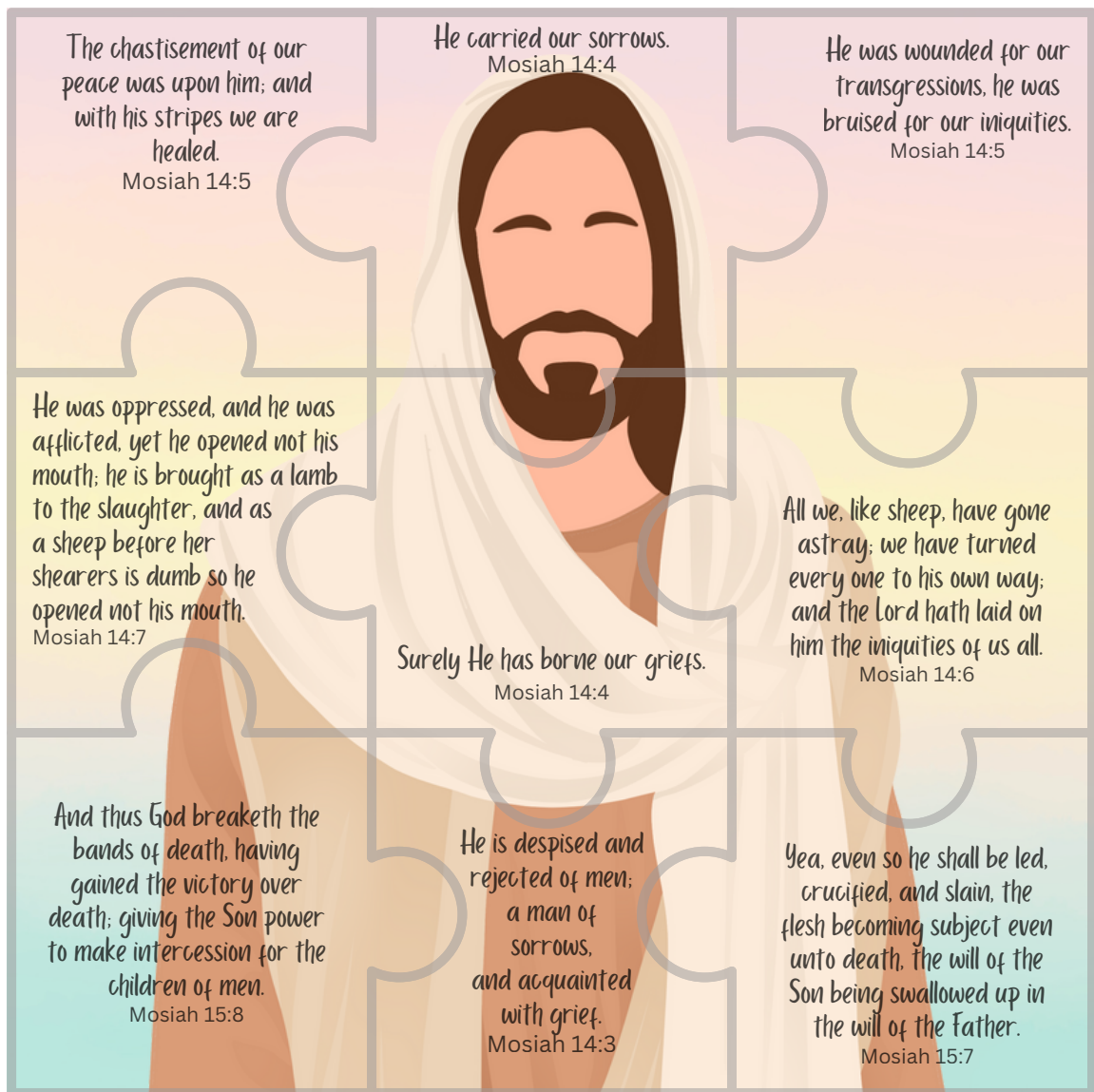
*Power
Bursts*



WEEK 20

JESUS PUZZLE

CUT APART THE PIECES TO THE PUZZLE. LET EVERYONE TAKE TURNS CHOOSING ONE PIECE, READING AND DISCUSSING THE SCRIPTURE PHRASE ON IT, AND COMPLETING THE PICTURE.



WEEK 20

STANDING FOR TRUTH

Cut the scenario strips apart and take turns role-playing how to respond to each situation. Discuss how Abinadi stood strong as a witness of Jesus Christ, even when it was difficult. (Mosiah 11-13; 17)

Your friends dare you to take something from a store without paying for it. What would you do?

Your friend got a new phone and wants to show you pictures of things on it that you know you shouldn't look at. What would you do?

Your friends dare you to do something unkind to someone else. What would you do?

Everyone is being mean to a new kid at school. What would you do?

A neighbor offers you a cigarette. What would you do?

A friend offers you some alcohol. They tell you that if you just take a little drink, it won't hurt you. What would you do?

You meet some new people who don't know that you go to church. They start laughing about how some people waste their time on Sundays going to church. What would you do?

You see some kids outside pushing another kid around. What would you do?

You meet some new people who say they don't believe in Jesus. They say that anyone who believes in Jesus must not be very smart. What would you do?

WEEK 20

WRITTEN IN OUR HEARTS

CUT OUT THE HEARTS AND FILL IN THE BLANKS. DISCUSS HOW WE CAN HAVE THE COMMANDMENTS "WRITTEN IN [OUR] HEARTS" (MOSIAH 13:11). TO MAKE THIS MORE OF A GAME FOR YOUNGER KIDS, SPREAD THE HEARTS AROUND THE ROOM AND PLAY THE MUSIC FOR "KEEP THE COMMANDMENTS" (CHILDREN'S SONGBOOK, 146-147). STOP THE MUSIC AT RANDOM TIMES, HAVE THEM PICK UP THE HEART THAT IS CLOSEST TO THEM, AND SAY WHAT SHOULD GO ON THE BLANK LINES (LOOK UP SCRIPTURES AS NEEDED).

"...THOU SHALT NOT
MAKE UNTO THEE
ANY GRAVEN

"
Mosiah 13:12

"THOU SHALT NOT
TAKE THE _____ OF
THE LORD THY GOD IN

"
Mosiah 13:15

"REMEMBER THE
_____ DAY,
TO KEEP IT

"
Mosiah 13:16

"HONOR THY _____
AND THY _____,
THAT THY DAYS MAY
BE _____"
Mosiah 13:20

Mosiah 11-17

WEEK 20

WRITTEN IN OUR HEARTS

"THOU SHALT HAVE
NO OTHER _____
BEFORE ME."

Mosiah 12:35

"THOU SHALT NOT
_____"
Mosiah 13:21

Mosiah 13:22

"
"THOU SHALT NOT
COMMIT ADULTERY.
THOU SHALT NOT

"THOU SHALT NOT
BEAR _____
WITNESS AGAINST THY
_____"

Mosiah 13:23

"THOU SHALT NOT
COVET ... ANYTHING
THAT IS THY
_____"

Mosiah 13:24

WEEK 21

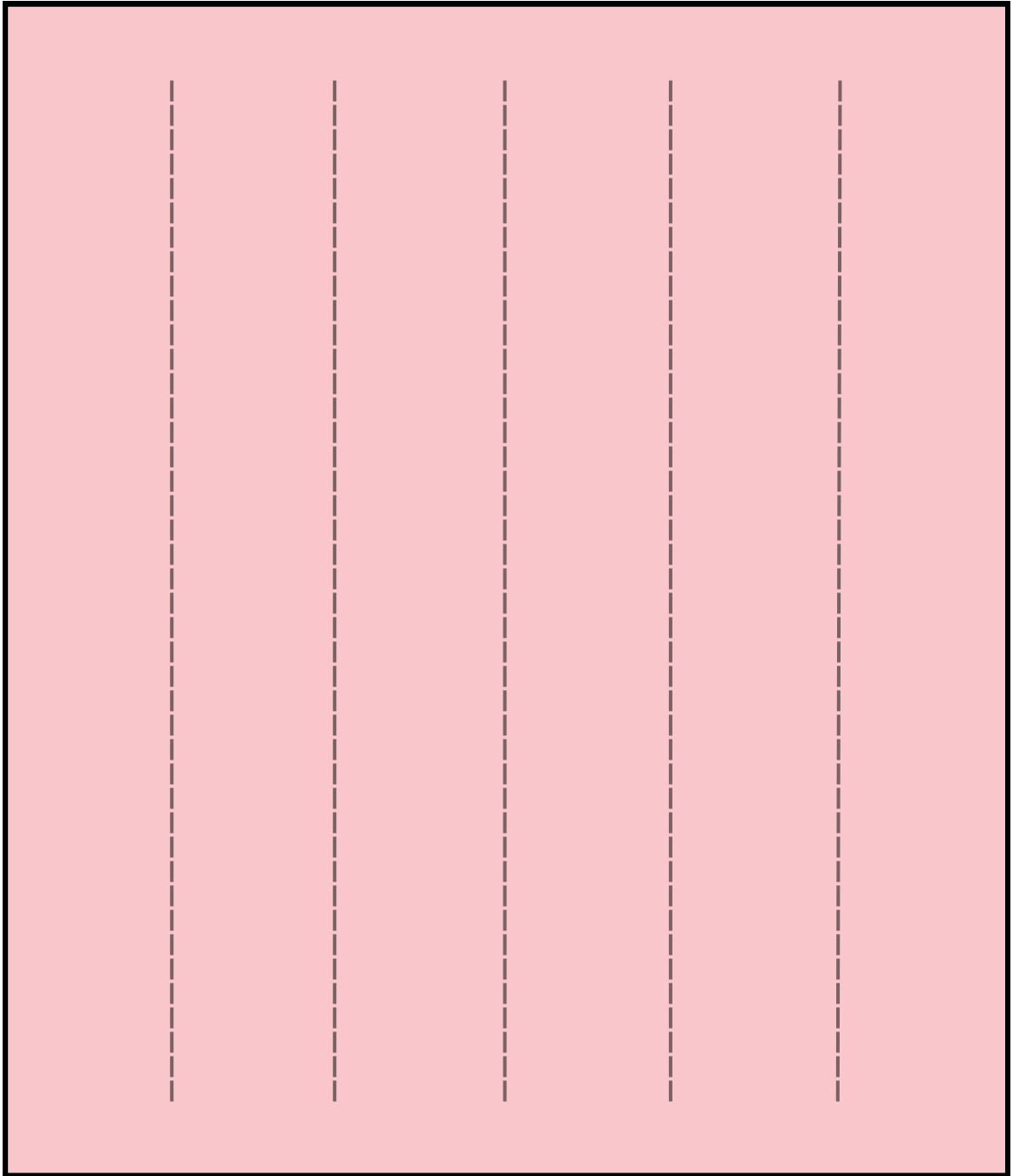
KNIT TOGETHER

MEMBERS OF CHRIST'S CHURCH IN ALMA'S DAY WERE "KNIT TOGETHER IN UNITY AND IN LOVE" (MOSIAH 18:21). READ MOSIAH 18:17-28. ON THE STRIPS BELOW, WRITE OR DRAW SPECIFIC WAYS THESE PEOPLE LOVED AND SERVED EACH OTHER. THEN WRITE/DRAW ADDITIONAL WAYS WE CAN LOVE AND SERVE OTHERS AROUND US ON THE STRIPS AS WELL. CUT OUT THE STRIPS AND WEAVE THEM INTO THE MAT ON THE FOLLOWING PAGE. DISCUSS HOW WE ALL BENEFIT WHEN WE'RE "KNIT TOGETHER IN LOVE."

WEEK 21

KNIT TOGETHER

Carefully cut the dotted lines on this weaving mat so the strips from the previous page can be weaved through.



WEEK 21

BAPTISM / SACRAMENT

USE CRAYONS OR HIGHLIGHTERS TO COLOR THINGS FROM THE BAPTISMAL COVENANT DESCRIBED IN MOSIAH THAT ARE THE SAME/SIMILAR TO WHAT IS SAID IN THE SACRAMENT PRAYERS.

If this is too difficult for kids, help them focus by telling them to search for these words and phrases: keep his commandments, his Spirit, name of the Lord/name of thy Son, witness

Baptismal Covenant



Mosiah 18:8-10

8 And it came to pass that he said unto them: Behold, here are the waters of Mormon (for thus were they called) and now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to bear one another's burdens, that they may be light; 9 Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, that ye may be redeemed of God, and be numbered with those of the first resurrection, that ye may have eternal life— 10 Now I say unto you, if this be the desire of your hearts, what have you against being baptized in the name of the Lord, as a witness before him that ye have entered into a covenant with him, that ye will serve him and keep his commandments, that he may pour out his Spirit more abundantly upon you?

Sacrament Prayers



D & C 20:77, 79

77 O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this bread to the souls of all those who partake of it, that they may eat in remembrance of the body of thy Son, and witness unto thee, O God, the Eternal Father, that they are willing to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; that they may always have his Spirit to be with them. Amen. 79 O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this wine to the souls of all those who drink of it, that they may do it in remembrance of the blood of thy Son, which was shed for them; that they may witness unto thee, O God, the Eternal Father, that they do always remember him, that they may have his Spirit to be with them. Amen.

Mosiah 18-24

WEEK 21

BAPTISM ACTIVITY CARDS

CUT OUT THE CARDS ON THIS PAGE. TAKE TURNS CHOOSING CARDS AND FOLLOWING THE DIRECTIONS ON EACH TO HELP LEARN ABOUT BAPTISM.

Church Member

When you are baptized, you become a member of The Church of Jesus Christ of Latter-day Saints. Set a timer for 30 seconds and see how many times each person can either write or say the full name of the Church.

Helping Others

Read Mosiah 18:8-9. What do we promise to do when we're baptized? Take turns role-playing ways you might bear other people's burdens and comfort and help others who are sad or mourning.

The Holy Ghost

When we are baptized, we promise to serve God and keep His commandments. What does Mosiah 18:10 say will be poured out abundantly on us as we do so? Work together to brainstorm different feelings the Holy Ghost might give us and specific ways we can be helped by the Holy Ghost.

Witnesses of God

When we are baptized, we promise to "stand as witnesses of God at all times and in all things, and in all places" (Mosiah 18:9). Take turns sharing what you know about Heavenly Father and Jesus Christ. Then discuss ways we can bravely stay strong to our beliefs, even if it's not popular.

Baptism Memories

Ask someone who has been baptized to share what they remember about their baptism. How have they been blessed because of their baptism?

WEEK 22

STORY RETELL

USE THESE NAMETAGS TO ACT OUT THE STORY OF ALMA THE YOUNGER'S EXPERIENCE RECORDED IN MOSIAH 27:8-37.

Alma the Younger

Alma's Father

Sons of Mosiah

Angel

WEEK 22

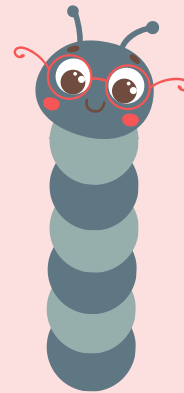
CHANGE FOR BETTER

JESUS CHRIST HELPED ALMA THE YOUNGER AND THE SONS OF MOSIAH CHANGE. WHAT ARE SOME WAYS THE SAVIOR HAS HELPED YOU OR CAN HELP YOU CHANGE FOR THE BETTER? HAVE EACH PERSON ANSWER THESE QUESTIONS ON THE BACK OF A CATERPILLAR CARD. REVIEW HOW CATERPILLARS CAN CHANGE INTO BUTTERFLIES. THEN ATTACH WINGS FROM THE FOLLOWING PAGE.

The Savior Can Help Me Change
for the Better



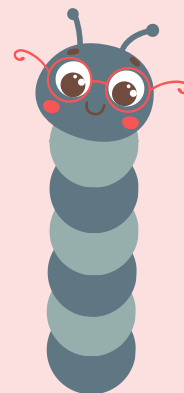
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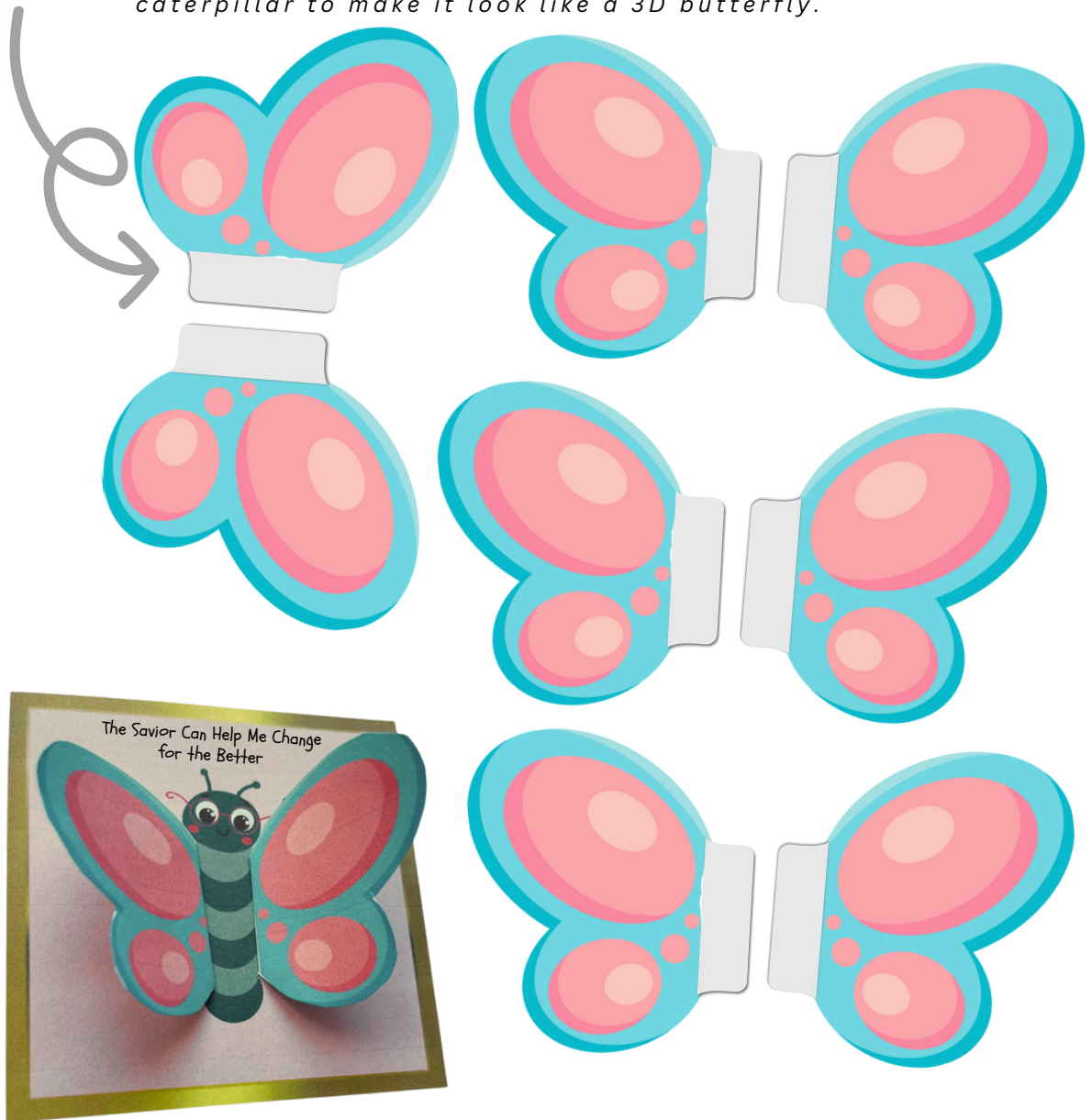
The Savior Can Help Me Change
for the Better



WEEK 22

CHANGE FOR BETTER

Fold the gray tabs backward. Then glue them onto the sides of the caterpillar to make it look like a 3D butterfly.



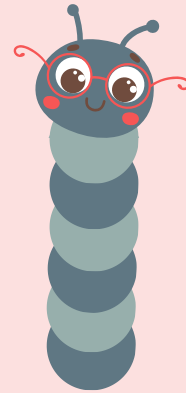
WEEK 22

CHANGE FOR BETTER

The Savior Can Help Me Change
for the Better



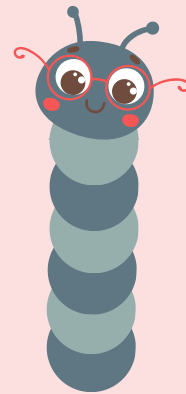
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for the Better



WEEK 22

CHANGE FOR BETTER

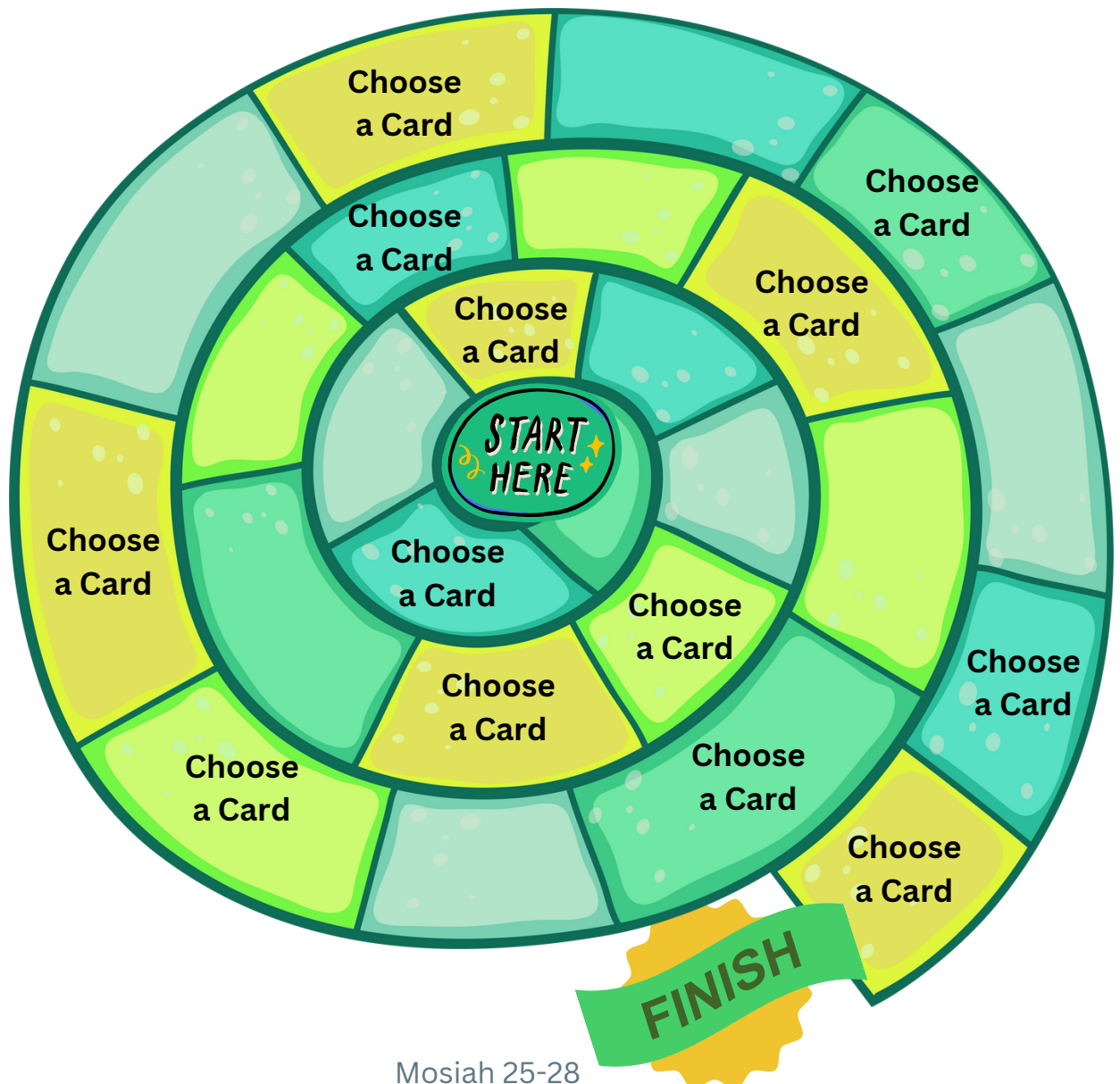
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WEEK 22

FORGIVENESS GAME

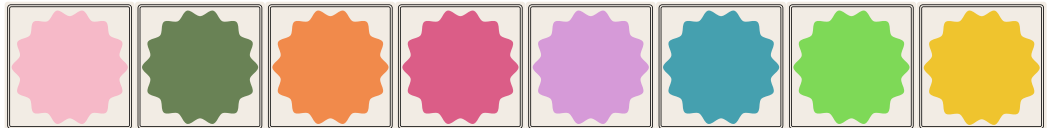
CUT OUT THE GAME PIECES AND CARDS ON THE FOLLOWING PAGE. EACH PERSON WILL CHOOSE A GAME PIECE AND PLACE IT ON THE CENTER SPACE OF THIS GAME BOARD. PLACE THE CARDS IN AN UPSIDE-DOWN PILE. TAKE TURNS ROLLING A DIE. WHEN SOMEONE LANDS ON A "CHOOSE A CARD" SPACE, THEY WILL TAKE THE TOP CARD FROM THE PILE AND ANSWER THE QUESTION OR ROLE-PLAY WHAT THAT CARD INSTRUCTS THEM TO DO.



WEEK 22

FORGIVENESS GAME

Game Pieces:



Cards (Place in an upside-down pile)

Role-play how you could forgive a friend who broke something important to you.	Read Luke 23:33-34. Who did Jesus ask Heavenly Father to forgive when He was on the cross?	Read Mosiah 26:29-31 out loud. Count how many times you hear the word "forgive."
Role-play how you could forgive a sibling who said something mean to you.	Role-play how you could forgive a sibling who lost one of your favorite toys.	Role-play how you could forgive a cousin who cheated at a game you were playing with them.
Role-play how you could forgive a kid in your class who said something unkind about you.	Role-play how you could forgive a neighbor who didn't return something they borrowed.	Role-play how you could forgive a sibling for eating some of your candy without asking.
Role-play how you can forgive someone who spilled juice on your clothes.	Explain how it feels when you forgive others.	Explain how it feels when others forgive you.
Does God forgive us when we repent?	Practice asking someone else for forgiveness when you have made a mistake.	You made a mistake. Role-play how you could forgive yourself.
How often will the Lord forgive us? (Mosiah 26:30)	What does Moroni 6:8 teach us about forgiveness?	What does Doctrine and Covenants 19:16-18 teach us about repentance and forgiveness?

WEEK 23

NEHOR'S FALSE WORDS

NEHOR TAUGHT MANY THINGS THAT WERE FALSE. GIVE EVERYONE A "FALSE" SIGN. PRACTICE MAKING A BUZZER SOUND TO REPRESENT SOMETHING THAT'S FALSE. READ ALMA 1:2-6 OUT LOUD. TELL THEM TO LISTEN CAREFULLY FOR LIES THAT NEHOR TAUGHT. WHEN THEY HEAR THEM, HAVE THEM HOLD UP THEIR FALSE SIGN AND MAKE THE BUZZER SOUND. THEN TALK ABOUT HOW THE SCRIPTURES AND PROPHETS CAN HELP US RECOGNIZE FALSE TEACHINGS AND KNOW WHAT IS TRUE.



WEEK 23

SORTING ACTIVITY

ATTACH THE "PEOPLE OF NEHOR" AND "PEOPLE OF GOD" PICTURES ONTO DIFFERENT BOWLS OR CUPS. READ THE DESCRIPTIONS ON EACH STRIP OF PAPER AND PLACE THEM IN THE CORRECT CORRESPONDING BOWL/CUP. TALK ABOUT HOW WE CAN BE MORE LIKE THE PEOPLE OF GOD.

They taught teachings against the church and were motivated by popularity. (Alma 1:3)

They didn't think that they needed to do work for themselves. Others should do their work for them. (Alma 1:3)

They taught that it doesn't matter if you repent and try to be good because everybody is going to be saved. (Alma 1:4)

They wore expensive clothes and acted very prideful. They were unkind to those who belonged to the church. (Alma 1:6, 16-19)

They kept the commandments even though it was very hard. (Alma 1:25)

They were patient and trusted in God, even when others were very mean to them. (Alma 1:25)

They taught that everybody is equal. Teachers aren't better than learners. (Alma 1:26)

People of Nehor



People of God

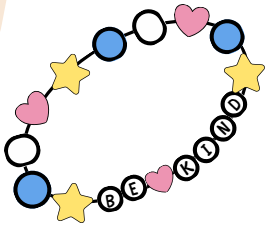


the red crystal.org

They worked very hard and gave to the poor, needy, sick, and afflicted. They were "neat and comely" but did not wear expensive clothes. (Alma 1:26-27)



WEEK 23



HELPING OTHERS

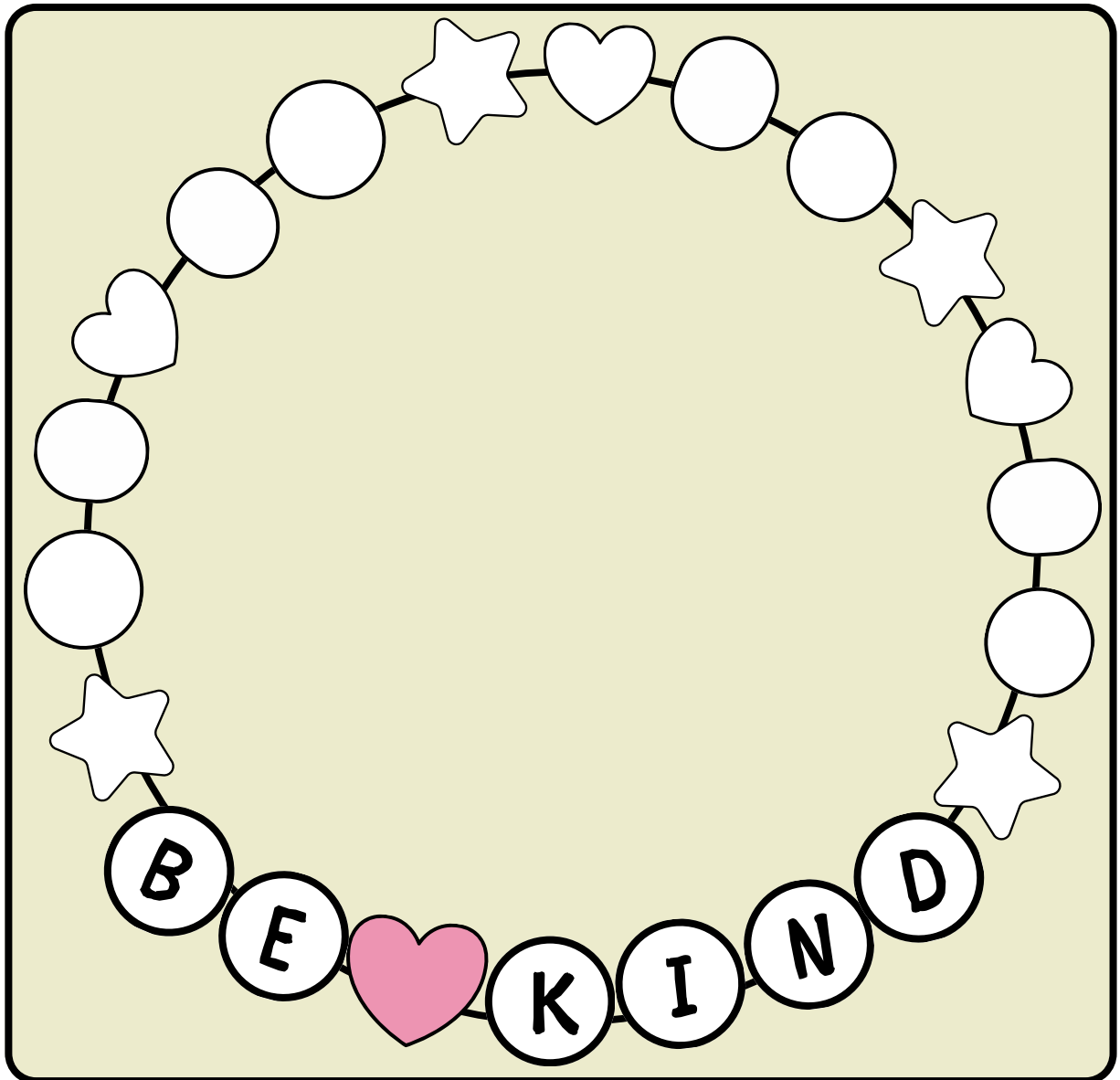
MEMBERS OF THE LORD'S CHURCH IN ALMA'S DAY HELPED MANY DIFFERENT KINDS OF PEOPLE (ALMA 1:27 AND ALMA 1:30). THE FIRST LETTERS OF EACH OF THESE KINDS OF PEOPLE THEY HELPED ARE LISTED BELOW. READ THE VERSES AND SEE IF YOU CAN WRITE ALL OF THEM IN THE CHART.

	(P)	(O)
	(N)	(Y)
	(S)	(B)
	(A)	(F)
	(N)	(M)
	(H)	(F)
	(A)	(C) <small>Those who were out of the</small>
	(N) <small>Those that had not been</small>	(C) <small>Those who were in the</small>

WEEK 23

WAYS I HELP OTHERS

LOOK FOR WAYS TO LOVE AND HELP ALL TYPES OF PEOPLE THIS WEEK. DISPLAY THIS FRIENDSHIP BRACELET SOMEWHERE WHERE IT WILL REMIND YOU TO FOCUS ON SERVING EVERYONE. EACH TIME YOU HELP SOMEONE THROUGHOUT THE WEEK, COLOR A BEAD ON THE BRACELET AND JOT DOWN SOME OF THE WAYS YOU HELPED OTHERS ON THE INSIDE OF THE BRACELET.



Mosiah 29- Alma 4

WEEK 23

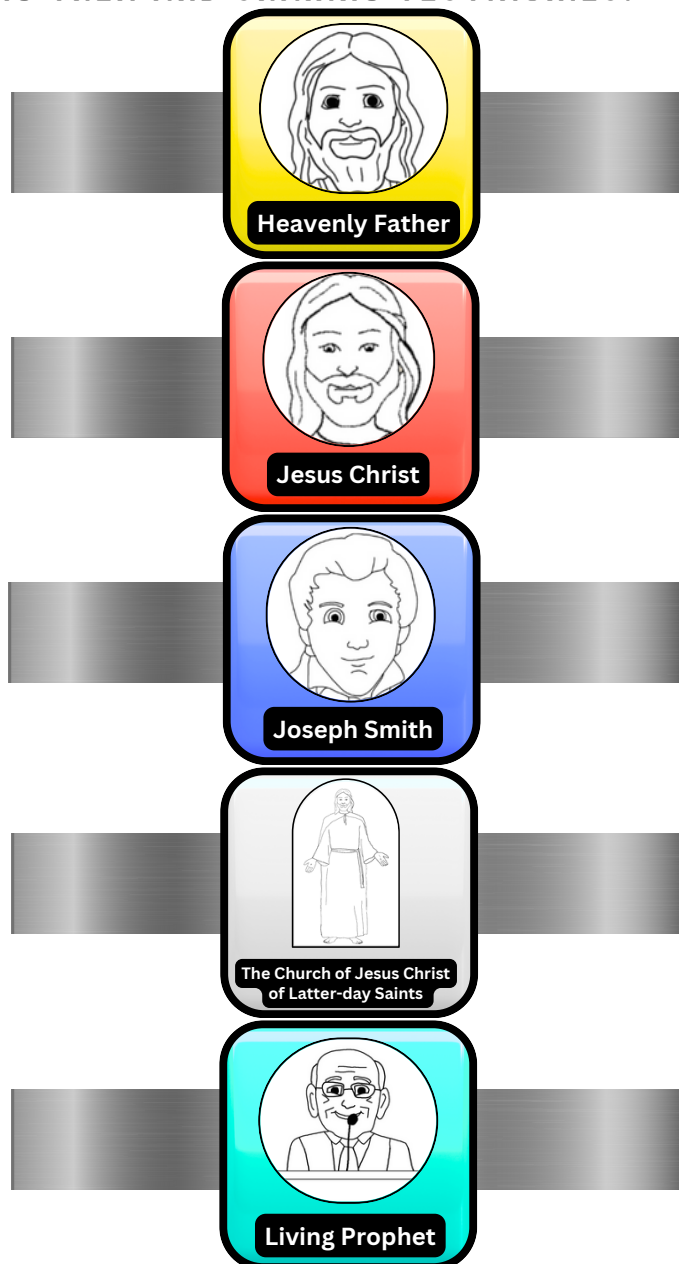
TESTIMONY RINGS

USE THESE TESTIMONY RINGS TO HELP YOU REMEMBER THE MAIN THINGS OUR "PURE TESTIMONIES" (ALMA 4:19) SHOULD BE BUILT ON. LET EVERYONE TAKE TURNS WEARING THEM AND SHARING TESTIMONIES.

Instructions:

- *Cut out the rings and tape the edges of each so they will fit onto fingers.*
- *Put a ring onto each finger one at a time as you share what that part of your testimony might look like.*
- *Let everybody take turns doing this.*

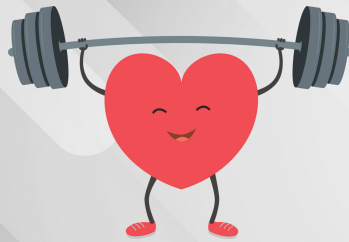
(adapted from "Testimony Glove," Friend, Oct. 2008)



WEEK 24

STRONG TESTIMONY

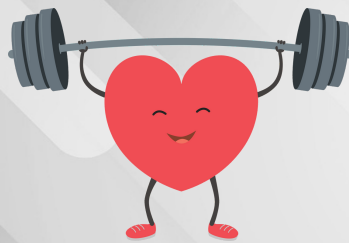
READ ALMA 5:44-46 AND TALK ABOUT HOW ALMA WORKED HARD TO MAKE HIS TESTIMONY OF JESUS CHRIST STRONG. GIVE EACH PERSON ONE OF THE CARDS BELOW AND HAVE THEM EACH CHOOSE ONE THING THEY PLAN TO DO THIS WEEK TO STRENGTHEN THEIR OWN TESTIMONIES. ENCOURAGE THEM TO PLACE THEIR CARD SOMEWHERE IN THEIR HOME WHERE IT CAN REMIND THEM OF THEIR GOAL.



I will strengthen my
testimony
of Jesus Christ by



I will strengthen my
testimony
of Jesus Christ by



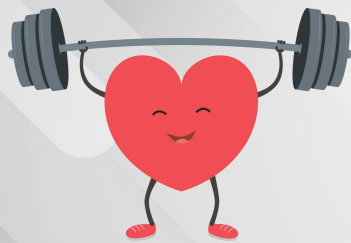
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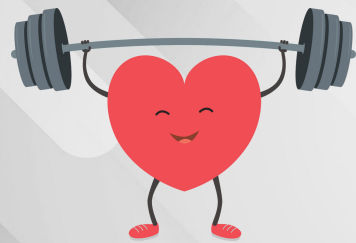
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WEEK 24

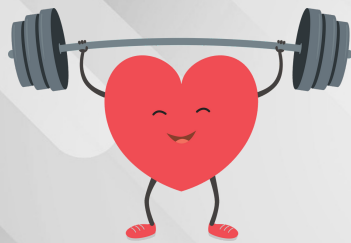
STRONG TESTIMONY



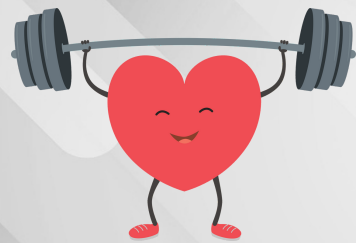
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testimony
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I will strengthen my
testimony
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I will strengthen my
testimony
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I will strengthen my
testimony
of Jesus Christ by

WEEK 24

PAINS AND AFFLICTIONS

READ ALMA 7:10-13. ON THE NOTE CARDS, LET EVERYONE JOT DOWN PICTURES OR SHORT PHRASES ABOUT TIMES THEY WERE SICK, IN PAIN, SAD, OR OTHERWISE HAVING A HARD TIME. TAPE THESE ONTO THE JESUS PICTURE ON THE FOLLOWING PAGE WHILE TALKING ABOUT HOW JESUS SUFFERED ALL OF THESE THINGS FOR US. BECAUSE OF THIS, HE UNDERSTANDS EVERYTHING WE GO THROUGH AND IS ABLE TO COMFORT AND HELP US.

WEEK 24

PAINS AND AFFLICTIONS

AND HE SHALL GO FORTH, SUFFERING PAINS AND AFFLICTIONS AND TEMPTATIONS OF EVERY KIND; AND THIS THAT THE WORD MIGHT BE FULFILLED WHICH SAITH HE WILL TAKE UPON HIM THE PAINS AND THE SICKNESSES OF HIS PEOPLE. ALMA 7:11



WEEK 24

STRAIGHT PATHS

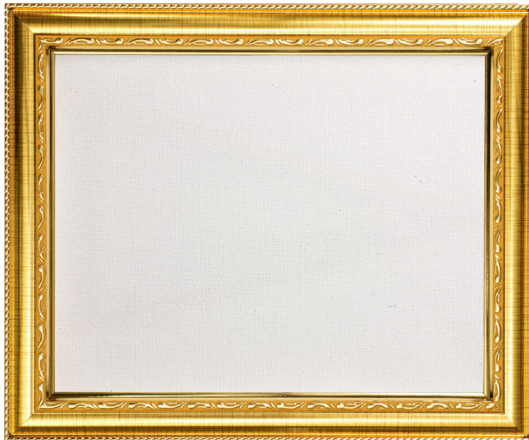
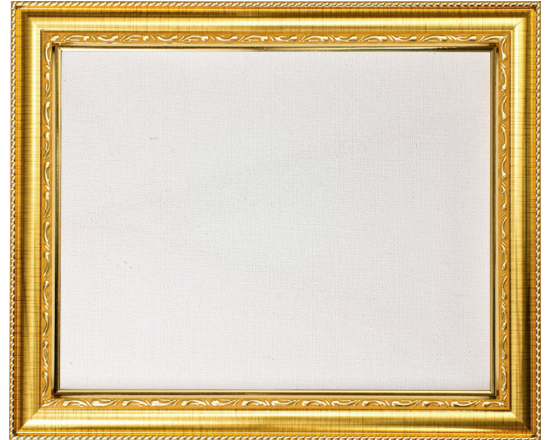
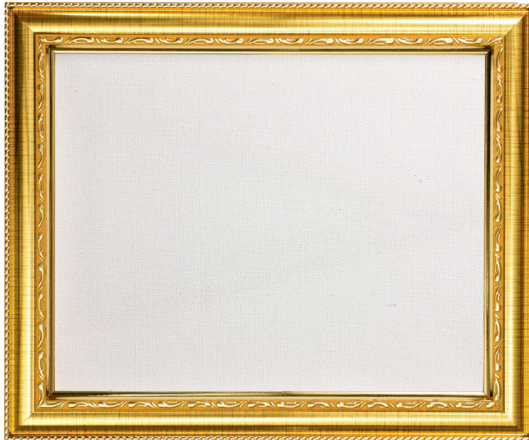
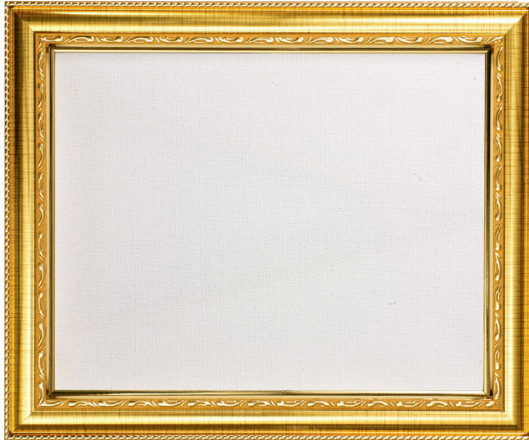
CUT OUT THE KINGDOM OF GOD SIGN AND TAPE IT ON A WALL. MAKE A STRAIGHT PATH ACROSS THE ROOM LEADING TO THE SIGN USING SOMETHING SUCH AS BUTCHER PAPER, PIECES OF REGULAR PAPER TAPED TOGETHER, OR A LARGE BLANKET FOLDED INTO A LONG, STRAIGHT PATH. READ AND DISCUSS ALMA 7:19-20. WHAT ARE SOME THINGS JESUS DID TO SHOW US THE STRAIGHT PATH BACK TO HEAVENLY FATHER? DRAW THESE THINGS INSIDE THE FRAMES (ON THE FOLLOWING PAGE) AND PLACE THESE ON THE PATH. WHAT ARE SOME THINGS WE CAN DO TO HELP US STAY ON THE PATH? CUT OUT THE CHOICE CARDS AND FOLLOW THE DIRECTIONS ON THAT PAGE.



WEEK 24

STRAIGHT PATHS

What are some things Jesus did to show us the straight path back to Heavenly Father? Draw these things inside the frames and place these on the path.



WEEK 24

STRAIGHT PATHS

Choice Cards: Cut these out, place in an upside-down pile, and take turns choosing one. If the choice is something that will help you stay on the path, place it on the straight path you made leading to the Kingdom of God. If it's not, place it outside of the path somewhere. Then let everyone walk on the path while sharing specific things they'll do to stay on the path.

Going to church

Loving others

Studying scriptures

Making and
keeping baptismal
covenants

Going to the
temple

Standing up for
what's true and
right

Repenting when
mistakes are made

Following
promptings from
the Holy Ghost

Caving to peer
pressure when
others are making
poor choices

Being unkind to
others

Ignoring the
scriptures and
words of prophets

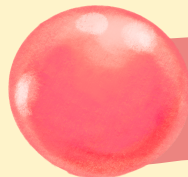
Ignoring
promptings from
the Holy Ghost

WEEK 25

CANDY FRIENDSHIP GAME

EACH PERSON WILL TAKE TURNS CHOOSING A SKITTLE OUT OF A BAG (WITHOUT LOOKING). BEFORE THEY CAN EAT IT, THEY NEED TO ANSWER THE QUESTION FROM THE CHART THAT CORRESPONDS TO THE COLOR OF SKITTLE THAT THEY HAVE.

CANDY FRIENDSHIP GAME



NAME ONE THING AMULEK DID TO BE A GOOD FRIEND TO ALMA (ALMA 8:18-22)



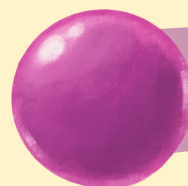
WHEN HAS SOMEONE BEEN A GOOD FRIEND TO YOU? HOW DID THEY MAKE YOU FEEL?



NAME ONE THING YOU CAN DO TO BE A GOOD FRIEND.



WHO DO YOU KNOW THAT MIGHT NEED YOUR FRIENDSHIP?



ROLE-PLAY ONE THING YOU WILL DO TO BE A GOOD FRIEND THIS WEEK.

WEEK 25

MISSIONARY

GIVE EACH PERSON A MISSIONARY TAG. LET THEM WRITE THEIR NAMES AT THE TOP AND ROLE-PLAY HOW THEY MIGHT TEACH OTHERS ABOUT THE GOSPEL LIKE ALMA AND AMULEK DID. IF YOU'D LIKE TO PRACTICE TEACHING SOME OF THE SAME THINGS ALMA AND AMULEK TAUGHT IN ALMA 11-12, CUT OUT THE BLUE STRIPS. LET EACH PERSON CHOOSE ONE AND PRACTICE TEACHING WHAT THEY KNOW ABOUT THAT TOPIC TO EVERYBODY ELSE.

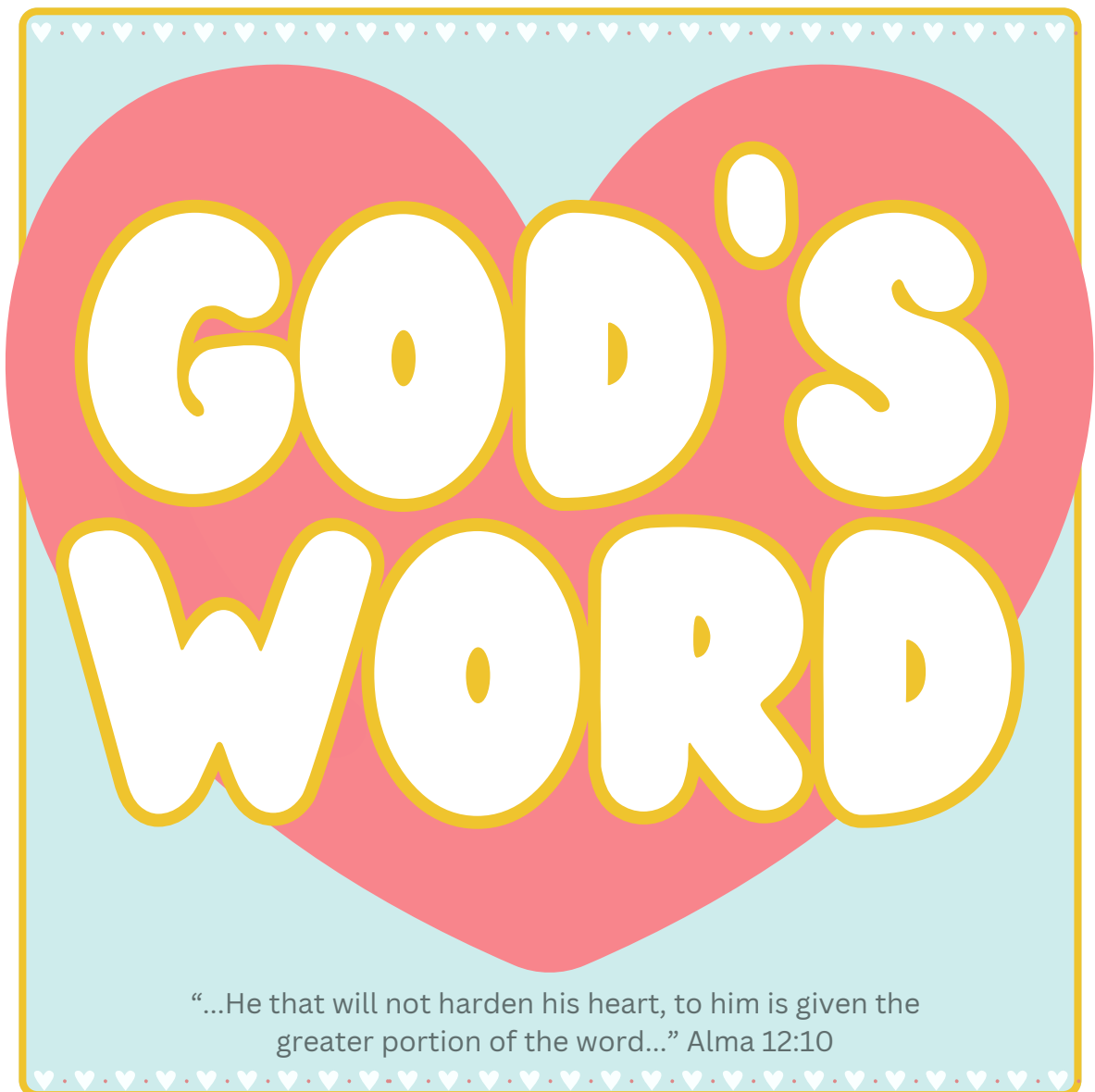
THE FALL
THE REDEEMER
REPENTANCE
DEATH
RESURRECTION
JUDGMENT

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WEEK 25

G O D ' S W O R D I N M E

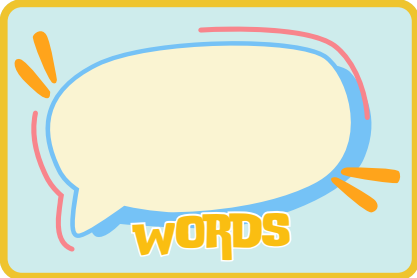
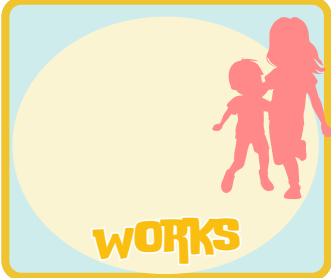
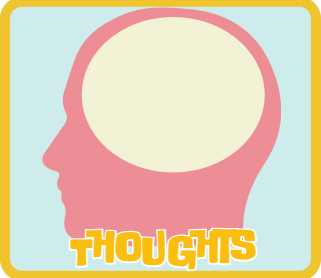
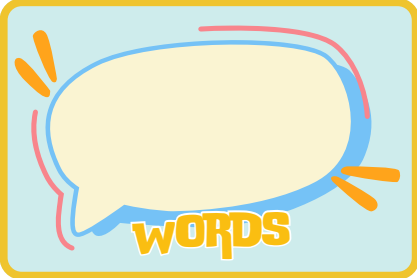
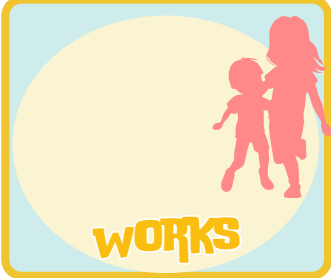
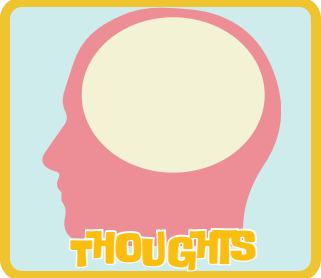
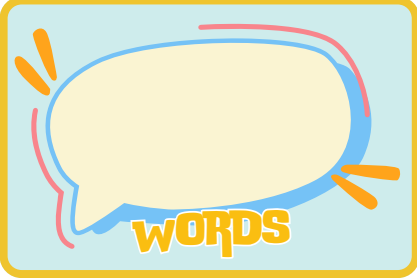
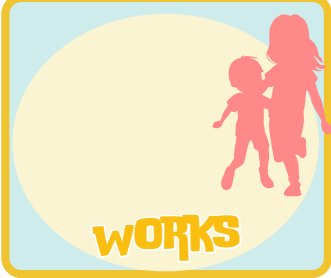
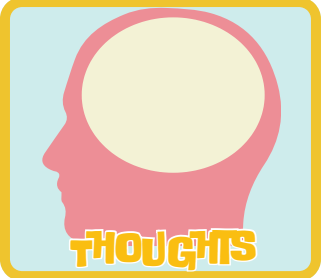
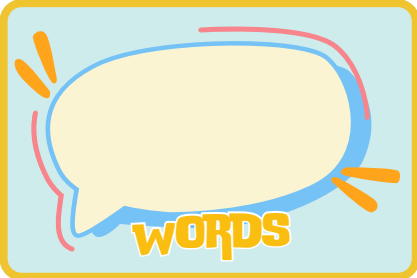
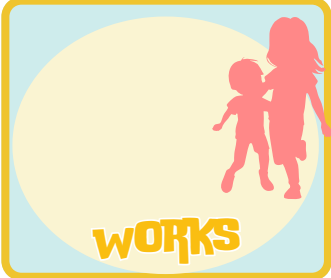
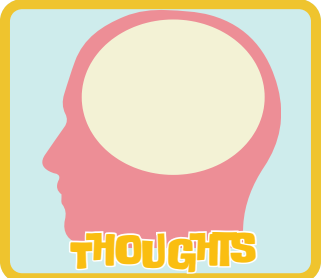
IF WE DO NOT HARDEN OUR HEARTS, GOD'S WORDS CAN BLESS US. INSIDE THE WHITE LETTERS, WRITE SHORT PHRASES OR DRAW LITTLE PICTURES OF TEACHINGS YOU'VE LEARNED FROM PROPHETS OR SCRIPTURES. YOU CAN ALSO TAKE TURNS COLORING IN A WHITE LETTER WHILE SHARING SOME OF GOD'S WORDS THAT ARE IN YOUR HEART.



WEEK 25

GOD'S WORD IN ME

WHEN GOD'S WORD IS "FOUND IN [US]" (ALMA 12:13), IT AFFECTS OUR "WORDS," "WORKS," AND "THOUGHTS" (ALMA 12:14). ON THE CARDS ON THIS PAGE, WRITE SPECIFIC WORDS WE MIGHT SAY, WORKS WE MIGHT DO, OR THOUGHTS WE MIGHT HAVE WHEN GOD'S WORDS ARE IN US. TAPE THESE AROUND THE "GOD'S WORD" HEART FROM THE PREVIOUS PAGE.

 <p>WORDS</p>	 <p>WORKS</p>	 <p>THOUGHTS</p>
 <p>WORDS</p>	 <p>WORKS</p>	 <p>THOUGHTS</p>
 <p>WORDS</p>	 <p>WORKS</p>	 <p>THOUGHTS</p>
 <p>WORDS</p>	 <p>WORKS</p>	 <p>THOUGHTS</p>

WEEK 26

PRIESTHOOD CLUES

ALMA 13:16 EXPLAINS THE IMPORTANCE OF PRIESTHOOD ORDINANCES. PRIESTHOOD ORDINANCES AND BLESSINGS POINT US TO JESUS CHRIST. TO HELP KIDS BECOME MORE FAMILIAR WITH THESE, CUT OUT THE ARROWS ON THIS PAGE AND PLACE THEM IN AN UPSIDE-DOWN PILE. TAKE TURNS CHOOSING ONE FROM THE PILE WITHOUT LETTING OTHERS SEE. EACH PERSON WILL GIVE CLUES ABOUT WHAT IS WRITTEN ON THEIR ARROW AND SEE IF OTHERS CAN GUESS WHAT IT IS (HELP YOUNGER KIDS WITH THE MORE DIFFICULT ONES AS NEEDED). THEN PLACE THESE ARROWS AROUND THE PICTURE OF JESUS ON THE FOLLOWING PAGE WHILE DISCUSSING HOW THE PRIESTHOOD POWER IS MEANT TO POINT US TO CHRIST AND HELP US BECOME MORE LIKE HIM.



Alma 13-16

WEEK 26

PRIESTHOOD CLUES



Alma 13-16

WEEK 26

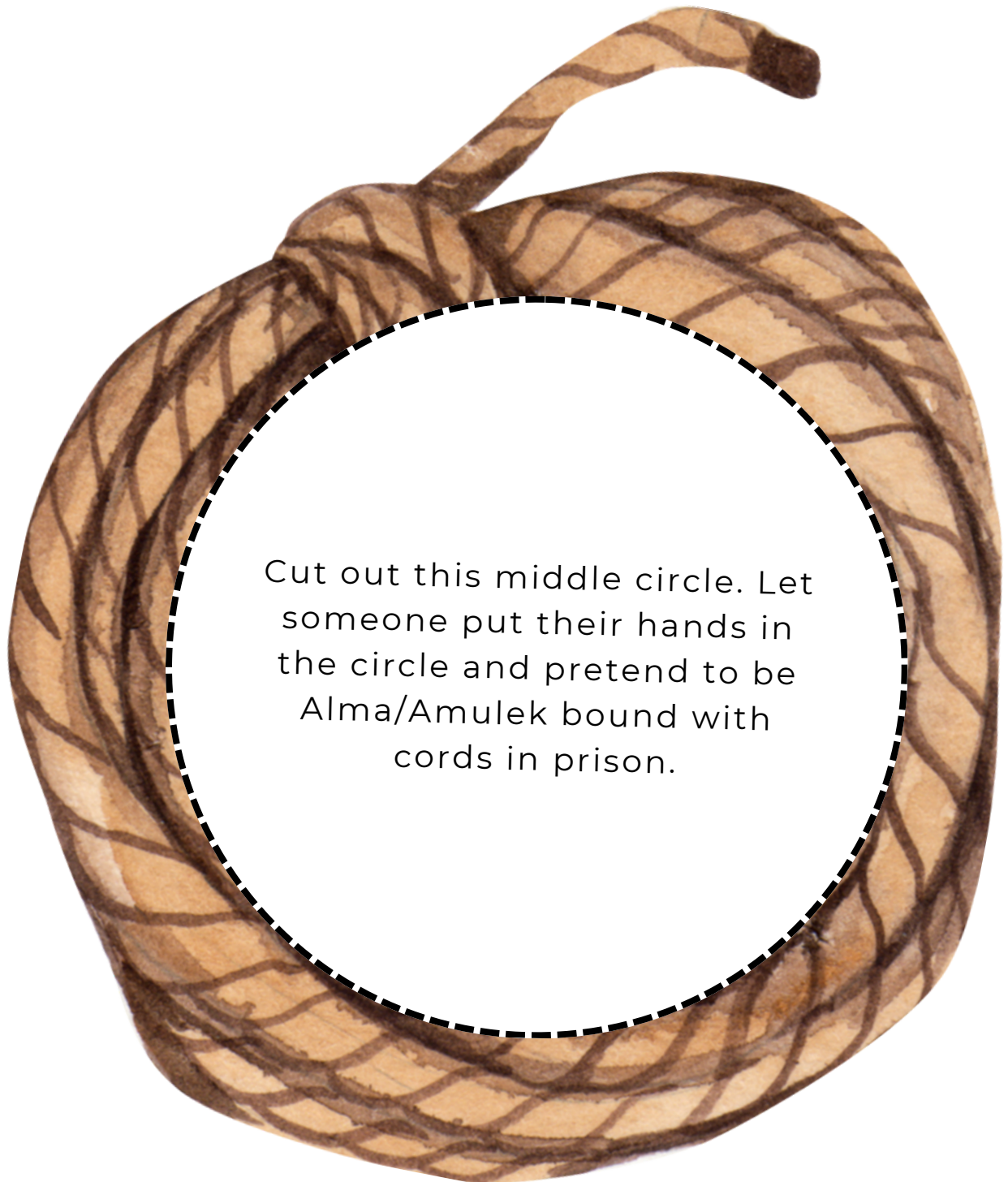
ALMA AND AMULEK

ALMA 14:18-29 TELLS THE STORY OF HEAVENLY FATHER STRENGTHENING ALMA AND AMULEK IN PRISON. THEY RECEIVED THIS STRENGTH BECAUSE OF THEIR FAITH IN JESUS. USE THE ROPES ON THE FOLLOWING PAGES TO RETELL THE STORY OR TO ACT IT OUT WHILE THESE VERSES ARE BEING READ. HAVE TWO DIFFERENT PEOPLE EACH PUT THEIR HANDS IN THE MIDDLE OF THE ROPES WHILE PRETENDING TO BE ALMA AND AMULEK BOUND IN PRISON. WHEN THE VERSES EXPLAIN THAT THE LORD GAVE THEM POWER TO BREAK THE CORDS, THE PEOPLE PRETENDING TO BE ALMA AND AMULEK CAN PULL THEIR HANDS TO THE SIDES TO RIP THE "ROPES."

TIPS:

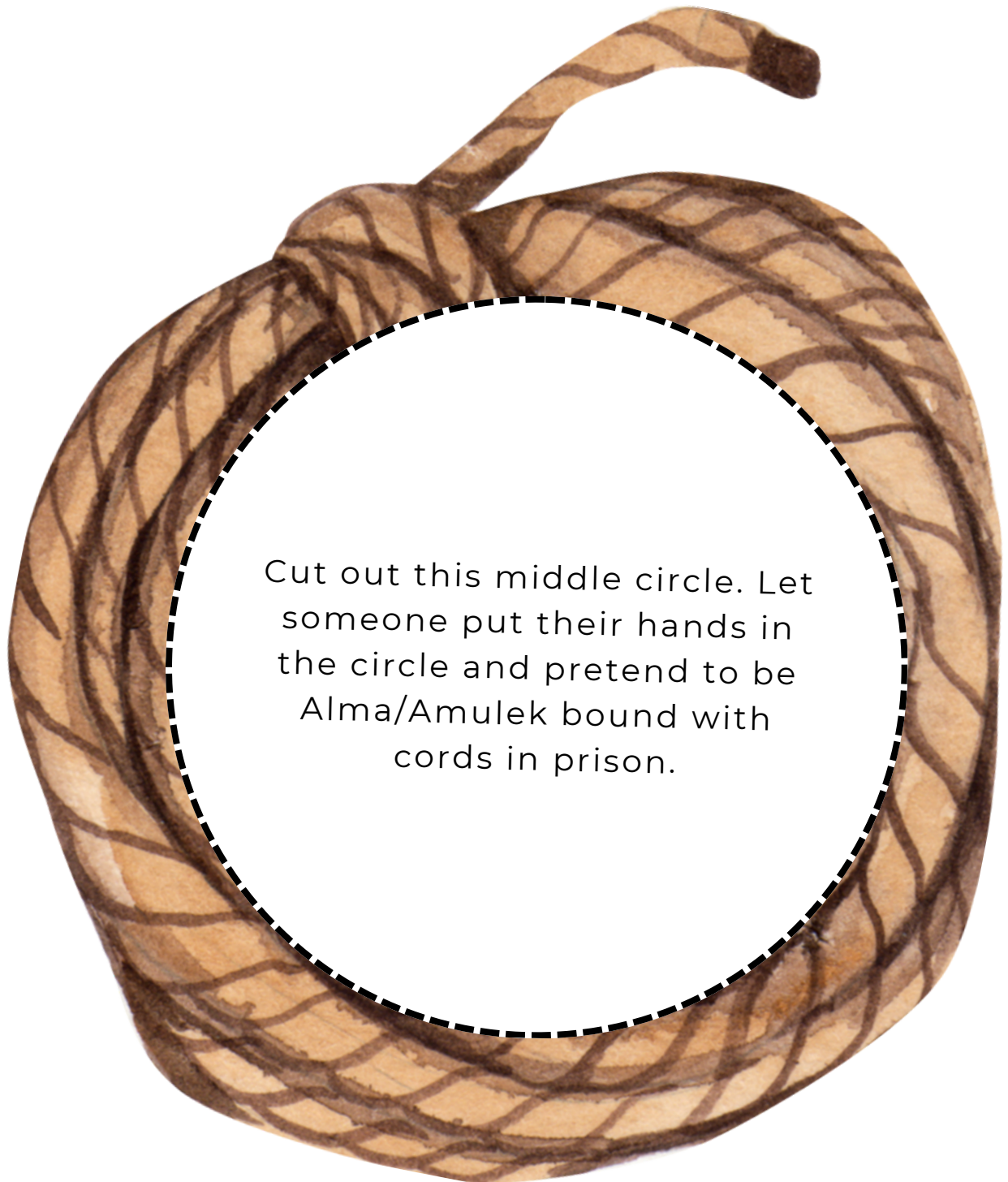
- You might want to carefully roll in some of the inside circle edges a little bit to help prevent paper cuts.
- To prevent the ropes from tearing too soon, leave a little extra white space around the outer edge of the ropes when cutting the page out so it's thicker.
- Another option could be to tell them to take the ropes off rather than ripping them.
- If you're worried about someone fitting both hands inside the circle, you can instead have one person put a rope on each hand separately.
- If you're doing this at home and also want to act out the prison walls falling, you could set up couch cushions around Alma and Amulek that could be knocked down.

WEEK 26



Cut out this middle circle. Let someone put their hands in the circle and pretend to be Alma/Amulek bound with cords in prison.

WEEK 26



Cut out this middle circle. Let someone put their hands in the circle and pretend to be Alma/Amulek bound with cords in prison.

WEEK 26

AMULEK'S SACRIFICES

CUT OUT THE SQUARES ON THE BOTTOM OF THIS PAGE. SORT THEM INTO THE CORRECT RECTANGLES BASED ON WHETHER EACH THING WAS SOMETHING AMULEK GAVE UP OR SOMETHING HE GAINED.

WHAT DID AMULEK LET GO OF FOR THE GOSPEL'S SAKE?



WHAT DID AMULEK GAIN BECAUSE OF HIS SACRIFICES FOR THE GOSPEL?



**FRIENDS AND
FAMILY**
(Alma 10:4,
Alma 15:16)

**RICHES-GOLD,
SILVER, AND
PRECIOUS
THINGS**
(Alma 10:4)

**STRENGTH
FROM THE
LORD**
(Alma 15:18)

**A TESTIMONY
THAT CHRIST
WOULD COME
AND ATONE FOR
THE WORLD'S
SINS**
(Alma 34:8)

**A RIGHTEOUS
FRIEND WHO
HELPED HIM**
(Alma 15:18)

**HE WAS ABLE
TO HELP
OTHERS
RECEIVE THE
WORD OF GOD.**
(Alma 16:13-15)

WEEK 26

MY SACRIFICES

AFTER DISCUSSING AMULEK'S SACRIFICES HE MADE IN ORDER TO FULLY FOLLOW THE GOSPEL OF JESUS CHRIST, LET EACH PERSON WRITE DOWN ONE THING (OR MORE IF THEY WANT TO) THEY'RE WILLING TO SACRIFICE IN THEIR OWN LIVES. REMIND THEM THAT THE BLESSINGS THEY'LL RECEIVE WILL BE MORE VALUABLE THAN THEIR SACRIFICES.

WHAT WILL I SACRIFICE IN ORDER TO FOLLOW JESUS CHRIST MORE FAITHFULLY?

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WHAT WILL I SACRIFICE IN ORDER TO FOLLOW JESUS CHRIST MORE FAITHFULLY?



Come, Follow Me

**Hands-On
Learning**

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