



53

Family Home Evening Lessons Book of Mormon Coordinates with Primary Manual 4

Lesson Ideas from the Friend

**Additional Lessons For Easter, Christmas,
And General Conferences**

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Created by Jennifer Sykes

1-Coming Forth of the Book of Mormon

(The Book of Mormon, a Gift from a Loving Heavenly Father)

SONG: Book of Mormon Stories (CS p. 118)

SCRIPTURE: JSH 1:28-29

LESSON: Friend, September 2004

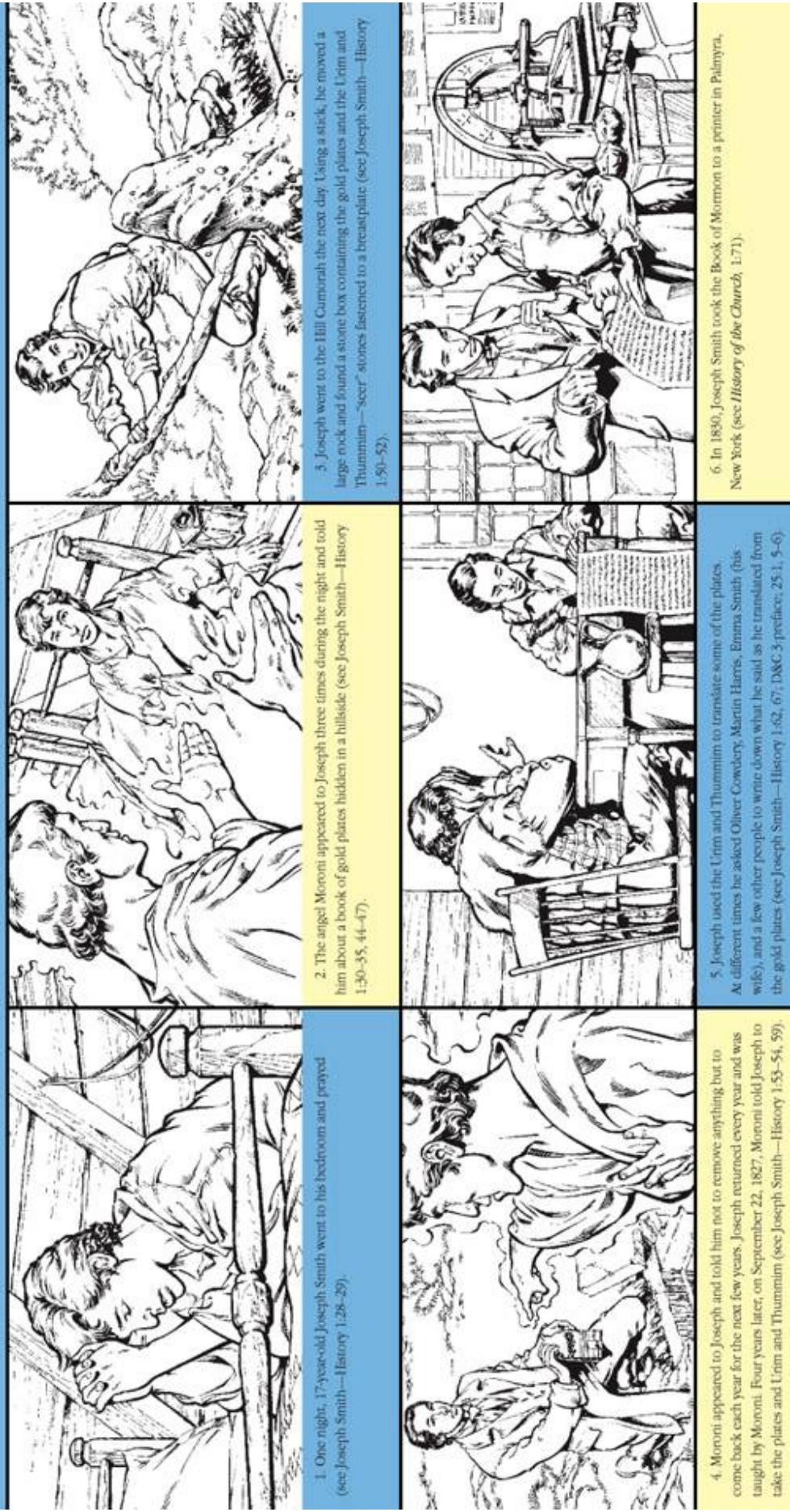
1. One night, 17-year-old Joseph Smith went to his bedroom and prayed (see JS—H 1:28–29).
2. The angel Moroni appeared to Joseph three times during the night and told him about a book of gold plates hidden in a hillside (see JS—H 1:30–35, 44–47).
3. Joseph went to the Hill Cumorah the next day. Using a stick, he moved a large rock and found a stone box containing the gold plates and the Urim and Thummim—“seer” stones fastened to a breastplate (see JS—H 1:50–52).
4. Moroni appeared to Joseph and told him not to remove anything but to come back each year for the next few years. Joseph returned every year and was taught by Moroni. Four years later, on September 22, 1827, Moroni told Joseph to take the plates and Urim and Thummim (see JS—H 1:53–54, 59).
5. Joseph used the Urim and Thummim to translate some of the plates. At different times he asked Oliver Cowdery, Martin Harris, Emma Smith (his wife), and a few other people to write down what he said as he translated from the gold plates (see JS—H 1:62, 67; D&C 3:preface; D&C 25:1, 5–6).
6. In 1830, Joseph Smith took the Book of Mormon to a printer in Palmyra, New York (see *History of the Church*, 1:71).

ACTIVITY: Coming Forth of the Book of Mormon - Friend, September 2004 - Read the captions under each picture, then color the picture. You could use these captions and pictures for a family home evening lesson or a Primary talk.

Or The Book of Mormon, A Gift from Heavenly Father - Friend, December 2012 – Scripture Figures

Coming Forth of the Book of Mormon

Instructions: Read the captions under each picture, then color the picture. You could use these captions and pictures for a family home evening lesson or a Primary talk.



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6. In 1830, Joseph Smith took the Book of Mormon to a printer in Palmyra, New York (see *History of the Church*, 1:7).

The Book of Mormon, a Gift from Heavenly Father

Joseph Smith—History 1:29–35, 42–54, 59–60



Joseph Smith



Angel Moroni



This year 10 issues of the *Friend* have contained Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.

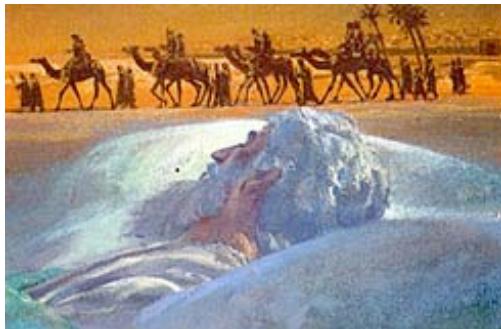
2-Lehi Leaves Jerusalem

(Nephi Follows His Father, the Prophet)

SONG: Keep the Commandments (CS p. 146)

SCRIPTURE: 1 Nephi 2:1-3

LESSON: Friend, June 1989 – Lehi Leaves Jerusalem



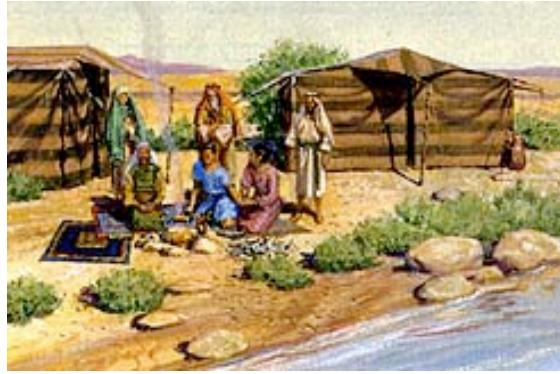
The Lord was pleased with Lehi and spoke to him in a dream. He told Lehi to take his family and leave Jerusalem. Lehi obeyed the Lord. 1 Ne. 2:1-3



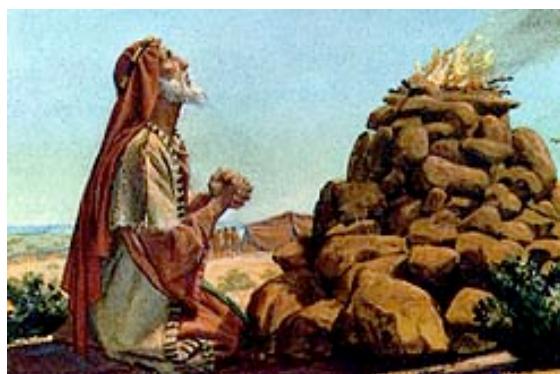
Lehi's family packed food and tents. They left their house and their gold and silver in Jerusalem and traveled into the wilderness. 1 Ne. 2:4



Lehi's wife's name was Sariah. They had four sons, named Laman, Lemuel, Sam, and Nephi. 1 Ne. 2:5



After three days, they camped in their tents near a river. 1 Ne. 2:6



Lehi built an altar of stones and made an offering to God. He prayed and thanked God for saving his family from destruction. 1 Ne. 2:7



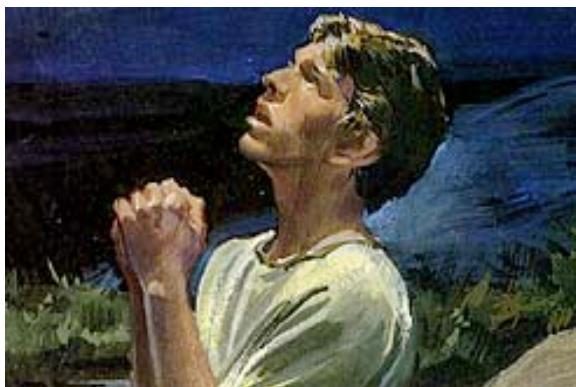
Lehi told Laman and Lemuel that he wanted them to be faithful in keeping God's commandments. 1 Ne. 2:8-10



Laman and Lemuel thought that their father was foolish for leaving Jerusalem and their riches. They did not believe that Jerusalem would be destroyed. 1 Ne. 2:11–13



Nephi wanted to believe Lehi. He prayed to know if his father was doing the right thing by leaving Jerusalem. 1 Ne. 2:16



Jesus Christ visited Nephi and told him that Lehi's words were true. Nephi believed and did not rebel as Laman and Lemuel did. 1 Ne. 2:16



Nephi told his brothers what Jesus had made known to him. Sam believed Nephi, but Laman and Lemuel would not believe. 1 Ne. 2:17–18

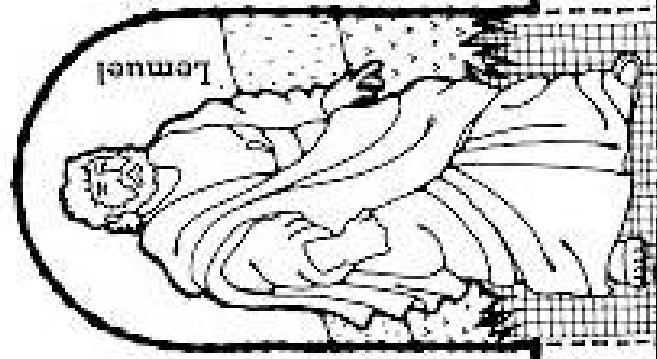
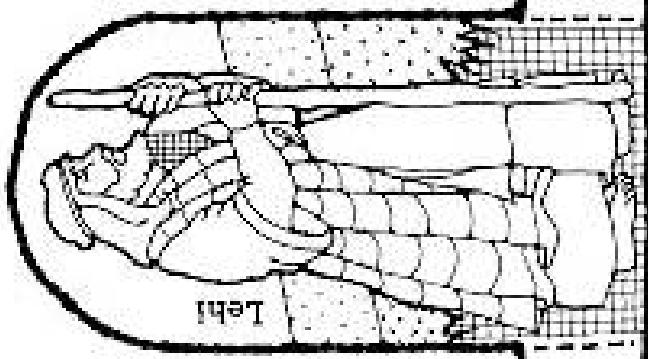
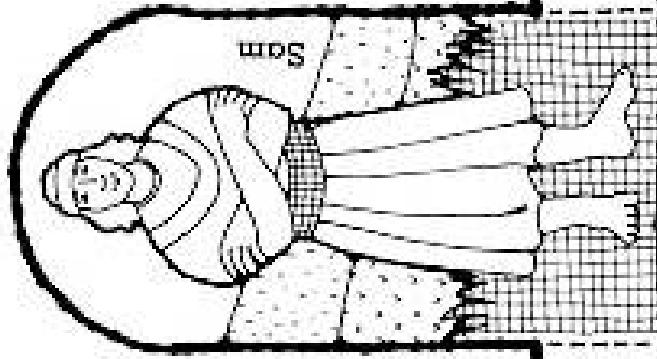
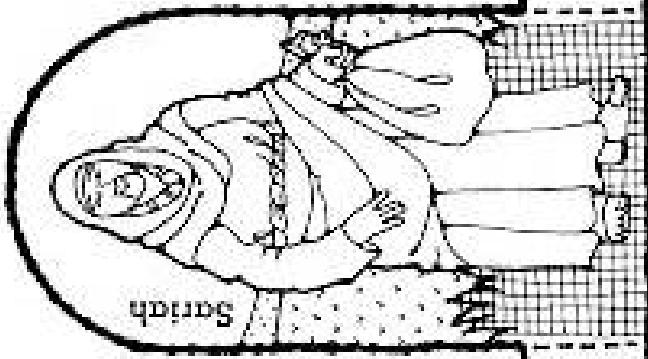
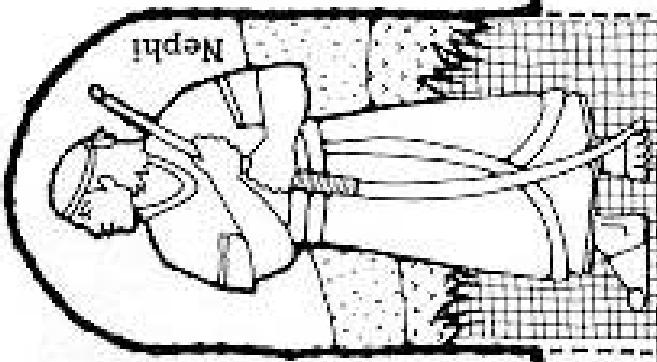
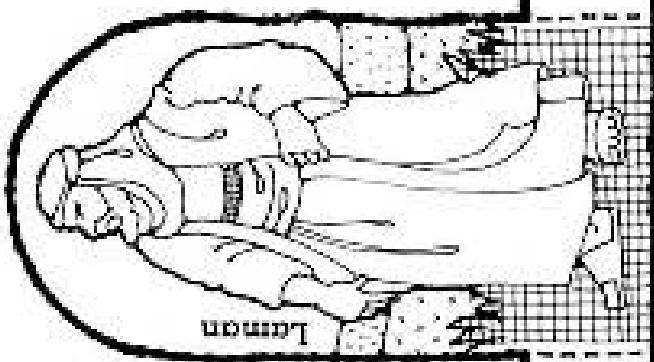


The Lord promised Nephi that because of his faith he would be blessed. He would become a leader over his brothers. 1 Ne. 2:19–22

ACTIVITY: Coloring Page - Nephi - Friend, May 1991

Or Finger Puppets - Friend, June 1987 – Use fingers puppets to tell the story of Lehi and Nephi.





3-Nephi's Courage

(Obtaining the Brass Plates)

SONG: Nephi's Courage (CS p. 120)

SCRIPTURE: 1 Nephi 3:7

LESSON: Friend, June 1986 - It grieved Nephi that his older brothers Laman and Lemuel rebelled against their father, Lehi. However, Nephi's older brother Sam believed the words of Nephi, who had been visited by the Lord. In answer to Nephi's fervent prayer "to know of the mysteries of God," the Lord blessed Nephi for his faith and humility and promised him that "inasmuch as thy brethren shall rebel against thee, they shall be cut off from the presence of the Lord.

"And inasmuch as thou shalt keep my commandments, thou shalt be made a ruler and a teacher over thy brethren."

One day Father Lehi told Nephi that in a dream "the Lord hath commanded me that thou and thy brethren shall return to Jerusalem.

"For behold, Laban hath the record of the Jews and also a genealogy of my forefathers, and they are engraven upon plates of brass.

"Wherefore, the Lord hath commanded me that thou and thy brothers should go unto the house of Laban, and seek the records, and bring them down hither into the wilderness."

Laman and Lemuel complained that it was too hard a task, but Nephi declared, "I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them."

Nephi and his brothers journeyed through the wilderness to Jerusalem, camping along the way in their tents. But before they arrived, they determined, by drawing lots, that Laman would go into the house of Laban and talk with him. After gaining entrance to Laban's house, Laman said that he wanted the brass plates to take back to his father. Laban became angry at the request and threatened, "Behold thou art a robber, and I will slay thee."

Laman escaped and warned his brothers about the danger. Nephi's older brothers were afraid and wanted to return to their father empty-handed. But Nephi was steadfast in his resolve to retrieve the brass plates. "As the Lord liveth, and as we live," he said, "we will not go down unto our father in the wilderness until we have accomplished the thing which the Lord hath commanded us." Nephi persuaded his brothers to go with him to their former home in Jerusalem to gather the gold, silver, and other precious possessions left behind when their family had fled into the wilderness.

When the brothers returned to Laban's house, they sought to obtain the brass plates in exchange for the treasure that they had brought. But when Laban saw the great size of the fortune before him, his greed inspired him to order his servants to slay the brothers so that he could seize their property.

The brothers fled and found safety in a cave. But Laman and Lemuel's anger over their sorry predicament soon boiled over, and they said many harsh words against their father and younger brothers. They were beating Nephi and Sam with sticks when an angel of the Lord suddenly stood before them and asked, "Why do ye smite your younger brother with a rod? Know ye not that the Lord hath chosen [Nephi] to be a ruler over you, and this because of your iniquities? Behold ye shall go up to Jerusalem again, and the Lord will deliver Laban into your hands." Then the angel departed.

Laman and Lemuel still complained, but Nephi was heartened. "Let us go up again unto Jerusalem," he urged, "and let us be faithful in keeping the commandments of the Lord; for behold he is mightier than all the earth, then why not mightier than Laban and his fifty, yea, or even than his tens of thousands?"

"... an angel hath spoken unto you; wherefore can ye doubt?"

Fearful for their lives, and grumbling that their third try to get the plates was sure to fail, Laman and Lemuel did agree to hide outside the walls of Jerusalem while Nephi "crept into the city and went forth towards the house of Laban."

Nephi said that he "was led by the Spirit, not knowing beforehand the things which I should do." As he approached Laban's house, Nephi found him on the ground, drunk. He noticed Laban's gleaming sword and withdrew it from its sheath. The hilt was of "pure gold, and the workmanship thereof was exceedingly fine, and ... the blade thereof was of the most precious steel."

The Spirit directed Nephi to kill Laban, but Nephi shrunk from the idea, knowing that he had never taken the life of anyone. He knew that Laban was evil, that he had tried to kill him (Nephi) and his brothers, and that he had stolen their fortune. *But kill a man? ... However, the Spirit was insistent: "Slay him, for the Lord hath delivered him into thy hands;*

"Behold the Lord slayeth the wicked to bring forth his righteous purposes. It is better that one man should perish than that a nation should dwindle and perish in unbelief."

Nephi, remembering the words of the Lord spoken to him in the wilderness—"Inasmuch as thy seed shall keep my commandments, they shall prosper in the land of promise"—decided to "obey the voice of the Spirit, and took Laban by the hair of the head, and ... smote off his head with his own sword."

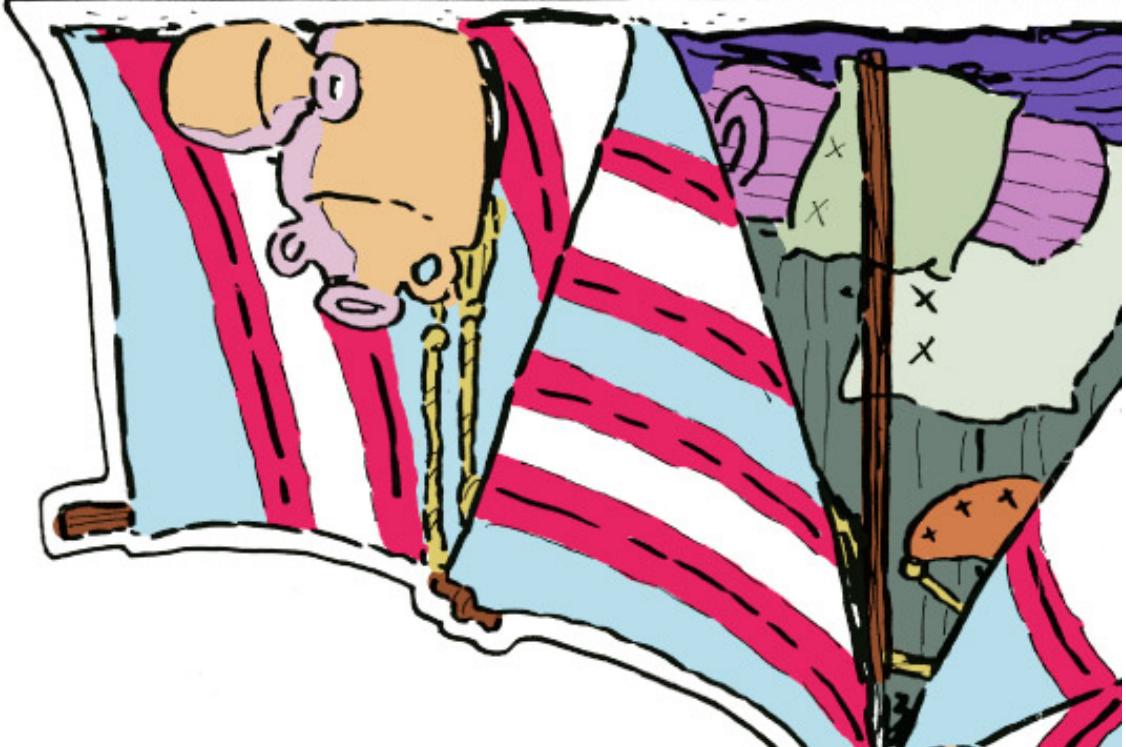
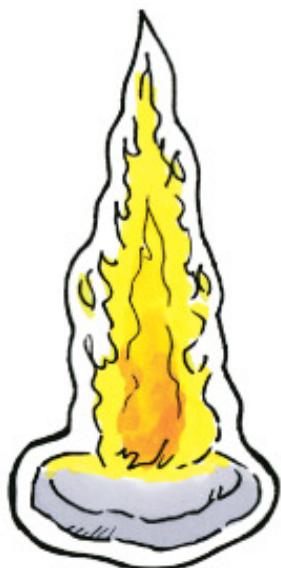
Quickly Nephi put on Laban's garments, armor, and sword and headed for Laban's treasury. On the way he met Zoram, the servant who had the keys to it. Disguising his voice to sound

like Laban's, Nephi ordered the servant to accompany him and obtained the brass plates. Afterward, the unsuspecting servant walked along with Nephi until they came to Nephi's brothers, who were waiting. But Laman, Lemuel, and Sam, thinking that it was Laban who approached, started to flee. Nephi had to call to them in his own voice.

When Zoram realized that he had been tricked, he tried to escape. But Nephi, who was large in stature and very strong, seized him, explained the purpose of their mission, promised that they would spare his life, and invited him to go back with them to the wilderness as a free man.

Zoram took courage at Nephi's words and pledged that he would go with them. "And it came to pass," Nephi wrote, "that we took the plates of brass and the servant of Laban, and departed into the wilderness, and journeyed unto the tent of our father."

ACTIVITY: Lehi and Nephi Obey God - Friend, February 2008 - The figures can be mounted on heavy paper, cut out, and then made into stick puppets, flannel board figures, or a shadow box (add tabs to the bottom of each figure), as illustrated. Use them to tell the story of Lehi obeying God (see 1 Nephi 1:4–6, 18–20; 2:1–7). You can also use some of the figures to tell how Nephi obeyed God by obtaining the brass plates (see 1 Nephi 3; 4:1–13, 20, 24, 26).



Lehi and Nephi Obey God

BY VAL CHADWICK BAGLEY

Instructions: The figures can be mounted on heavy paper, cut out, and then made into stick puppets, flannel board figures, or a shadow box (add tabs to the bottom of each figure), as illustrated. Use them to tell the story of Lehi obeying God (see 1 Nephi 1:4–6, 18–20; 2:1–7). You can also use some of the figures to tell how Nephi obeyed God by obtaining the brass plates (see 1 Nephi 3; 4:1–13, 20, 24, 26).



Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at www.friend.lds.org.



4-Hold to the Iron Rod

(The Tree of Life)

SONG: Hold to the Rod (Hymn #274)

SCRIPTURE: 1 Nephi 11:25

LESSON: Friend, August 2008 - Eight-year-old Matthew sat with the other children in his Primary class. They were quietly waiting for sharing time to start.

"We have a special treat today," the Primary president said. "Sister Danton, the stake Primary president, is here and she will do sharing time for us."

"Today we are going to talk about a vision the Book of Mormon prophet Lehi had in a dream,"* Sister Danton explained. "In his dream Lehi saw a tree with white fruit. He ate the fruit and it made him happy. Then he asked his family to come and eat the fruit. He wanted them to be happy too. Lehi also saw many people holding onto an iron rod. The rod led them on a strait path through mists of darkness to the tree. Some of the people ate the fruit but others did not."

"The objects Lehi saw in his dream have special meanings," Sister Danton said. Then she showed the children a cardboard tree with paper fruit on it. "The tree of life is the love of God. The fruit is happiness and eternal life."

Sister Danton then held up a long metal rod. She explained that the rod represents the word of God. "We can find the word of God by reading the scriptures, listening to the prophet, and attending church." She looked around the room and said, "I need someone to help me."

Matthew raised his hand.

Sister Danton blindfolded him and guided him to the rod. "Hold onto the rod until you reach the tree. Then I want you to pick a piece of fruit," she told him.

Matthew gripped the rod and used it to guide him to the tree. When he reached the tree, he pulled a paper fruit from it.

"Congratulations! You reached the tree of eternal life and picked the fruit of happiness," Sister Danton said. Then she removed Matthew's blindfold. "Could you have found the tree on your own?" she asked.

Matthew shook his head. "I had to hold onto the rod or I wouldn't know where I was going."

"How did you feel when you held onto the rod?"

"I felt safe," Matthew said.

Sister Danton smiled and said, "Just as the rod guided you to the tree, we can all return to Heavenly Father by holding onto the word of God."

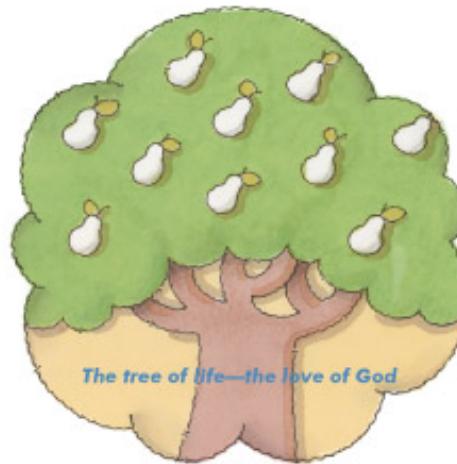
A warm feeling settled over Matthew. He was glad Heavenly Father had provided a way for everyone to be happy.

ACTIVITY: Hold to the Iron Rod - Friend, August 2006 - The Book of Mormon prophet Lehi had a dream. Heavenly Father sent the dream to teach Lehi and his family how to find happiness. Each of the objects in the dream has a special meaning. Look at the pictures and read the meanings. As you read the dream in 1 Nephi 8:2–38 (or as someone reads it to you), remember the meanings.

Or The Scriptures are the Word of God - Friend, January 2011 - Look up the scripture references on page 41 to discover the meanings of the things Lehi and Nephi saw in their visions of the tree of life. Cut out and use the drawings to share with others what you learn. You can also ask your parents if you can share the story in family home evening.



Large and spacious field—the world



The tree of life—the love of God



Fruit of the tree—the blessings that come through the Savior



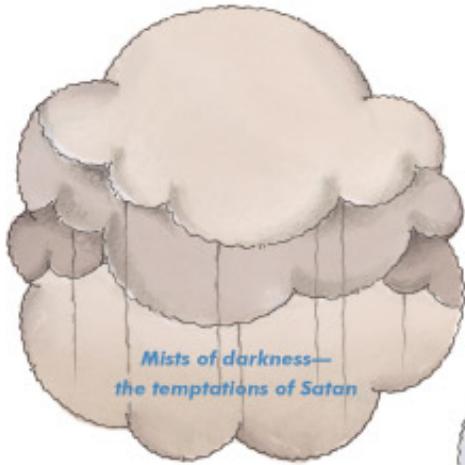
Large and spacious building—filled with unkind and prideful people who make fun of others.

Lehi's Dream

The Book of Mormon prophet Lehi had a dream. Heavenly Father sent the dream to teach Lehi and his family how to find happiness. Each of the objects in the dream has a special meaning. Look at the pictures and read the meanings. As you read the dream in 1 Nephi 8:2–38 (or as someone reads it to you), remember the meanings.



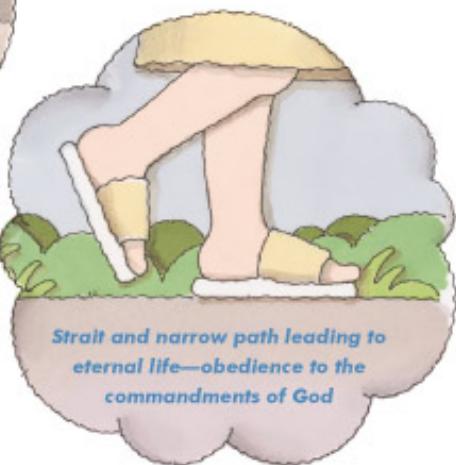
*River and fountain—Satan's influence in the world, depths of hell
(See 1 Nephi 12:16.)*



Mists of darkness—the temptations of Satan



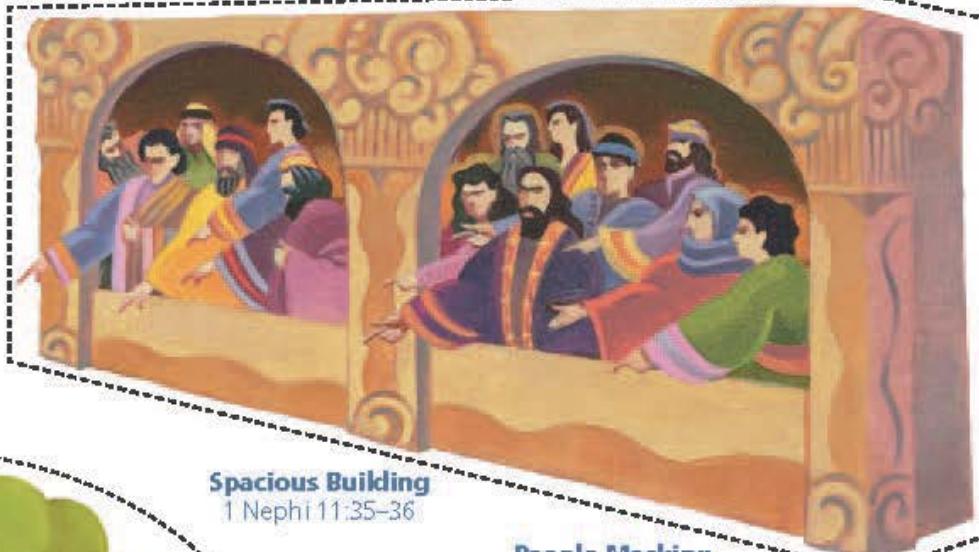
Iron rod—the word of God



Strait and narrow path leading to eternal life—obedience to the commandments of God



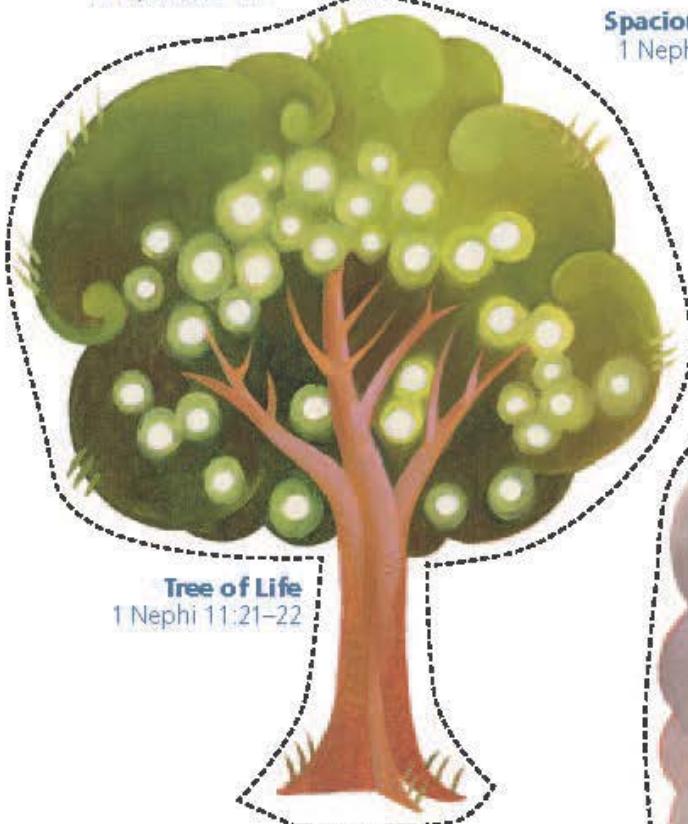
Sariah, Sam, and Nephi
1 Nephi 8:13-14



Spacious Building
1 Nephi 11:35-36

People Mocking
1 Nephi 8:26-27

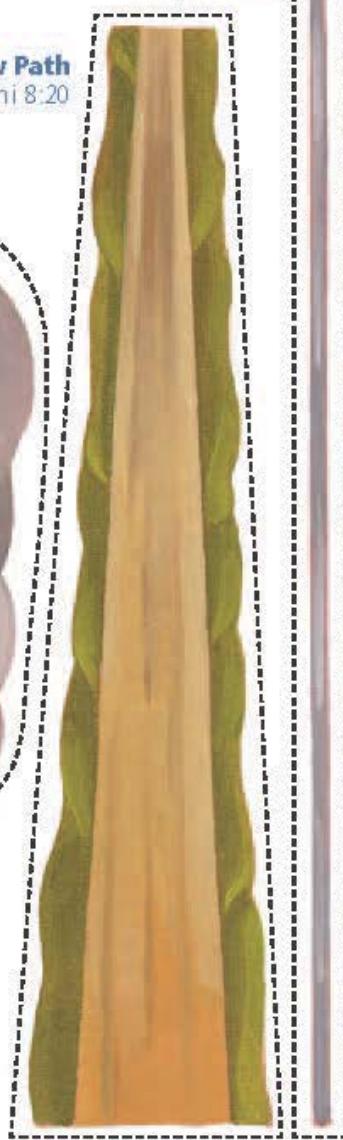
Iron Rod
1 Nephi 11:25



Tree of Life
1 Nephi 11:21-22



Mists of Darkness
1 Nephi 12:17



Spacious Field
1 Nephi 8:20



5-The Liahona

(Lehi and His Family Are Led through the Wilderness)

SONG: Choose the Right (Hymn #239)

SCRIPTURE: 1 Nephi 7:2

LESSON: Friend, November 1983 - While Lehi's family was camped in the valley of Lemuel, the Lord commanded Lehi to send his sons back to Jerusalem to bring Ishmael and his family to the valley. After Ishmael's family joined them, they waited for some time for further directions from the Lord. During this time Zoram and the sons of Lehi married the daughters of Ishmael.

One night the voice of the Lord spoke to Lehi, commanding him to begin their journey into the wilderness the next day. When Lehi arose in the morning, he found a strange object on the ground near his tent. It was "a round ball of curious workmanship; and it was [made] of fine brass. And within the ball were two spindles." One spindle pointed the way they should go in the wilderness. The ball, called the Liahona, was a special gift from the Lord.

Lehi, Zoram, and Ishmael and their families gathered everything they would need, including seeds of every kind, and started out. The Liahona guided them along the most fertile parts of the land, and they hunted for food with their bows and slings.

One day when Nephi was hunting for food, his steel bow broke. His brothers were angry with him because their bows had become weak and useless and they had depended on Nephi to furnish food for their hungry families. Even Lehi began to murmur against the Lord.

Instead of complaining, Nephi found some wood and carved a new bow. He made an arrow out of a straight stick. Then he went to his father and asked for his advice as to where he should hunt for food. Nephi loved Lehi and still respected him as patriarch of the family, even though Lehi's faith had wavered.

Lehi was sorry he had murmured against the Lord. Humbly he prayed for guidance. "And it came to pass that the voice of the Lord said unto him: Look upon the ball, and behold the things which are written."

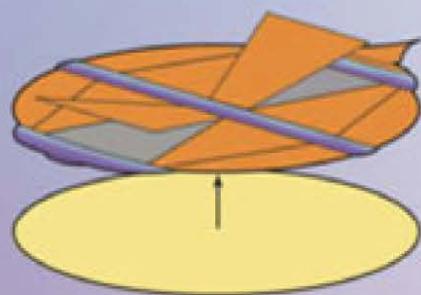
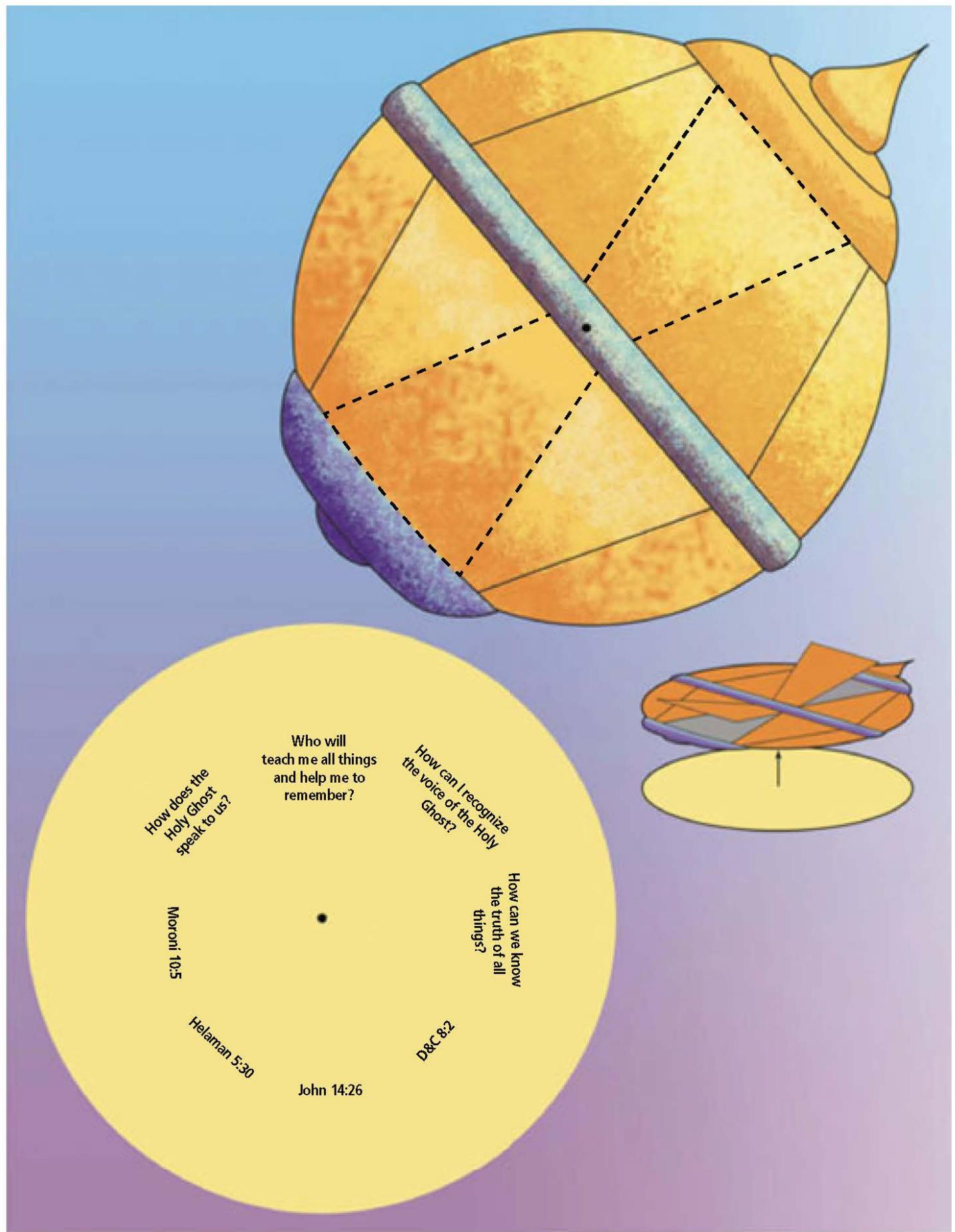
Following the directions on the ball, Nephi went to the top of a mountain, where he killed wild beasts. He returned to camp with enough food for everyone. Humbled, they all gave thanks to the Lord.

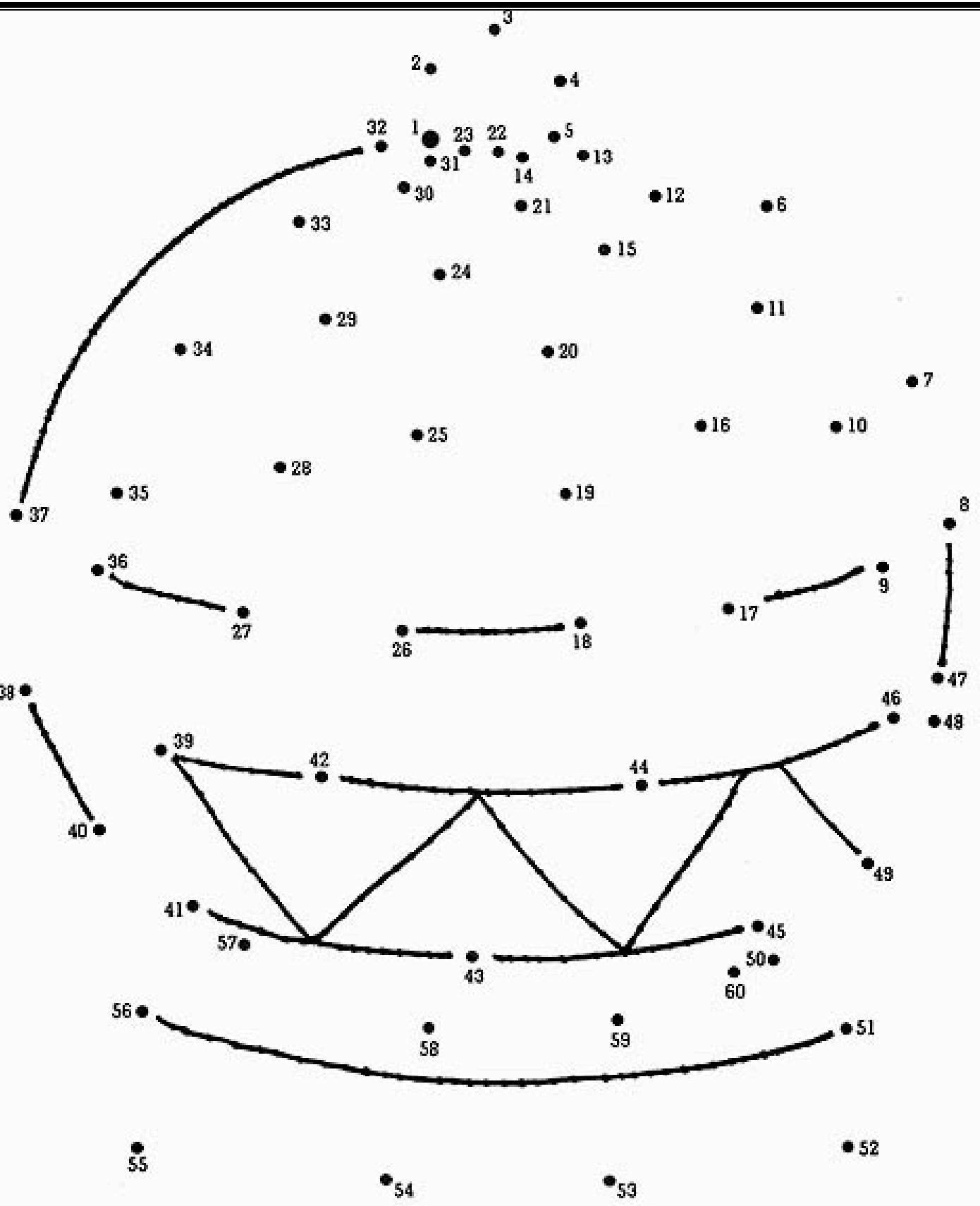
While they traveled, the Liahona helped them in other ways. Teachings and instructions appeared on the ball and changed from time to time. But they only appeared if the travelers were faithful and obedient.

Lehi and his family were in the wilderness for eight years. Although these years were filled with much suffering and affliction, they were also filled with many blessings. When the people kept the commandments, the Lord strengthened them and made their journey easier. Nephi's faith in the Lord never wavered. He was a continual help and support to his father, and he lived so righteously that the Lord spoke to him many times, choosing him to teach his brothers and to help lead them and all their families to the promised land.

ACTIVITY: The Holy Ghost Testifies of the Truth of All Things - Friend, June 2010 - Cut out the circles and the two sections within the broken lines. Attach the circles with a metal fastener. Read the question in the cutout area, and find its answer in the scripture reference in the opposite window.

Or Compass of Faith - Friend, June 1987 - Connect dots to make picture of what Liahona may have looked like.





6-Nephi Builds a Ship

(Heavenly Father Commands Nephi to Build a Ship)

SONG: Nephi's Courage, vs. 2 (CS p. 120)

SCRIPTURE: 1 Nephi 17:7

LESSON: Friend, March 1992 - Nephi wrote down the things that happened to him and his family. We can read his history in the Book of Mormon. One of the things he told about was how he was blessed while he built a ship as the Lord had commanded him.

Nephi and his family had been journeying in the wilderness for eight long years. When they kept the commandments, Heavenly Father blessed them and they were able to find food and had health and strength.

One day the voice of the Lord said to Nephi, "Arise, and get thee into the mountain" (1 Ne. 17:7). Nephi obeyed, and the Lord told him there, "Thou shalt construct a ship, after the manner which I shall show thee, that I may carry thy people across these waters" (1 Ne. 17:8).

Nephi did not know how to build a ship, nor did he have the tools to do so. But he knew that Heavenly Father had told him to do it, and he "did strive to keep the commandments of the Lord" (1 Ne. 17:15).

Nephi prayed for guidance, and the Lord told him where to find ore to make tools and gave him instructions on how to build the ship. His brothers Laman and Lemuel didn't think that he could do it, and refused to help him. "Our brother is a fool," they said, "for he thinketh that he can build a ship; yea, and he also thinketh that he can cross these great waters" (1 Ne. 17:17).

Nephi told Laman and Lemuel that God had commanded him to build the ship and that He would help them to do it. Nephi reminded them of the many times that the Lord had already helped them.

Laman and Lemuel only got angry and wanted to throw Nephi into the depths of the ocean. As they tried to grab him, he said, "In the name of the Almighty God, I command you that ye touch me not ... ; whoso shall lay his hands upon me shall wither even as a dried reed" (1 Ne. 17:48). Laman and Lemuel were so frightened that they didn't dare touch Nephi. After many days had passed, the Lord told Nephi to "stretch forth thine hand again to thy brethren" (1 Ne. 17:53). When he did so, they were shaken but not killed by the power of the Lord.

Laman and Lemuel then knew that Nephi had been commanded by the Lord to build the ship, and they began to help him. When the ship was finished, all the things needed for the journey were put into the ship, and its sails were set for the promised land.

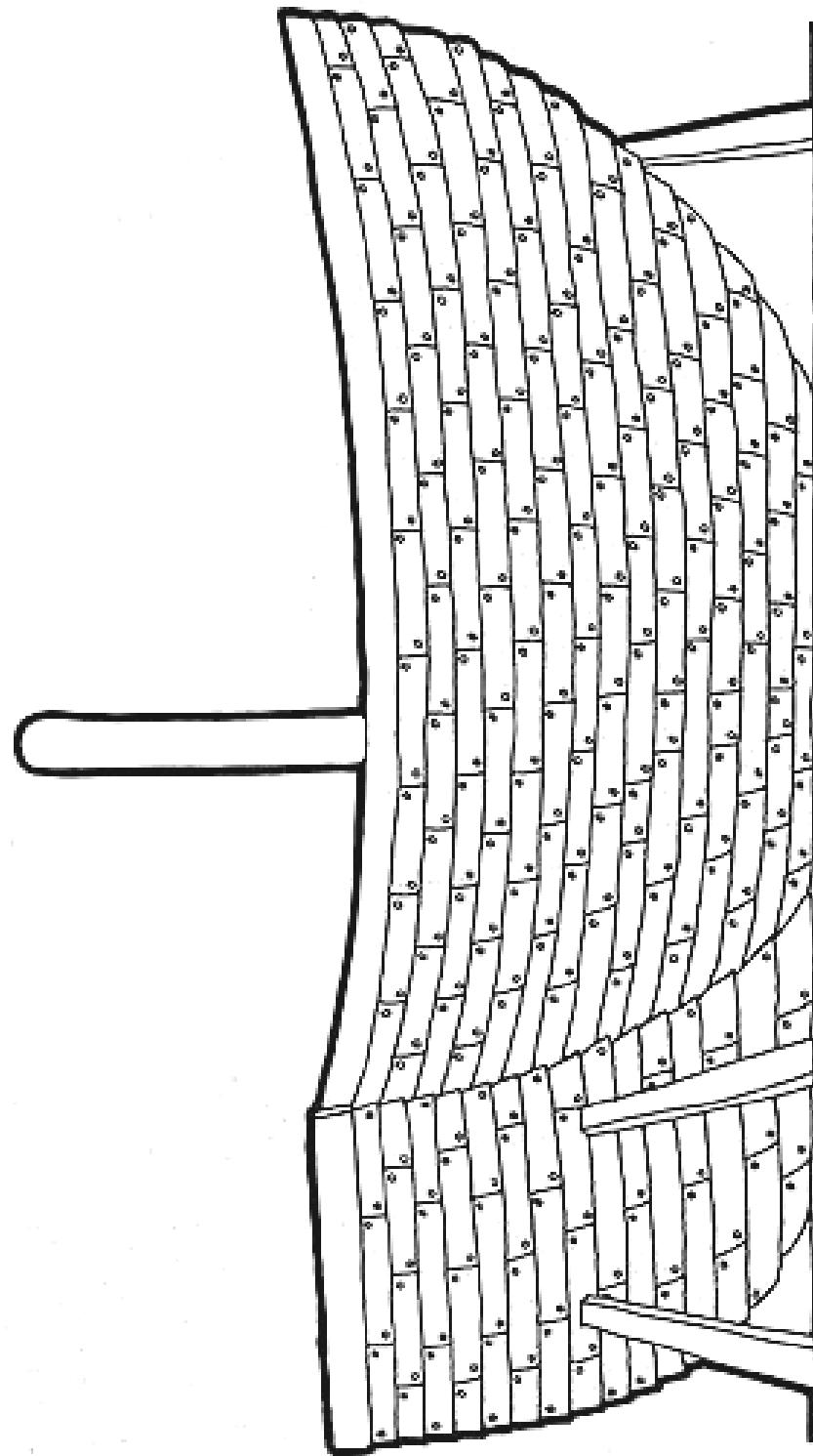
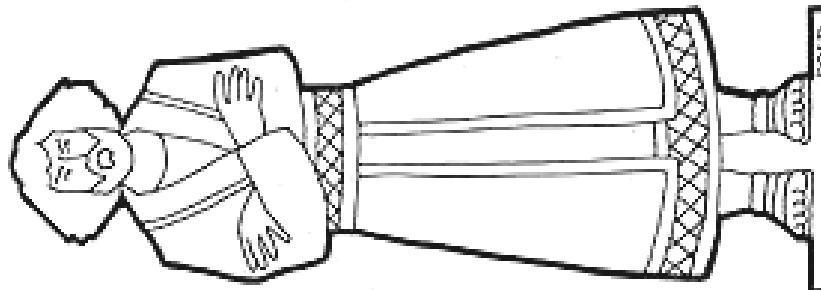
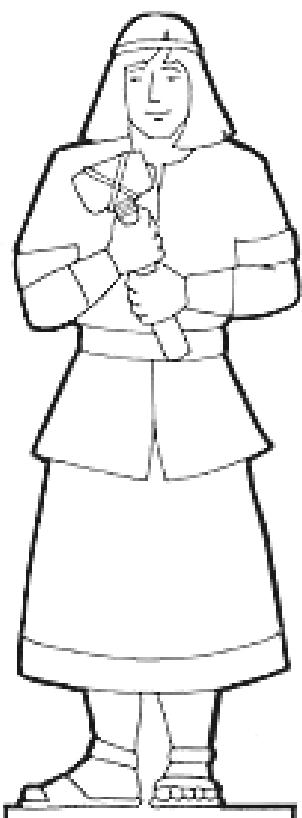
God helped Nephi and his people to obey the commandment to build the ship. He showed them how to make tools and how to build the ship. When they did as they were told, they showed reverence for Heavenly Father and for one another.

Heavenly Father has commanded us to be honest, to go to church, to be kind, to pay our tithing, and many other things. As we pray for His help in keeping His commandments, He will give us the courage and direction we need. When we obey His commandments, we will have a reverent feeling for Heavenly Father and Jesus.

ACTIVITY: Nephi Builds a Ship - Friend, March 1992 - Color and cut out the figures. Put sand into the lid of a shoe box, and if you have any tiny shells or other objects to make it look like a seashore, add them. Fold back the tabs on the figures. Place the figures in the lid with the tabs buried in the sand as you tell the story of how Nephi obeyed God's commandment to build a ship.

Or Heavenly Father Commands Nephi to Build a Ship - Friend, February 2012 – Scripture Figures

Or Nephi Builds a Ship - Friend, March 1988 - When the Lord told Nephi to build a ship, Nephi made his own tools. Circle the tools Nephi might have made in those days, then color. Answers: ax, bellows, chisel, mallet, rope, and wedge.



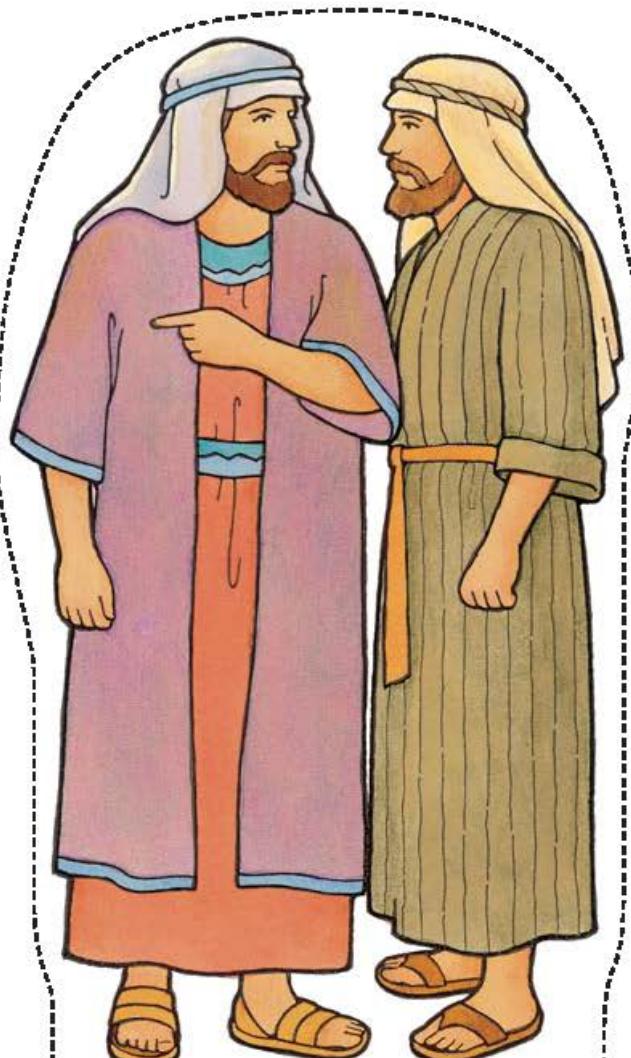
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Heavenly Father Commands
Nephi to Build a Ship

1 Nephi 17



Laman and Lemuel

7-Crossing the Sea

(Crossing the Sea)

SONG: Book of Mormon Stories (CS p. 118)

SCRIPTURE: 1 Nephi 17:7

LESSON: Friend, May 1981

1 God told Lehi to prepare to leave for the promised land, and the family helped load the ship. (1 Ne. 18:5, 8.)

2 For many days the wind blew the ship toward the promised land. (1 Ne. 18:9.)

3 Soon Laman and Lemuel and Ishmael's sons and their wives became rude and made trouble. Nephi cautioned them to obey God. (1 Ne. 18:9, 10.)

4 Laman and Lemuel were angry and did not want to listen to their younger brother. They bound Nephi with ropes. (1 Ne. 18:10, 11.)

5 Because Laman and Lemuel were wicked, the Liahona (compass) stopped working. No one knew which way to go. (1 Ne. 18:12, 13.)

6 Lehi asked Laman and Lemuel to untie Nephi, but they refused. Lehi and Sariah were very sad and became ill. (1 Ne. 18:17.)

7 Nephi's wife and children cried. They begged Laman and Lemuel to let Nephi go. But Laman and Lemuel would not listen. (1 Ne. 18:19.)

8 A storm blew the ship backward for three days. Everyone was frightened. (1 Ne. 18:13.)

9 On the fourth day the storm increased and the ship almost sank. Laman and Lemuel were afraid they would drown. (1 Ne. 18:14, 15.)

10 They knew God was angry, so finally they untied Nephi. (1 Ne. 18:20.)

11 Nephi picked up the Liahona and it worked again. Nephi prayed that the storm would cease and it did. Then they all traveled safely to the promised land. (1 Ne. 18:21–23.)

ACTIVITY: Journey to the Promised Land Game - Friend, November 2000

JOURNEY to the PROMISED LAND GAME

By Laura Blum

Inasmuch as ye shall keep my commandments, ye shall prosper, and shall be led to a land of promise. (1 Nephi 2:20)



Directions: To play this game, you will need a small button of a different color for each player (or team), and one die. All players begin at the square marked START. When it is your turn, roll the die and move that number of spaces in the direction of the small red arrows. If you land on a square with a message, read the words on your square out loud, then look up the scripture and read that, too. If your square has a large arrow, move your button to where the arrow points. The Game is over only when all players have reached "The Promised Land."

Lefin's family arrives at the Promised Land
(1 Nephi 18:23).

THE PROMISED LAND

The Liahona stops working
(1 Nephi 18:12).

A tempest at sea drives the ship back for three days
(1 Nephi 18:13).

Laman and Lemuel treat Nephi harshly (1 Nephi 18:1).

The Lord commands Nephi to build a ship (1 Nephi 17:7-8).

Nephi makes tools and builds the ship (1 Nephi 17:16-18:2).

Nephi prays and the storm ends (1 Nephi 18:21).

Nephi guides the ship (1 Nephi 18:22).

Laman and Lemuel report (1 Nephi 18:20).

Nephi follows the directions on the Liahona and finds food (1 Nephi 16:26-30-31).

Nephi makes a bow and asks his father where to hunt (1 Nephi 16:23).

Lefin's sons return safely to their father and mother (1 Nephi 5:7).

Nephi follows prompting of the Holy Ghost and goes to the plates (1 Nephi 4:5-39).

Go back to START

Lefin's sons return to Jerusalem for Ishmael's trial (1 Nephi 7:2).

Nephi prays to understand (1 Nephi 2:6).

Lefin's sons marry (1 Nephi 6:7).

Lefin obeys (1 Nephi 2:3).

Laman and Lemuel murmur (1 Nephi 2:2).

Nephi follows the directions on the Liahona and finds food (1 Nephi 16:26-30-31).

Lefin's sons return to their father and mother (1 Nephi 5:7).

Nephi follows prompting of the Holy Ghost and goes to the plates (1 Nephi 4:5-39).

Go back to START

Nephi follows the directions on the Liahona and finds food (1 Nephi 16:26-30-31).

Lefin's sons return to their father and mother (1 Nephi 5:7).

Nephi follows prompting of the Holy Ghost and goes to the plates (1 Nephi 4:5-39).

Go back to START

8-Jacob

(The Prophet Jacob is Confronted by Sherem)

SONG: Stand for the Right (CS p. 159)

SCRIPTURE: Jacob 7:23

LESSON: Friend, May 1971 - Most young boys have a hero whom they admire and follow. Jacob admired his big brother Nephi. He followed Nephi through the wilderness and across the great sea. To Jacob, Nephi must have been a wonderful hero.

Jacob had never known the riches and comforts of the life in Jerusalem as his older brothers and parents had. He was born to Lehi and Sarah in the wilderness after they had left Jerusalem. His home was a tent as, with his parents and brothers and sisters, he journeyed the long and difficult road to the great sea.

Jacob knew hunger and weariness. He saw his brother Nephi hunt for food for the families when they were starving. He saw Nephi with heroic words stay the anger of Laman and Lemuel.

While Jacob was yet very young, his father, Lehi, grew old. Lehi called his sons to him for a father's blessing. He urged them to "put on the armor of righteousness." Then to Jacob, he said, "My firstborn in the wilderness, thou knowest the greatness of God; ... and thou hast beheld in thy youth his glory; wherefore, thou art blessed."

Jacob, like his brother Nephi, suffered much sorrow from the rudeness of his brothers Laman and Lemuel. They became so angry and wicked that they planned to kill Nephi. The Lord warned Nephi to take all who wanted to serve the Lord and to go quickly into the wilderness.

Jacob went with Nephi and all who would follow him. They traveled for many days. And they called the place where they stopped Nephi, and thereafter these people were known as the Nephites. With Nephi's help Jacob learned to build homes. He helped Nephi build a temple. And Nephi consecrated Jacob and his younger brother Joseph to be priests and teachers over the people. Jacob taught the people about Jesus Christ, who was to come.

Now, there came a man among the people of Nephi, whose name was Sherem. He could speak well and used much flattery and many flowery words. He said many things that were not true and tried to destroy Jacob's faith and his testimony of Jesus.

Sherem went to Jacob and said, "I have heard that you go about much, preaching that which you call the gospel of Christ. You change the law of Moses into the worship of a being who you say will come hundreds of years from now. Now I, Sherem, declare unto you that this is blasphemy; for no man knows of such things."

Then Jacob, inspired of the Lord, asked Sherem, "Do you believe the scriptures?"

When Sherem answered that he did, Jacob continued. "Then you do not understand them, for they testify of Christ. And this is not all. I have heard and seen him, and it also has been made known to me by the power of the Holy Ghost."

Sherem asked, "Show me a sign by the power of the Holy Ghost if you know so much."

And Jacob answered, "What am I that I should ask God to show you a sign? You would not believe it anyway. Nevertheless, not my will be done; but if God wants to smite you, let that be a sign unto you that he has power, both in heaven and in earth, and also that Christ shall come."

When Jacob had spoken these words, the power of the Lord came upon Sherem and he fell to the ground. After many days he asked that all the people gather before him, for he felt he was about to die, and he first wanted to talk with them.

Sherem spoke plainly to the people and said he had been deceived by the power of the devil.

"I am afraid," he said, "for I have lied to God—I denied the Christ."

And when those who had gathered heard Sherem, they were astonished. Shortly afterward Sherem died.

Then the people turned to Jacob and for a time peace and love of God were again among his people.

ACTIVITY: Jacob and Sherem - Friend, April 1992 - Color the figures, and mount them on heavy paper; then cut out the figures and glue pieces of flannel on the backs. Read the scriptures listed, and then retell the Book of Mormon story using the figures.



9-The Enos Experiment

(Enos Prays)

SONG: Did You Think to Pray (Hymn #140)

SCRIPTURE: Enos 1:2

LESSON: Friend, September 2006 - "Class, please open your Book of Mormon to Enos 1:4. Let's read what happens next." Sister Domico had just explained to our Primary class that Enos had set out one day to hunt in the forest. While he walked, he began to think about the teachings of his father, Jacob. Jacob's words about eternal life touched Enos's heart deeply.

After we turned to the book of Enos, Sister Domico asked Peter to read verse four. "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."

I had heard the story of Enos before, but this Sabbath day it "sunk deep into my heart,"* perhaps in the same way Jacob's words had sunk into Enos's heart. What would it be like to pray all day and into the night?

Prayer had been part of my life for as long as I could remember. My parents had taught me to pray when I was very small, and I prayed every morning and every night. But my prayers only lasted two or three minutes, and I often found myself repeating the same words. What would happen if I followed Enos's example and poured out my soul** to Heavenly Father?

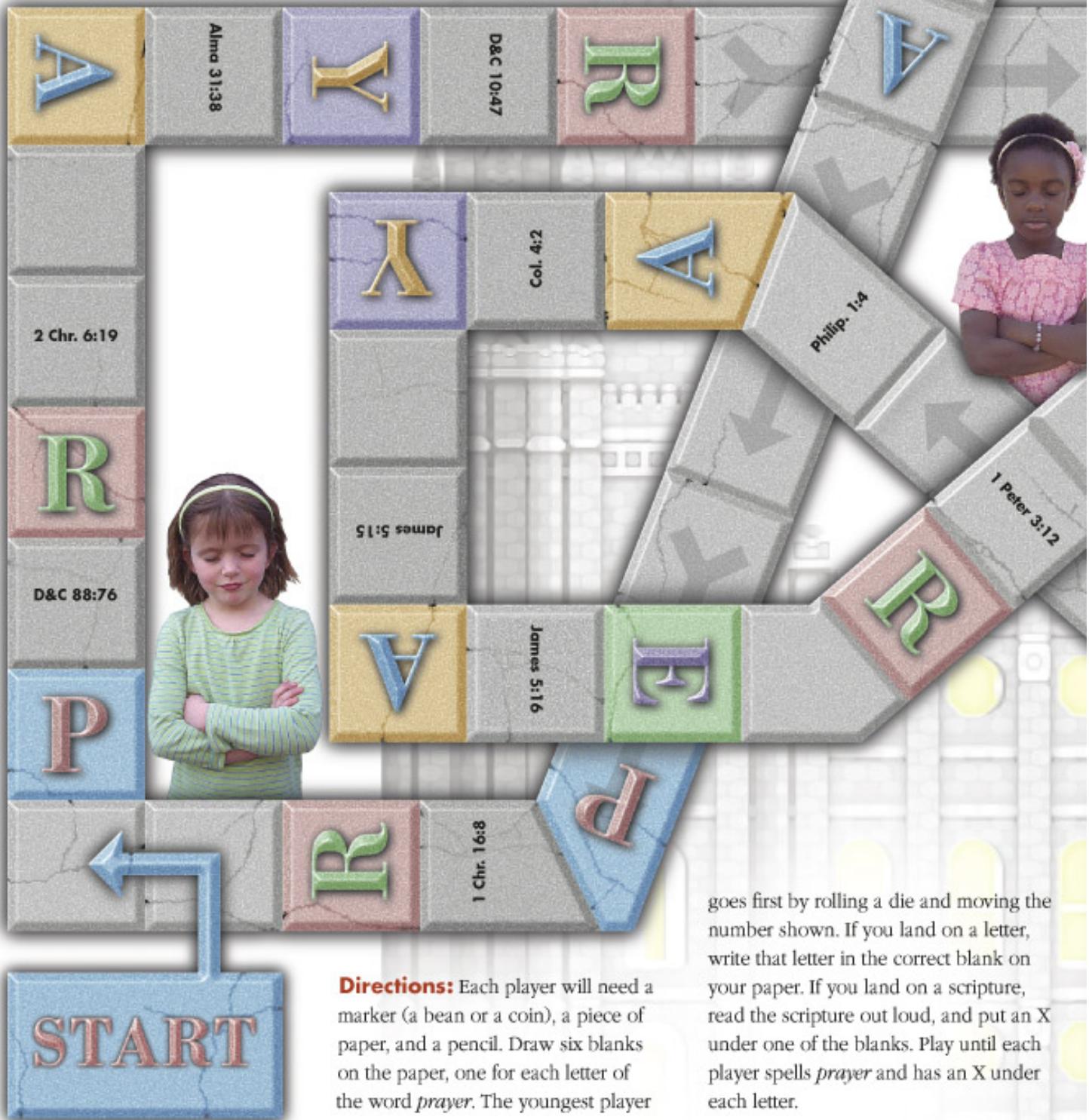
I shared a room with my sister Karen, and that Sunday evening I really wanted to be alone. So I waited until everyone was upstairs getting ready for bed and then quietly crept back down to the living room. I knelt by the side of our blue sofa, bowed my head, and quietly began talking with Heavenly Father.

I tried to imagine Him there in the room with me as I shared my thoughts and feelings. I thanked Him for the gospel and for His Son, Jesus Christ. I expressed my gratitude for a loving family and a comfortable, safe home. I asked Father in Heaven to help me be kinder to my brothers and sisters. I asked for forgiveness for my mistakes. I asked Him to help me choose the right every day. I stayed on my knees until I had shared everything that was in my heart. I don't know how much time passed. But as I said "amen" I felt a calm warmth fill my soul and I knew that Heavenly Father had listened to me. He was telling me through the Holy Ghost that He loved me dearly. I stayed on my knees, enjoying the warm feeling of the Spirit, and thanked Heavenly Father for the story of Enos.

ACTIVITY: The Power of Prayer - Friend, July 2009

The POWER of PRAYER

As children of our Heavenly Father one of our greatest privileges is to communicate with Him in prayer. As you play this game with your family and friends and read the scriptures on the squares, you will learn more about prayer and how you can improve your communication with Heavenly Father.



Directions: Each player will need a marker (a bean or a coin), a piece of paper, and a pencil. Draw six blanks on the paper, one for each letter of the word *prayer*. The youngest player

goes first by rolling a die and moving the number shown. If you land on a letter, write that letter in the correct blank on your paper. If you land on a scripture, read the scripture out loud, and put an X under one of the blanks. Play until each player spells *prayer* and has an X under each letter.



Mk 9:29

Luke 6:12

Philip. 4:6

E

2 Nephi 4:24

Jacob 7:22

P

2 Nephi 33:4

D&C 112:10

Alma 34:39

Alma 34:27

L

Alma 34:19

D

Matt. 21:22

Mormon 9:37

Y

L

R

A

D&C 10:52

Alma 33:7

Enos 1:12

1 Nephi 8:8

Mormon 5:21

Alma 58:10

A

Enos 1:4

R

10-King Benjamin Teaches His People about Jesus Christ

(King Benjamin Teaches His People)

SONG: We Thank Thee O God for a Prophet (Hymn #19)

SCRIPTURE: Mosiah 2:17

LESSON: Friend, May 2012 - Families set up tents and unpacked. Children helped their parents look after the animals as the crowds grew bigger and bigger.

People from all over the land of Zarahemla had come to the temple, just as King Benjamin had asked. Row after row of tents faced the temple, filled with families eager to hear what the king was going to say.

The righteous king climbed to the top of the tower he had asked to be built next to the temple so the people could see and hear him. Messengers were ready to write down what King Benjamin said so they could take his words to the people seated too far away to hear him.

The king looked out over his people and began to speak. He told them to open their ears, their hearts, and their minds so they would be ready to learn about God. He said that his son Mosiah would be the new king of Zarahemla.

Then King Benjamin told his people that an angel of God had visited him. The angel said the Lord would come to earth to live among men. He would be called Jesus Christ, the Son of God, and His mother would be named Mary.

The people of Zarahemla listened in amazement as King Benjamin taught that Jesus would work miracles such as healing the sick, raising the dead, and causing the lame to walk and the blind to see. Jesus would atone for the sins of all people. He would suffer so much that blood would come from every pore of His body. Then wicked people would crucify Him, and He would rise from the dead on the third day.

King Benjamin taught that salvation comes to each of us only through Jesus Christ.

People can find eternal happiness if they repent of their sins. If they do not repent, they will find endless misery.

King Benjamin told the people of Zarahemla that even though they were living many years before Christ would be born on earth, they could be forgiven of their sins and find joy if they believed in Christ. The people were overcome with what they heard and wanted to repent. As they repented, they were filled with joy and peace.

ACTIVITY: Be a Righteous Leader - Friend, August 1988 - Cut out King Benjamin, empty scroll, statements, and tower. Read statements about King Benjamin as you glue them between steps of tower. (Compare Mosiah 2 and Mosiah 4.) Cut slits marked with broken lines and place King Benjamin on tower between railing.

Taught them to keep the commandments (See Mosiah 2:4.)

Did not boast or claim to be better than anyone else (See Mosiah 2:26.)

Delivered them from their enemies (See Mosiah 2:14.)

Labored with the people (See Mosiah 2:14.)

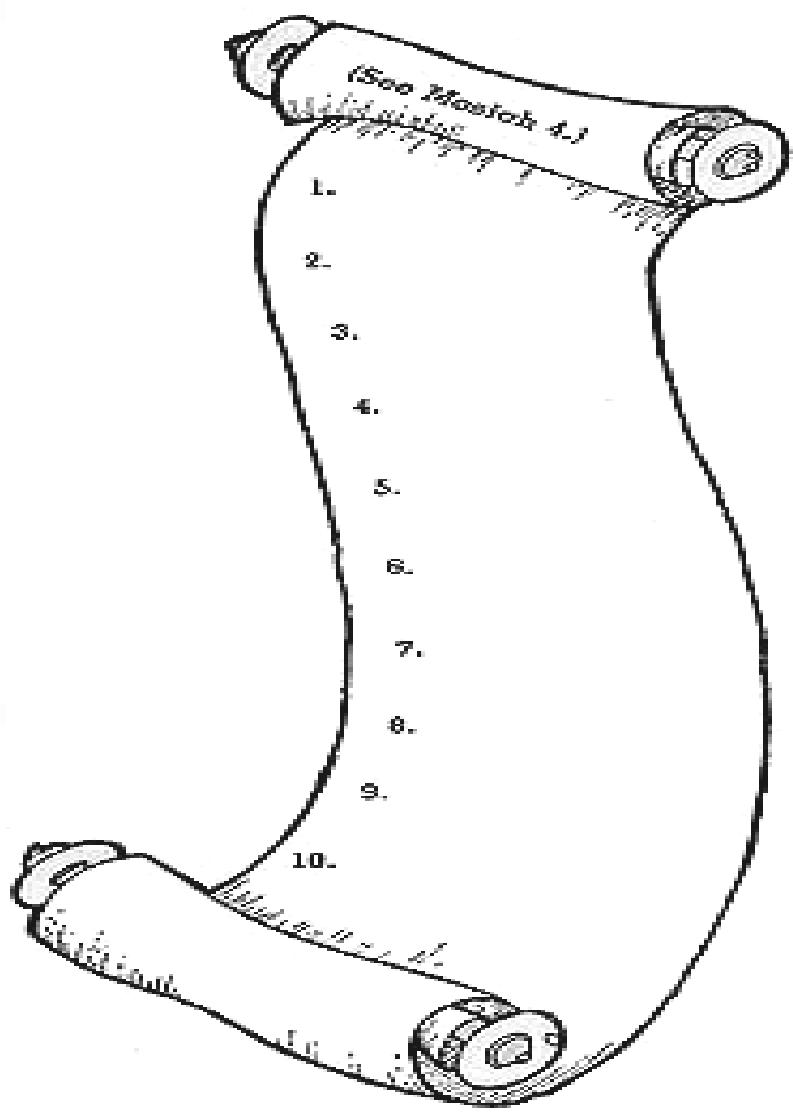
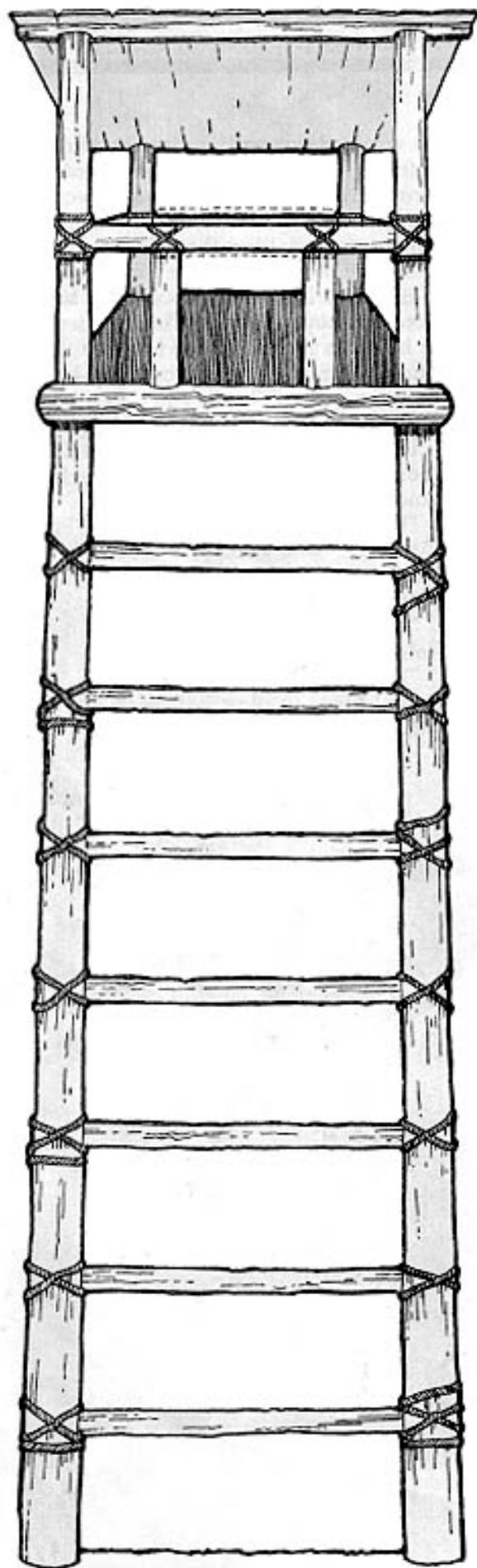
Did not tax the people and was not paid for his services (See Mosiah 2:12.)

Taught the people that when you serve your fellowman, you are serving the Lord (See Mosiah 2:17.)

Served with all his might, mind, and strength (See Mosiah 2:11.)

Loved his people and warned them not to rebel against God (See Mosiah 2:36–69.)

Find at least ten things in Mosiah 4 that King Benjamin taught his people. Write these on the scroll. Make a list of some things that you might teach others by your example.



11-Abinadi

(Abinadi and King Noah)

SONG: Do What is Right (Hymn #237)

SCRIPTURE: Mosiah 13:1-3

LESSON: Friend, June 1971 - "Who is Abinadi," shouted wicked King Noah, "that I and my people should be judged of him? And who is the Lord, that shall bring upon my people such great affliction? I command you to bring Abinadi, that I may slay him."

Abinadi was a good man and a prophet of the Lord. He had seen the wicked things King Noah had done. He had seen him tax and rob the people to pay for elegant palaces. But what grieved him most was that he knew the people were as wicked and unbelieving as their king.

After the Lord told Abinadi to go among the people and tell them to repent of their wickedness or he would visit them in anger, Abinadi pled with them to listen to his words. But they had followed King Noah for so long that they were angry with Abinadi, and they hurried to tell King Noah that Abinadi had threatened great punishment for the king, the priests, and the people. King Noah became angry and commanded that Abinadi be brought before him.

But Abinadi escaped and could not be found. He stayed in hiding for two years. Then he disguised himself so he would not be known, and he came again among the people. The Lord told him what to say, and Abinadi warned them that because of their wickedness, they would be brought into bondage and slain, and wild beasts would eat their flesh.

The people became angry with Abinadi. They followed him and took him before King Noah, who commanded that he be put in prison. Then the king called all his priests together and had Abinadi brought before them so they could all decide what to do with this man who spoke so boldly against their ways and their king.

The priests questioned the prisoner and tried to make him deny the truth. They asked him to explain certain parts of the scriptures that they had been teaching. Abinadi told them they should not be priests and attempt to teach unless they understood. "Ye have not applied your hearts to understanding; therefore, ye have not been wise," he said.

The priests tried to take hold of Abinadi but he said, "Touch me not, for God shall smite you if ye lay your hands upon me, for I have not delivered the message which the Lord sent me to deliver."

These words made the priests afraid, for they could see that the Spirit of the Lord was with Abinadi; his face shone as with a light, and he spoke with power.

For a long time King Noah and his priests listened to Abinadi's great message. Abinadi told them about Jesus Christ, the Son of God, who would come to earth and live among the people. He told them that Jesus would be crucified, but his death would be a victory because he would live again.

Abinadi was bound and put in prison. He was sentenced to die unless he recalled all his words.

Abinadi said, "I will die, but I will not deny the truth of the words I have spoken, and my words shall be a testimony against you. You are killing an innocent man."

King Noah began to be afraid that the judgments of God would come upon him, but the priests wanted Abinadi to die. So the king gave them permission to kill Abinadi. Then the priests took burning faggots and scourged the skin of Abinadi even unto death. But even when the flames began to scorch him, Abinadi said, "Even as you do this to me, so shall it be done to you. O God, receive my soul."

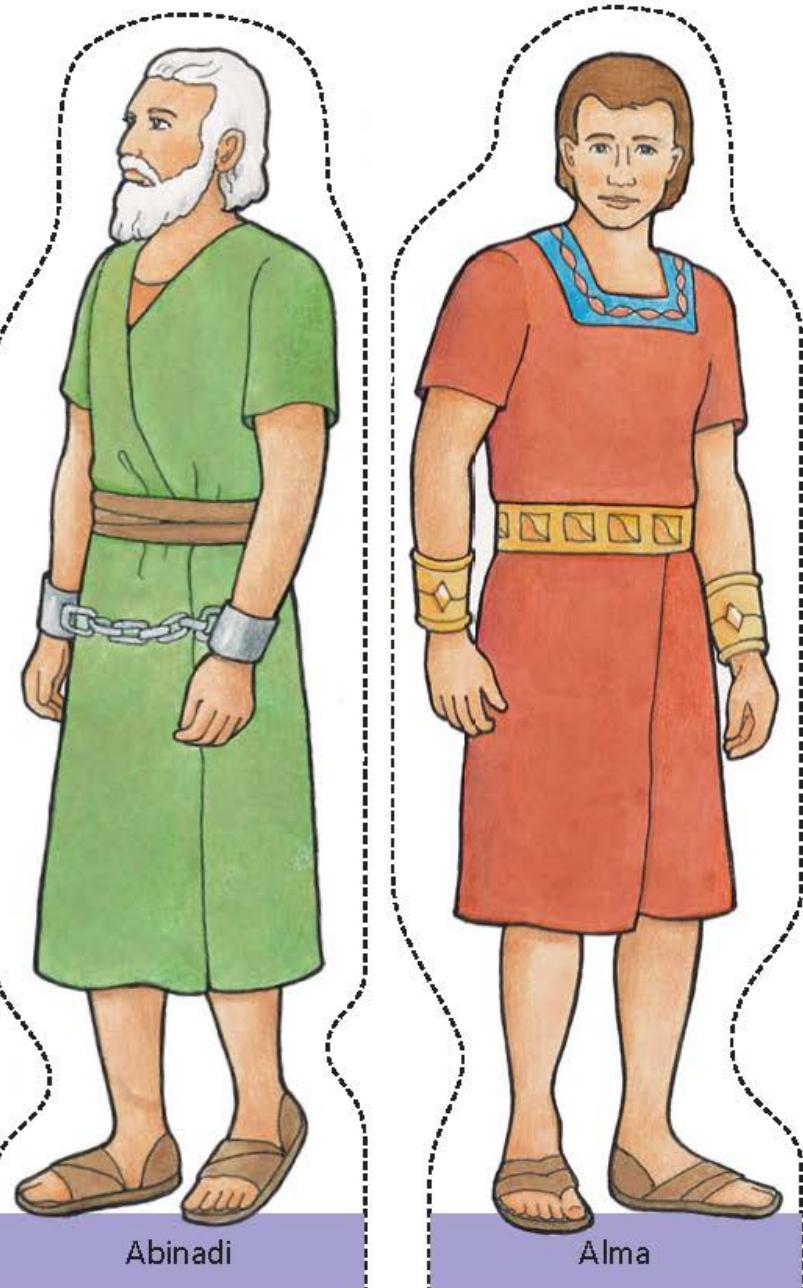
When Abinadi had said this, he fell, having suffered death by fire, because he would not deny the words of God. And so he sealed the truth of his words by his death.

ACTIVITY: Abinadi and King Noah - Friend, March 2012 – Scripture Figures

Or Abinadi and the Ten Commandments - Friend, October 2000 - Complete the puzzle by finding the missing words Abinadi preached to wicked King Noah.

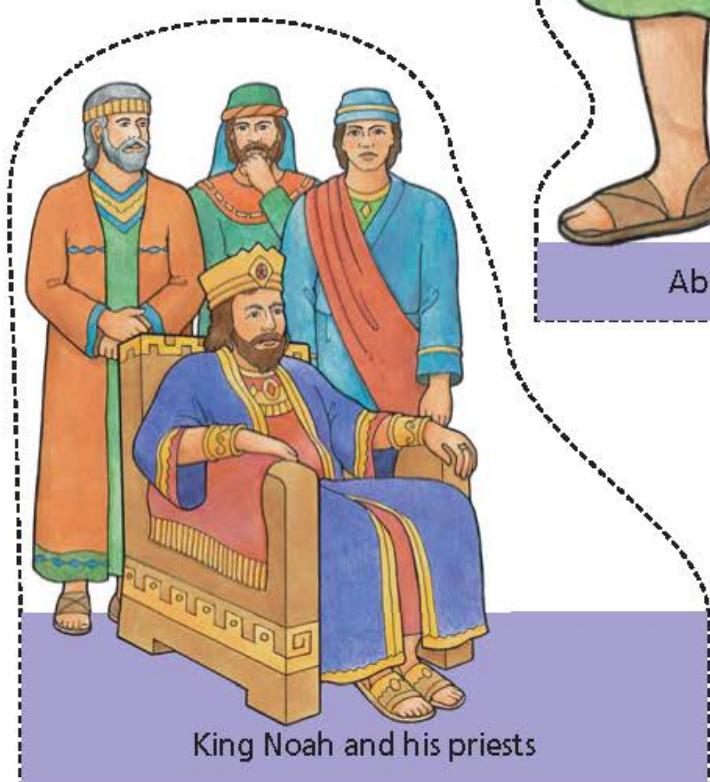
Book of Mormon Scripture Figures

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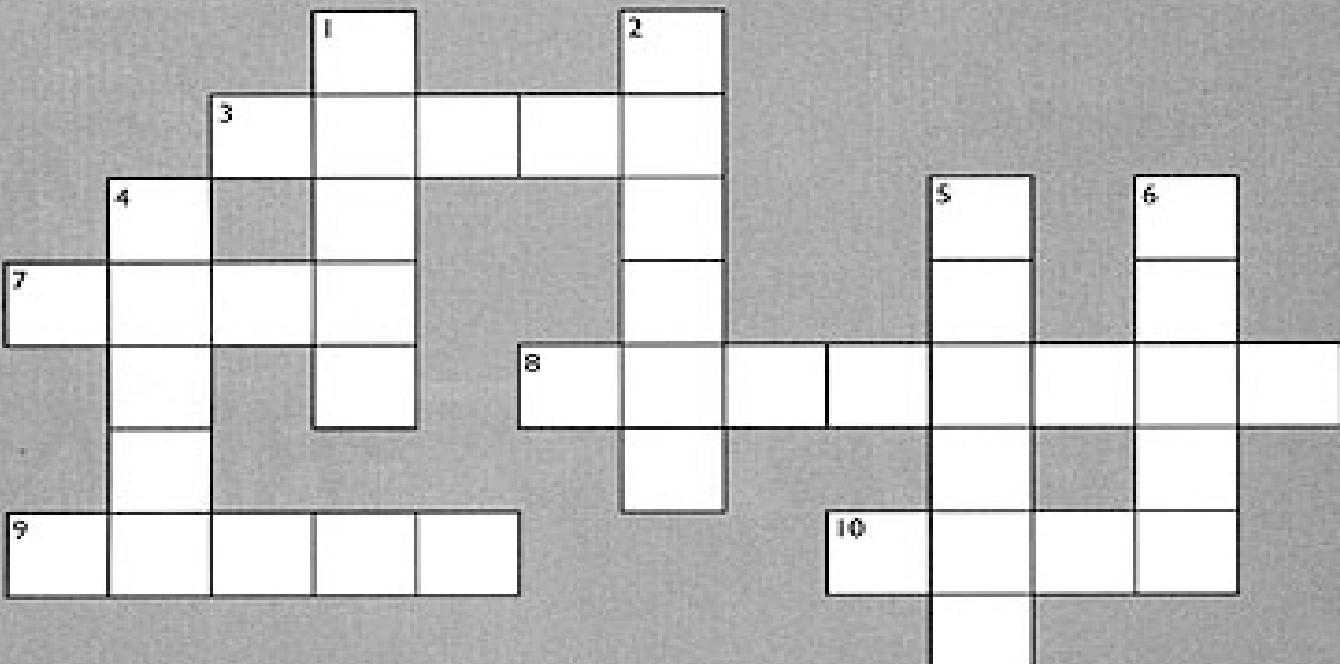
Abinadi

Alma



Abinadi and King Noah

Mosiah 11–17



Across

3. "_____ thy father and thy mother" (Mosiah 13:20).
7. "Thou shalt not take the _____ of the Lord thy God in vain" (Mosiah 13:15).
8. "_____ the sabbath day, to keep it holy" (Mosiah 13:16).
9. "Thou shalt not bow down thyself unto [graven images], nor _____ them" (Mosiah 13:13).
10. "Thou shalt not _____" (Mosiah 13:21).

Down

1. "Thou shalt not _____ thy neighbor's house ... nor anything that is thy neighbor's" (Mosiah 13:24).
2. "Thou shalt not make unto thee any _____ image" (Mosiah 13:12).
4. "Thou shalt not bear _____ witness against thy neighbor" (Mosiah 13:23).
5. "Thou shalt not _____ adultery" (Mosiah 13:22).
6. "Thou shalt not _____" (Mosiah 13:22).

Answers: Across—(3) honor, (7) name, (8) remember, (9) serve, (10) kill. Down—(1) covet, (2) graven, (4) false, (5) commit, (6) steal.

12-A Sacred Promise

(Alma Baptizes at the Waters of Mormon)

SONG: When I Am Baptized (CS p. 103)

SCRIPTURE: Mosiah 18:9

LESSON: Friend, March 2000 - Do you know what a covenant in the Church is? It is a sacred promise, an agreement between Heavenly Father and His children. Since the time of Adam and Eve, Father in Heaven has made covenants with His children to help us live righteously and be worthy to live with Him again.

In the scriptures, we learn about many people who made covenants with the Lord. When the people of Alma gathered at the waters of Mormon, he invited them to be baptized, to make a covenant (see Mosiah 18:8–13). The people were so happy that they clapped their hands with joy. They wanted to show their love for Heavenly Father, and their desire to keep His commandments, by being baptized.

Alma taught his people what they must do to keep and honor their baptismal covenant. He said that they must be willing to be called God's people and to obey His commandments. He told them that they should help one another and comfort one another. They were to be "witnesses of God" (Mosiah 18:9). That means that they would tell others about Heavenly Father and about how much He loves each of His children. If they did these things, the Lord would bless them with His Spirit. Alma's people learned that Heavenly Father loves us and wants us to make a sacred covenant with Him.

We begin our journey back to Him by making a covenant and being baptized. When Jesus was baptized, He made a covenant that He would be obedient to Heavenly Father's commandments (see 2 Ne. 31:5–8). When you are baptized, you make that same covenant to serve Heavenly Father and Jesus Christ. Then, when you are confirmed a member of The Church of Jesus Christ of Latter-day Saints, you covenant to take His name upon you, to always remember Him, and to keep His commandments. Just like the people of Alma, you promise to be a witness of the Savior—to tell others about, or testify of, Him. When you keep your part of the baptismal covenant, you will always have His Spirit to be with you. That is God's promise to you.

ACTIVITY: A Sacred Promise - Friend, March 2000

Instructions

To make a mobile to help you remember your baptismal covenant, mount this page on heavy paper and cut out the figures. Using string or yarn, attach each figure as shown in the illustration. Display the mobile where you can see it each day.



I become a member of The Church of Jesus Christ of Latter-day Saints.

ILLUSTRATION



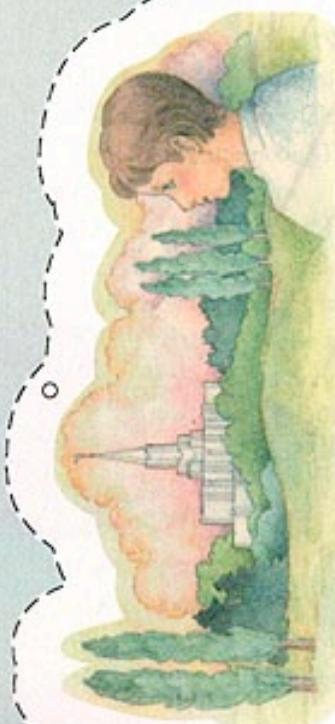
I promise to serve others.



I am baptized by immersion.



I receive the gift of the Holy Ghost.



I promise to serve God and keep His commandments.

When I Am Baptized, I Make a Sacred Covenant

"And now, because of the covenant which ye have made ye shall be called the children of Christ, his sons, and his daughters" (Mosiah 5:7).

13-King Limhi and His People Escape

(The People King Limhi and the People of Alma)

SONG: A Child's Prayer (CS p. 12)

SCRIPTURE: Mosiah 21:32

LESSON: Friend, May 1982 - 1 Many of King Noah's people were captured by the Lamanites and taken back to the land of Nephi. (Mosiah 19:15.)

2 The Lamanites gave the Nephites land on condition that they give them one half of all they possessed. They made slaves of the Nephites, who paid tribute to the king of the Lamanites every year. (Mosiah 19:15.)

3 Limhi, King Noah's son, became the new king, but unlike his father, he was a good man. (Mosiah 19:16, 17, 26.)

4 Ammon came from the land of Zarahemla and found Limhi and his people. (Mosiah 7:1, 6-9.)

5 Limhi told Ammon that because of their iniquities, the Nephites were captured by the Lamanites and had to pay heavy taxes. (Mosiah 7:15, 24.)

6 Limhi asked his people to come to the temple. He promised them that "if ye will turn to the Lord with full purpose of heart, and put your trust in him, and serve him, ... he will, ... deliver you out of bondage." (Mosiah 7:17, 33.)

7 Limhi said the prophet Abinadi had told them to repent. But they did not, and were now in bondage. (Mosiah 7:25-32.)

8 The Nephites repented of their sins and promised to obey God's commandments. (Mosiah 21:32.)

9 Ammon and King Limhi consulted the people about escaping. Gideon proposed that they give wine to the Lamanite soldiers guarding the back pass. (Mosiah 22:1-10.)

10 When the Lamanites were drunk, King Limhi gathered his people together with their flocks, herds, and other possessions and they escaped to Zarahemla. (Mosiah 22:10-13.)

11 After many days of traveling in the wilderness, they arrived in Zarahemla, where the people were happy to greet them. (Mosiah 22:13-14.)

ACTIVITY: Book of Mormon Activity - Friend, February 1986 - Cut out plates and descriptions along broken lines. Punch holes in sides as marked, then fasten together with yarn, brass fasteners, or rings.

BOOK OF MORMON ACTIVITY

BRASS PLATES

- The plates of brass contained the writings of Moses and other early prophets and a record of the Jews, including the genealogy of Lehi's forefathers.
-

PLATES OF ETHER

- The plates of Ether contained the history of the Jaredites. These plates were found by the people of Limhi in the days of King Mosiah.
-

LARGE PLATES OF NEPHI

- The large plates of Nephi were begun by Nephi soon after Lehi's colony left Jerusalem. At first they contained mostly the day-to-day history of Lehi and his descendants, but later they included things of spiritual importance too.

SMALL PLATES OF NEPHI

- The small plates of Nephi, written by Nephi, contained the religious record of the Nephite nation.

PLATES OF MORMON

- The plates of Mormon were started by Mormon and contained his comments, his abridgment of the books that were written on the Large Plates of Nephi, and a continuation of the history of the people by him and by his son Moroni. These plates were given to Joseph Smith by the angel Moroni.

14-Repentance - Turning Wrong to Right

(Alma the Younger and the Sons of Mosiah Repent)

SONG: Quickly I'll Obey (CS p. 197)

SCRIPTURE: D&C 19:16

LESSON: Friend, April 1997 - What is the second principle of the gospel, listed in the fourth article of faith? If you said "Repentance," you are right!

Repentance is turning from doing wrong to doing right. The Savior wants you to turn away from wrong and turn to Him. (See 3 Ne. 30:1-2.) He gave His life to pay for your sins so that if you repent, you can be forgiven and be clean again.

When you disobey the commandments or hurt others, the Holy Ghost cannot be with you and you may feel sad, guilty, lonely, or afraid. To change these feelings, you need to turn from doing wrong to doing right. Heavenly Father and Jesus Christ will help you change. This changing is called repentance.

Repentance begins inside of you—in your thoughts and in your heart. When you know you have done something wrong, think about it until a feeling of sorrow comes into your heart. Do not excuse yourself or blame someone else. Tell Heavenly Father what you have done and how you feel. Tell Him how much you love Him, and ask for His help. If you have hurt someone or something, try to make it better. Promise Heavenly Father that you will try, with all your heart, to do what is right from now on.

Repentance begins on the inside, but usually it shows on the outside as well. When you promise Heavenly Father that you will do what is right, you keep your promise by changing the way you act. You treat others with more love and kindness. You keep the commandments. These actions will help you feel good about yourself and others.

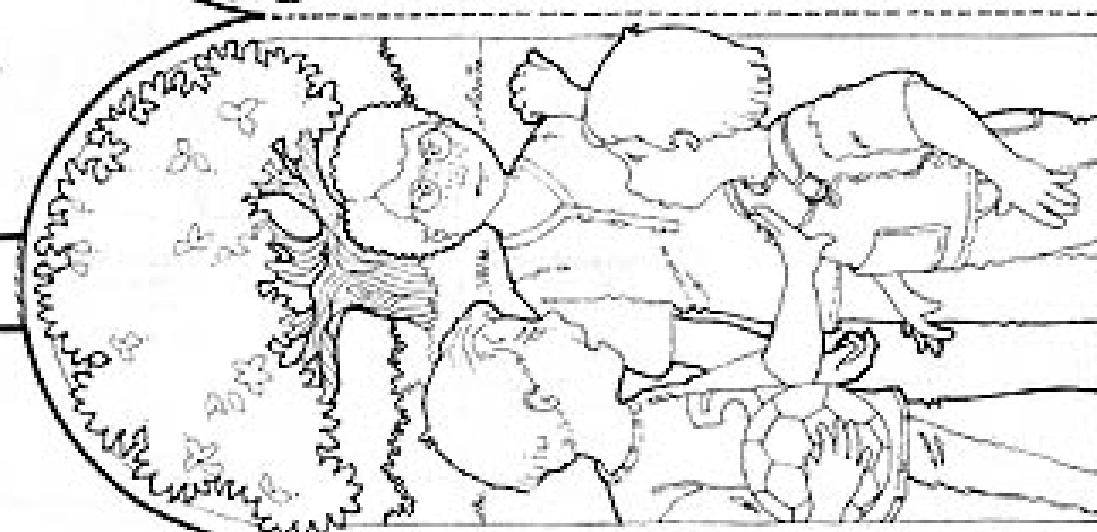
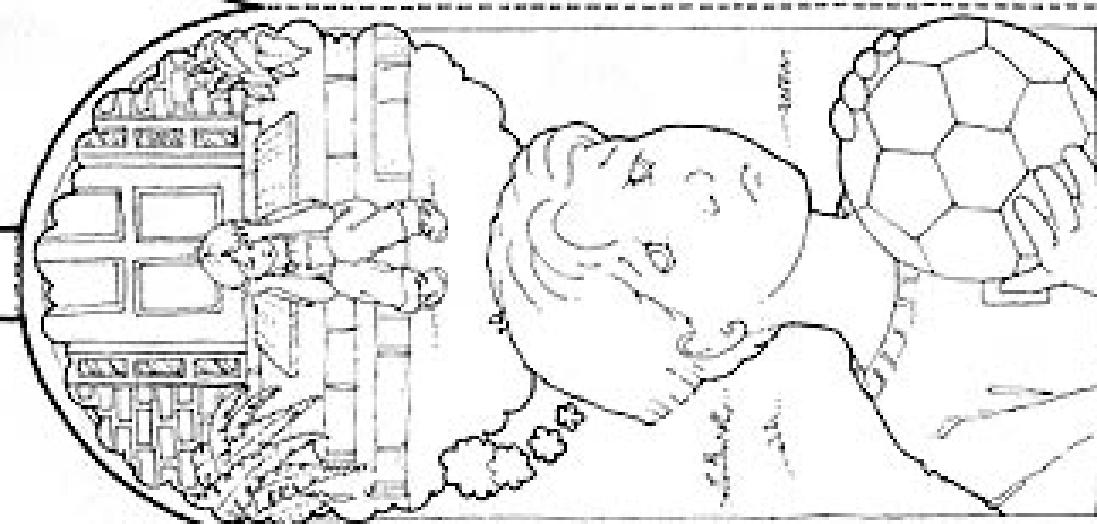
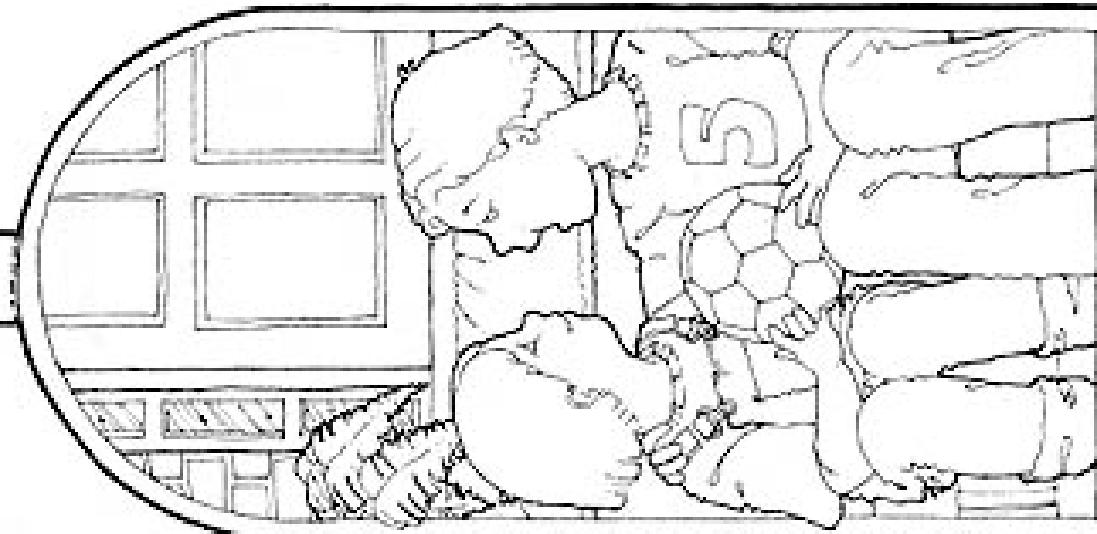
You will need to repent many times throughout your life. As you turn away from wrong and try to do what is right, you will grow closer and closer to Heavenly Father and Jesus Christ. The Lord Jesus Christ has promised that if you repent, He will bless you and remember your wrongs no more. (See Hel. 13:11; D&C 58:42.)

ACTIVITY: Cut along the heavy black lines and fold on the broken lines. Glue Tab 1 to the edge of the third scene. Make small holes, as indicated, in Tabs 2, 3, 4, and overlap the tabs to align the holes. Tie a double knot in a string, then thread the string through the holes with the knot on the bottom. Hang your Repentance Reminder where you can see it each day.

TO RIGHT.

TURNING FROM WRONG

REPENTANCE IS



15-Alma and Amulek's Mission to Ammonihah

(Alma and Amulek's Mission to Ammonihah)

SONG: Do As I'm Doing (CS p. 276)

SCRIPTURE: Alma 34:27

LESSON: Friend, August 1986 - Will ye answer me a few questions which I shall ask you?" a skillful lawyer named Zeezrom asked Alma as he and Amulek were preaching in the land of Ammonihah.

"Yea, if it be according to the Spirit of the Lord, which is in me," Amulek answered.

But instead of asking a question about the gospel, Zeezrom offered Amulek six onties of silver (a large sum of money), saying, "All these will I give thee if thou wilt deny the existence of a Supreme Being."

"O thou child of hell, why tempt ye me?" Amulek answered. "Knowest thou that the righteous yieldeth to no such temptations?

"Believest thou that there is no God? I say unto you, Nay, thou knowest that there is a God, but thou lovest that lucre more than him.

"And now thou hast lied before God unto me. Thou saidst unto me—Behold these six onties, which are of great worth, I will give unto thee—when thou hadst it in thy heart to retain them from me; and it was only thy desire that I should deny the true and living God, that thou mightest have cause to destroy me."

Despite Amulek's exposing him as a servant of the devil, Zeezrom continued to question Amulek, wording his questions very carefully to try to make Amulek seem foolish to the crowd that had gathered about them.

Amulek, however, stood firm and testified boldly of the Savior, who would come to save mankind from their sins. So powerful was Amulek's testimony that, when he had finished, Zeezrom began to tremble.

"Now Zeezrom," Alma said, "thou hast not lied unto men only but thou hast lied unto God; for behold, he knows all thy thoughts, and thou seest that thy thoughts are made known unto us by his Spirit."

As Alma explained the plan of salvation, Zeezrom's trembling increased, for he was now convinced of the power of God. He knew that Alma and Amulek were prophets, and he began to inquire earnestly concerning the gospel of Jesus Christ, asking about the Resurrection and about the judgment of God.

As Alma spoke, some of the people believed his words and repented. But many of the people became angry. They took Alma and Amulek, tied them up with strong cord, and cast them into prison.

By now Zeezrom realized how wrong he had been. His heart was grieved because he knew that it was his words that had originally turned the people against Alma and Amulek. Desperately he cried out to the people, "Behold, I am guilty, and these men are spotless before God."

Zeezrom pleaded for Alma and Amulek to be set free. But the multitudes turned against him. "Art thou also possessed with the devil?" they asked Zeezrom. Cursing Zeezrom and spitting on him, they cast him out of their presence.

Zeezrom, sick in his soul because of the evil he had done, found his way to the city of Sidom. He was sure that Alma and Amulek had been killed because of his words. The guilt tormented him so much that his body was scorched with a burning fever, and he lay helpless on his bed.

But the Lord had helped Alma and Amulek escape from prison and had sent them to Sidom. When Zeezrom heard that the prophets had come, his heart filled with hope. He immediately sent a message to Alma and Amulek, asking them to come to him.

As soon as they received his message, Alma and Amulek went to the house where Zeezrom lay ill. When Zeezrom saw them, he stretched forth his hand and begged them to heal him.

"Believest thou in the power of Christ unto salvation?" Alma asked.

"Yea," Zeezrom answered. "I believe all the words that thou hast taught."

"O Lord our God," Alma prayed, "have mercy on this man, and heal him according to his faith which is in Christ."

Zeezrom was healed immediately. He leaped to his feet and began to walk about.

Later Alma baptized Zeezrom, and from that time forth Zeezrom preached the gospel of Jesus Christ.

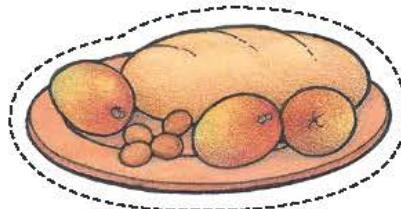
Five years later, when Alma went on a mission to the Zoramites, Zeezrom went too. He taught the people well and tried to help others escape the terrible despair that comes when people disobey the word of God.

ACTIVITY: Alma and Amulek - Friend, April 2012 – Scripture figures

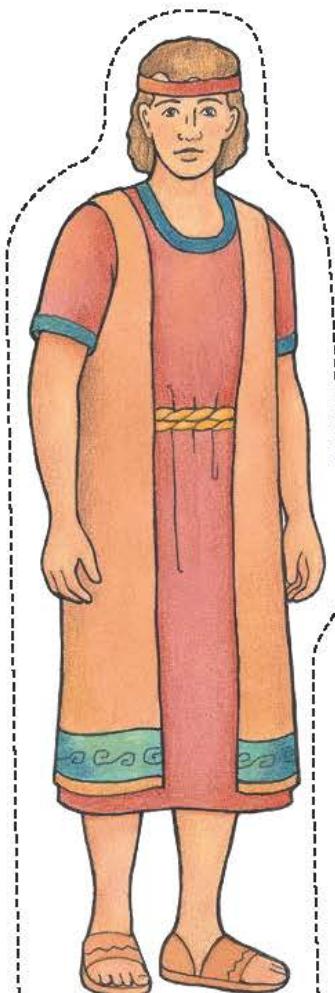
Or I Can Be a Missionary Now - Friend, January 2012

Book of Mormon Scripture Figures

This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.



Alma



Amulek



Zeezrom

Alma and Amulek's
Mission to Ammonihah

Alma 8–14

I Can Be a Missionary Now!

By Hikari Loftus and Hilary Watkins Lemon

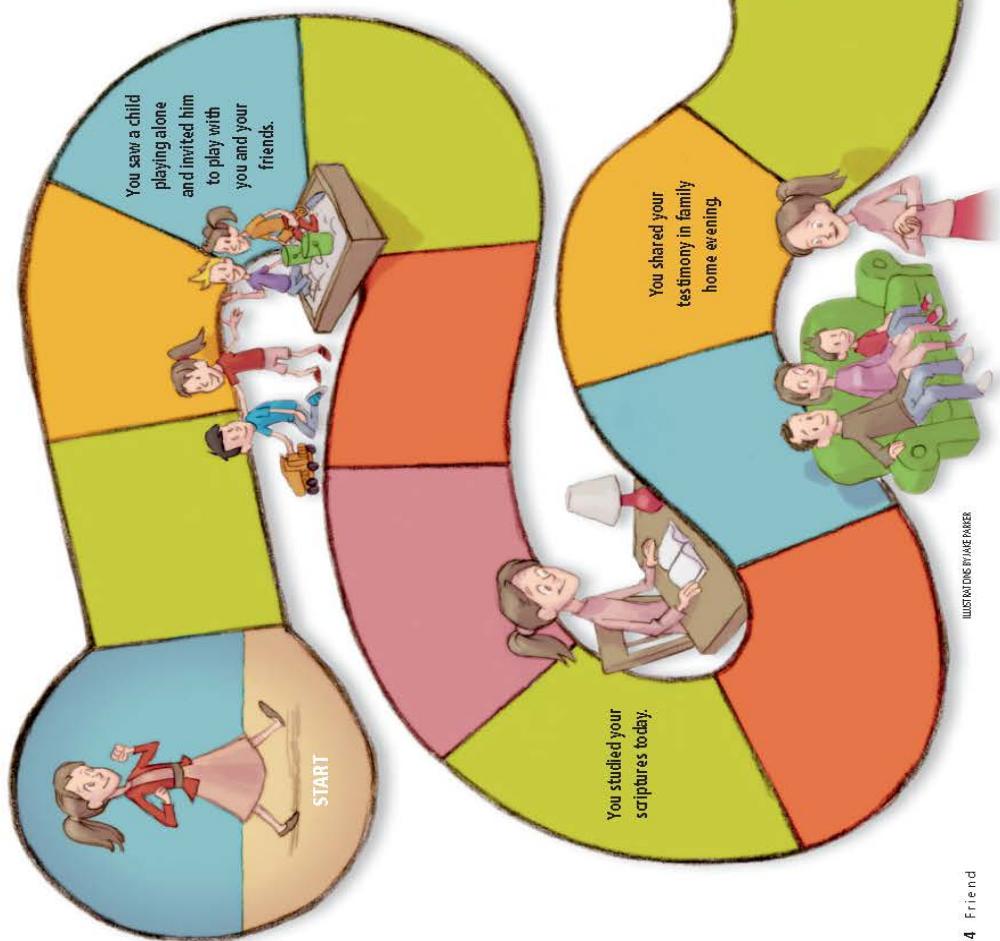
Amina is trying to follow the examples of the missionaries. Follow the instructions below so she can make choices that will help her be a missionary now.

You Will Need: a die or six pieces of paper numbered 1 through 6 in a

small bag; one coin, dried bean, or other small object for each person.

How to Play: Each player picks a small object to use as a game piece. Taking turns, roll a die or draw a number out of the bag, and move your game piece the number of

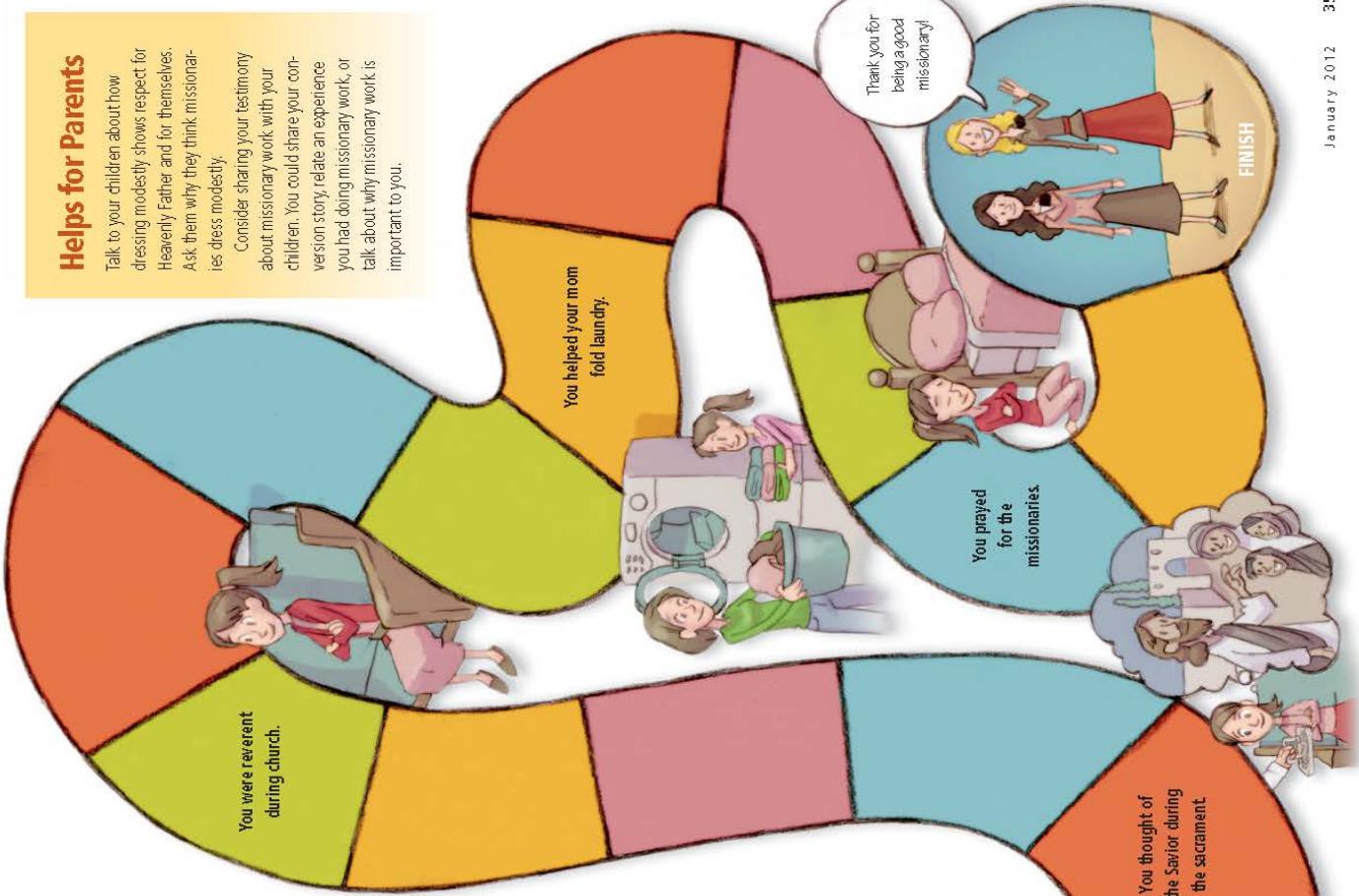
spaces you roll or draw. If you land on a space that tells something a missionary would do, move forward one extra space. Take turns until everyone has crossed the finish line, where the missionaries are waiting!



Helps for Parents

Talk to your children about how dressing modestly shows respect for Heavenly Father and for themselves. Ask them why they think missionaries dress modestly.

Consider sharing your testimony about missionary work with your children. You could share your conversion story, relate an experience you had doing missionary work, or talk about why missionary work is important to you.



16-Alma's Mission to Ammonihah

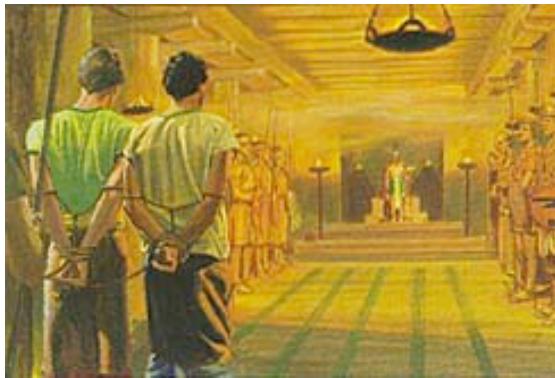
(Alma and Amulek in Prison)

SONG: Faith (CS p. 96)

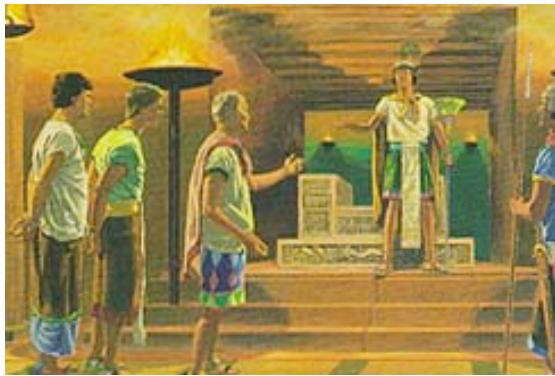
SCRIPTURE: 2 Nephi 32:3

LESSON: Friend, July 1992 – Alma's Mission to Ammonihah (abbreviated)

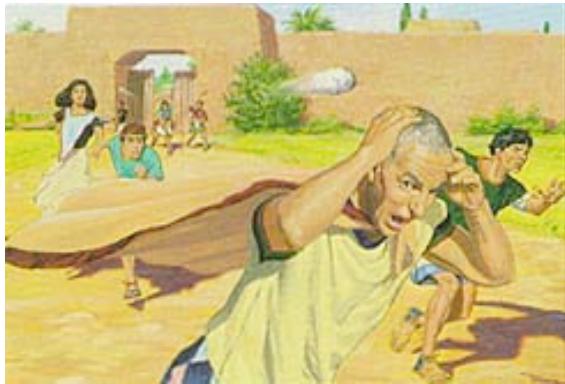
Many of the people believed Alma and Amulek. They began to repent and to study the scriptures. Alma 14:1



But most of the people wanted to kill Alma and Amulek. Instead, they tied up the two men and took them before the chief judge. Alma 14:2–4



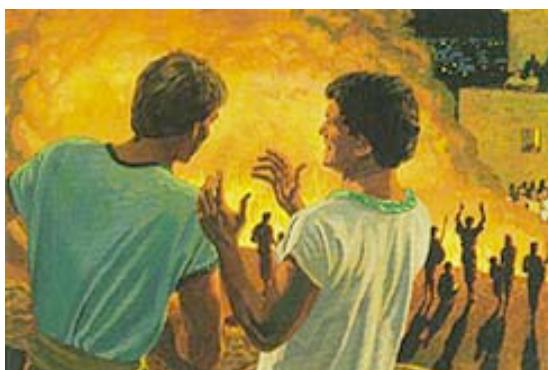
Zeezrom was sorry that he had been wicked and had taught the people to do wrong. He begged the people to let Alma and Amulek go free. Alma 14:6



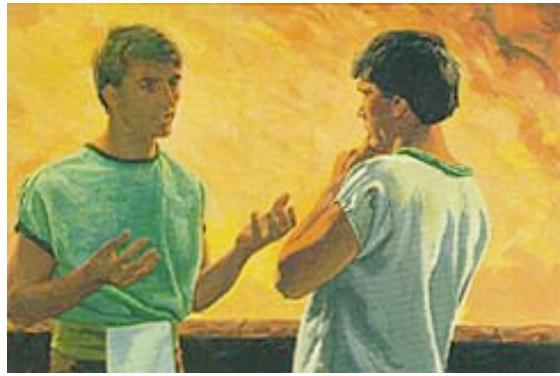
Zeezrom and the other men who had repented were thrown out of the city. The wicked people sent men to throw rocks at them. Alma 14:7



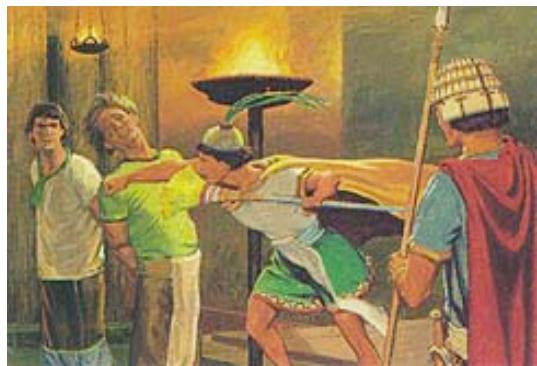
The wicked people then threw the wives and children who believed the word of God into a fire. They also threw their scriptures into the fire. Alma 14:8



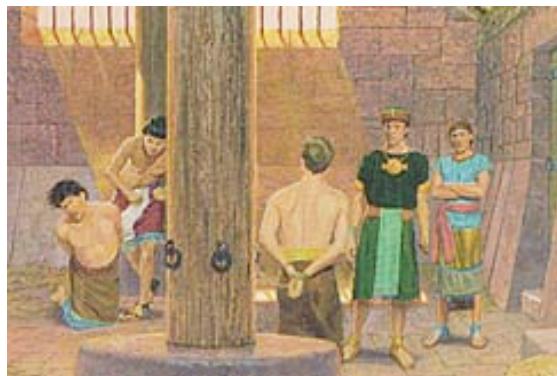
Alma and Amulek were forced to watch the women and children die in the fire. Amulek wanted to use the power of God to save them. Alma 14:9-10



But the Holy Ghost told Alma not to stop the killing, that the dying people would be with God, and that the wicked would be punished. Alma 14:11



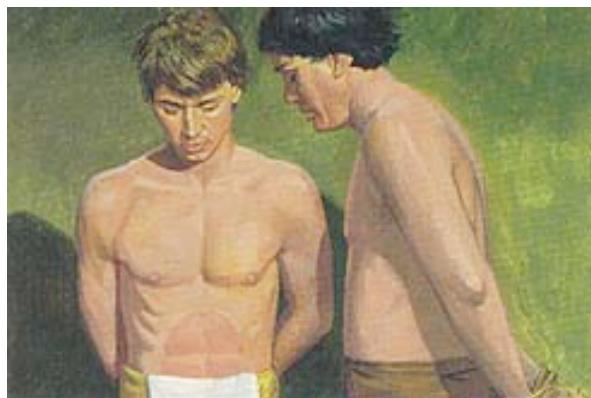
The chief judge slapped Alma and Amulek several times and had his officers throw them into prison. Alma 14:14–17



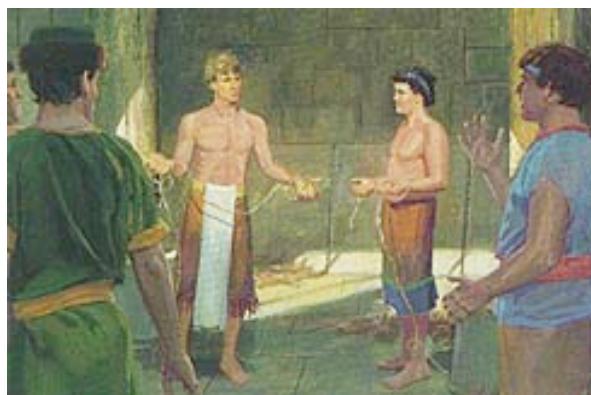
Other evil men came to the prison and abused them in many ways. They would not give Alma and Amulek enough food or water. Alma 14:18–22



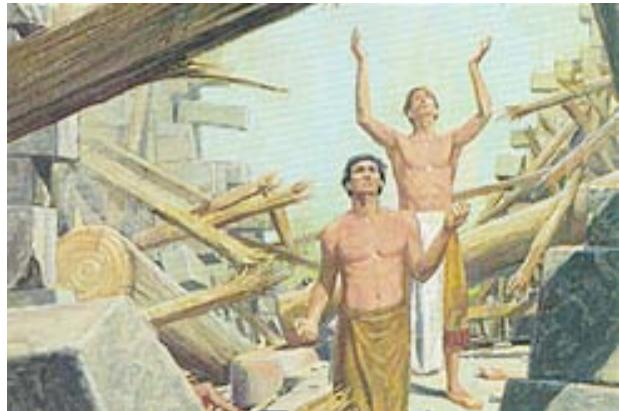
The chief judge said that they would believe Alma and Amulek if they used the power of God to free themselves. Then he slapped them again. Alma 14:24



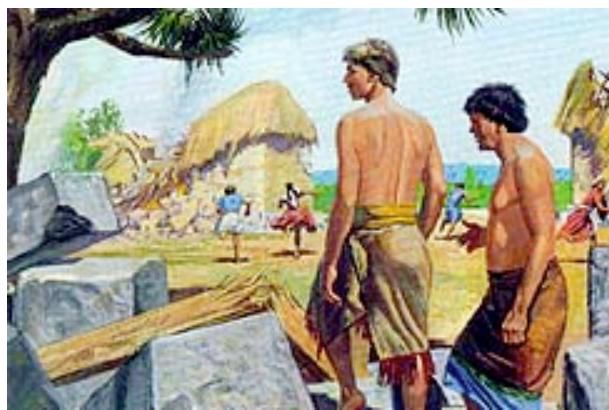
Alma and Amulek stood up. Alma prayed and asked the Lord to make them strong because of their faith in Christ. Alma 14:25



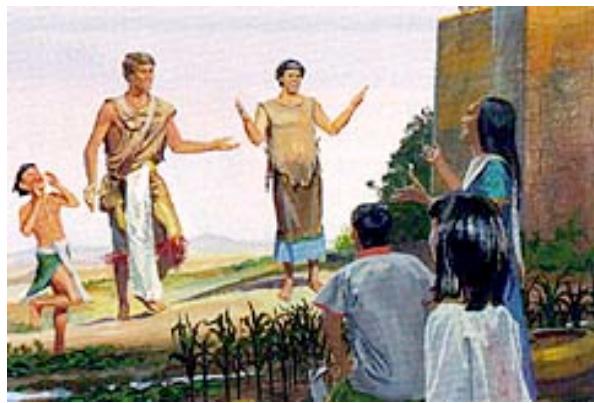
The power of God filled Alma and Amulek. They broke the ropes that bound them. Alma 14:26



The evil men were afraid. They started to run but fell to the ground. The earth shook and the prison walls fell, killing the wicked men. Alma 14:27



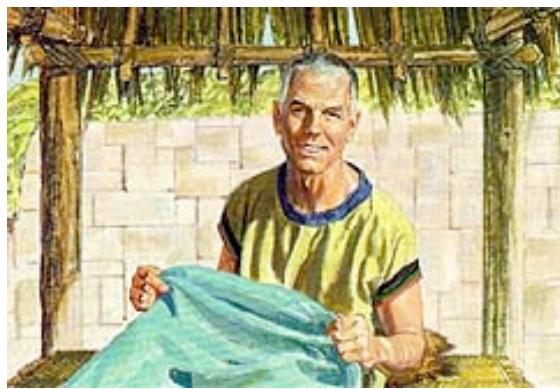
The Lord protected Alma and Amulek. They walked out of the prison and into the city. The people there were afraid and ran from them. Alma 14:28–29



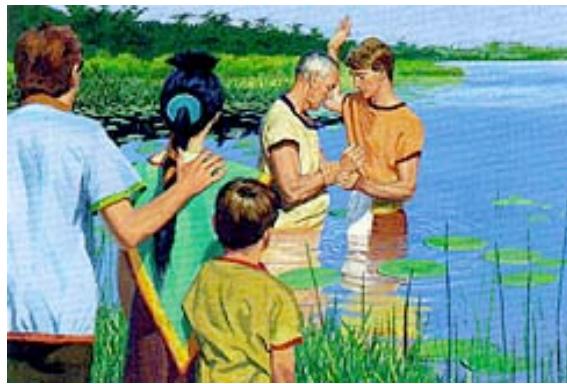
Alma and Amulek then went to the land of Sidon, where they found the people of Ammonihah who had repented. Zeezrom was there and was very sick. Alma 15:1–3



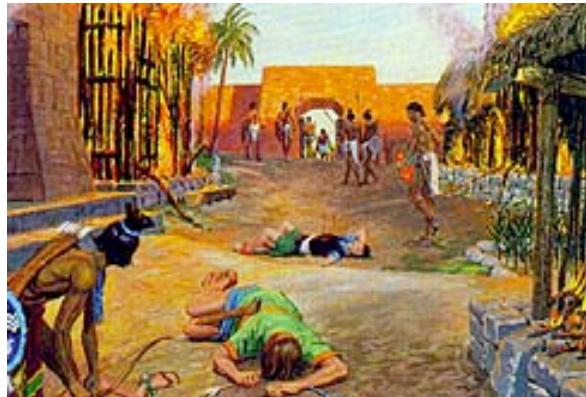
Zeezrom was glad that Alma and Amulek were alive. He'd thought that they had been killed because of what he had done. He asked them to heal him. Alma 15:4–5



Zeezrom believed in Jesus Christ and had repented of his sins. When Alma prayed for him, Zeezrom was immediately healed. Alma 15:6–11



Zeezrom was baptized and began to preach the gospel. Many others were also baptized. Alma 15:12–14



The wicked people who stayed in Ammonihah were all destroyed by a Lamanite army, as Alma had prophesied. Alma 16:2, 9

ACTIVITY: Follow Me - Friend, July 2003 - then cut out the large rectangle and the individual maze pieces. Locate the scripture referred to on each maze piece, read it, find the person or persons mentioned in that scripture on the large rectangle, and glue that piece of the maze on that part of the large rectangle. Find the path that leads to the Savior. Display the maze as a reminder of your choice to follow Jesus Christ.

Or I Can Share the Gospel Now - Friend, November 2005 - Cut around the solid black lines. Fold tabs on the colored lines to make a box. Glue the flaps. You and your family can play this game to help you remember to be a missionary now. Take turns rolling the box, looking at the picture on the top, and telling how to be a missionary in that pictured situation.

Alma and Helam are baptized.

The 2,000 warriors do not doubt.

Paul testifies of Jesus Christ.

Nephi tells his father that he will obey the Lord.



Enos prays and is blessed.

Peter and Andrew put down their nets and follow the Savior.

The sons of Mosiah search the scriptures.

Jacob goes to the temple.

Jesus' disciples partake of the sacrament.

Ten lepers obey and are healed.

Naaman obeys the prophet Elisha.

The children of Israel keep the Sabbath day holy.



Alma 53:22;
56:46–48, 54–56

Enos 1:4–5

Exodus 31:12–17

Luke 17:11–19

Acts 18:5

Matthew 4:18–20

1 Nephi 3:7

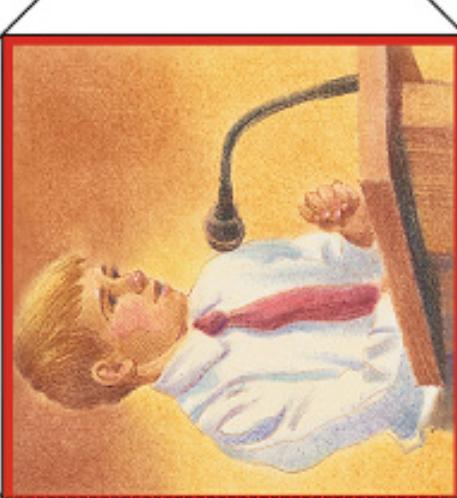
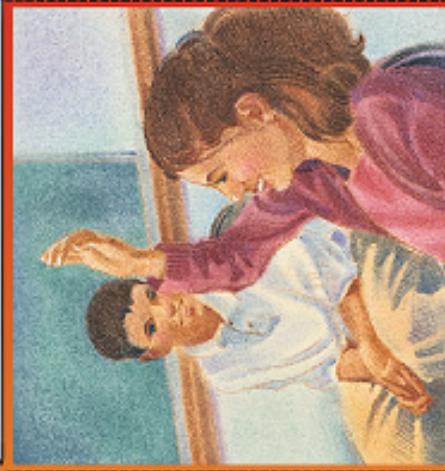
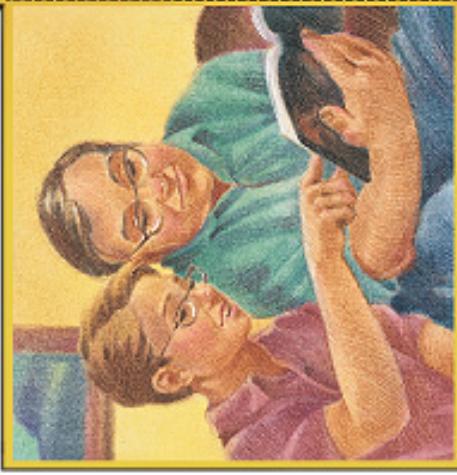
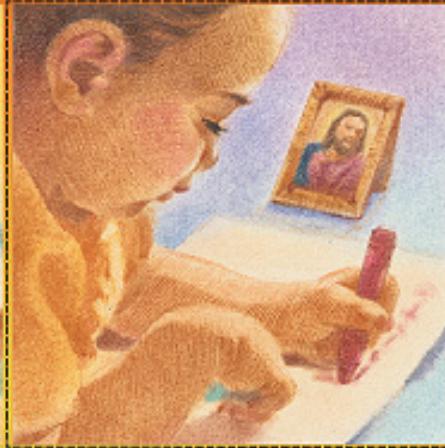
Jacob 2:2

Mosiah 18:12–14

Matthew 26:26–28

Alma 17:2

2 Kings 5:1–17



ILLUSTRATED BY DILEEN MARSH

17-Ammon the Valiant

(Ammon, a Great Servant)

SONG: I Want to Be a Missionary Now (CS p. 168)

SCRIPTURE: Alma 17:12

LESSON: Friend, May 1985 - When Ammon, one of King Mosiah's missionary sons, first entered the land of Ishmael to preach the gospel of Jesus Christ, he was brought before King Lamoni, who dealt with prisoners at his pleasure. Lamoni asked Ammon "if it were his desire to dwell in the land among the Lamanites, or among his [own] people.

"And Ammon said unto him: Yea, I desire to dwell among this people for a time; yea, and perhaps until the day I die."

Lamoni was so impressed by Ammon's answer and confident manner that he offered one of his daughters to be Ammon's wife. "But Ammon said unto him: Nay, but I will be thy servant."

Ammon had been in the king's service for three days when he was sent with some Lamanite servants to tend the king's flocks. As they guided the animals to the water of Sebus to let them drink, a band of Lamanite ruffians who had already watered their own flocks charged the flocks of King Lamoni and scattered them in every direction.

"The servants of the king began to murmur, saying: Now the king will slay us, as he has our brethren because their flocks were [also] scattered by the wickedness of these men. And they began to weep exceedingly."

Ammon, who knew that he was strengthened and protected by the Lord, was touched by the sorrow of his fellow servants. He thought that if he demonstrated his ability to restore the king's flocks, these men and others would, in time, be willing to learn the gospel. "Be of good cheer," he encouraged them, "and let us go in search of the flocks, and we will gather them together and ... the king ... will not slay us."

The animals were quickly gathered and taken to the watering place. But again the wicked Lamanites were there, ready to scatter the king's flocks. Then "Ammon said unto his brethren: Encircle the flocks round about that they flee not; and I go and contend with these men."

Now there were quite a number of these men who were intent on doing mischief to the king's flocks, and when they saw Ammon coming to fight them with his sling and sword, they were confident that they could easily slay him. However, there was no way that they could have known that Ammon was one of Mosiah's four missionary sons and that the Lord had promised Mosiah that the lives of his sons would be spared.

Ammon stood fast and began to cast stones at the evildoers, and in a short time he had slain six of them. When the anger of the comrades of the fallen men had overcome their astonishment at Ammon's incredible power, they attacked him with clubs to slay him.

"But behold, every man that lifted his club to smite Ammon, he smote off their arms with his sword; ... he did withstand their blows ... insomuch that they began to be astonished, and began to flee before him." Ammon slew the culprits' leader, and he drove off the rest of the scoundrels.

After the king's flocks had been watered and put out to pasture, the servants told King Lamoni what Ammon had done. Then, as evidence of Ammon's mighty power, they showed Lamoni the arms that Ammon had cut off.

"Surely this is more than a man," declared Lamoni after hearing about Ammon's courageous deed. "Behold, is not this the Great Spirit?" When Lamoni asked where Ammon was and was told that he was feeding the king's horses, as he had been commanded, Lamoni was more astonished than ever.

King Lamoni was anxious to talk to Ammon. Yet, because of his own past behavior, he was fearful of talking with this man whom he considered to be the Great Spirit. When Ammon came to tell Lamoni that his chariots were ready for his journey to visit his father, Lamoni was speechless "for the space of an hour."

"Ammon, being filled with the Spirit of God, ... perceived the thoughts of the king. And he said unto him: Is it because thou hast heard that I defended thy servants and thy flocks, and slew seven of their brethren with the sling and with the sword, and smote off the arms of others, ... is it this that causeth thy marvelings?

"I say unto you, ... Behold, I am a man, and am thy servant; therefore, whatsoever thou desirest which is right, that will I do." Ammon's remarkable faith in the Lord and his courageous declaration, later, of the gospel to King Lamoni, his family, and his people changed their lives dramatically as they accepted Christ's teachings and turned away from their wickedness.

ACTIVITY: I Will Be His Servant - Friend, October 2008 - Cut out the ovals on page 10, and glue them together back-to-back. Cut out the four rectangles, fold them in half, and glue the backs together to make squares. Cut out the circular picture of Ammon for the top of the mobile, and punch holes where indicated. Attach a photo or draw a picture of yourself in the oval frames. Punch a hole at the top of the picture frames and in each of the four squares. Use string or yarn to complete the mobile. Hang the mobile where it will remind you to serve the Lord and others.

Or Ammon, a Great Servant - Friend, May 2012 – Scripture Figures



Note: This activity may
be copied or printed
from the Internet at
www.friend.lds.org.



I will be
the Lord's
servant

I will be
the Lord's
servant

Heart

Might

Mind

Strength

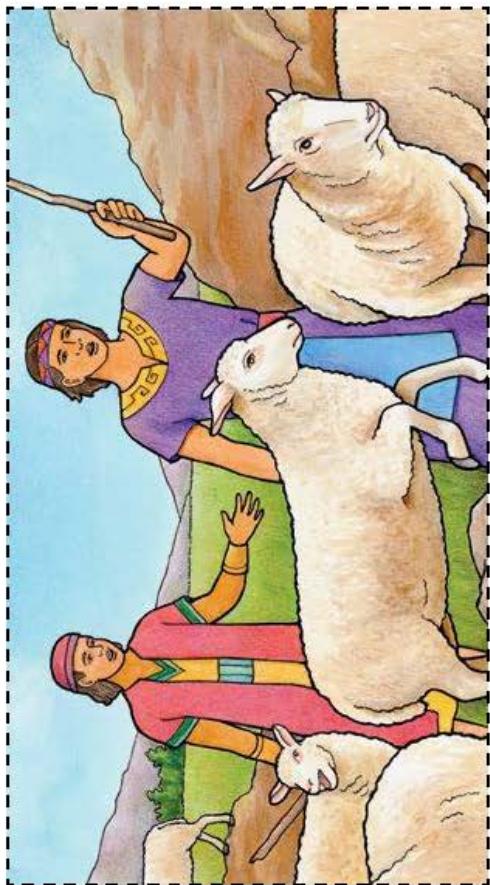
Strength

Mind

Might

Heart

This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.



Ammon



King Lamoni

Ammon, a Great Servant

Alma 17–19



18-Ammon

(King Lamoni's Father is Converted)

SONG: I Hope they Call Me on a Mission (CS p. 169)

SCRIPTURE: D&C 18:15

LESSON: Friend, September 1971 - What would you ask for if a powerful king were to say to you, "Spare my life, and I will give you whatever you wish, even half of my kingdom"?

Ammon knew just what he wanted. He and Lamoni, king of the land of Ishmael, were on their way to the land of Middoni, where Ammon's brothers were being held as prisoners.

King Lamoni had wanted Ammon to go with him to the land of Nephi, that he might show him unto his father. But the voice of the Lord came to Ammon, saying, "Do not go to the land of Nephi, for the king will seek your life; but go to the land of Middoni, for your brother Aaron and also Muloki and Ammah are in prison."

So Ammon told Lamoni he could not go to the land of Nephi with him. "My brothers are in prison," he said. "I must deliver them."

Lamoni answered: "I know, with the strength of the Lord, you could save them yourself. But I will go with you, because the king of the land of Middoni is a friend." Then he asked, "But who told you your brothers are in prison?"

"No one," said Ammon, "save it be God who told me to go to Middoni and deliver them."

Lamoni had his servants make ready his horses and chariots, and they set forth. On the way they met Lamoni's father, who was king over all the lands. He was very angry with Lamoni.

"Why did you not come to the feast that I planned for you?" he asked. "And where are you going with this Nephite?"

Lamoni explained how Ammon had saved his flocks from the Lamanites at the waters of Sebus; then he told his father how he, Lamoni, and his people had received the word of God and had been baptized.

Lamoni's father became very angry. He declared that Ammon was surely a thief and a liar, and he commanded Lamoni to slay Ammon with the sword.

Although Lamoni was sorry to disobey his father, he said, "I will not slay Ammon, and I will help release his brothers from prison, for I know they are just men and holy prophets of the true God."

Ammon could see that Lamoni's father was even more angry at these words. The old king drew his sword to kill Lamoni as well as Ammon. But Ammon withstood his blows. He knocked the sword from the king's hand and soon had the king at his mercy. When the king saw that Ammon could slay him, he began to plead, "Spare my life, and I will give you anything you wish, even half my kingdom."

Ammon answered, "First, grant that my brothers be brought out of prison. Then, be not displeased with your son, King Lamoni, but grant that he may govern his kingdom according to what he thinks is best for his people."

The old king was much surprised that Ammon asked nothing for himself. He rejoiced that Ammon had saved his life; he was also pleased that this strong and mighty man had so much love for Lamoni. All of Ammon's wishes were granted. Then the old king added, "When you have rescued your brothers, come and see me, for I am desirous to learn more of your words."

Ammon's unselfishness and bravery had saved his friend and his brothers, and another door for the missionary work was opened unto him.

ACTIVITY: I Can Be a Missionary Now - Friend, July 2008 - Cut out the home and the five windows. Glue each window in the window outlines on the gospel-sharing home. With your family, talk about the ideas on the home. Decide together what you can do to be missionaries now. Place the gospel-sharing home where your family can see it.

Pray for
missionary
opportu-
nities.

Be friendly.

Invite your
friends to
Church
activities.

Be a good
example.

Share the
gospel with
others.

A Gospel-Sharing Home



Note: If you do not
wish to remove pages
from the magazine,
this activity may be
copied or printed
from the Internet at
www.friend.lds.org.

19-The Buried Weapons

(The Anti-Nephi-Lehies)

SONG: I'll Walk with You (CS p. 140)

SCRIPTURE: Alma 27:27

LESSON: Friend, March 1989 - "Hurry up, Mom!" five-year-old Jackson shouted. He grabbed the Book of Mormon storybook and plunked down on the bright blue beanbag chair.

Four-year-old Michelle plopped down beside him. "Story time!" she cried, eagerly clapping her hands. Mother squeezed between them on the beanbag chair and opened the book. "Let's see. ... Yesterday, we were reading about the Anti-Nephi-Lehies, weren't we?"

Jackson nodded. "They were Lamanites. And they'd been converted to the gospel, remember?"

"And they were really wicked!" Michelle declared emphatically.

"Yes, they were really wicked. But when they were converted, they wanted to repent," said Mother. "They promised the Lord that they would never fight again. In fact, they buried all their weapons of war in a big pit—see," she said, pointing to the picture.

"Wow!" Jackson cried excitedly. "Look at all those weapons. Swords and bows and arrows and all kinds of things!"

"That looks fun!" exclaimed Michelle. "Let's bury our weapons, too, Jackson!"

Jackson giggled. "Oh, Michelle, don't be silly. We don't have any weapons."

"Hmmm," Mother said thoughtfully, "You may not use swords and bows and arrows, but sometimes the things that come out of your mouths hurt too."

Michelle wrinkled her forehead. "What comes out of our mouths?" she asked, puzzled.

"Words," said Mother.

"You mean words like *stupid* and *dumb*, don't you?" Jackson asked.

"Right," said Mother. "Sometimes words hurt as much as a punch on the arm."

"Then we must bury our bad words," Michelle urged, "and never use them again!"

"I know what," said Mother. "You tell me some words that hurt other people's feelings, and I'll write them down on slips of paper. Then you can dig a big hole and bury all those bad words, just like the Lamanites buried their weapons."

"Great idea!" Jackson exclaimed. They found some paper and tore it into pieces. Then they thought of all the unkind words that they knew. Mother wrote them down.

"Come on, Michelle, let's go dig that pit now," Jackson called enthusiastically. They dragged their dad's shovel out of the garage and raced to the unplowed area behind the garden.

Jackson jabbed the shovel tip into the dark, rocky soil. He pushed as hard as he could, but the ground was so hard that he loosened only a small clump of dirt.

"Boy! You're not very strong," Michelle remarked saucily.

"Well, you're pretty weak yourself," he growled back. Then he stopped. "Hey, wait a minute. We're supposed to be burying those kinds of words! Sorry."

"Me, too," Michelle told him sincerely.

Jackson gripped the shovel handle with both hands, then jumped on the back end of its blade as he had seen his dad do. He hovered there for a few seconds as it teetered in the hard dirt; then he lost his balance and sprawled on the ground.

"Are you OK?" Michelle asked anxiously.

"Sort of," he replied, wincing. "But we can't quit now. The Lamanites didn't quit until all their weapons were buried." He gritted his teeth determinedly.

"How about trying this?" Michelle suggested, handing him a garden trowel that they used in their sandpile.

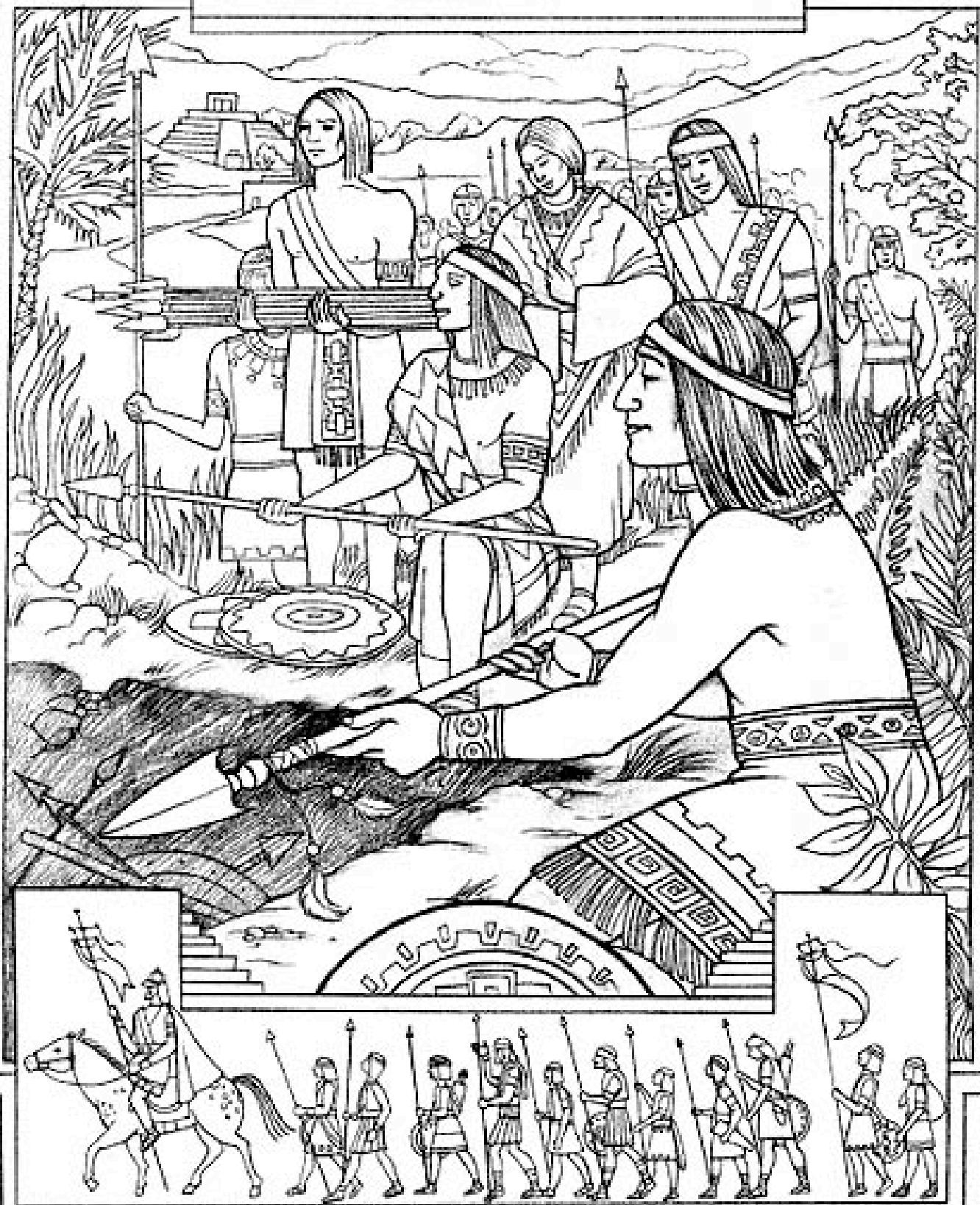
Jackson took it and chipped at the dirt while Michelle dug with a stick. Soon they were covered with dust and dirt, but the hole was dug. They put all the papers with the unkind words written on them into the hole. Then they pushed the dirt back.

"Are you finished yet?" Mother called from the kitchen window. "I've made some hot muffins for my two hungry Anti-Nephi-Lehies."

"Yes," answered Jackson. "Our weapons are finally buried!" "And," Michelle solemnly declared, "we won't ever use them again!"

ACTIVITY: Coloring Page - I Believe in Being Honest - Friend, September 1993

Because the Anti-Nephi-Lehies learned that it was wrong to fight, they buried their weapons of war in the ground and made a covenant with Heavenly Father that they "never would use weapons again" (Alma 24:18).



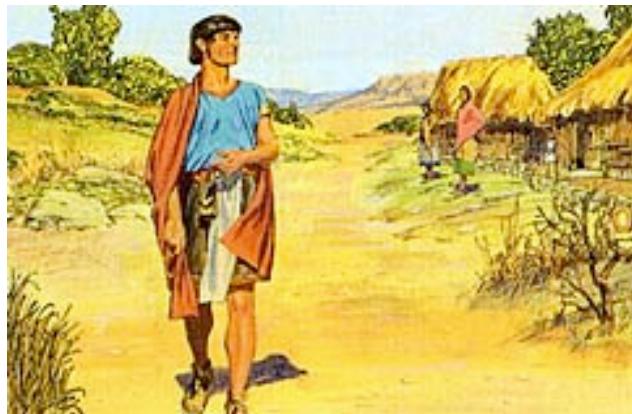
20-Korihor

(Korihor, the Anti-Christ)

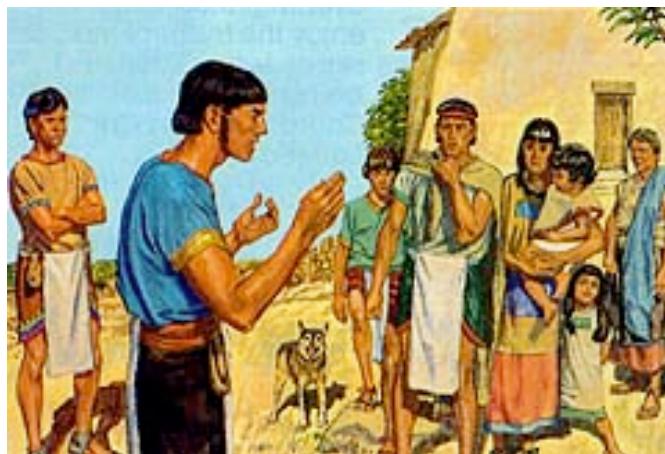
SONG: I Know that My Redeemer Lives (Hymn #136)

SCRIPTURE: Mosiah 2:41

LESSON: Friend, July 1993 – Korihor



A man named Korihor came to Zarahemla. He did not believe in Jesus Christ and preached that what the prophets had said about the Savior was not true. Alma 30:6, 12–14



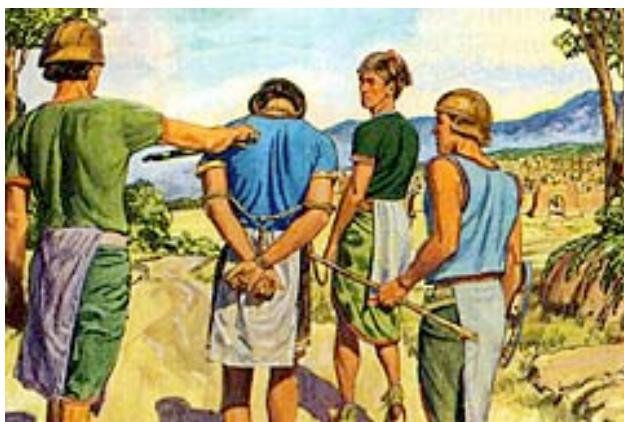
Korihor told the people that they were foolish to believe that Jesus would come and suffer for their sins. Alma 30:16–17



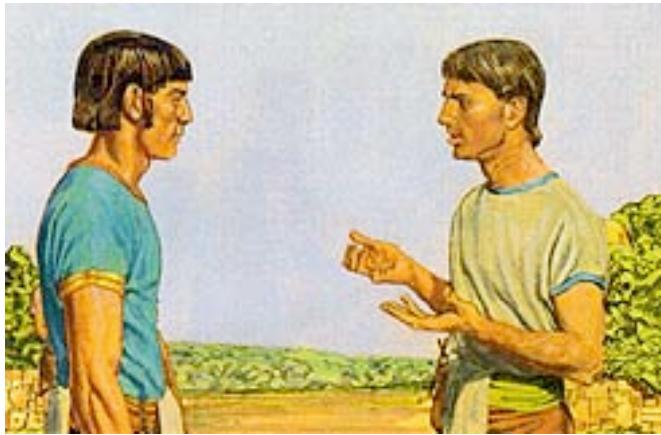
He said that men would not be punished for their sins, because there was no life after death. Many people believed Korihor. They became wicked. Alma 30:18



Korihor also preached to the people of Ammon, but they were wise and bound him and took him to Ammon, who had him carried out of Jershon. Alma 30:19–20



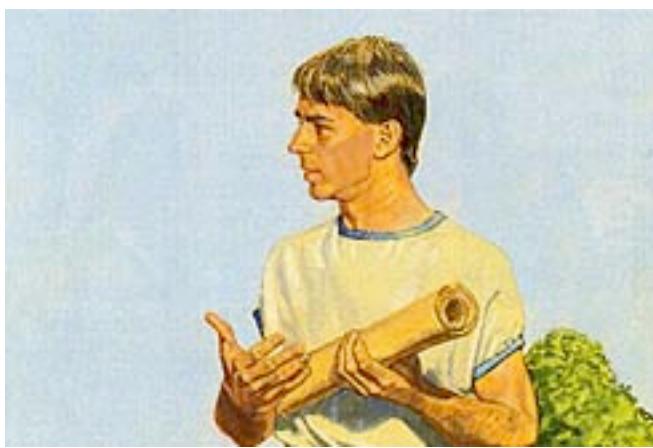
When Korihor went to the land of Gideon, the people there would not listen to him, either. The high priest and chief judge had him taken to Alma, in Zarahemla. Alma 30:21, 29



Alma asked Korihor if he believed in God, and Korihor said no. Alma told him, "I know there is a God, and also that Christ shall come." Alma 30:37–39



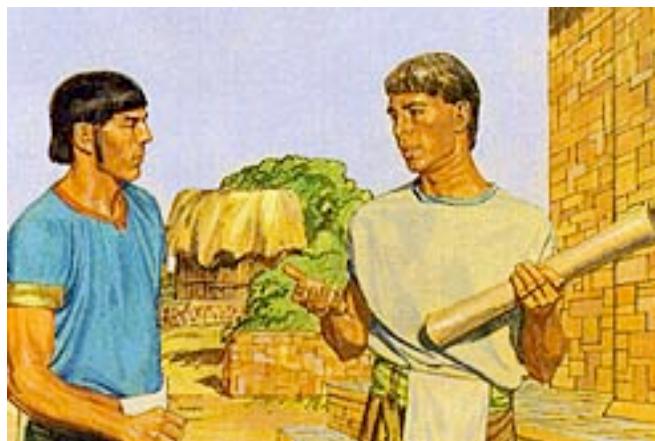
Korihor wanted Alma to perform a miracle to prove that there is a God. Korihor said that if he saw a sign of God's power, he would believe in Him. Alma 30:43



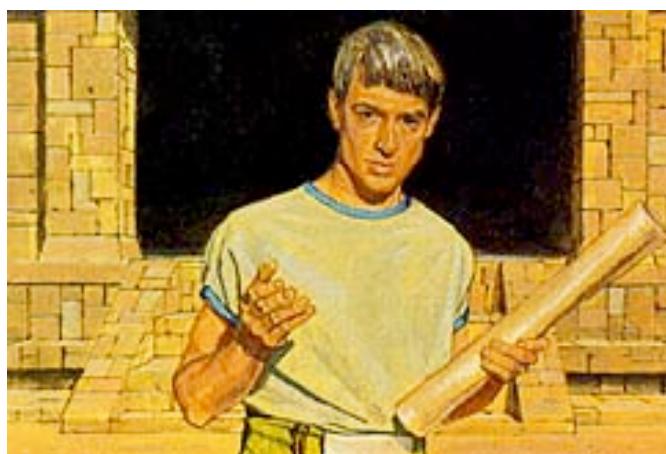
Alma told Korihor that he had already seen many signs of God's power. He had the scriptures and the testimonies of all the prophets. Alma 30:44



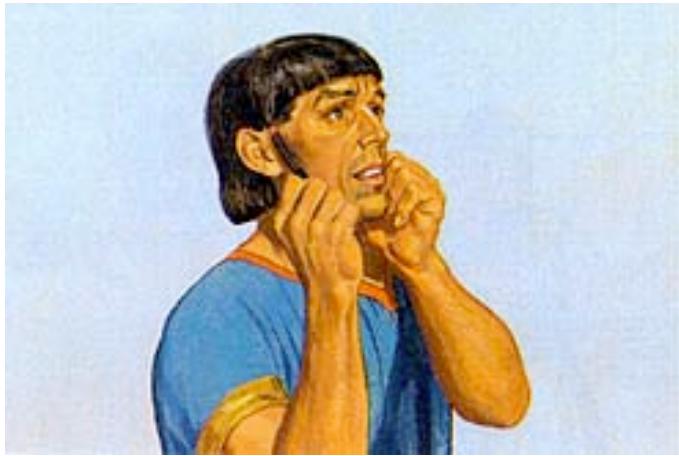
Alma told Korihor that the earth and everything on it, and the movement of the planets in the sky, are all signs that there is a God. Alma 30:44



Korihor still refused to believe in God. Alma felt sorry about Korihor's wickedness and warned him that his soul might be destroyed. Alma 30:45–46



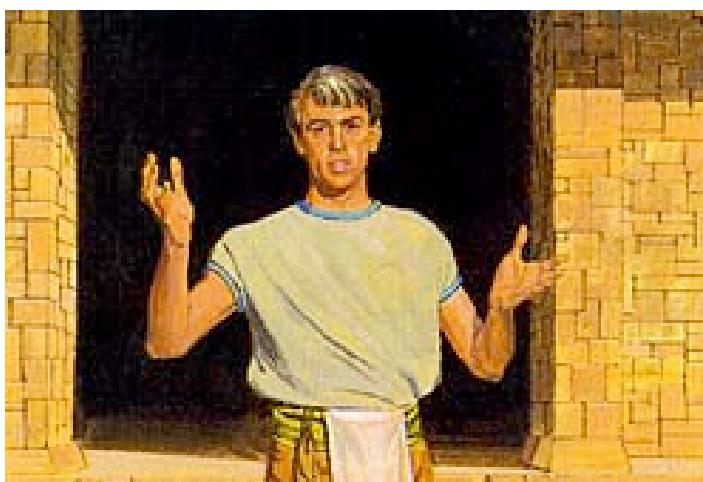
Korihor still wanted a sign to prove that there is a God. Alma said that the sign from God would be that Korihor would be struck dumb. Alma 30:48–49



After Alma had said this, Korihor could not speak. Alma 30:50



Korihor wrote that he knew that this sign was from God and that he had always known that there was a God. He asked Alma to pray to remove the curse. Alma 30:52, 54



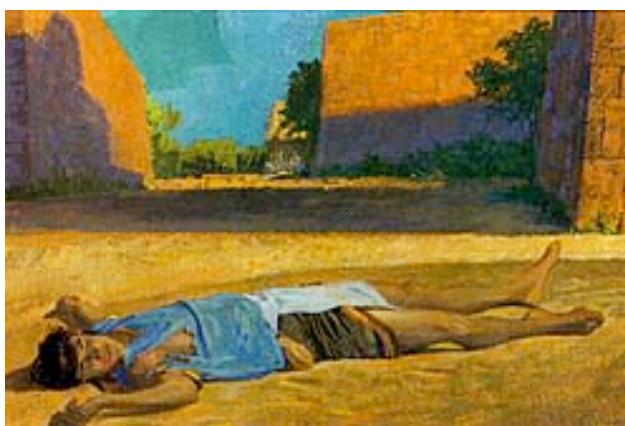
Alma, knowing that Korihor would again lie to the people, said that the Lord would decide if Korihor would speak again. Alma 30:55



The Lord did not restore Korihor's speech. He had to go from house to house, begging for food. Alma 30:56



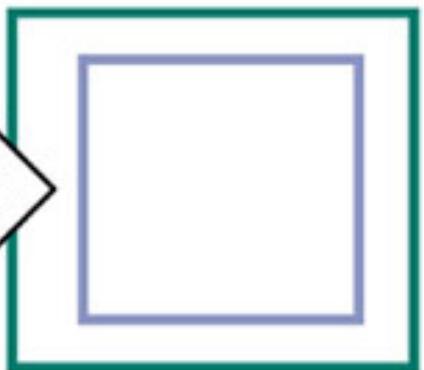
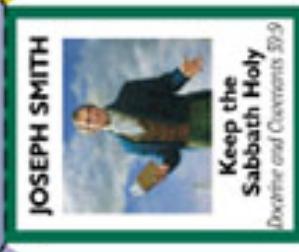
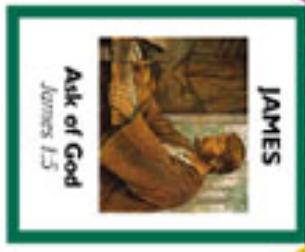
The chief judge sent word throughout the land of what had happened to Korihor. He told those who had believed Korihor to repent. Alma 30:57



The people repented, and Korihor went to live with the Zoramites. As he went about begging, he was trampled upon and killed. Alma 30:58–59

ACTIVITY: The Prophet Speaks for Heavenly Father - Friend, January 2001

I Will Follow the Prophet



21-Heavenly Father Hears Me

(The Zoramites and the Rameumptom)

SONG: I Pray in Faith (CS p. 14)

SCRIPTURE: Alma 37:37

LESSON: Friend, September 2005 - Four-year-old Micalah had just finished scripture study with her family. They had been reading from Alma in the Book of Mormon about the Zoramites. Micalah had asked a lot of questions about how the wicked Zoramites each said the very same prayer, never really thinking about Heavenly Father or what they might want to say to Him.

After scriptures and family prayer, Micalah knelt by her mom at the side of her bed to say her own prayer to Heavenly Father. "Heavenly Father, please bless our family to be well, and please bless us to do good things. In the name of Jesus Christ, amen." It was the exact same prayer she said every night.

Mom didn't get up right away. "Micalah," she asked, "do you think that Heavenly Father listens to you when you pray?"

Micalah nodded her head earnestly.

"Do you think Heavenly Father wants to hear what you have in your heart? Or do you think He wants to hear you say the same prayer to Him every night without thinking about what you really want to tell Him?"

A small smile came over Micalah's face, and her eyebrows went up. "You mean, like the Zoramites?"

Mom smiled back. "Only a little bit like them."

Micalah thought hard, wrinkling her forehead. "I don't want to pray like the Zoramites," she said. "But how can I know what to say every time I pray?"

Mom put her arm around Micalah. "Well, before I start my prayer to Heavenly Father, I kneel down and I just think for a few minutes. I think about the things I did that day. I think about the things I'm thankful for. And I think about the problems I have that I need help with. Then I start my prayer."

Micalah liked that idea. "I want to try again!" she announced.

Micalah and her mom knelt quietly beside each other for a few moments. Micalah thought about their trip to the park earlier that day to play and to feed the ducks. She thought of her grandma and her cousins who were visiting from out of town. She thought of celebrating

Jesus's Resurrection during Easter. She thought of many things, and then she began to pray. "Heavenly Father, thank Thee that we had fun at the park, and thank Thee for making such a beautiful earth. Thank Thee that Grandma Jolene and Julian and Lonnie are visiting. Thank Thee that Jesus died for us. Thank Thee that we were safe today, and please bless us always to be safe. In the name of Jesus Christ, amen."

When she finished her prayer, Micalah felt warm and peaceful inside. Micalah knew what that feeling was—the Holy Ghost!

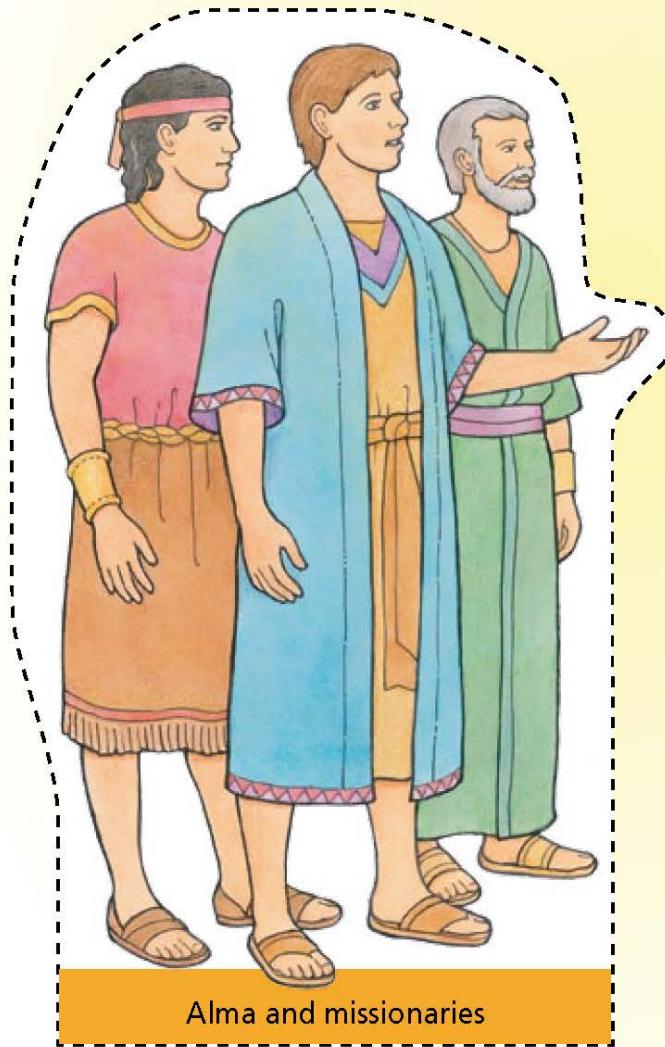
She kissed her mom good-night and snuggled down under her cozy blankets. She was smiling as she closed her eyes and drifted off to sleep. She knew that Heavenly Father had heard her prayer and that He was happy she had spoken to Him from her heart.

ACTIVITY: The Zoramites and the Rameumptom - Friend, June 2012 – Scripture Figures

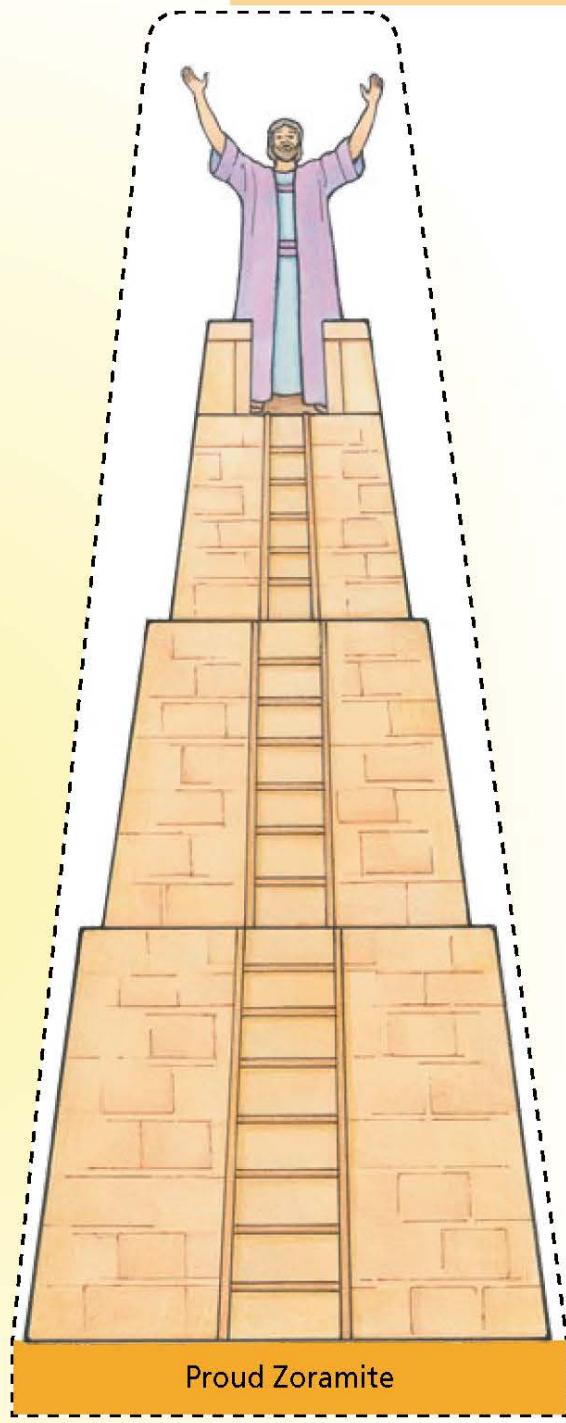
Or When I Pray - Friend, February 2002 - Cut the cards from this page and mount them on lightweight cardboard. Color the pictures on cards three and six. On card four, draw pictures of things you are grateful for. On card five, draw things you would like Heavenly Father to bless you with. To make a flip-chart to remind you of the basic parts of a prayer, punch holes in the cards where indicated, then fasten the cards together in order with string, ribbon, or metal rings.



Poor Zoramites



Alma and missionaries



Proud Zoramite

The Zoramites and the Rameumptom

Alma 31–32; 35

This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.

WHEN I PRAY

1

Cry unto him in your houses, yea, over all your household, both morning, mid-day, and evening....

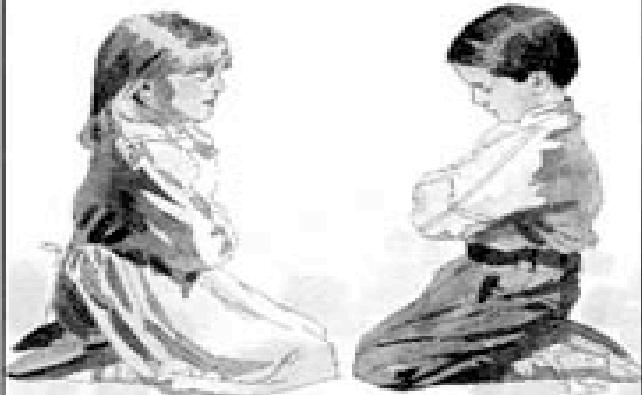
Ye must pour out your souls in your closets, and your secret places, and in your wilderness....

Let your hearts be full, drawn out in prayer unto him continually for your welfare, and also for the welfare of those who are around you.

(Alma 34:21, 26, 27.)

2

Heavenly Father, . . .



3

I thank Thee for . . .

4

I ask Thee for . . .

**In the name
of Jesus Christ, Amen.**

5



6

22-Faith in Jesus Christ

(Alma Teaches About Faith)

SONG: I Feel My Savior's Love (CS p. 74)

SCRIPTURE: Alma 32:21

LESSON: Friend, January 1999 - What does it mean to have faith? Alma says that "if ye have faith ye hope for things which are not seen, which are true" (Alma 32:21). We have faith when we believe and trust in something that is real and true even though we have not seen it for ourselves.

Joseph Smith wanted to know which church he should join. One evening when he was reading the Bible, he read in James 1:5, "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth [scold or criticize] not; and it shall be given him."

Joseph believed this scripture and planted its truth in his heart. He trusted that the Lord would answer his prayer, even though he had never prayed out loud before. Joseph prayed in faith, and he received a wonderful answer.

What does it mean to have faith in Jesus Christ? To have faith in Jesus Christ means that although we have not seen Him, we believe that He lives and loves us and that we trust Him. When we read the scriptures, we can learn about Him. When we listen to the prophets, we can understand what we can do to follow Him. When we pray in faith for help to choose the right, we can know that our prayers will be answered. When we listen to the whisperings of the Holy Ghost, we can feel Him close to us and know that He loves us.

How does our faith in Jesus Christ grow? Alma tells us that the word of God is like a seed. We show our faith when we plant a seed in the earth. We then nurture it by keeping the weeds away, by giving it water and plant food, and by making sure that it has sunshine. If it is a good seed, it will begin to swell and grow.

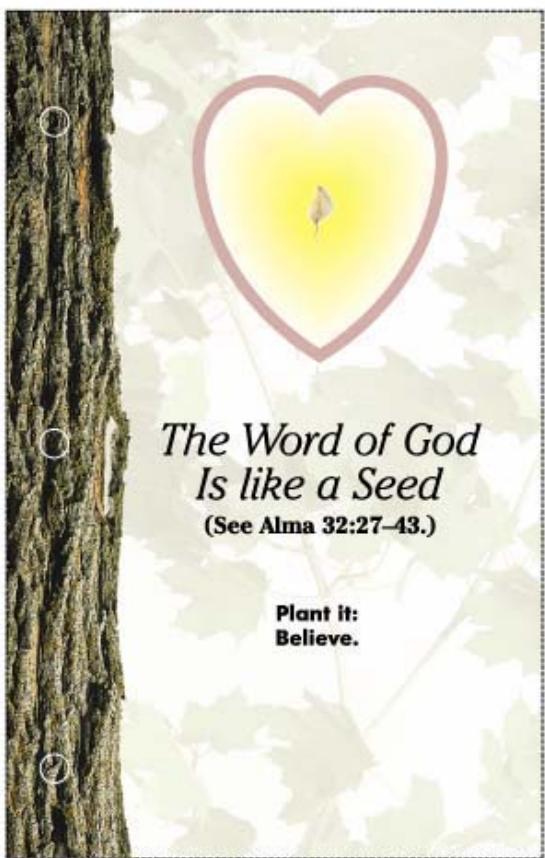
When we believe in the teachings of Jesus Christ, we plant true words of God in our hearts. We nurture this kind of seed by praying, by listening to the prophets, by keeping the commandments, and by responding to the promptings of the Holy Ghost. As we do this, the seed of truth will grow within our hearts. Then we will know that Jesus Christ is happy with our efforts.

Alma says that if we continue to nourish the word of God by our faith, it will grow as large as a tree and bring forth fruit. This means that our faith in Jesus Christ will grow strong and bring blessings for us and for others. What joy that brings! We have faith in Jesus Christ when we believe Him, trust Him, obey Him, and follow Him.

ACTIVITY: The Word of God is Like a Seed - Friend, January 1999 - To make a book to remind you that the word of God is like a seed, mount page 15 on heavy paper. Cut out the four large panels, and punch or cut holes where indicated. Arrange the pages so that the seed is planted and grows into a tree. Fasten the pages together with yarn or string.

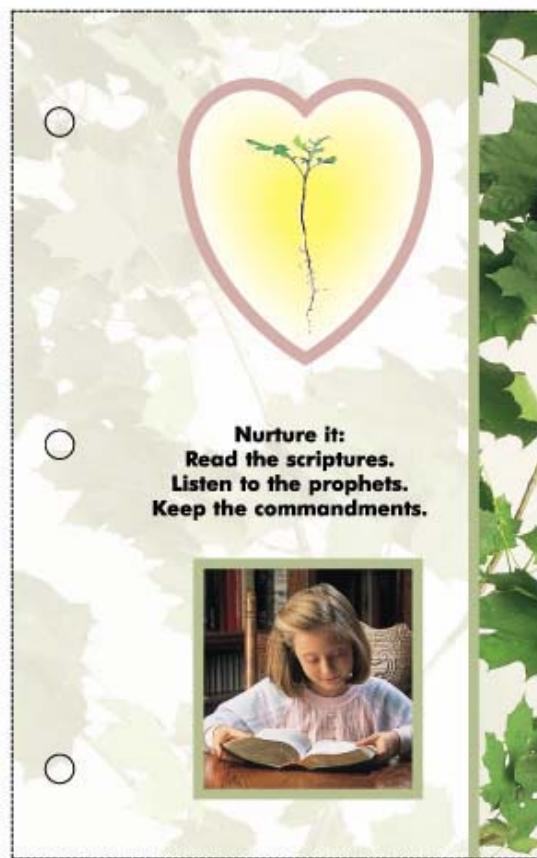
To watch the seed grow, cut out the long panels and the heart box. Cut along the broken lines in the heart. Form one long strip by gluing the long panels together where indicated. Thread the strip up through the bottom slit in the heart and down through the top slit. Pull the strip through the heart, and watch the seed grow.

Activity 1: The Word of God Is like a Seed

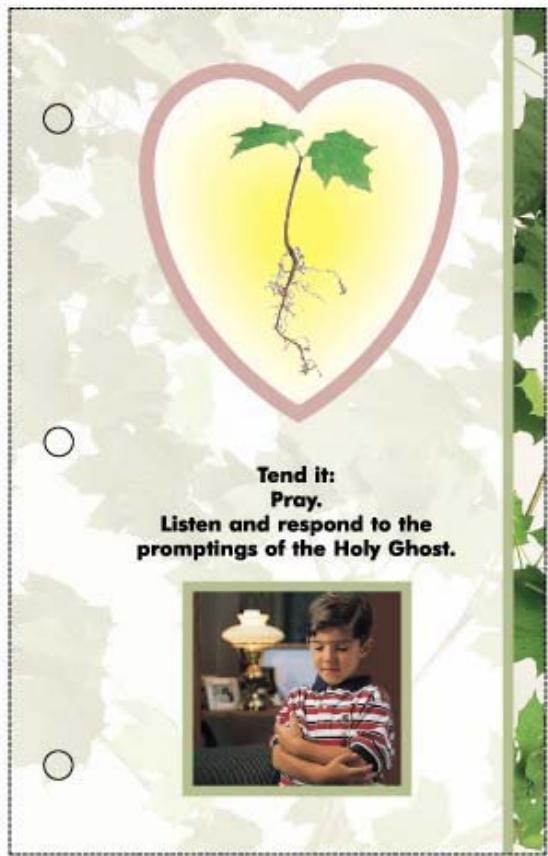
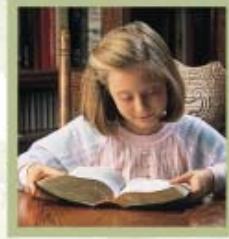


*The Word of God
Is like a Seed*
(See Alma 32:27–43.)

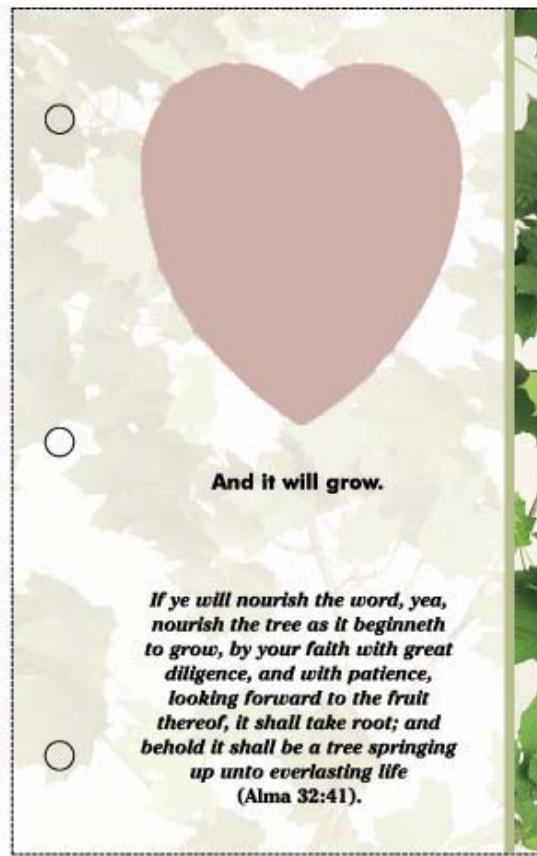
Plant it:
Believe.



Nurture it:
Read the scriptures.
Listen to the prophets.
Keep the commandments.



Tend it:
Pray.
Listen and respond to the
promptings of the Holy Ghost.



And it will grow.

*If ye will nourish the word, yea,
nourish the tree as it beginneth
to grow, by your faith with great
diligence, and with patience,
looking forward to the fruit
thereof, it shall take root; and
behold it shall be a tree springing
up unto everlasting life
(Alma 32:41).*

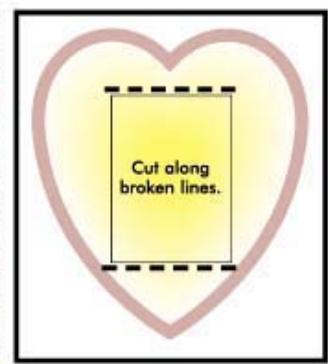
ACTIVITY 2: WATCH THE SEED GROW

*Give place,
that a seed
may be
planted in
your heart
(Alma 32:28).*

B
Glue to A



*Ye shall
reap the
rewards of
your faith
(Alma 32:43).*



Cut along
broken lines.

23-Alma Counsels His Sons

(Alma Counsels His Sons Helaman and Shiblon)

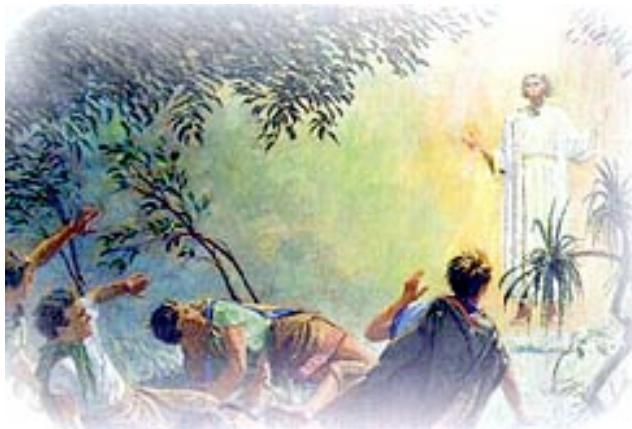
SONG: Teach Me to Walk in the Light (CS p. 177)

SCRIPTURE: Alma 36:3

LESSON: Friend, January 1994 – Alma Counsels His Sons



Alma was unhappy because of the wickedness of the Nephites. He talked to each of his sons about living righteously. Alma 35:15–16



Telling his oldest son, Helaman, to trust in God, Alma told about when he had tried to destroy the church and God had sent an angel to stop him. Alma 36:3, 6



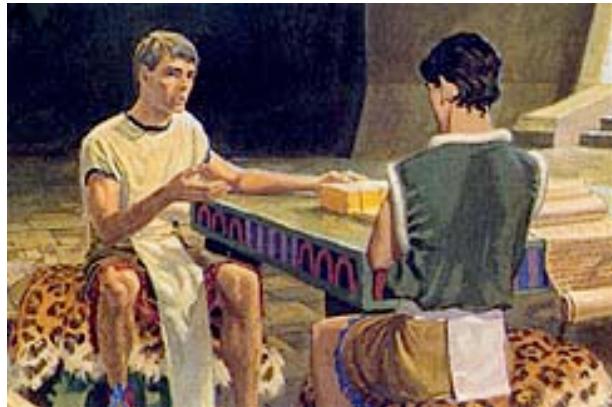
For three days, Alma had suffered because of his guilt. Then, remembering his father's teachings about Jesus Christ, he knew that he could be forgiven. Alma 36:16–17



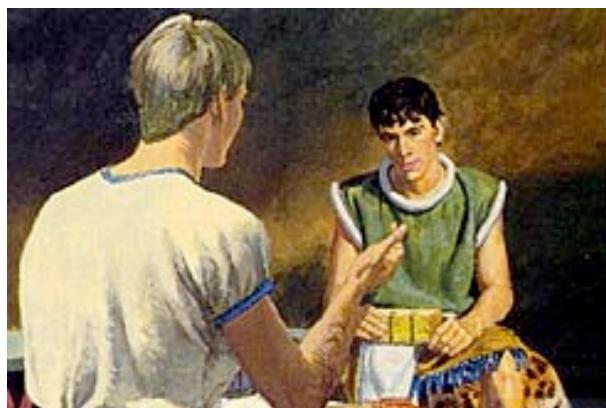
Alma prayed for forgiveness, and joy replaced the pain in his soul. He had been forgiven because of his faith in Jesus Christ, and his repentance. Alma 36:18–20



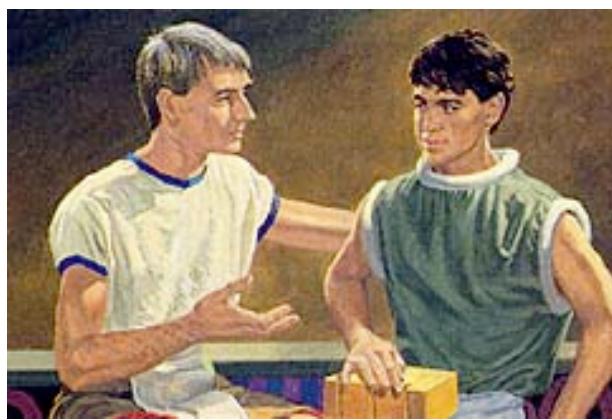
Since that time, Alma had taught others the gospel so that they might feel the joy he felt. Because of his trust in God, God had blessed him. Alma 36:24, 27



Then Helaman's father gave him the sacred records on metal plates and told him to continue writing the history of their people. Alma 37:1-2



Alma told Helaman that if he kept the commandments, God would bless him and help him protect the records. Alma 37:13, 16, 35



Helaman was also told to pray morning and night, to "counsel with the Lord in all thy doings, and he will direct thee for good." Alma 37:36-37



Alma was happy with his son Shiblon, who had been a brave missionary to the Zoramites. Shiblon had remained faithful even when they stoned him. Alma 38:3–5



Reminding Shiblon that the only way to be saved is through Jesus Christ, Alma encouraged him to continue teaching the gospel. Alma 38:6–10

ACTIVITY: Honoring Parents - Friend, May 2004 - Interview your parents using the questions on page 33. (You may want to make a copy of the questions so you have one for each parent.) After you have written your parents' answers and your own answers, compare them to see how similar or different you are from how your parents were as children. You may want to keep the pages for your scrapbook or journal.

When you were my age ...

- 1) Did you have a pet? What was it? _____
- 2) What was your favorite thing to do when you had free time? _____

- 3) What was your favorite snack? _____
- 4) Who was your favorite friend, and why? _____

- 5) What was a difficult challenge you faced, and how did you overcome it? _____

- 6) What kind of clothes did you wear? _____

- 7) What was your favorite Primary song? _____
- 8) What is your favorite memory about your parents? _____
- 9) Who was one of your favorite Primary teachers? What do you remember about him or her? _____

- 10) What was your favorite family tradition? _____

Let me tell you about myself ...

- 1) My favorite pet (or a pet I'd like to have someday) is _____.
- 2) My favorite thing to do when I have free time is _____.
- 3) My favorite snack is _____.
- 4) My favorite friend is _____ because _____

- 5) My most difficult challenge is _____.
I can overcome it by _____.
- 6) My favorite thing to wear is _____.
- 7) My favorite Primary song is _____.
- 8) My favorite memory about my parents is _____

- 9) One of my favorite Primary teachers is _____.
- 10) My favorite family tradition is _____

24-Friend to Friend: Elder WM. Rolfe Kerr

(Alma Counsels His Son, Corianton)

SONG: Dare to Do Right (CS p. 158)

SCRIPTURE: Alma 37:33

LESSON: Friend, October 1997 – Elder WM. Rolfe Kerr - When I was just two years old, my older brother and I were walking near a large irrigation ditch on our farm. My father was keeping an eye on us as he fed the cattle. The next thing he knew, my brother was running up to him, crying out, “Rolfe’s in!”

Dad raced to the irrigation ditch. From my footprints, he could see that I had gone as close to the edge as I possibly could, and then my feet had slipped and I had fallen in. He ran along the ditch until he glimpsed my red sweater in the water. He was able to pull me out, apply first aid, and save my life. I had gotten as close to danger as I possibly could, and the results were almost tragic.

Here's another example of taking foolish risks: Perhaps you have been vacuuming the carpet for your mother. You find a sock on the floor and say to yourself, *Well, I don't feel like reaching down and picking it up—I'll just vacuum around it, as close as I can get.* All of a sudden, zap! The sock is sucked up into the vacuum.

When we try to see how close we can get to danger, trouble, or sin, the results can be something we're not prepared for. They can even be disastrous. It is important to keep away from evil and wrongdoing! Stay out of harm's way!

I have always enjoyed sports. When I was growing up, my home in Tremonton, Utah, was a gathering place for the boys in the neighborhood, and we loved to play softball and football in the pasture and basketball in the yard.

As a young man, I was invited to be on a semiprofessional baseball team. I was thrilled! But I soon found out that the games would be on Sunday. I talked with my father, probably trying to persuade him that it would be OK because I would still be able to go to my Church meetings, then play baseball in the evening. My father listened carefully and then asked me to think about how my decision might affect my friends and others who might be watching.

I thought about that advice, and I knew what I should do. I turned down the offer to play on the team. It wasn't an easy decision, but it was one I have never regretted. Ever since, I have tried to remember that the way I choose to live my life can affect others.

One of my favorite scriptures is Alma 39:11. In this verse Alma says to his son Corianton, who has not been very faithful or obedient, “For when [the Zoramites] saw your conduct

they would not believe in my words." The scripture was pointed out to me on the day that my father was called to be a stake president. It helped me understand that although Dad was the one who held that important calling, I carried part of the responsibility, because the way I lived could affect how people in the stake would respond to him. People often say, "It's nobody else's business what I decide to do." But every choice we make affects someone else, too, whether it be family or friends or even people we don't know who may be watching us.

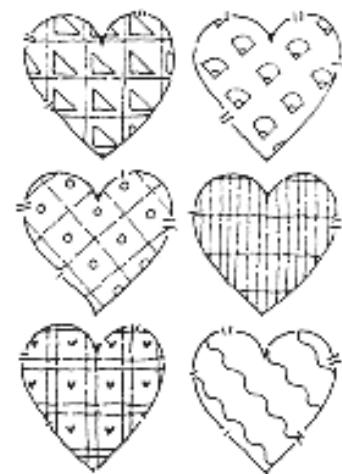
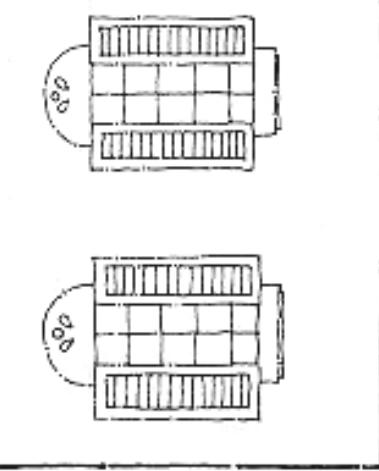
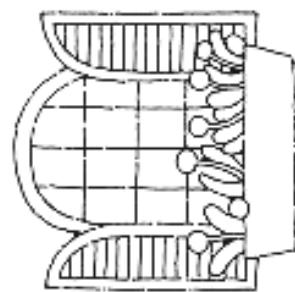
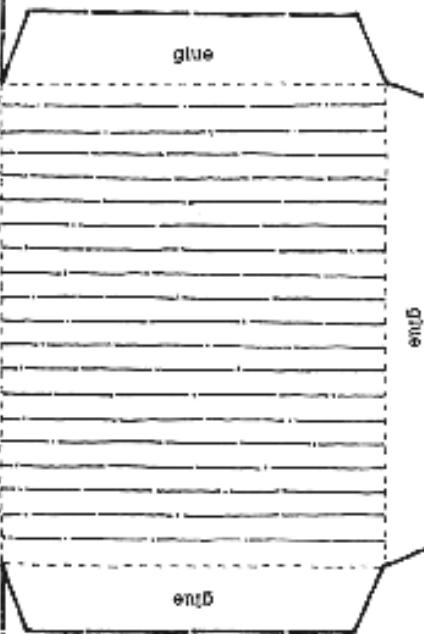
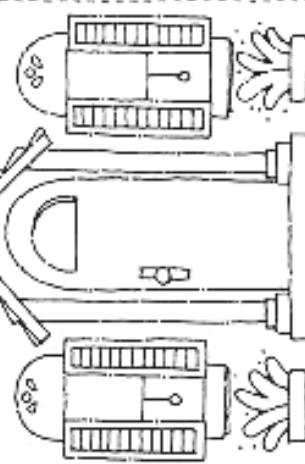
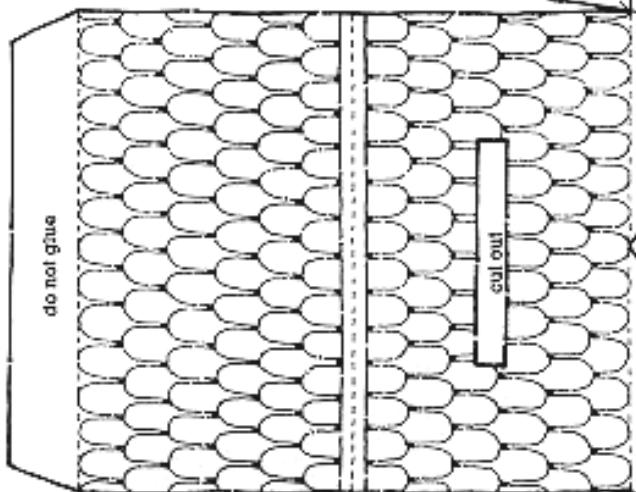
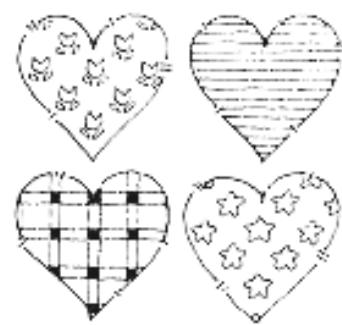
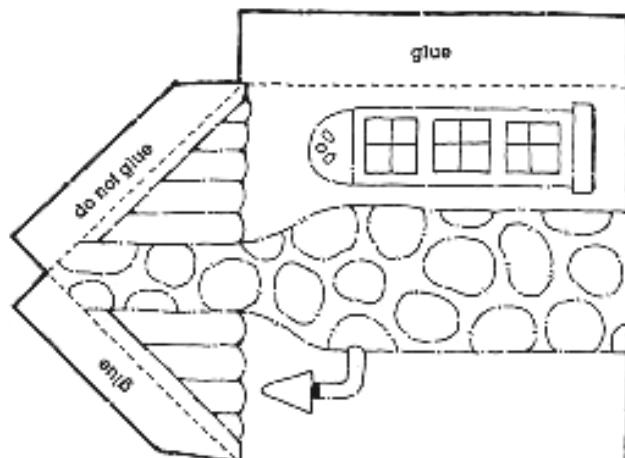
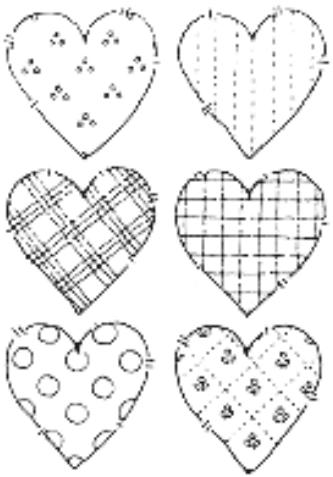
My great-grandfather was John Pack, one of the early members of the Church. One day he and his wife were surrounded by a mob of Mormon haters, and he was told to make a terrible choice: either he could say that he did not believe in the restored gospel and the Prophet Joseph Smith, or he would be shot on the spot. John Pack stood up straight, looked the men in the eye, and bore a strong testimony of the gospel and of the Prophet. One by one the members of the mob sneaked away, and the leader of the mob could get no one to carry out the evil deed.

John Pack, even at the threat of his life, chose the right and bore testimony of the truth. Ever since I first learned of that story, I have hoped that I would be willing, no matter what the temptation, to stand for what I know to be true and to always choose the right. John Pack's example has been a source of strength for me.

Another message I give to you, the children of the Church, is to learn to pray, not just say your prayers. Too often we learn words and phrases to say in our prayers and we just repeat those same words and phrases every time. But learn to talk to your Father in Heaven in your prayers. Don't pray for the same things every time; pray for different things. Thank Him for the blessings He has given you, and ask for the things that you need. Try to talk to Heavenly Father, not just say the words that you've learned.

And learn to search the scriptures, not just read them. Try to understand what the words really mean, and think about them and ask questions about them. They will help you stay close to Heavenly Father, and when you are faced with hard decisions, He can then better help you to choose the right.

ACTIVITY: Love at Home - Friend, June 1996 - Mount the folding house and hearts on a heavier piece of paper or lightweight cardboard, and color them. Cut out the house and the slot in the roof. Fold along the dotted lines to create a box house, and glue where indicated. Cut out the hearts. Begin with an empty house each morning. During the day, each time you remember to show your love for a family member, slip a heart through the slot in the roof. At the end of the day, open the lid of your box house and see how many hearts you have collected. Start over each day and try to increase the number of hearts you place in your house. Share this activity with your family, and see how many hearts you can collect together. (Make more hearts as needed.)



25-Captain Moroni Defeats Zerahemnah

(Captain Moroni Defeats Zerahemnah)

SONG: Choose the Right (Hymn #239)

SCRIPTURE: Ephesians 6:11

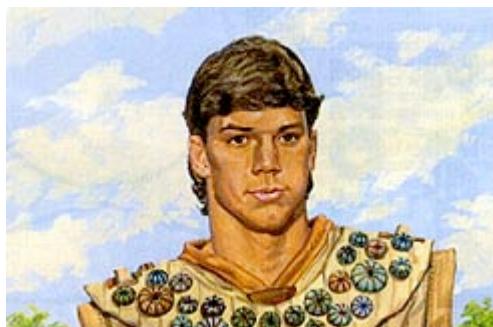
LESSON: Friend, March 1994 – Captain Moroni Defeats Zerahemnah



Zerahemnah, the leader of the Lamanites, wanted them to continue to hate the Nephites and to make slaves of them. Alma 43:5–8



The Nephites wanted their land and their families to remain free, and they wanted to be able to worship according to their desires. Alma 43:9



Captain Moroni was the leader of the Nephite armies. When the Lamanites came to fight, though he did not want to fight, Moroni and his armies met them in the land of Jershon.
Alma 43:15-16



Captain Moroni prepared his army with many weapons of war, with shields and armor, and with thick clothing. Alma 43:18-19



The Lamanites had a larger army, but they wore very little clothing. They were afraid when they saw the armor of the Nephites. Alma 43:20-21



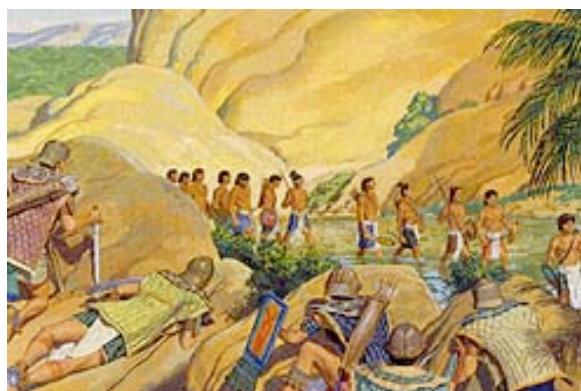
The Lamanite army dared not fight Captain Moroni's army. They fled into the wilderness to attack another Nephite city. Alma 43:22



Moroni sent spies to watch the Lamanites. He also asked Alma to ask the Lord for help. The Lord revealed where the Lamanites would attack. Alma 43:23–24



When Moroni received Alma's message, he left some soldiers to guard Jershon, then marched the rest of them to meet the Lamanites. Alma 43:25



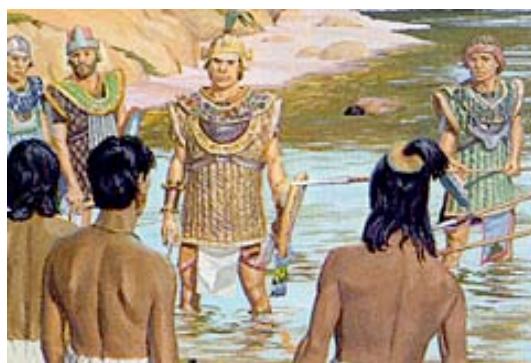
Captain Moroni's soldiers hid on both sides of the river Sidon and waited to trap the Lamanite army when it came to the river. Alma 43:27, 31–35



A battle began, and the Lamanites tried to escape across the river—but more Nephites were on the other side! Alma 43:36, 39–41



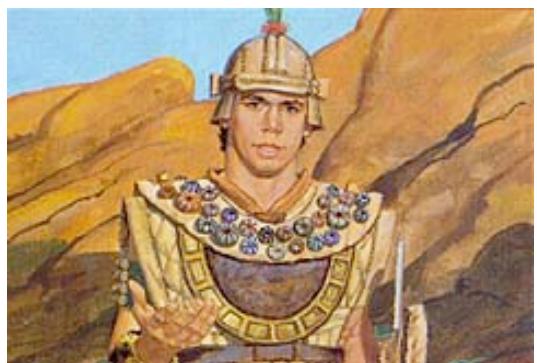
Fighting harder than they ever had before, Zerahemnah and his army killed many Nephites. The Nephites cried to the Lord for help. Alma 43:43–44, 49



The Lord gave the Nephite army power. They surrounded the Lamanites, and Moroni ordered the fighting to stop. Alma 43:50–54



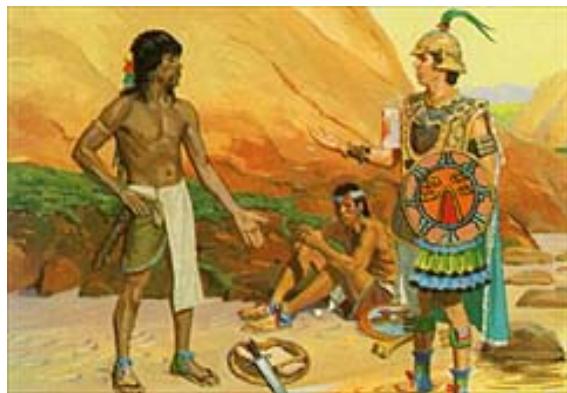
Moroni told Zerahemnah that the Nephites did not want to kill the Lamanites or make slaves of them and that the Lord had helped the Nephites. Alma 44:1-3



He said that the Lamanites could not destroy the Nephites' faith in Jesus Christ, that God would help the Nephites as long as they were faithful. Alma 44:4



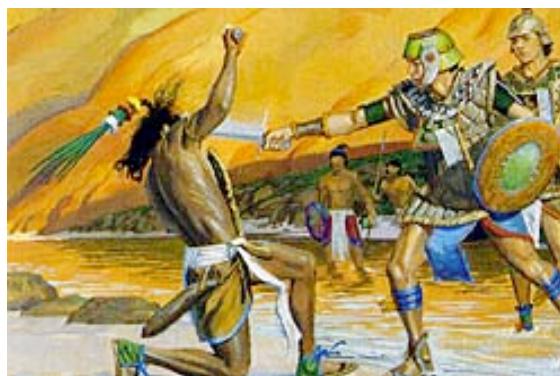
Ordering Zerahemnah to give up his weapons, Moroni said that the Lamanites would not be killed if they promised to never fight the Nephites again. Alma 44:5-6



Zerahemnah gave Moroni his weapons but would not promise to never fight again. So Moroni returned the weapons so that they could defend themselves. Alma 44:8, 10



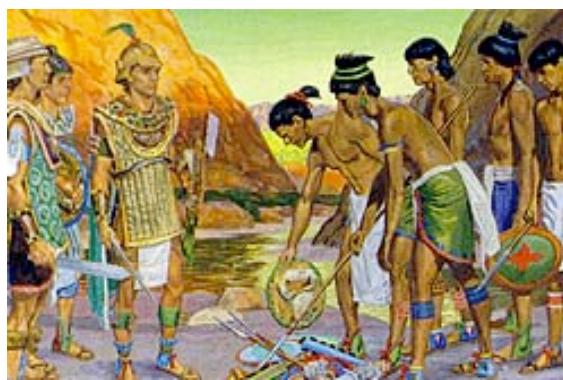
Zerahemnah rushed at Moroni to kill him, but a Nephite soldier hit and broke Zerahemnah's sword. Alma 44:12



Then the soldier cut off Zerahemnah's scalp and, while Zerahemnah went back to his army, put it on the tip of his sword and held it out. Alma 44:13



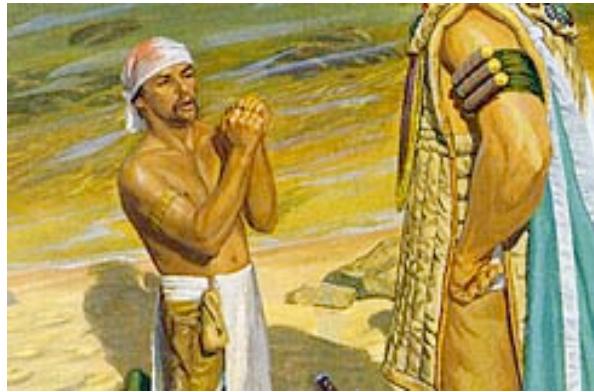
The Lamanites would fall to the earth as the scalp had fallen, he told them, unless they gave up their weapons and promised to be peaceful. Alma 44:14



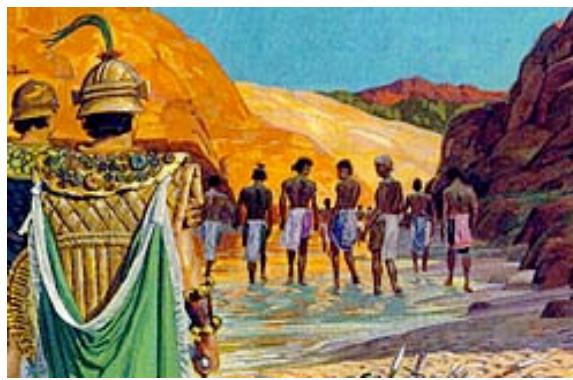
Many Lamanites threw down their weapons at Moroni's feet and promised not to fight again. They were allowed to go free. Alma 44:15



Furious, Zerahemnah stirred up the rest of his soldiers to fight again, but Moroni's soldiers killed many of them. Alma 44:16–18



When Zerahemnah saw that he and all his men would be killed, he begged Moroni to spare them and promised to never fight the Nephites again. Alma 44:19



Moroni stopped the fighting and took the Lamanites' weapons. After they made a covenant of peace, they left and the Nephites returned home. Alma 44:20, 23

ACTIVITY: Shield of Faith - Friend, August 2004 - Color the pictures on the shield. Tell your family what each picture means, and hang the shield where it will remind you to work on these principles.



LEFT: PHOTOGRAPH BY WELDEN C. ANDERSEN, POSED BY MODEL; RIGHT: DETAIL FROM JESUS CHRIST BY HARRY ANDERSON; ILLUSTRATED BY RANDALL J. PIXON

26-Moroni Raises the Title of Liberty

(Captain Moroni and the Title of Liberty)

SONG: My Flag, My Flag (CS p. 225)

SCRIPTURE: Alma 48:17

LESSON: Friend, July 1982 - Moroni was just twenty-five years old when he was appointed chief captain over all the Nephite armies. He was a strong and mighty man with a firm faith in Jesus Christ. Moroni rejoiced in the liberty and freedom of his country. He did not delight in bloodshed, but had sworn an oath to defend his people and their freedom, even to the loss of his own blood.

There was in the land another man by the name of Amalickiah who wanted to be king of the Nephites. Strong and large in stature, Amalickiah above all wanted honor and power over other people. Already he was the leader of a group of Nephites who had become proud because of their riches. They would no longer listen to the words of their church leaders nor would they obey Heavenly Father's commandments. Under Amalickiah's wicked influence, they had grown to hate the Church and even wanted to kill some of its members.

Through lying and deceit, Amalickiah convinced his followers that the Nephite form of government was wrong. He told the people they would be happier if they were ruled by a king instead of a chief judge. He promised that if they would appoint him their king, he would give each of them important positions of honor. Amalickiah soon had great support for his wicked plan to take over the Nephite government.

Moroni knew that a king would destroy the precious freedoms for which the Nephite people had fought so long, especially if the government were lost to a selfish, evil king. Then the righteous would no longer be able to worship God as they desired. He also knew that their wives, their children, and their homes would be in grave danger.

Moroni determined to do something about Amalickiah. Finally he removed his coat, tore off a piece, and on it he wrote a message: "In memory of our God, our religion, and freedom, and our peace, our wives, and our children." Then he fastened it to the end of a pole and called it the "title of liberty."

Girding himself in his armor and carrying the title of liberty, Moroni "bowed himself to the earth, and he prayed mightily unto his God for the blessings of liberty to rest upon his brethren, so long as there should [be] a band of Christians ... to possess the land."

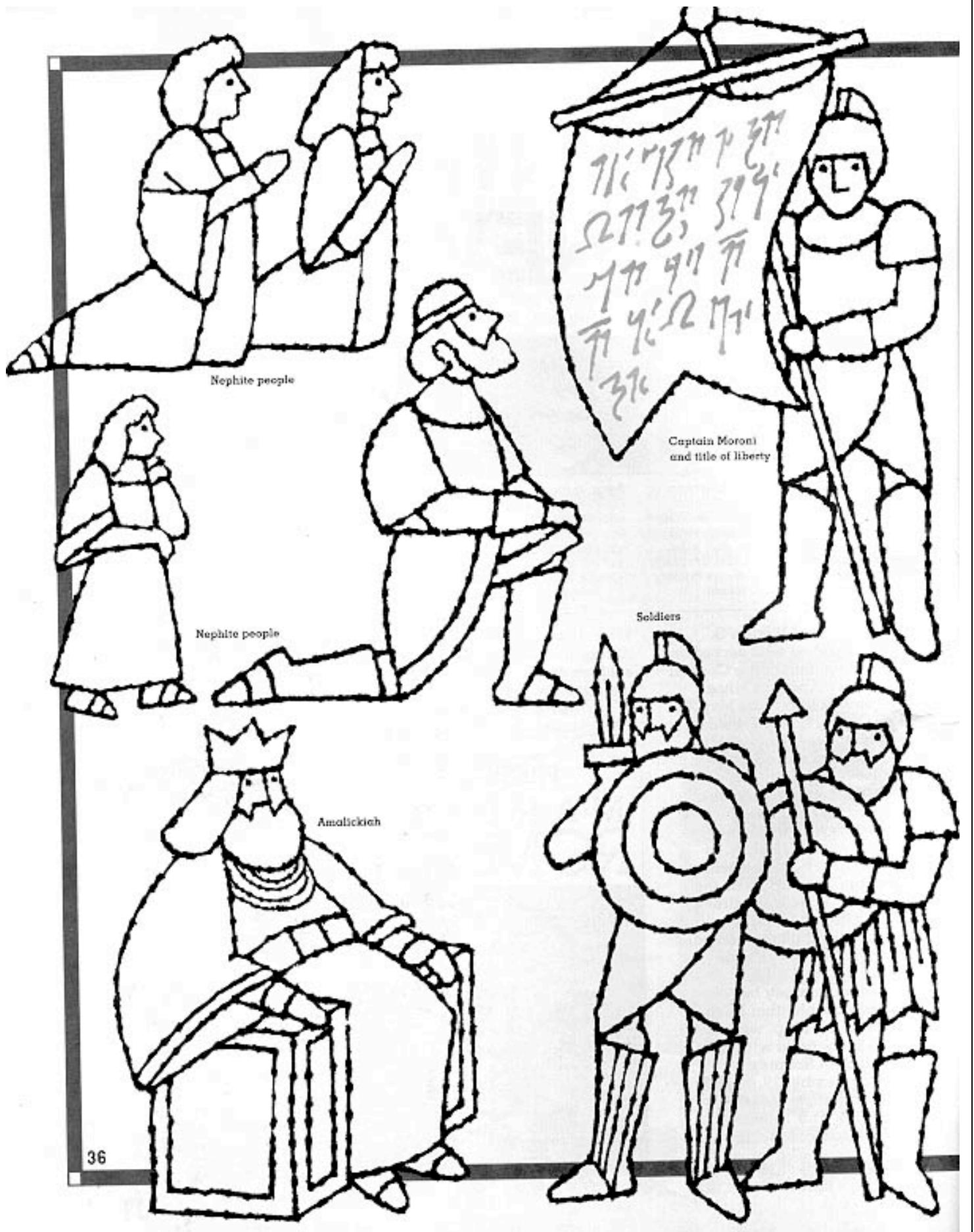
After he had poured out his heart in prayer, Moroni went forth among the people, waving the banner high in the air so that everyone could see the message written on it. While waving it, he cried in a loud voice, "Whosoever will maintain this title upon the land, let them come forth in the strength of the Lord, and enter into a covenant that they will maintain their rights, and their religion, that the Lord God may bless them."

The message was sent forth throughout the land, and from every direction people gathered themselves together, put on their armor, and were ready to fight for the cause of freedom.

When Amalickiah saw that most of the Nephites had chosen to join Moroni to preserve the government, he became frightened. He knew his cause was unjust and that he would be defeated if he went to battle against Moroni and his people. In desperation he took what followers he could and fled to the land of the Lamanites.

Moroni's title of liberty had awakened in the hearts of the Nephite people a renewed love for their country. As a reminder of their great blessings, Moroni caused "the title of liberty to be hoisted upon every tower ... which was possessed by the Nephites."

ACTIVITY: Coloring Page - Captain Moroni - Friend, July 1988



27-Stripling Warriors

(Helaman and the Two Thousand Warriors)

SONG: We'll Bring the World His Truth (CS p. 172)

SCRIPTURE: Alma 53:18, 20

LESSON: Friend, October 1996 - I was so excited to tell Mom and Dad about Primary that I had a hard time sitting still in sacrament meeting. My mind kept wandering back to the story about the sons of Helaman in the Book of Mormon. Now I knew what I wanted to be for our neighborhood costume party this year—one of the two thousand stripling warriors! I just hoped that Mom could make my costume. I kept imagining how cool I would look with a big gold shield and arm bands like the young men in the picture.

On the way home, I told Mom and Dad about my idea. My sister started to laugh, but I didn't care. At school recess the next day, when I told my friend Jacob about my costume, we got into an argument because he wanted to be one of the sons of Helaman too. Then we decided that it'd be great if we dressed alike.

After school, the guys I play baseball with heard us talking about it and wanted to be stripling warriors, too—and lots of them weren't even members of the Church! I knew my dad would be happy to hear that I'd been talking about the Book of Mormon with my friends, but I was a little nervous about telling my mom that I had volunteered her to make all the costumes! Fortunately, when they heard about it, the other moms volunteered to help make the costumes.

That night in family home evening, we talked about the two thousand sons of Helaman. At first I thought it was just a coincidence, but during the lesson, I realized that Mom and Dad wanted me to see that there was more to the story than handsome young men with shields and weapons and fighting. I guess I missed the important part in Primary because I was thinking about my costume. I was impressed that night not only by their courage in defending their country and religion and families but also because they had listened to their mothers and were obedient to the things that were taught to them.

As I lay in bed that night, I realized that I could be like one of Helaman's sons by being obedient to *my* parents and keeping the commandments. One of the things Mom and Dad had always taught me was to be kind and to serve others. I knew that it was just as important for me to serve those around me as it was for the sons of Helaman to fight for their freedom. And I had an idea.

The next day at school I told Jacob what I wanted to do. He looked at me a little weird at first, but then decided it was a pretty good idea. At recess we all got together and made our plan.

It was fun for all of us to wear our costumes to the neighborhood party. But the best part was after school the next day. We put on our costumes again, but this time our weapons were rakes and brooms and garbage bags. We raked leaves and swept driveways and porches in our neighborhood. We were an army of second graders, "fighting" with love and service. The neighbors watched us out their windows with smiles on their faces. I don't think I've ever had such a good time.

ACTIVITY: Stripling Warriors Game - Friend, August 2000



*In memory of our God,
our religion, and freedom,
and our peace, our wives,
and our children*

Who had taught you
about faith in God?
(Alma 56:47–48)

Why were you
not afraid to fight?
(Alma 56:46)

How did you
die in battle?
(Alma 56:54–56)

How many of you
fought for the city
Cumeni? How many
of you were injured?
(Alma 57:23–25)

How many of you
died in battle?
(Alma 56:30–32, 35)

For being valiant in battle,
go ahead 2 spaces.

What Nephite captain got
urgently needed help
from you?
(Alma 56:10, 15–17)

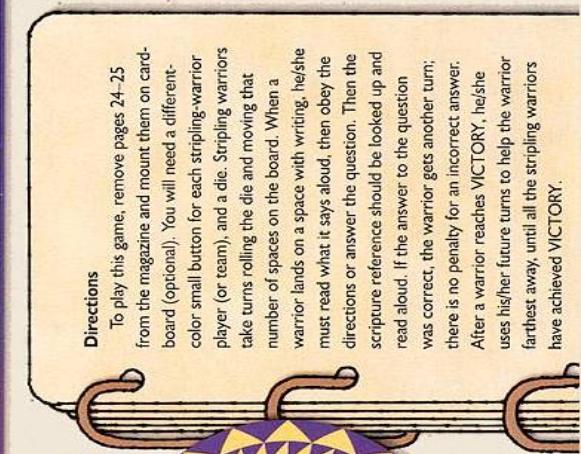
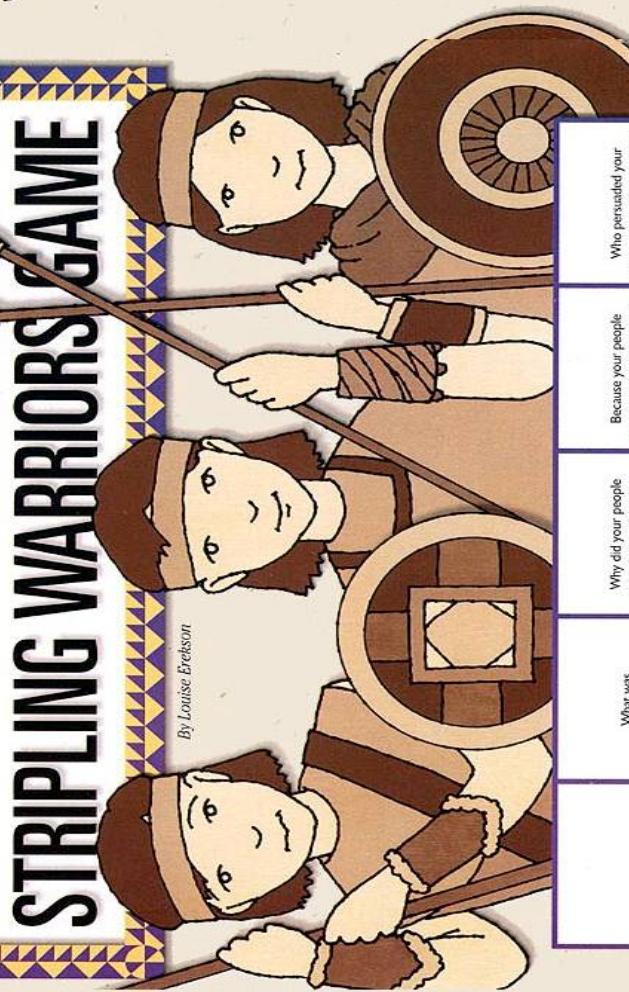
March to war—move
ahead 1 space.



Who persuaded your older people to keep their promise to not fight? (Alma 53:14)	Because your people considered breaking their oath to never fight again, lose 1 turn.	What did your leader call you? (Alma 56:9–10)	Who was your leader, and to whom did he send a letter? (Alma 53:19, 26–1)
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STRIPLING WARRIOR GAME

By Louise Erickson



Directions

To play this game, remove pages 24–25 from the magazine and mount them on card-board (optional). You will need a different-color small button for each stripling-warrior player (or team), and a die. Stripping warriors take turns rolling the die and moving that number of spaces on the board. When a warrior lands on a space with writing, he/she must read what it says aloud, then obey the directions or answer the question. Then the scripture reference should be looked up and read aloud. If the answer to the question was correct, the warrior gets another turn; there is no penalty for an incorrect answer. After a warrior reaches VICTORY, he/she uses his/her future turns to help the warrior farther away, until all the stripping warriors have achieved VICTORY.

Why did your people, the
people of Anti-Nephi-lehi
(also called the people of
Ammon), burn their weapons?
(Alma 23:17, 24:6, 15–17)

Why did your people consider
breaking their oath to not fight?
(Alma 53:10–13)

Because your people
considered breaking their
oath to never fight again,
lose 1 turn.

Who persuaded your
older people to keep their
promise to not fight?
(Alma 53:14)

Could any of your people
fight without
breaking the oath? If so,
who?
(Alma 53:16–17)

How many of you
Ammonite warriors
were there at first?
(Alma 53:18)

START

28-Circle of Fire

(Nephi and Lehi in Prison)

SONG: As Zion's Youth in Latter-Days (CS p. 256)

SCRIPTURE: Helaman 5:12

LESSON: Friend, January 1977 - The frightening word that there was a fire at the prison quickly passed among the Lamanites in the land of Nephi. And many hurried to see what had become of Lehi and Nephi, who this very day were to be slain. Before they were taken away by an army they had converted eight thousand Lamanites to the church of God. Because they had been so successful in preaching the gospel the missionaries had been cast into prison and for many days had been without food.

This was the day the soldiers were going to kill their Nephite prisoners.

Aminadab, a Nephite by birth who had once belonged to the church of God, hurried along with the soldiers and curious onlookers. When they arrived at the prison they were astonished to see that Lehi and Nephi were encircled by a pillar of fire. But the heat was so intense that the Lamanites could not get near enough to lay hold of the prisoners. And when they saw that Nephi and Lehi stood in the midst of the flames and were not burned, they were struck dumb with amazement.

Although Nephi and Lehi were weak from their imprisonment, they took courage as they realized that because of their faithfulness, they were being protected from their enemies. Speaking boldly to the Lamanites they said, "Fear not, for behold, it is God that has shown unto you this marvelous thing ... [the fact] that ye cannot lay your hands on us to slay us."

Suddenly the earth trembled, and a great cloud of darkness overshadowed those assembled. They stood motionless with fear, and above the cloud of darkness came a voice, saying, "Repent ye, repent ye, and seek no more to destroy my servants whom I have sent unto you to declare good tidings.

"... When they heard this voice ... it was not a voice of thunder ... but ... a still voice of perfect mildness, as if it had been a whisper, and it did pierce even to the very soul—

"And notwithstanding the mildness of the voice, behold the earth shook exceedingly, and the walls of the prison trembled again, as if it were about to tumble to the earth. ..."

Three times the voice came through the darkness. And the Lamanites could not move because of the fear that was upon them. Then Aminadab turned and saw the faces of Nephi and Lehi shining through the cloud of darkness.

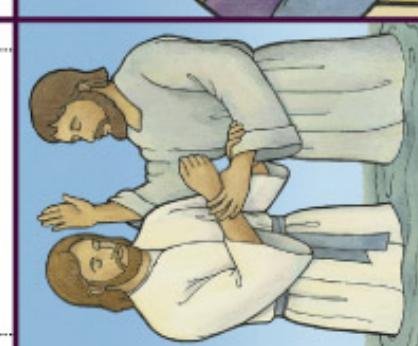
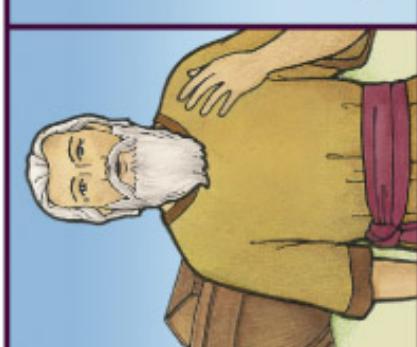
Aminadab called to the people to look, to believe the words of Nephi and Lehi, and to repent and believe in Christ. The Lamanites humbly called unto the Lord in great faith. Suddenly the cloud of darkness left, and they also were encircled about by fire.

"And behold, the Holy Spirit of God did come down from heaven, and did enter into their hearts, and they were filled as if with fire, and they could speak forth marvelous words.

"And it came to pass that there came a voice unto them, yea, a pleasant voice, as if it were a whisper, saying:

"Peace, peace be unto you, because of your faith in my Well Beloved, who was from the foundation of the world."

ACTIVITY: God Speaks through Prophets - Friend, March 2010 - Cut slits on the dotted lines; then cut out the strips, and weave them beneath the prophets' pictures so the scriptures line up with the pictures. Look up the scriptures to find the prophets' names. Write the names on the blank lines.



1 Nephi 2:1-3

Daniel 6:22-23

Genesis 7:1

Exodus 3:2-4

Moses 1:34

D&C 1:38

D&C 1:17

Helaman 16:2-3

Mosiah 18:7

Matthew 3:1-2

29-Nephi Confounds the Wicked Judges

(Nephi Prophesies)

SONG: Keep the Commandments (CS p. 146)

SCRIPTURE: Helaman 9:39-41

LESSON: Friend, November 1985 - About 570 years after Lehi and his family arrived in the promised land, there lived a prophet named Nephi. This Nephi was the son of Helaman, and he lived in a land where the people were ruled by judges.

Nephi was the chief judge for a while, but when many of the people became wicked, he resigned so that he could preach the word of God to them. Cezoram, the next chief judge, was murdered, and so was his son, who had been appointed by the people to take Cezoram's place. Then the government was taken over by Gadianton's robbers.

When Nephi spoke out against the evil that he saw in the government, the wicked judges said that he was reviling both the people and the laws of the land. But because some of the people defended him, his enemies were afraid to do anything to him.

Consequently Nephi preached further to the people, saying, "Instead of laying up for yourselves treasures in heaven, ... ye are heaping up for yourselves wrath against the day of judgment.

"Yea, ... except ye repent it will come unto you soon."

He really surprised the people when he added, "Yea, behold it is now even at your doors; yea, go ye in unto the judgment-seat, and search; and behold, your judge is murdered, and he lieth in his blood; and he hath been murdered by his brother, who seeketh to sit in the judgment-seat.

"And behold, they both belong to your secret band, whose author is Gadianton and the evil one who seeketh to destroy the souls of men."

Five men who heard Nephi were sent to check on his words. When they reached the judgment seat, there was Seezoram, just as Nephi had predicted, lying dead in his own blood. They were so amazed that they fell to the earth, unconscious.

In the meantime, the chief judge's servants had also discovered Seezoram's death and spread the word among the people, who hurried to the palace. When they saw Seezoram, they also saw the other five men lying on the floor. Believing that the five men had killed Seezoram, the people told each other, "God has smitten them that they could not flee from us." They took the five men and cast them into prison.

The judges who had heard Nephi prophesy Seezoram's death, however, asked, "Where are the five who were sent to inquire concerning the chief judge whether he was dead?" They had the five men brought before them.

The five defended themselves, saying, "When we saw all things even as Nephi had testified, we were astonished insomuch that we fell to the earth; and when we were recovered from our astonishment, behold they cast us into prison."

The judges, eager to involve Nephi in the murder so that they could get rid of him, claimed that Nephi had plotted with the murderer so that he, Nephi, could then "predict" the chief judge's death and thus trick the people into thinking that he was a true prophet. The judges freed the five men and had Nephi arrested.

When Nephi was brought before the judges, they tried to trick him into saying he was guilty: "Thou art confederate; who is this man that hath done this murder? Now tell us, and acknowledge thy fault; saying, Behold here is money; and also we will grant unto thee thy life if thou wilt tell us, and acknowledge the agreement which thou hast made with him."

But Nephi answered, "O ye fools, ... do ye know how long the Lord your God will suffer you that ye shall go on in this your way of sin?

"O ye ought to ... mourn, because of the great destruction which at this time doth await you, except ye shall repent."

Then Nephi told them, "Go to the house of Seantum, who is the brother of Seezoram, and say unto him—

"Has Nephi, the pretended prophet, ... agreed with thee, in the which ye have murdered Seezoram, who is your brother?

"And behold, he shall say unto you, Nay.

"And ye shall say unto him: Have ye murdered your brother?

"And he shall stand with fear, and wist not what to say. And behold ... he shall make as if he were astonished; nevertheless, he shall declare unto you that he is innocent.

"But behold, ye shall examine him, and ye shall find blood upon the skirts of his cloak. ...

"And then shall greater fear come upon him; and then shall he confess unto you, and deny no more that he has done this murder.

"And then shall he say unto you, that I, Nephi, know nothing concerning the matter save it were given unto me by the power of God. And then shall ye know that I am an honest man, and that I am sent unto you from God."

The judges were shocked, but when everything happened exactly as Nephi had said, they had to let Nephi go. From that day forth, more and more people believed in Nephi's words, and they began to repent and be more righteous.

ACTIVITY: Prophets Prophesy of the Future - Friend, November 2001 - Remove page 45 from the magazine and mount on lightweight cardboard. Cut out the pictures on the broken lines and punch holes where marked. Cut out the prophecies on the broken lines and put each on top of the picture of the prophet who foretold it so that it hides the picture, then staple it at the top. To make the book, put all the prophecies together with the holes lined up, then thread a piece of string or yarn through each set of holes, and tie it in a bow.



The Lord told me, "Take thee one stick, and write upon it, For Judah, and for the children of Israel [Bible] . . . : then take another stick, and write upon it, For Joseph, the stick of Ephraim, and for all the house of Israel [Book of Mormon] . . . I will . . . make them one stick" (Ezekiel 37:15–16, 19).

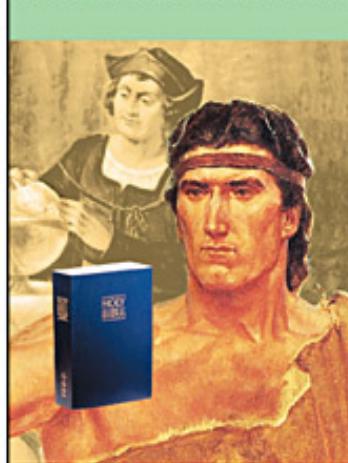
"I looked and beheld a man among the Gentiles [Columbus], . . . and he went forth upon the many waters, even unto the seed of my brethren, who were in the promised land. . . . And I beheld a book [the Bible]" (1 Nephi 13:12, 20).

"And he shall send Jesus Christ, which before was preached unto you: Whom the heaven must receive until the times of restitution [restoration] of all things, which God hath spoken by the mouth of all his holy prophets since the world began" (Acts 3:20–21).

"This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come" (Matthew 24:14).



Ezekiel



Nephi



Peter



Jesus Christ

30-The Power of a Prophet

(Nephi Receives Great Power)

SONG: A Young Man Prepared (CS p. 166)

SCRIPTURE: Helaman 10:4-7

LESSON: Friend, October 1982 - Nephi was heartsick. He had tried hard to teach the Nephites to live righteously, but they would not forsake their wicked ways. As he went toward his home, Nephi heard the voice of the Lord saying, "Blessed art thou, Nephi, for those things which thou hast done; ... behold, I will bless thee forever; ... yea, even that all things shall be done unto thee according to thy word, for thou shalt not ask that which is contrary to my will."

The Lord then commanded him to warn the Nephites, saying, "Except ye repent ye shall be smitten, even unto destruction."

Instead of returning home, Nephi went back among the people to deliver the Lord's message. He pleaded with them to repent of their wickedness, but they refused to listen. They even tried to put Nephi into prison. But because the power of God was with Nephi, the Spirit took him away from them.

And it came to pass that Nephi went forth in the Spirit, from place to place, crying repentance until everyone received the message. But the wicked people became more wicked and started killing each other with swords. Then a secret band of robbers, started by an evil man named Gadianton, swept through the land, bringing war among the Nephites.

Nephi was afraid his people would be destroyed. He loved them and wanted them to have another chance, so he prayed, "Let there be a famine in the land, to stir them up in remembrance of the Lord their God, and perhaps they will repent and turn unto thee."

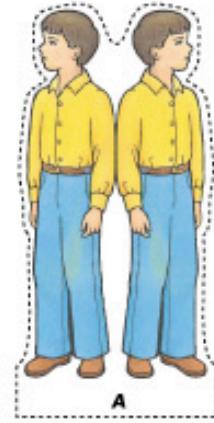
The Lord answered Nephi's prayer, sending a great drought. No grain or fruit would grow. People became hungry, and many died. When the Nephites realized that they might all perish, they finally remembered Nephi's words and humbled themselves. They repented of their wickedness, pleading with Nephi to ask the Lord to end the famine that had plagued them for nearly three years.

When Nephi knew that the people had truly repented, he prayed for rain. The Lord heard his prayer and caused rain to fall upon the earth. The fruit and grain grew, and the people had food. The Nephites thanked God, rejoicing because of His goodness to them. At last they recognized Nephi as a prophet and respected the power and authority of the priesthood he held.

While the people kept the commandments, they prospered in the land. Their cities grew, and the Church spread until most of the Nephites were members. With righteousness came peace and prosperity. But when life became easier and more comfortable, the Nephites became prideful. They forgot the Lord and the blessings He had given them and thought only of their riches. Once again, the Gadianton robbers became powerful, and the people returned to their wickedness.

Wars and destruction spread throughout the land, and the Nephites feared for their lives. Because of these afflictions, they again remembered the Lord; but as soon as He blessed them, they turned back to their evil ways. For years Nephi patiently tried to teach his people, using the power the Lord had given him. But each time the Nephites were blessed with peace and flocks and herds and worldly riches, they became proud and forgot the Lord. Then they would be plagued with troubles until they humbled themselves and repented of their wickedness.

ACTIVITY: I Can Follow the Prophet Today - Friend, May 2003 - Cut out the figures of the Savior, the prophet, and the children, then fold down the center and glue the backs of each one. Cut out the path along the broken line; carefully cut the slits at A, B, C, and D. Then use the point of a pencil to make a small hole at the dot in the center. Insert the tabs in the corresponding slits. Make a knot in one end of a string, thread the unknotted end up through the hole until it stops at the knot, then hang your mobile where it will remind you of your desire to follow the prophet.



ILLUSTRATED BY RUTH H. WHITAKE

31-Samuel, the Lamanite

(Samuel the Lamanite)

SONG: Samuel Tells of Baby Jesus (CS p. 36)

SCRIPTURE: Helaman 14:2, 5

LESSON: Friend, November 1971 - Samuel turned sadly away from the city of Zarahemla. He had spent many days among the Nephites, talking with them, trying to get them to see their wrongs and repent of their wickedness. They would not listen. They had cast him out of their city, and he was about to return to his own land.

But the voice of the Lord came to Samuel, telling him to return again to Zarahemla and prophesy to the people whatever came into his heart.

The people would not let him enter the city, so Samuel found a place where he could climb up onto the wall surrounding it, and then he stretched forth his hand and cried out in a loud voice, "I, Samuel, a Lamanite, do speak the words of the Lord which he doth put in my heart."

To those who stopped to listen, Samuel said, "Behold, I give you a sign that I prophesy truly, for after five more years the Son of God will come to redeem all those who believe on his name. And this will be a sign at the time of his coming; there shall be great lights in the heaven in the night before he comes. There shall be no darkness, and it shall seem that there is one day and a night and a day, as if it were one day, and there were no night. You shall know of the rising of the sun and also of its setting; so you shall know of a surety that there shall be two days and a night; nevertheless, the night shall not be darkened; and it shall be the night before he is born. And there shall be a new star arise, such an one as you have never seen; and this also shall be a sign unto you. And there shall be many signs and wonders in heaven, so many that you shall all be amazed."

There were many people who believed the words of Samuel and asked to be baptized, but because Samuel was a Lamanite and spoke the words that the Lord commanded that he speak—and they were harsh words about the wickedness of the Nephites—they were angry with him and wanted to destroy him.

They cast stones at him up on the wall, and many shot arrows at him as he stood upon the wall; but the Spirit of the Lord was with him so that they could not hit him with their stones or with their arrows. The officers tried to take hold of Samuel, but he jumped down from the wall and fled to his own country to preach and to prophesy among his own people.

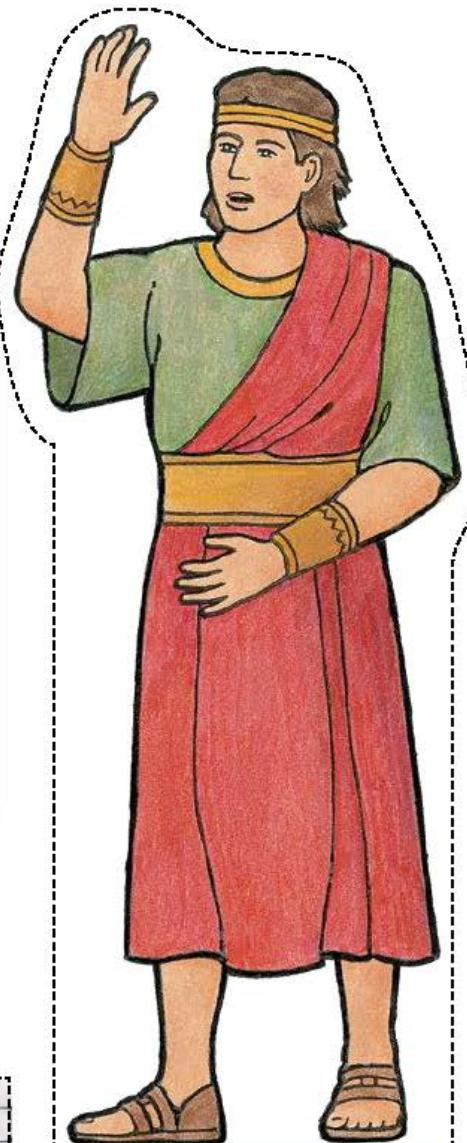
And Samuel was never heard of more among the Nephites!

ACTIVITY: Samuel the Lamanite - Friend, August 2012 – Scripture Figure

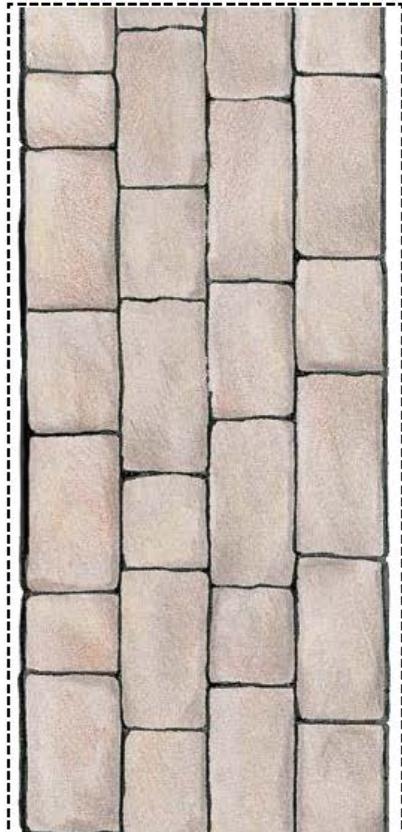
Or God Tells His Prophets - Friend, January 1998 –

1. Color the mobile, then cut it out. Cut out the art pieces and the references.
2. Make a small hole through the five black dots in the mobile. Knot the ends of a 12" (30 cm) piece of string together; pull the loop through the top hole, making a hanger.
3. Fold along the dotted lines, and glue the Side Tabs in place.
4. Tie a knot in one end of each of four 8" (20 cm) pieces of string. With the knots on the *inside* of the mobile, thread a piece of string through each side hole.
5. Glue the Bottom Tabs in place with the "Prophets testify of Christ" square last.
6. Read the references for each set of scriptures and match them with the proper pictures (the frames around the pictures and the scripture references are color coordinated). Glue or tape each picture and its matched reference to the piece of string on its corresponding side of the mobile.

This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.

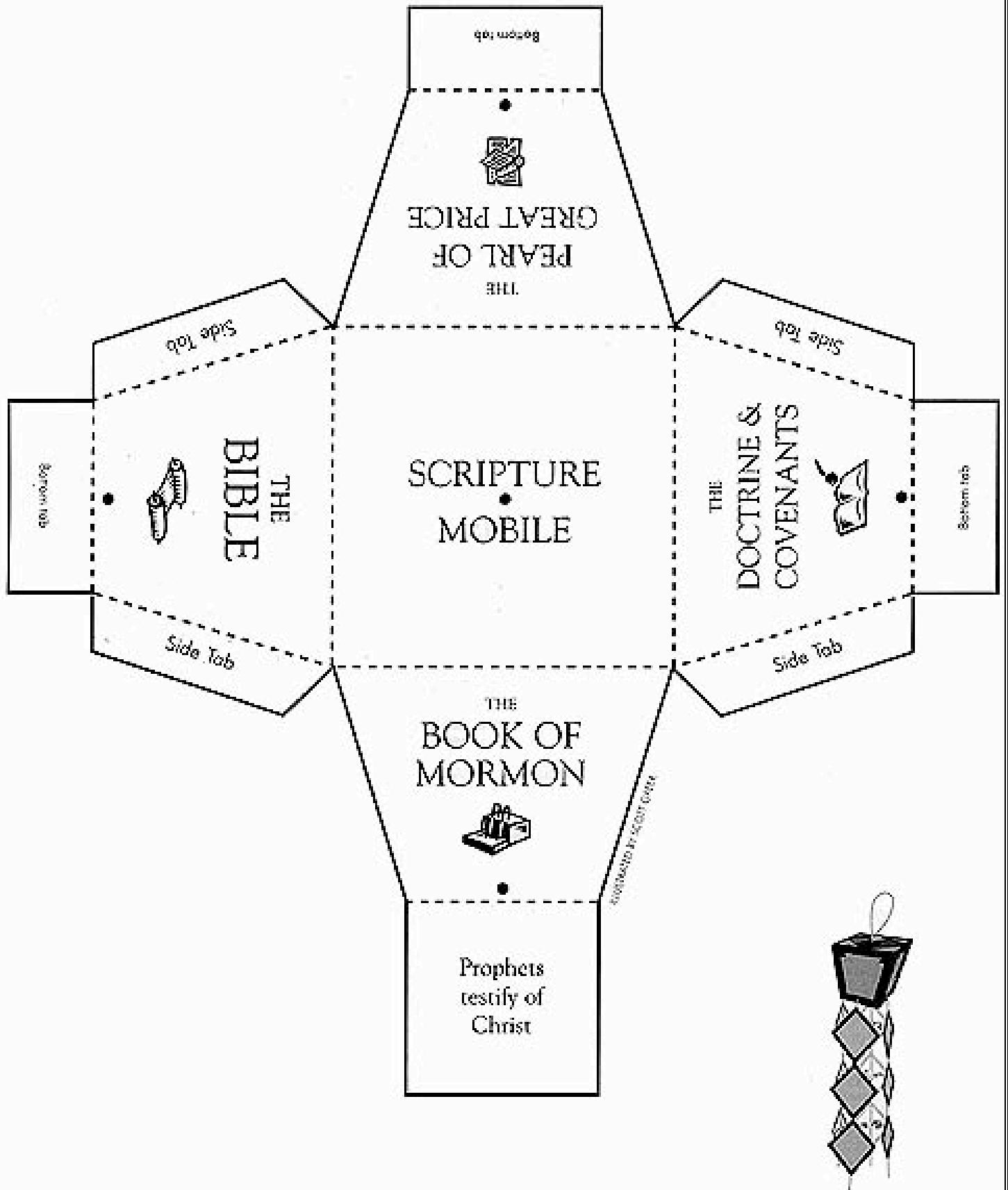


Samuel



Samuel the Lamanite

Helaman 13–14, 16





Matthew 3:16–17

Isaiah 9:6

Matthew 5

Helaman 14:5

Alma 7:10

3 Nephi 17:23–24

**Joseph Smith—
History 1:17–19**

Abraham 3:27

Moses 1:32–33

D&C 110:1–10

D&C 76:15–24

D&C 29:11

32-Nephi, Son of Nephi

(Signs in America of Jesus Christ's Birth)

SONG: When He Comes Again (CS p. 82)

SCRIPTURE: 3 Nephi 1:4

LESSON: Friend, December 1971 – If you had lived in Zarahemla on the American continent before Jesus was born, would you have believed in the predicted miracle of the long, long day?

Nephi believed!

Nephi had been waiting and watching for the sign of the birth of the Savior since Samuel, the Lamanite, had climbed the wall and declared to the people: "After five more years the Son of God will come. And this will be a sign of his coming; there shall be a day and a night and a day as if it were one day."

As Nephi counted the years, much had happened. He had been given charge of all the records, the plates of brass, and all things that had been kept sacred from the time of Lehi's departure out of Jerusalem.

Even though there were signs and wonders given unto the people, and even though the words of the prophets began to be fulfilled, many of the people still hardened their hearts.

There were some who said, "It is not reasonable that such a being as Christ shall come." And they rejoiced, saying, "The time is past, and your faith has been in vain."

But Nephi and many of his people still believed and looked for the miracle of the long day. This made the unbelievers even more angry. They finally designated a certain day and warned, "This day will be set apart, and all those who believe that Jesus will be born in the land of Jerusalem will be put to death unless the sign given by Samuel shall come to pass."

That night at the going down of the sun, there was no darkness; the people began to be afraid because there was no darkness when the night came. And there were many who had not believed who began to believe. The night was light as though it was mid-day. And when the sun rose again in the morning, Nephi and the believers knew that it was the day that the Lord was to be born, because of the sign which had been given. And a new star appeared, according to the prophet's words.

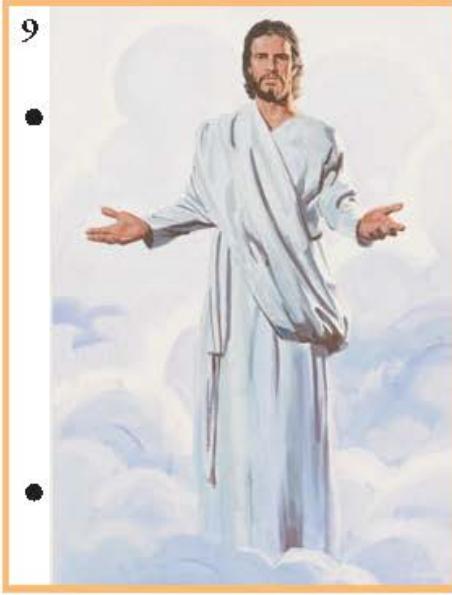
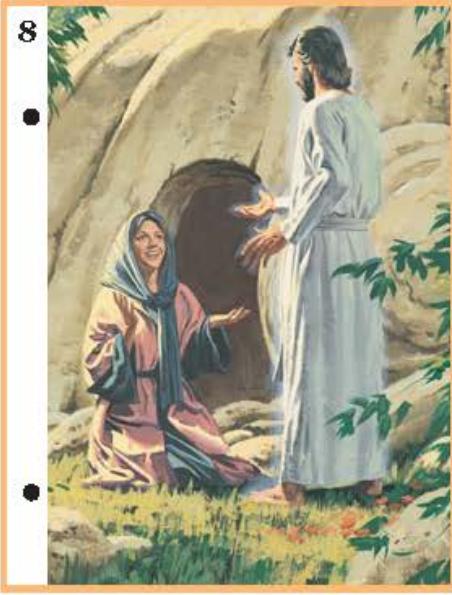
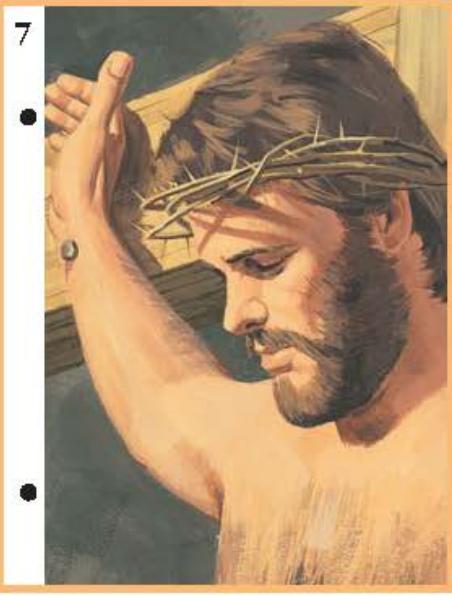
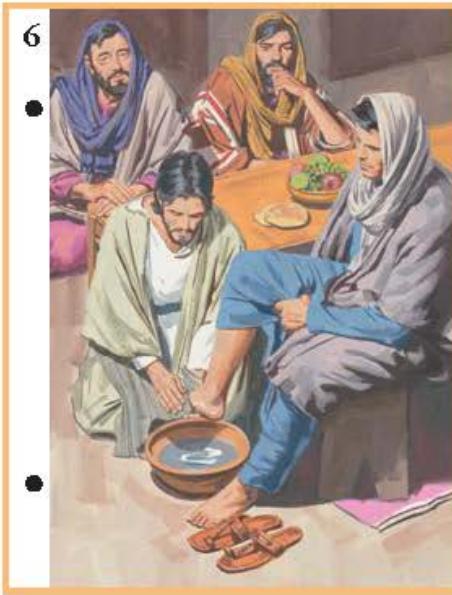
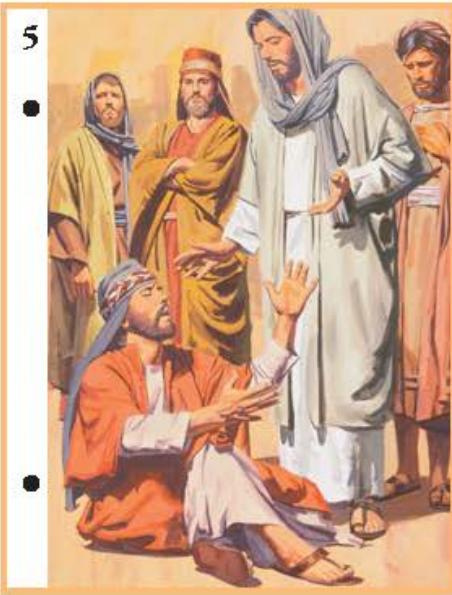
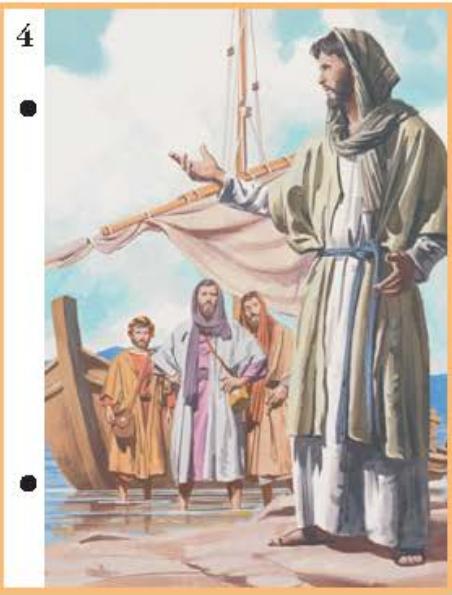
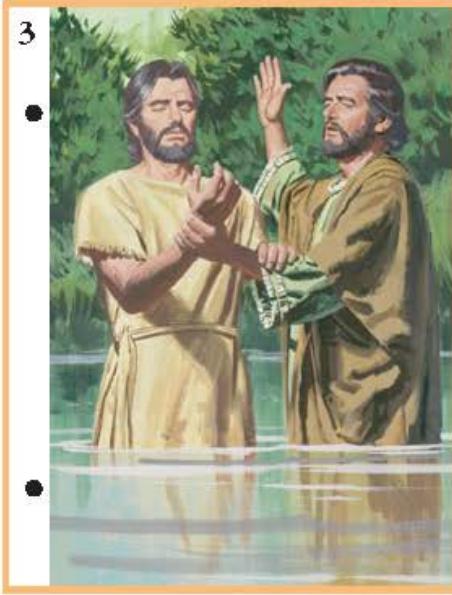
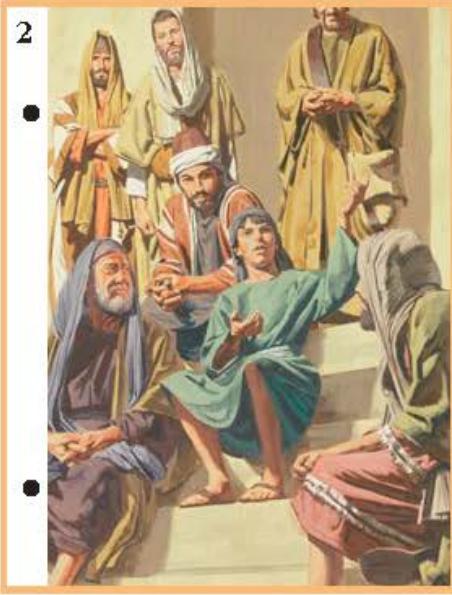
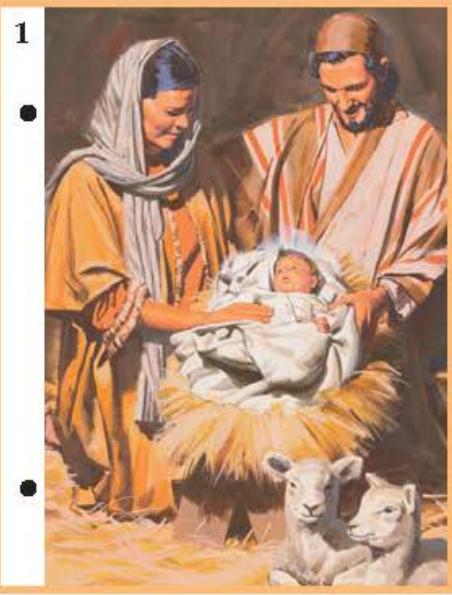
But with all these signs and wonders, there were some who still did not believe. Nephi believed! From that time forth, he went among the people baptizing and blessing them in the name of Jesus Christ.

And thus the people began again to have peace in the land.

Nephi's heart was sorrowful when he saw the wickedness of his people. He went out where he could be alone and bowed himself down upon the earth, and he prayed for his people who were about to be destroyed because of their faith that Jesus would come to earth. Nephi prayed all day unto the Lord.

Then the voice of the Lord came to him, saying, "Lift up your head and be of good cheer. On this night shall the sign be given, and on the morrow come I into the world."

ACTIVITY: The Scriptures Teach Me about the Savior's Birth and Second Coming - Friend, December 2011 - Cut out the pictures. Punch holes on each page where indicated and stack the pages in order. Use string to tie the pages together through the holes. You could look at this book with your family during family home evening and talk about the life of the Savior.



33-Jesus Visits the Nephites

(The Savior Appears to the Nephites)

SONG: Had I Been a Child (CS p. 80)

SCRIPTURE: 3 Nephi 11:10-11

LESSON: Friend, September 2012 – For three days thick darkness covered the land of the Nephites. There was not a glimmer of sunlight or a twinkle of starlight. Not even a candle would light.

The frightened Nephites had listened to the thunder and terrible storms and felt earthquakes shake the ground. Now in the darkness many people cried and howled. They wished they had followed the prophet Nephi's teachings and repented!

Suddenly a voice was heard throughout all the land: "Behold, I am Jesus Christ the Son of God. I created the heavens and the earth, and all things that in them are. I was with the Father from the beginning."

Jesus said He had come to earth to save the world from sin. He had laid down His life and was now resurrected. He invited everyone to repent and be saved.

The Nephites were so astonished to hear the voice of Jesus that they sat silent for many hours, pondering what they had heard.

In the morning it was light again, and the people began to rejoice. Many people gathered around the temple in the land of Bountiful to talk about the amazing things that had happened. Then from heaven they heard a quiet voice. The voice caused their hearts to burn, but they couldn't understand it.

The voice came again, but they still did not understand the words.

A third time the voice came, saying, "Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name—hear ye him."

The people looked up and saw Jesus coming down from heaven until He stood right there with them. The Nephites fell to the earth. They remembered the words of the prophets—that Jesus Christ would visit them after He had been crucified and resurrected.

Jesus let every person touch His hands and feet to feel the places where He had been nailed to the cross in Jerusalem. When all the people had seen and felt for themselves, they knew He was the resurrected Savior. They cried, "Hosanna!" and worshipped Him.

Jesus called for the prophet Nephi to come to Him. He gave Nephi and 11 other righteous men the authority to teach and baptize after He returned to heaven. These 12 became the disciples of Jesus Christ's Church in the New World.

ACTIVITY: Jesus Christ Comes to America - Friend, October 1992 – Cut, color and retell story of Christ in America.



34-Blessed Are the Peacemakers

(Jesus Christ Teaches the Beatitudes)

SONG: He Sent His Son (CS p. 34)

SCRIPTURE: 3 Nephi 12:9

LESSON: Friend, July 2009 – Henry B. Eyring - When you look at your newspaper and your television, you don't see much about peace. Every day the news is filled with violence across the world.

The Savior said, "And blessed are all the peacemakers, for they shall be called the children of God" (3 Nephi 12:9).

When I read that as a boy, I wondered about the promise. It didn't sound like anything very glorious. But I see now that the promise is both glorious and sure. Those who will have eternal life are the children of God.

I testify that God knows you. He cares about those around you, and He loves you. You are His disciple, and that makes you a light to people. When you act with faith to offer the gospel and peace to those around you, they will feel the light of the Savior. You will have pointed the way.

I testify to you that God lives; Jesus is the Christ. I feel His love for you. I know the Savior spoke the truth when He said, "Blessed are the peacemakers."

Friend, July 2009 - How We Got the Beatitudes

"Blessed are the peacemakers" is one of the teachings of Jesus called "the Beatitudes" (see Matthew 5:1–11). The Beatitudes are ways to live a happy life. Each one tells a certain blessing we receive when we follow a certain teaching. This is how we got the Beatitudes:

One day a crowd of people was following Jesus. They had heard He could heal people and do other miracles. They wanted to hear Him teach. Jesus was near a hill, or mount. He walked a little way up the hillside and gave a talk, or sermon. In His sermon, Jesus taught the people how they should live so God could bless them. The word *beatitude* means "to be happy" or "to be blessed." The talk Jesus gave that day is called the Sermon on the Mount. After He was resurrected, Jesus gave a similar sermon to the people in the Americas when He visited them (see 3 Nephi 12:3–11).

ACTIVITY: Beatitudes Book - Friend, April 2004 - In the Sermon on the Mount (see Matt. 5; 3 Ne. 12) Jesus taught us how to live so we can be happy. Some of these teachings are known as the Beatitudes. *Beatitude* means "happiness" or "blessing." To make a Beatitude Book, glue page 29 onto a sheet of paper. Cut on the solid lines. Glue the second strip to the tab on the first strip. Fold back and forth on the dotted lines.

Sermon on the Mount

The Teachings
of Jesus



I will follow my
Savior's example.

Blessed are the poor in
spirit who come unto me, for
theirs is the kingdom of heaven
(3 Nephi 12:3; see also Matthew 5:3).

I will trust the Lord.
The Holy Ghost will bring
me comfort and peace.

Blessed are they that mourn: for they
shall be comforted (Matthew 5:4).

I will obey Heavenly Father's
commandments.

Blessed are the meek: for they shall
inherit the earth (Matthew 5:5).

I will study the
scriptures daily.

Blessed are all they who do hunger
and thirst after righteousness, for they
shall be filled with the Holy Ghost
(3 Nephi 12:6; see also Matthew 5:6).



Glue



I will forgive others.

Blessed are the merciful: for they shall
obtain mercy (Matthew 5:7).

I will keep my baptismal
covenants.

Blessed are the pure in heart: for they
shall see God (Matthew 5:8).

I will be kind and not show
anger to others.

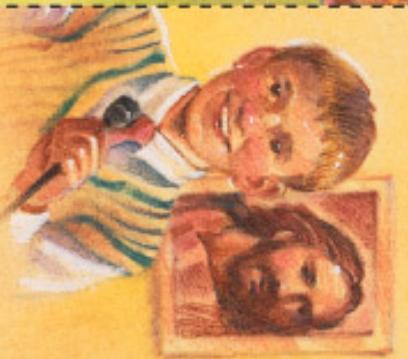
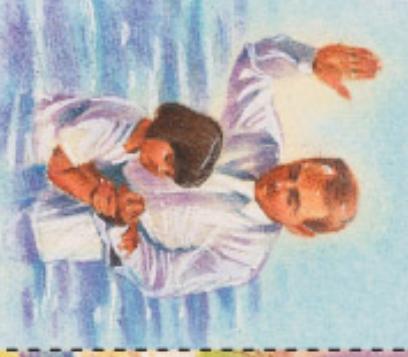
Blessed are the peacemakers: for they
shall be called the children of God
(Matthew 5:9).

I will bear my testimony
in word and deed.

Blessed are they which are persecuted for
righteousness' sake: for theirs is the
kingdom of heaven (Matthew 5:10).

I will be happy when
I follow the teachings
of Jesus Christ.

Jesus gave the same teachings to both
the Jews (see Matthew 5-7) and the
Nephites (see 3 Nephi 12-14).



35-Jesus Blesses the Nephite Children

(Jesus Christ Heals the Sick and Blesses the Children)

SONG: I Believe in Christ (Hymn #134)

SCRIPTURE: 3 Nephi 17:21

LESSON: Friend, November 2012 - After Jesus Christ died on the cross and was resurrected, He visited the Nephite people in the Americas. He taught a multitude in the city of Bountiful, near the Nephite temple. Jesus taught the Nephites the gospel, just as He had taught the Jews in Palestine.

The Nephites loved Jesus, and He was filled with love toward them. He told them to bring anyone who was sick to Him, and He would show them what He had done for the people in Jerusalem. The Nephites brought all those who were sick or afflicted, and Jesus healed every one.

Then Jesus told the Nephites to bring their little children to Him. The children were led to the Savior, and they sat on the ground all around Him. Jesus told everyone to kneel down, and then He knelt and prayed to Heavenly Father.

The prayer Jesus gave was so powerful that "the eye hath never seen, neither hath the ear heard, before, so great and marvelous things as [they] saw and heard Jesus speak unto the Father."

Jesus finished praying. The multitude around Him was so joyful that they were overcome. Jesus told them, "Blessed are ye because of your faith. And now behold, my joy is full."

Jesus looked at the children around Him, and one by one each child came to Him. He blessed each child and prayed to Heavenly Father for them. Jesus then told the people, "Behold your little ones."

The people looked up to heaven and saw angels coming down. It looked like they were in the middle of a fire. The angels made a circle around the children and spoke to them. The brightness of the angels circled around the children too.

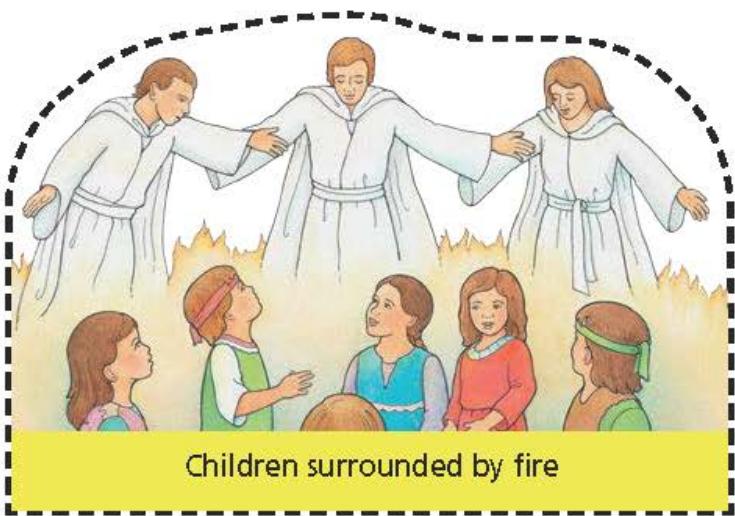
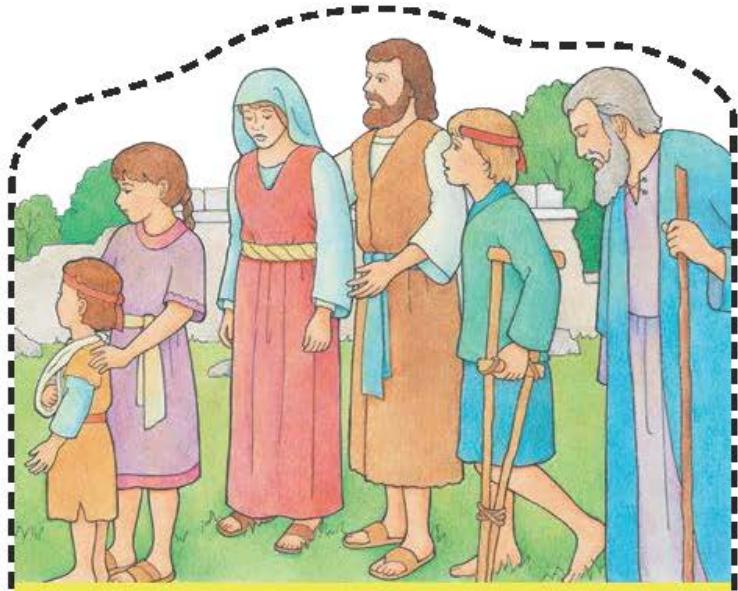
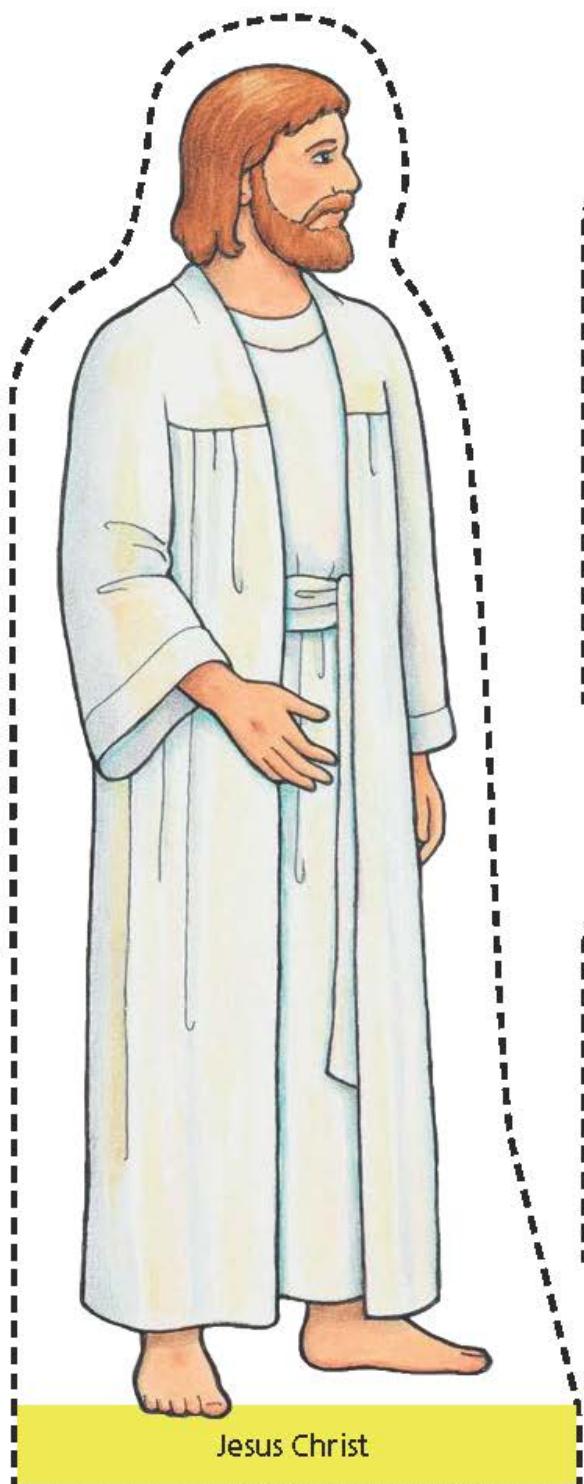
ACTIVITY: Coloring Page - Savior with Children - Friend, January 2007

Or Jesus Heals the Sick and Blesses the Children - Friend, September 2012 – Scripture Figure



I have faith in the Lord Jesus Christ.

"If ye have faith ye hope for things which are not seen, which are true" (Alma 32:21).



Jesus Heals the Sick and
Blesses Children

3 Nephi 17

This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.

36-The Nephites Learn of the Sacrament

(Jesus Christ Gives the Sacrament to the Nephites)

SONG: Before I Take the Sacrament (CS p. 73)

SCRIPTURE: Luke 22:19

LESSON: Friend, July 2000 - Following His resurrection, Jesus Christ appeared to the Nephites on the American continent and taught them many gospel truths. During this visit, He taught the people how to prepare and partake of the sacrament.

The Savior broke the bread, blessed it, and commanded that the disciples who were with Him partake of it. He said, "And this shall ye always observe to do, even as I have done, even as I have broken bread and blessed it and given it unto you.

"And this shall ye do in remembrance of my body, which I have shown unto you. And it shall be a testimony unto the Father that ye do always remember me. And if ye do always remember me ye shall have my Spirit to be with you." (3 Ne. 18:6-7.)

The Savior also blessed the wine (we use water now—see D&C 27:2) and commanded the disciples to drink of it. When they had partaken of it, Jesus said, "And this shall ye always do to those who repent and are baptized in my name; and ye shall do it in remembrance of my blood, which I have shed for you, that ye may witness unto the Father that ye do always remember me. And if ye do always remember me ye shall have my Spirit to be with you." (3 Ne. 18:11.)

Jesus Christ taught the disciples that when they partook of the sacrament, they were renewing their baptismal covenants to always remember the Savior, to take His name upon them, and to keep His commandments.

Today, we participate in the same sacramental ordinance that Jesus taught then. It is important to remember that each Sunday we have the opportunity to renew our covenants and to think about our Savior while the sacrament is being blessed and passed. Because we are given this special opportunity, we should show Heavenly Father our gratitude by being reverent.

Ten-year-old Jesse Brewster of Lakeview, Oregon, made a step toward keeping his baptismal covenants by following the commandment, "Thou shalt not steal." (See Mosiah 13:22; Ex. 20:15.) While Jesse was at the store with his mother, he saw a candy bar he really wanted but did not have any money to buy it with. He knew that his brother had some money saved in his room, and when he got home, he took some of that money, went back to the store, and nearly bought the candy. He realized at the last minute how wrong that would be. He put the candy bar back and bravely confessed to his brother.

By being honest, Jesse showed that he was willing to live by the covenants that he had made when he was baptized. He learned from this experience that “following what I know is right is always better than a candy bar.”

ACTIVITY: The Nephites Learn of the Sacrament - Friend, July 2000 – Cut, color, and retell story of Nephites learning of the Sacrament.

Or Remember - Friend, June 2007 - Cut out the pictures. Place them face down. Turn over two of the pictures. If they match, put them in a pile, and take another turn. If they don't match, turn them back over, and let the next person turn over two pictures. Try to remember where each picture is. Keep playing until all of the pictures and the word *remember* have been matched.

Or Remembering Jesus - Friend, May 1996 - Carefully color the sacrament picture on the next page. Mount the page on a heavier sheet of paper. Cut out the puzzle pieces. See how quickly you can assemble the puzzle. You might share this puzzle with your family during family home evening.



Jesus passing the wine to the Nephites after blessing it



Partaking of the sacrament



Jesus passing the bread to the Nephites after blessing it



Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at www.lds.org. Click on Gospel Library.

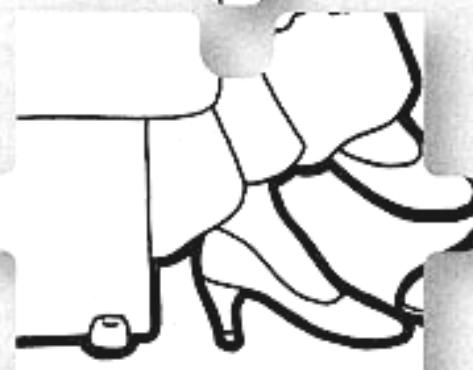
DURING
THE
SACRAMENT...

I PROMISE:

1. To remember that Jesus' body was given and His blood was shed for me.
2. To take upon me the name of Jesus Christ and always remember Him.
3. To keep His commandments.

HEAVENLY
FATHER
PROMISES:

That I may have His Spirit to be with me.



37-Prayer Language

(Jesus Christ Teaches the Nephites to Pray)

SONG: Children All Over the World (CS p. 16)

SCRIPTURE: 3 Nephi 19:20-21

LESSON: Friend, April 1991 - Have you ever wondered what you might say or how you would address a very important person, such as a king, queen, or president of a country? You would want to show by your speech that you respected and honored this ruler. You might practice saying "Yes, sir" or "No, ma'am" and review the proper way to shake hands, bow, or curtsey.

There is someone, more important than anyone on earth, with whom you can talk anytime you choose. He is your Heavenly Father, and you speak with Him through prayer. Just as you would try to be polite and courteous to an important ruler, there are ways to show that you love and respect Heavenly Father. When you pray, you can show that you reverence Heavenly Father by using proper prayer language.

When Jesus was visiting the Nephites, He knelt and prayed to Heavenly Father. He showed His respect by addressing His Father with the proper words: "Father, I thank *thee* that *thou* hast given the Holy Ghost unto these whom I have chosen, ...

"I pray *thee* that *thou* wilt give the Holy Ghost unto all them that shall believe." (3 Ne. 19:20-21, italics added.) You can follow Jesus' example by using words that show Heavenly Father that you love and reverence Him. Use the words *thee* or *thou* instead of *you*, *thy* instead of *your*, and *thine* instead of *yours* or *your*.

To help you remember the proper words to use when you pray to Heavenly Father, remember this verse:

Thee, thou, thy, and thine

Are special words that say

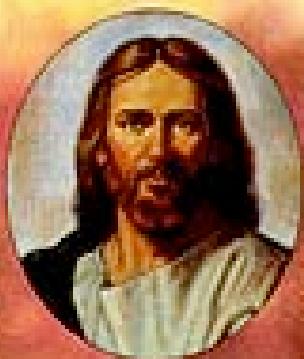
I love my Heavenly Father

And respect Him when I pray.

ACTIVITY: I Can Pray - Friend, August 1996 - Cut along the solid lines. Draw someone you would like to pray for on the blank page and fill in the blank. Punch two holes in the side of each page, put the pages in order with the title page on top, thread string or ribbon through the holes, and tie the ends in a bow.

Or Prayer is Reverent Communication Between God and Me - Friend, October 2011

I Can Pray



Pray always
(Doctrine & Covenants 10:5).



For those who are sick



For those who are hungry



For those who suffer from war



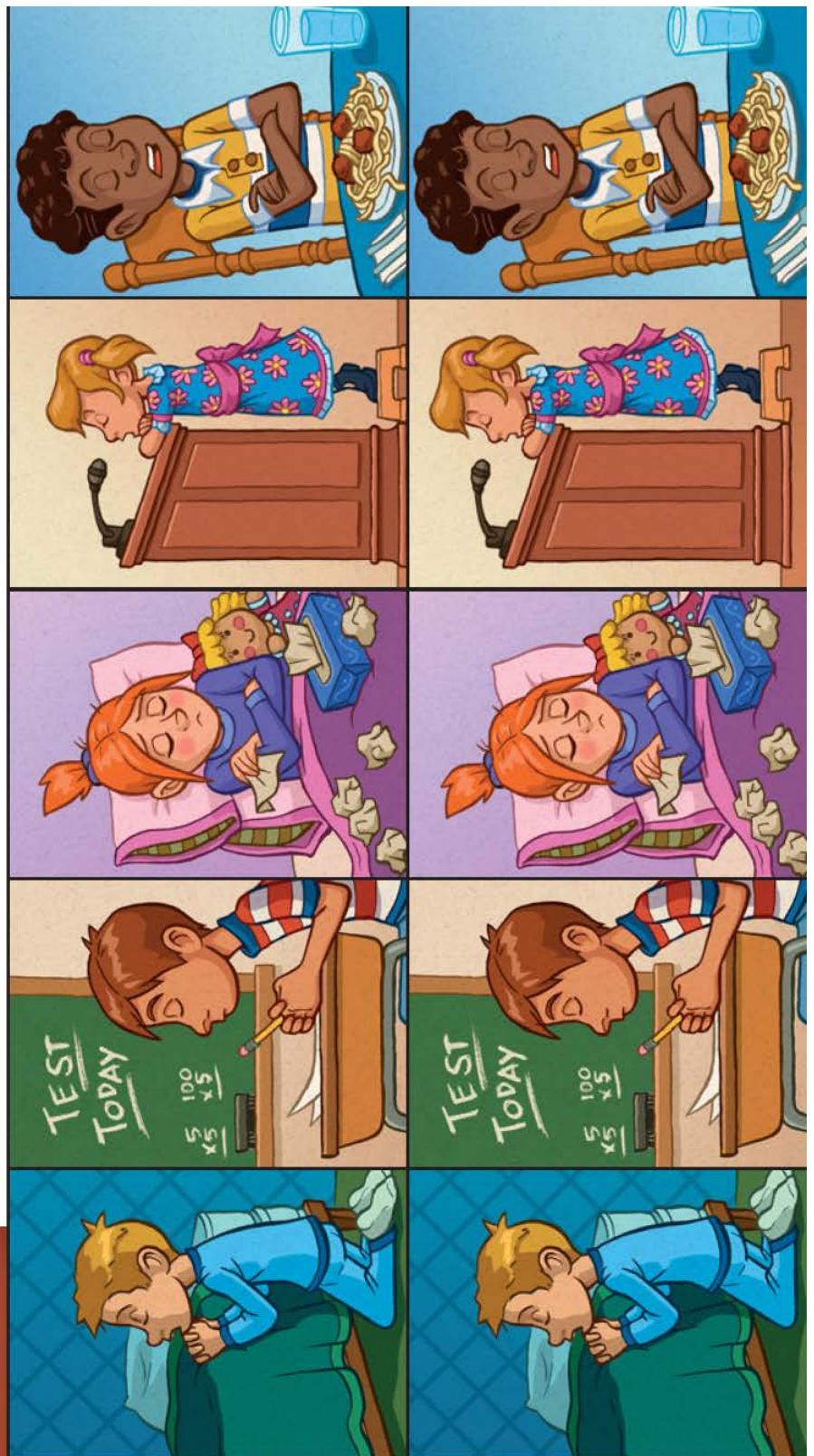
Heavenly Father hears my
prayers for others.

For those who _____

Activity



The cards on this page show different situations where children are praying. Cut out the cards and mount them on heavier paper. Play a memory game by mixing up the cards, placing them face down, then turning over two to see if they match. If they don't match, turn them back over and pick two more cards. On the blank pair of cards, draw or write about a situation when you have prayed to Heavenly Father.



38-I Am a Peacemaker

(Peace Among the Nephites)

SONG: Church of Jesus Christ (CS p. 77)

SCRIPTURE: 4 Nephi 1:15

LESSON: Friend, October 1994 - What would you do if your father or mother asked you, privately and quietly, to be a peacemaker for twenty-four hours? That is what recently happened to several children. Here is what each told about being a peacemaker:

Jeffrey, age 7 "Being a peacemaker is making other people be happy and stop fighting. I wish we'd do this more often because every time I wanted to be mean, I thought about what Jesus would do."

Christian, age 6 "I helped my sister with half her work. She was surprised. She said thank you. I stopped a fight at school. I told them to stop fighting and be nice."

Katie, age 10 "Being a peacemaker is harder than I thought it would be. Mom reminded me to practice. I didn't want to do it, but I acted calmly about it instead of getting all upset. Being a peacemaker makes everyone happier, but it's hard."

Jeff, age 10 "When my mom asked me to be a peacemaker, I told her I'd try hard. I asked her to say a prayer with me so I could have help. It was great! I didn't cause any problems at school. I feel really good. I want to try it again tomorrow."

Rosemary, age 10 "When there are lots of people in a family, there needs to be lots of cooperation and peacemaking, and I'm glad I had this opportunity. I learned that it's doing anything nice and making people feel peaceful. I felt peaceful too."

Craig, age 8 "At recess, one of the boys suggested that we choose up teams and have a fight. I told them not to fight. Only one boy listened to me. We walked away while the others fought. Later they had to go to the principal's office. It felt good to be a peacemaker. I want to do it longer than twenty-four hours. Could we do it for a week?"

Rebecca, age 9 "Our family was driving in the car, and I could tell that my parents were unhappy with each other, so I started to sing. I sang "I Have a Family Here on Earth" (*Children's Songbook*, page 188). In just a couple of minutes, they smiled at me and things were good again."

Jamie, age 8 "When my brothers were fighting over who would be first at doing something, I helped them by saying they both could be first. Because I knew I was the peacemaker, I told them in a soft voice instead of yelling at them. It felt good."

Mary Jane, age 11 "Being a peacemaker means to set a good example, to try to end fights instead of start them. Today wasn't that different, because I try to be a peacemaker every day."

Bradley, age 5 "I felt greater than great because my brother James was happy the whole day. Remember, Mom, I'm the peacemaker!"

ACTIVITY: I Am a Peacemaker - Friend, October 1994 - You could try being a peacemaker for twenty-four hours! Write about your peacemaking efforts, then add it to your Book of Peace.

Or Peacemaker Wanted - Friend, July 2009

Being a peacemaker means:

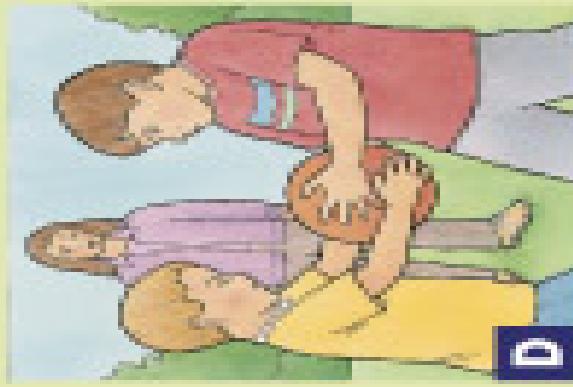
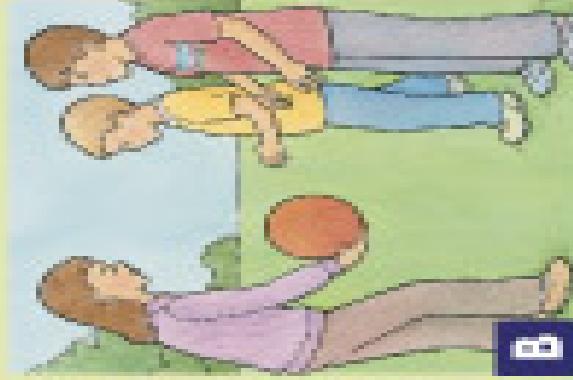
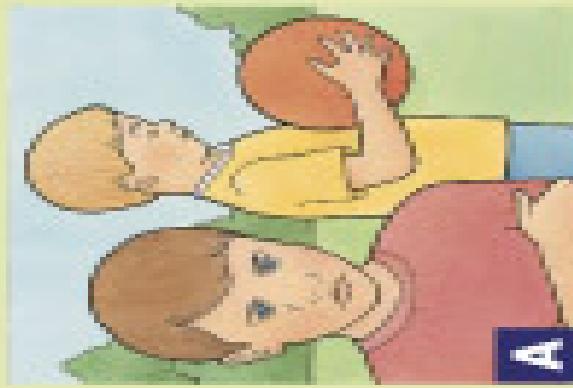
This is what I did to be a peacemaker:

This is how I felt about being a peacemaker:

PEACEMAKER WANTED!

Here's a situation when a peacemaker is needed.

Put the pictures in order from first to last to see how a child's desire to be a peacemaker affected her family.



39-Mormon

(Mormon Witnesses the Destruction of the Nephites)

SONG: Called to Serve (CS p. 174)

SCRIPTURE: Mormon 1:2-4

LESSON: Friend, January 1971 - "Mormon," said Ammaron, "I have been watching you. You are a sober lad and are quick to observe."

Mormon looked up, eager to listen to Ammaron. Three hundred and twenty years had passed since Jesus had told the Nephites on the American continent to keep accurate, complete records. Mormon had heard the story often in his ten years, and he honored the historian Ammaron, who had charge of all the sacred writings of his people. So, quietly and respectfully, Mormon listened as Ammaron continued: "Therefore, remember the things that you observe concerning your people; and when you are twenty-four years of age, go to the land Antum, to the hill Shim, where I have hidden all the records of this people. Take only the plates of Nephi and engrave on them all that you have seen."

Mormon's eyes shone as he realized the full meaning of Ammaron's words. His heart beat faster. This was a great trust. He was eager to see the records, to handle them, and to read the many histories. But Ammaron had said, "When you are twenty-four. ..." Fourteen years seemed a long time to wait.

It was to be even longer than that. The next year, when Mormon was eleven, his father (who was also named Mormon) moved to Zarahemla, a land of many buildings. And peace was upon this land for the space of about four years.

Then wickedness did prevail among the people of Zarahemla, so much so that when Mormon was fifteen years old, the church was taken from them. There were no gifts of healing, no miracles, no blessings of the church. And Gadianton robbers who were among the Lamanites infested the land so no one was safe, neither were his valuables, nor his property. Mormon was not afraid, for he was visited of the Lord. He was told to wait and to watch, but not to preach to the people because of the hardness of their hearts.

When Mormon was sixteen, there began to be a war again. The Nephites chose Mormon to lead their army, because he was of large build and he had kept himself from wicked ways and was good.

In spite of their trust in Mormon, when the Nephites saw with what force and with what numbers the Lamanites came out to battle, they retreated and fled northward. There was much destruction, and complete revolution covered all the face of the land.

Mormon talked to his people and urged them to stand boldly against the Lamanites. And they did. The Lamanites fled before Mormon. Mormon, hardly more than a boy, led his

people to a great victory. But the strength of the Lord was not with the Nephites, because they were wicked. Again and again they retreated northward, until they came to the land where Ammaron had said the records were waiting in the hill Shim.

Mormon was thirty-four years old now, but he had not forgotten the words of Ammaron. He went to the hill Shim. There were many records hidden there for safekeeping. At last Mormon could see and handle them. They were made of metal, each plate covered with fine engraving. Mormon studied and read as long as he could, but he took with him only the plates of Nephi, as he had been told.

Then Mormon gathered his people northward to the land that was called Shem, and they fought against the Lamanites and the Gadianton robbers until they were able to win back their homelands. A treaty was made and there was peace for ten years. The Lord told Mormon to call the people to repent of their wickedness, to believe in Jesus, and to build up his church. Mormon loved the people. He prayed for them and tried to get them to see the wrong they were doing, but they would not listen to him. The people had forgotten the Lord. They wanted only to fight and kill and get revenge on the Lamanites.

Mormon turned to the records. "I write," he said, "unto all the ends of the earth." He wrote of his people and of the goodness of Jesus.

It was difficult to engrave the fine letters upon the metal plates, even with the sharpest of instruments. He labored long and diligently. He studied the writings of the men before him. There were many records and he found the same pattern repeated over and over: when the people served Jesus, there was happiness; when they forgot him, there was sorrow. Mormon wondered how the world could ever come to know these testimonies of Jesus, so he decided to rewrite the records into one smaller book. For twenty-eight years, while the Nephites and Lamanites battled, Mormon wrote a small abridgment, daring not to give a full account of all he had seen because of the commandment given him not to do so, and also because of the sorrow he feared would come to future readers as they learned of the wickedness of that time.

Mormon took all the records Ammaron had hidden in the hill Shim, and protected them as the people were driven northward.

Then Mormon led his people to the land Cumorah, where they pitched their tents about the hill. He was now seventy-five years old, and he feared that here would be the last struggle of his people. The Lamanites were many and were strong. The Nephites gathered men, women, and children to fight. They were afraid, but still they fought. They fought with all manner of weapons of war. Mormon took command of the army and led them, but many were killed. Thousands upon thousands died, until only twenty-four Nephites were left.

Mormon wrote that his "soul was rent with anguish." He sorrowed at so many deaths, and he grieved because he knew that the battles need not have been if the people had only repented of their wickedness and served the Lord.

Mormon was wounded and knew that he would soon die. He asked his son, Moroni, to finish the Book of Mormon and to hide it up safely with all the sacred writings, and this Moroni did.

ACTIVITY: Mormon-A Valiant Prophet - Friend, January 1988 - Read statements about Mormon, then number pictures to match story. (Color the pictures.)

1 A righteous man named Ammaron wrote about his people, then hid the record so that wicked people would not find it. (See 4 Ne. 1:47–49.)

2 When Mormon was ten years old, Ammaron told him where the records were and instructed Mormon to retrieve the plates of Nephi when he, Mormon, was twenty-four years old. (See Morm. 1:2–4.)

3 Mormon was a serious boy and obeyed God's commandments. When he was fifteen, he was visited by the Savior. (See Morm. 1:15.)

4 Even though Mormon was only sixteen, he was a natural leader and was chosen to lead the Nephite armies, which he did for many years. (See Morm. 2:1–2.)

5 Eventually the Lamanites won more and more battles and forced the Nephites to the north. Mormon took the plates of Nephi from the hill Shim and began his own record on them. (See Morm. 2:3, 17.)

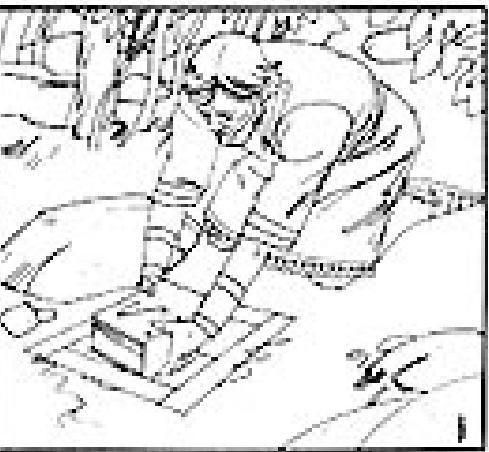
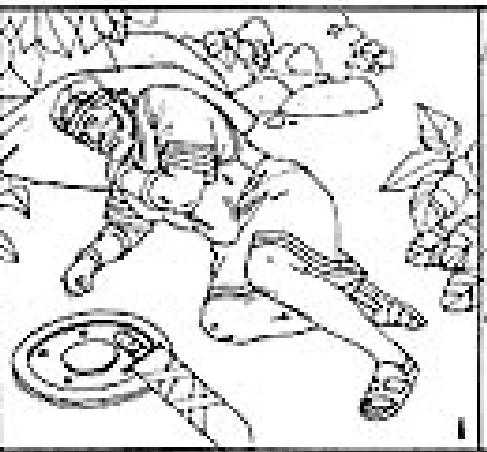
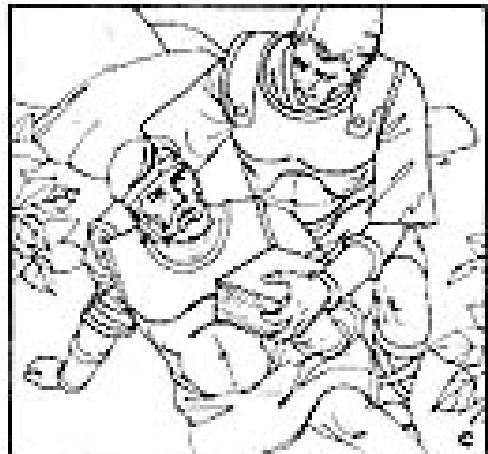
6 The Nephites were near destruction, but Mormon encouraged them to stand firm, and for ten years there were no wars. Mormon preached the gospel, but his people would not repent. (See Morm. 2:23–24; Morm. 3:1–3.)

7 When new battles began, the Nephites were victorious. They vowed to destroy all the Lamanites. Because of the Nephites' wickedness, Mormon refused to lead them. (See Morm. 3:7–11.)

8 Later Mormon agreed to lead the Nephites into battle though he knew they would soon be destroyed. At the Hill Cumorah, he was wounded, and thousands were killed. (See Morm. 5:1; Morm. 6:1–10.)

9 Mormon hid most of the sacred records in the Hill Cumorah; he gave the gold plates to his son Moroni and charged him to finish the record. (See Morm. 6:6; Morm. 8:1.)

10 Years later Moroni hid the gold plates in the Hill Cumorah. In 1823 he showed them to Joseph Smith. Four years later Joseph began translating Mormon's record.



40- The Brother of Jared Saw the Finger of God

(Jaredites are Led to the Promised Land)

SONG: Teach Me to Walk in the Light (CS p. 177)

SCRIPTURE: Ether 3:17

LESSON: Friend, November 1988 - Many years after the Great Flood, the descendants of Noah had multiplied and prospered greatly. They built cities, tilled the land, and became very wealthy. Most of them became wicked and idolatrous and forgot that it was the Lord who had spared their fathers. Some of them decided to build a high tower, which they believed would reach the heavens.

The Lord was angry with their behavior, and He confused their language. Because they could no longer understand each other, the work on the tower ceased, and the people moved to other parts of the land.

One righteous man, Jared, who had lived with his family near the tower when the language was confounded, had a brother whom the Lord loved because of his faithfulness. Jared asked his brother to pray to the Lord that the language of their families might not be confounded. The brother of Jared did so, and the Lord answered his prayer. Then the brother of Jared prayed to ask the Lord whether they should leave that country.

The Lord told him that He would send them to a land that was "choice above all the lands of the earth" and that they would receive for their inheritance. This land is now called America. He instructed the brother of Jared to assemble his family, Jared's family, and their friends' families.

After they had gathered their flocks and birds, fish, deseret (honeybees), and seeds of all kinds, the brother of Jared led his people into a valley called Nimrod, which was named after a mighty hunter.

There the Lord told the brother of Jared to take his people deep into the wilderness. Covered by a cloud, the Lord led them, giving directions for their journey. The travelers settled near a seashore, where they lived for four years.

The Lord continued to talk with the brother of Jared, promising him that the promised land would always be one of freedom if the people lived righteously. If they became wicked, however, He would destroy them.

During their four years near the seashore, the people began to forget the Lord. Even the brother of Jared did not pray as he once had. The Lord came down from heaven in a cloud and chastised him for three hours, and the brother of Jared repented of his sins and prayed for forgiveness for himself and his people.

The Lord forgave the people, then instructed them how to build barges so that they could cross the ocean. The barges were small, light, and sealed as tightly as a dish, except for holes in their tops and bottoms for letting in fresh air whenever they were not underwater.

When the barges were finished, the brother of Jared talked with the Lord about how they would have to cross the ocean in darkness. The Lord wanted the brother of Jared to tell Him how to light the barges. So he went up into the hills and smelted sixteen stones until they were as clear as glass. Carrying them to the top of a mountain, he asked the Lord to touch the stones with His finger so that they might shine in the darkness.

When the brother of Jared had finished praying, the Lord did as he had asked and touched the stones with His finger. The veil was removed from the brother of Jared's eyes, and he saw the finger of the Lord. Then, because of the brother of Jared's great faith, the Lord showed him the rest of Himself, teaching him that all men are created in the Lord's image.

This wonderful experience—seeing the spirit body of the Lord—affected the brother of Jared deeply. The Lord instructed him to record it in a journal and hide the record where it would not be found until He appeared in the flesh.

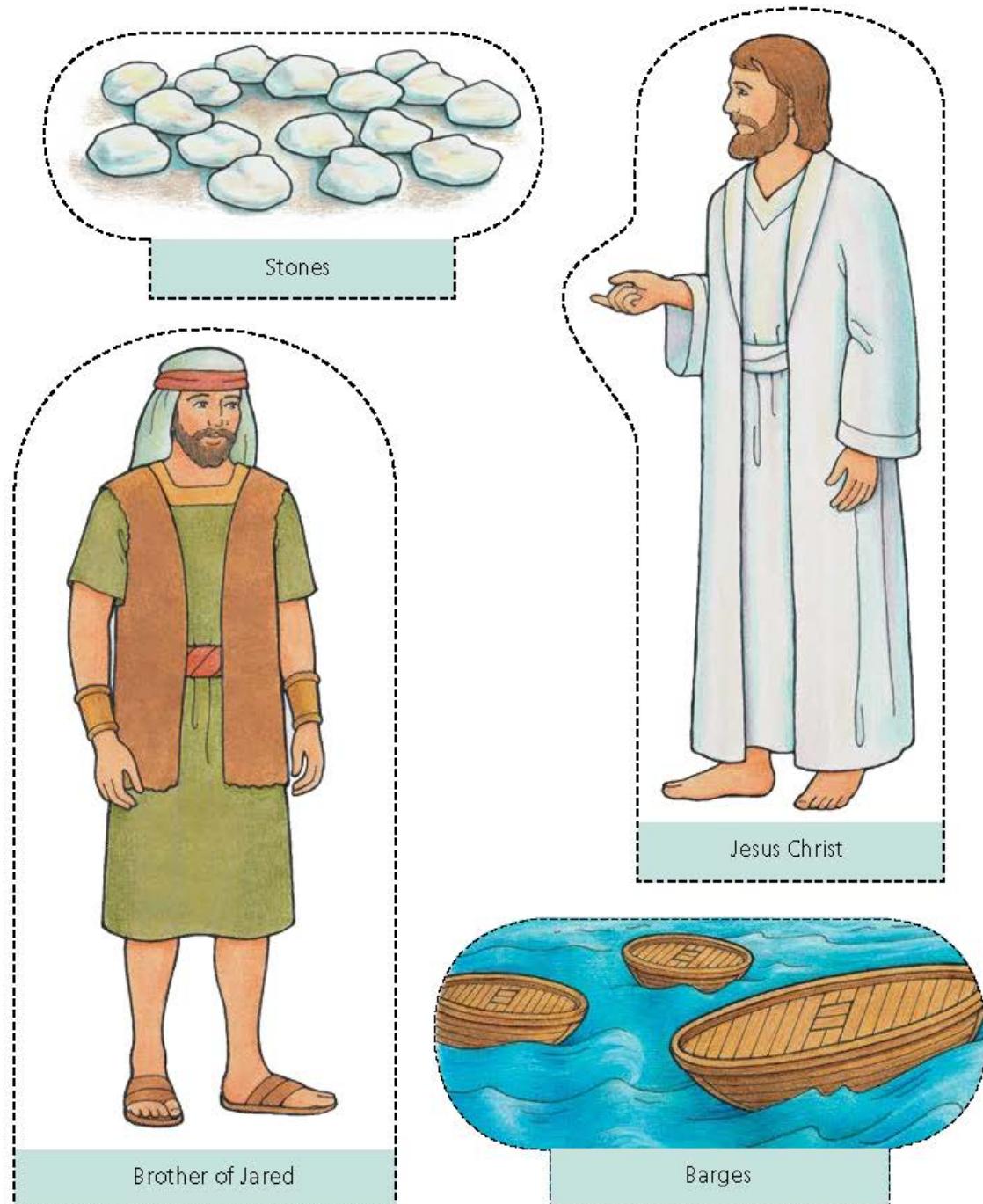
Two of the especially prepared stones were placed in each barge, one at either end, and the people loaded their possessions and animals into the barges and set sail. The Lord caused a strong wind to blow the small vessels toward the promised land. For 344 days the people traveled across the ocean.

When they reached the promised land, they immediately knelt and offered a prayer of thanksgiving. They began to build homes for their families and to till the earth, growing crops from the seeds that they had brought with them. Children were born, and as long as they were righteous, they prospered.

ACTIVITY: Brother of Jared - Friend, October 2012 – Scripture Figure

Or The Brother of Jared Sees Jesus - Friend, January 1992 – Cut, color, retell story of the Brother of Jared seeing Jesus.

This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.



THE JAREDITES ARE LED TO THE PROMISED LAND

Ether 1–3; 6



41-The Destruction of the Jaredites

(The Jaredites Reject the Prophets)

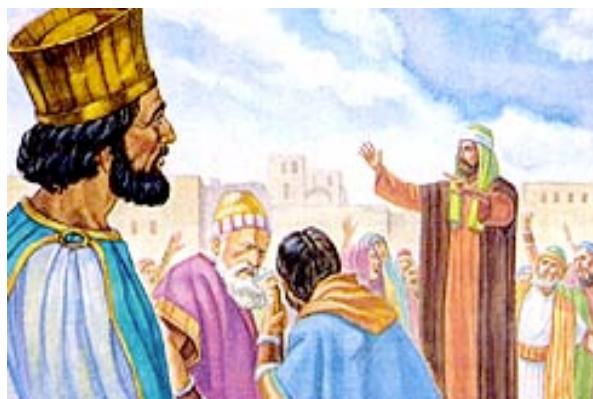
SONG: Follow the Prophet (CS p. 110)

SCRIPTURE: Ether 12:27

LESSON: Friend, June 1990 – The Destruction of the Jaredites



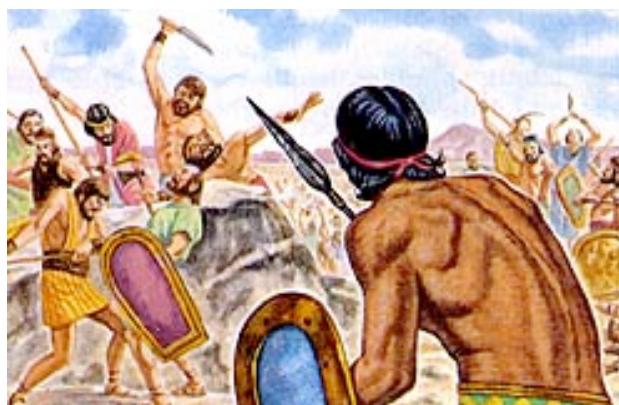
The Jaredites grew in number and became rich. They chose a king to be their leader. Ether 6:18, 22–28



Many years passed. The Jaredites became wicked. The Lord sent prophets to tell them that they would be destroyed if they did not repent. Ether 11:1



The people would not listen to the prophets. They tried to kill them. Ether 11:2



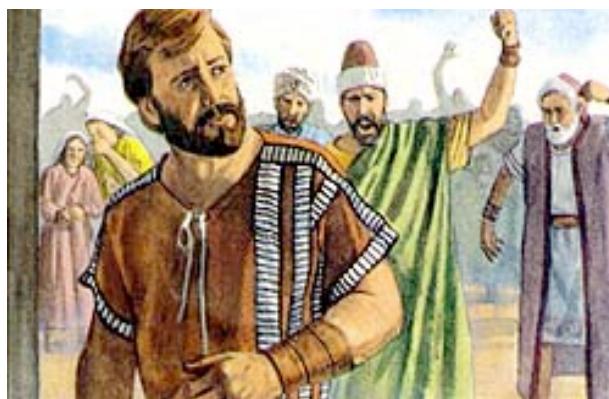
There were wars and famines in the land. Many Jaredites died. Ether 11:7



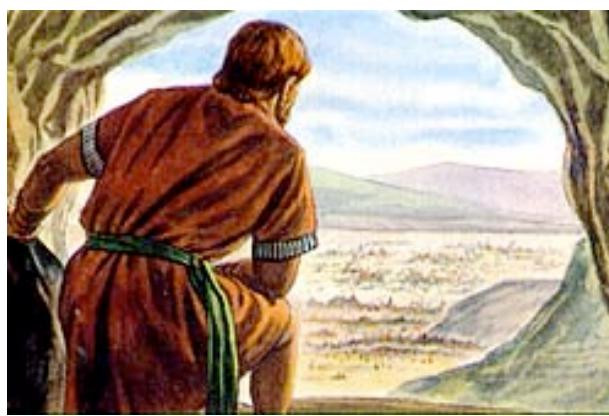
The Lord sent another prophet, named Ether. Ether preached from morning until evening. He told the Jaredites to believe in God and to repent. Ether 12:2–3



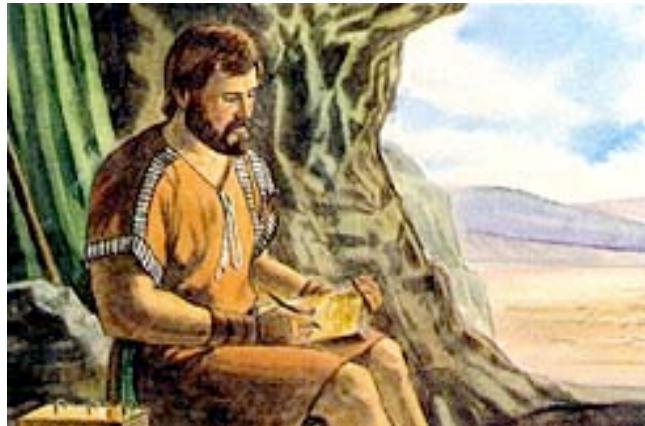
Ether told the Jaredites that if they would believe in God, they would someday live in a better world with Heavenly Father. Ether 12:4



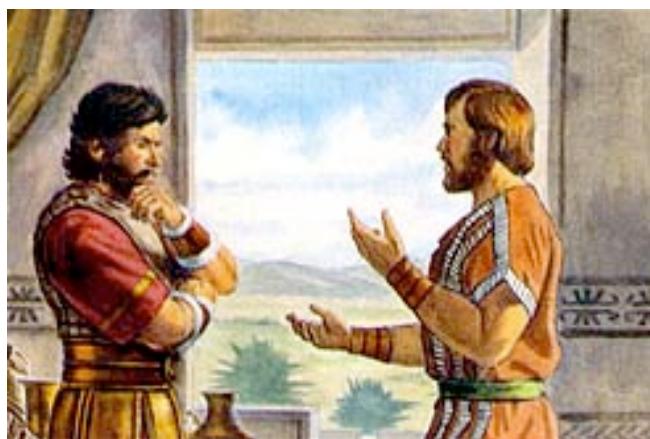
Ether told the Jaredites many wonderful things, but they did not believe him. They made him leave their city. Ether 12:5, Ether 13:13



Ether hid in a hole in a rock during the day so that he would not be killed. At night he went out and saw what should happen to the people. Ether 13:13



Ether finished writing the history of the Jaredites while he was hiding. Ether 13:14



Coriantumr was a wicked Jaredite king. The Lord sent Ether to tell Coriantumr to repent or he would live to see all his people killed. Ether 13:16–17, Ether 20–21



Coriantumr and his people would not repent. Coriantumr tried to have Ether killed, but Ether ran and hid in the rock. Ether 13:22



The people were so wicked that a curse came upon the land. They could not lay down their tools or swords because by the next day the objects would be gone. Ether 14:1



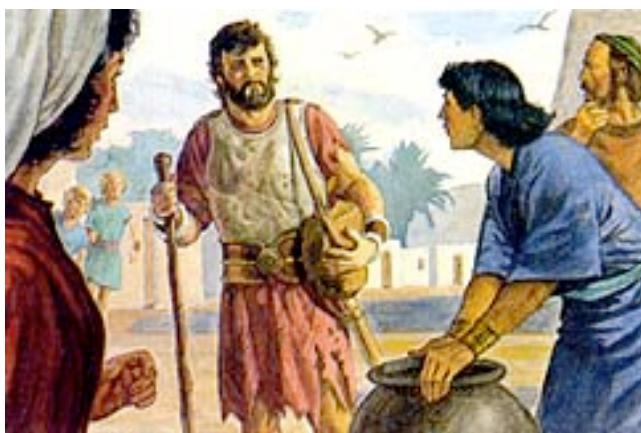
All the Jaredites were fighting, even the women and children. Coriantumr led one army. Another man, named Shiz, led the other army. Ether 14:19–20, Ether 15:15



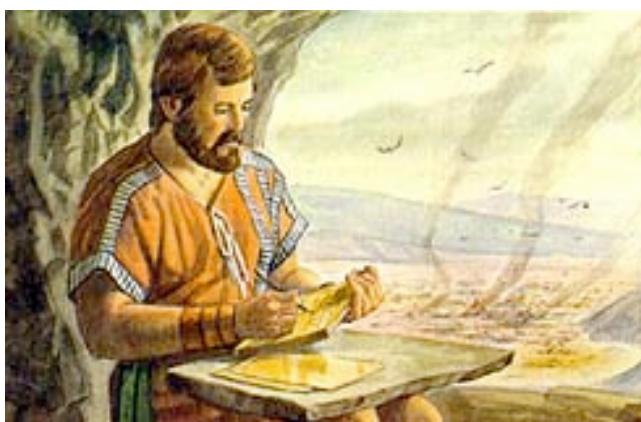
Coriantumr and Shiz were both wicked men. The Spirit of the Lord had left the Jaredite people because of their great wickedness. Satan had full power over them. Ether 15:19



The Jaredites fought until Coriantumr and Shiz were the only ones left. When Shiz fainted from losing so much blood, Coriantumr cut off his head. Ether 15:27–30

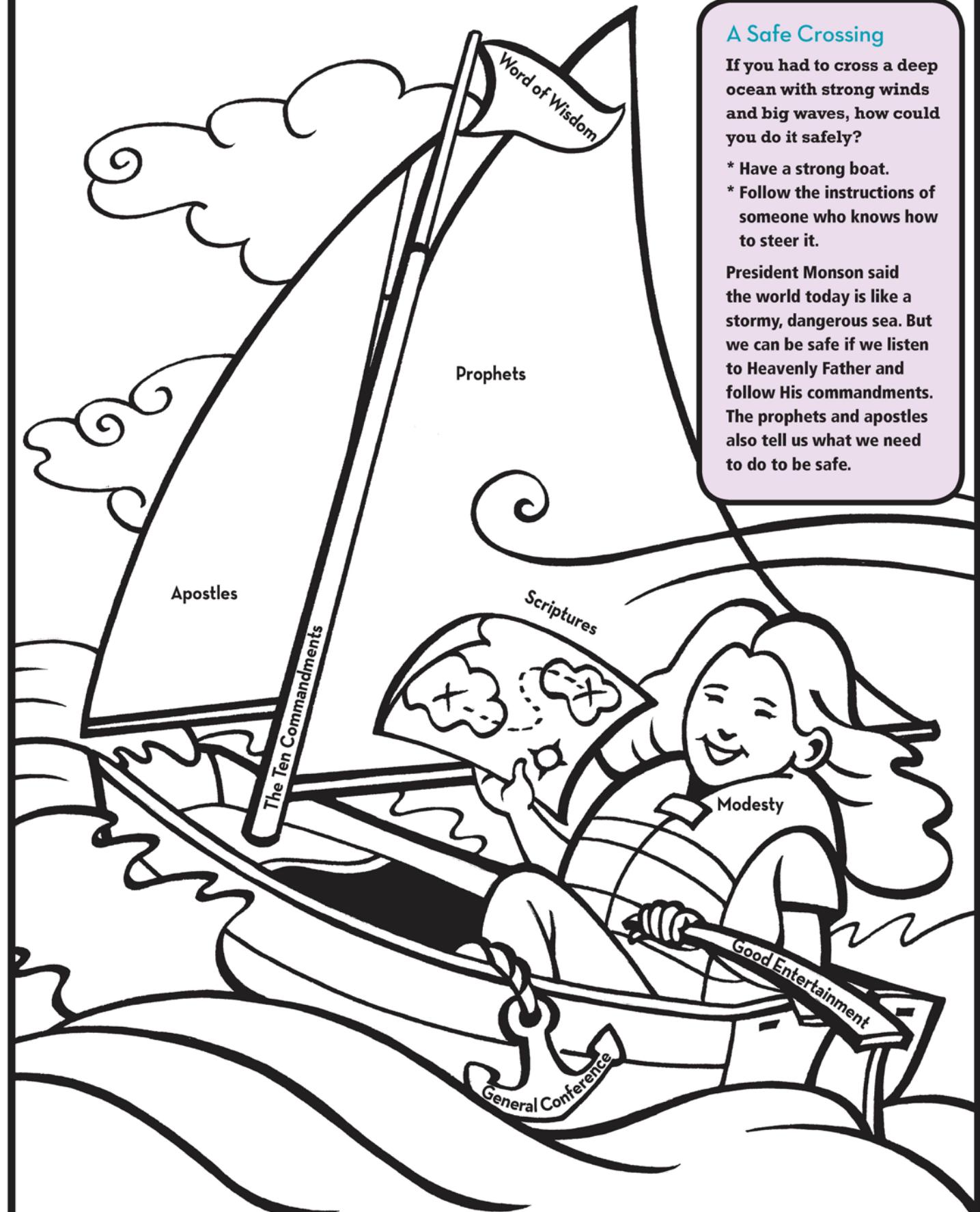


Ether's prophecy came true. Coriantumr was the last Jaredite alive. Later he was found by the people of Zarahemla. Omni 1:20–21



Ether finished writing the history of the Jaredites. They had been destroyed because of their wickedness. The Jaredite records were later found by the Nephites. Ether 15:33

ACTIVITY: Coloring Page - A Safe Crossing - Friend, October 2011



A Safe Crossing

If you had to cross a deep ocean with strong winds and big waves, how could you do it safely?

- * Have a strong boat.
- * Follow the instructions of someone who knows how to steer it.

President Monson said the world today is like a stormy, dangerous sea. But we can be safe if we listen to Heavenly Father and follow His commandments. The prophets and apostles also tell us what we need to do to be safe.

42-Moroni

(Moroni and His Writings)

SONG: I Think the World is Glorious (CS p. 230)

SCRIPTURE: Mormon 9:16

LESSON: Friend, February 1971 – It was dark in the shadows where Moroni was hiding. Outside the sun shone, but Moroni dared not venture forth yet. He knew the Lamanites would kill him, as they had killed his brave ten thousand warriors, and his father's ten thousand, and tens of thousands of other Nephites. Death and destruction were everywhere.

Moroni's father, Mormon, and all his kinfolk had been slain in battle. He had no friends and nowhere to go. He was left alone to write the sad story: "... their wars are exceedingly fierce among themselves; and because of their hatred they put to death every Nephite that will not deny the Christ. And I, Moroni, will not deny the Christ; wherefore, I wander whithersoever I can for the safety of mine own life."

When it was night, Moroni hunted for food to sustain life, for he had a great work to do: to finish the record his father had made and seal it in the hill with the many other writings.

When Moroni finished his father's record, he would have placed it with the other plates for safekeeping. But among the many histories, Moroni found twenty-four gold plates, the story of the families of Jared and his brothers who had come to America before the Nephites. The story was recorded by the prophet Ether. It was long and powerful and beautifully written.

Carefully and prayerfully Moroni began to shorten the story. He found that the words of the brother of Jared were so mighty it was overpowering to read them, for the brother of Jared was a man of great faith. And Moroni said to the Lord, "... thou hast made all this people that they could speak much, because of the Holy Ghost which thou hast given them; And thou hast made us that we could write but little, because of the awkwardness of our hands. Behold, thou hast not made us mighty in writing like unto the brother of Jared, ... wherefore, when we write we behold our weakness, and stumble because of the placing of our words. ..."

The Lord comforted Moroni by saying, "I give men weakness that they may be humble. ... And because thou hast seen thy weakness thou shalt be made strong." He also told Moroni to write the words of the brother of Jared as they were, but to seal that part of the book for awhile. This Moroni did, and he added it to his father's book. He painstakingly inscribed two letters, filled with truth and wisdom, that his father, Mormon, had written him.

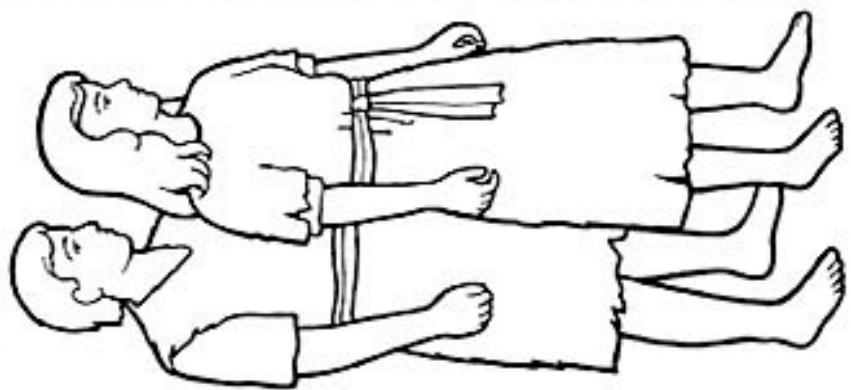
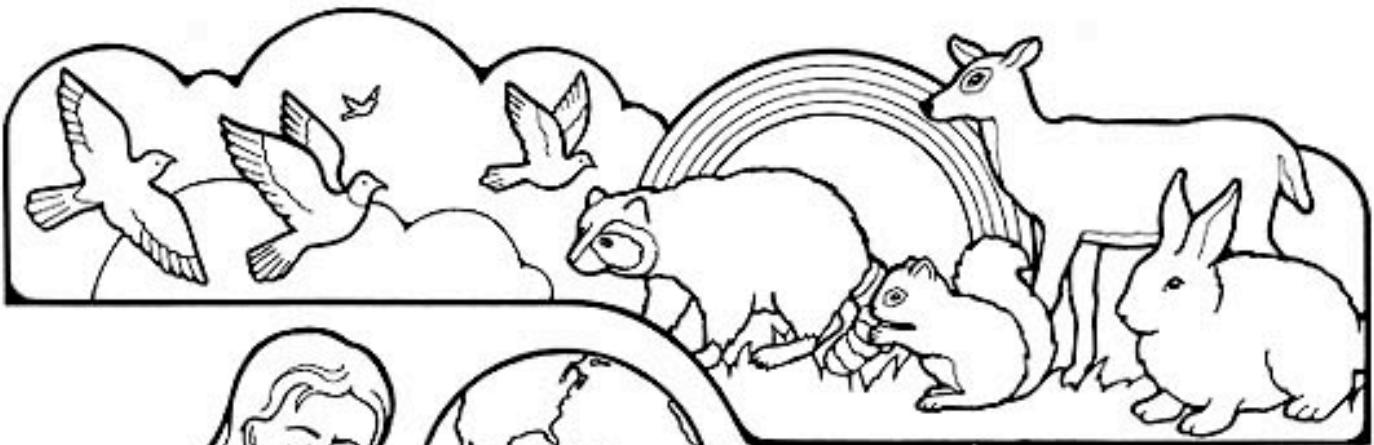
Moroni was alone in the land. He wrote a final message on the plates before he sealed them up as he had been told to do. He told of the goodness of Jesus, and of how the members of

the church had met together often to pray and talk about the gospel, how they were baptized, how they administered the sacrament, and of the prayer for its blessing.

He wrote to the people of our day, too, who would receive this record, for he said, "Jesus Christ has shown you unto me, and I know your doing." Then he pled with us never to deny the power of God nor the gifts of God. He made this promise: "If ye have faith ye can do all things which are expedient." Then he added, "And when ye shall receive these things, ask God if these things are not true; ... And by the power of the Holy Ghost ye may know the truth of all things."

More than four hundred years had passed since the Savior had visited the Nephites on the American continent. Mormon finished the record, and wrote, "Now I seal up these records. ... And now I bid unto all, farewell."

ACTIVITY: Moroni Writes of God's Marvelous Works - Friend, November 1992 - Color the figures, and mount them on heavy paper; then cut out the figures and glue pieces of flannel on the backs. Read the scriptures listed, then retell the Book of Mormon story using the figures.



43-Faith of Our Prophets

(Moroni Teaches Faith in Jesus Christ)

SONG: I Pray in Faith (CS p. 14)

SCRIPTURE: Moroni 7:33

LESSON: Friend, November 2003 – David B. Haight - What a wonderful and grand opportunity [it] is for all of us to be able to sustain our living prophet upon the earth today. To feel it in your heart and soul that you not only sustain him but you endorse what he has been doing and what he has done for us in representing us to the world. We are thankful for the marvelous and inspired way in which he has spoken to the world.

As we look at Brigham Young and reflect upon the inspiration and direction that came to that most unusual man, we recall how he was able to fill the tragic void caused by the death of the Prophet Joseph Smith, how he was able under inspiration and revelation to guide and direct the closing of Nauvoo and the planning of the trip west. We remember the continued work there at that time on the Nauvoo Temple and the way that was organized to move forward, with the wagon trains crossing the West and into the Salt Lake Valley into what would become Zion.

And think of the blessing that has come into our lives to have President Hinckley as our prophet, seer, and revelator and leader and to envision what is happening and what will be happening ahead of us if we just have the faith to continue to do what has been started.

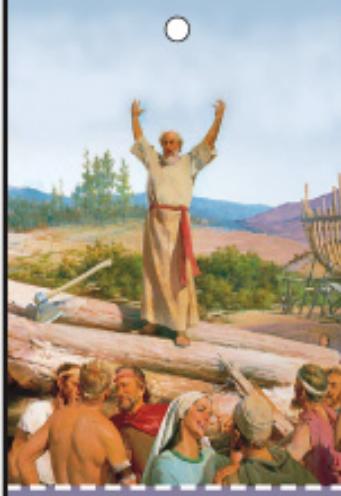
President Hinckley often speaks to us about developing more faith. That faith is a result of our living the principles of the gospel, living the way we should.

Just imagine the [lesson] that the Savior was teaching the people. If you only had as much faith as [a] little tiny mustard seed you would say to the mountain, "Move hence," and it would move, if you had that much faith (see Matt. 17:20).

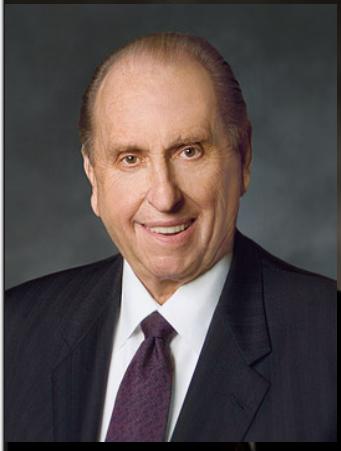
So what we need is the faith of Brigham Young and the faith of Gordon B. Hinckley and the faith of people who are our prophets and leaders.

ACTIVITY: I'll Follow Him in Faith - Friend, June 2005 - Cut along the solid lines. Form the long panel into a box by folding the dotted lines and gluing the tab. Draw or glue a picture of yourself in the blank panel, and write something you will do on the blank lines. Fold the five small panels along the dotted lines so the pictures and scriptures are on the outside. Punch holes where indicated. Attach pieces of string to the top of the box. Tie the picture of yourself to the strings at the top of the box so it hangs through the center of the box and 5" (13 cm) below the bottom of the box. Tie the four remaining pictures to the bottom of the box. (See illustration.)

And Christ hath said: If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me (Moroni 7:33).



And Christ hath said: If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me (Moroni 7:33).



Get on your knees and pray and stand on your feet and do His will and put your trust and faith in Him, because of my faith in Jesus Christ, I will bless you and God will (Ensign, Apr. 2002, 5).

I will go and do the things which the Lord hath commanded him according unto all that the Lord hath commanded him (1 Nephi 3:7).

And Noah did command the things which the Lord had commanded him (Genesis 7:5).

I kneeled down and began to offer up the desires of my heart to God (Joseph Smith—History 1:15).



Because of my faith in Jesus Christ, I will

Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed out from the Internet at www.lds.org. Click on Gospel Library.

Glue

44-We Can Testify of Jesus Christ and His Gospel

(Moroni and the Book of Mormon Promise)

SONG: Search, Ponder, and Pray (CS p. 109)

SCRIPTURE: Moroni 10:3-5

LESSON: Friend, September 1999 - How do I gain a testimony of the Savior and the gospel? When I pray, read the scriptures, keep the commandments, and follow the living prophets, Heavenly Father will give me a testimony through the Holy Ghost.

What is a testimony? It is the personal knowledge given to each of us who seek it that Heavenly Father and Jesus Christ are real, that They love us, that the prophets speak in Their name, that the scriptures really are the word of God, that the priesthood is the power and authority of God, given to worthy men to help us, that the Church is true, and that Joseph Smith restored it in our day.

When we pray to Heavenly Father night and morning and feel Him close to us, we begin to understand that He lives and that He loves us. Even when we are very young, we can know that He hears and answers our prayers. We can testify of the things that we know and believe.

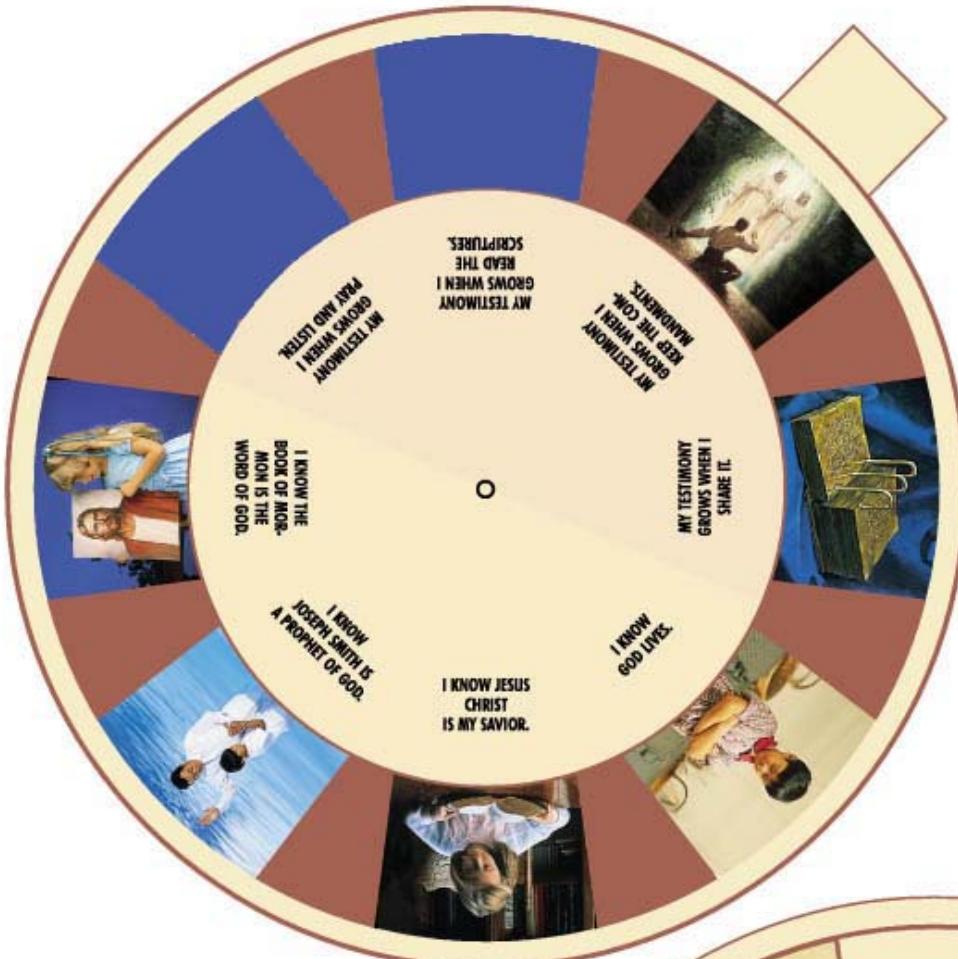
The prophet Moroni gave us a special promise about gaining a testimony of the Book of Mormon. Moroni said that we should study the Book of Mormon, then ask God if it is true. If we do this with a sincere heart and having faith in Christ, He will manifest the truth of it unto us by the power of the Holy Ghost. Many people have tested this wonderful promise in Moroni 10:3-4 [Moro. 10:3-4] and found out for themselves that it works. They can testify that the Book of Mormon is true. We, too, can testify that the Book of Mormon is true when we study it and test it for ourselves. We, too, can receive the witness of the Holy Ghost.

When we know that the Book of Mormon is true, we know other important things, as well: (1) We know that Jesus is the Christ—this is the most important message of the Book of Mormon. (2) We know that Joseph Smith is a true prophet of God and that he translated the Book of Mormon under the direction of God.

We can testify of these things.

ACTIVITY: We Can Testify of Jesus Christ and His Gospel - Friend, September 1999 – Cut out the wheels, the windows in the wheel with the large picture, and the boxes. Place the wheel with the tab under the one with the large picture, punch a hole through the center of both pictures, and insert a paper fastener through the hole. Use the tab to position a statement on the bottom wheel to appear in the lower window of the upper wheel. Decide which of the two boxes that statement belongs in, and write it there.

Or Moroni and the Book of Mormon Promise - Friend, November 2012 – Scripture Figures

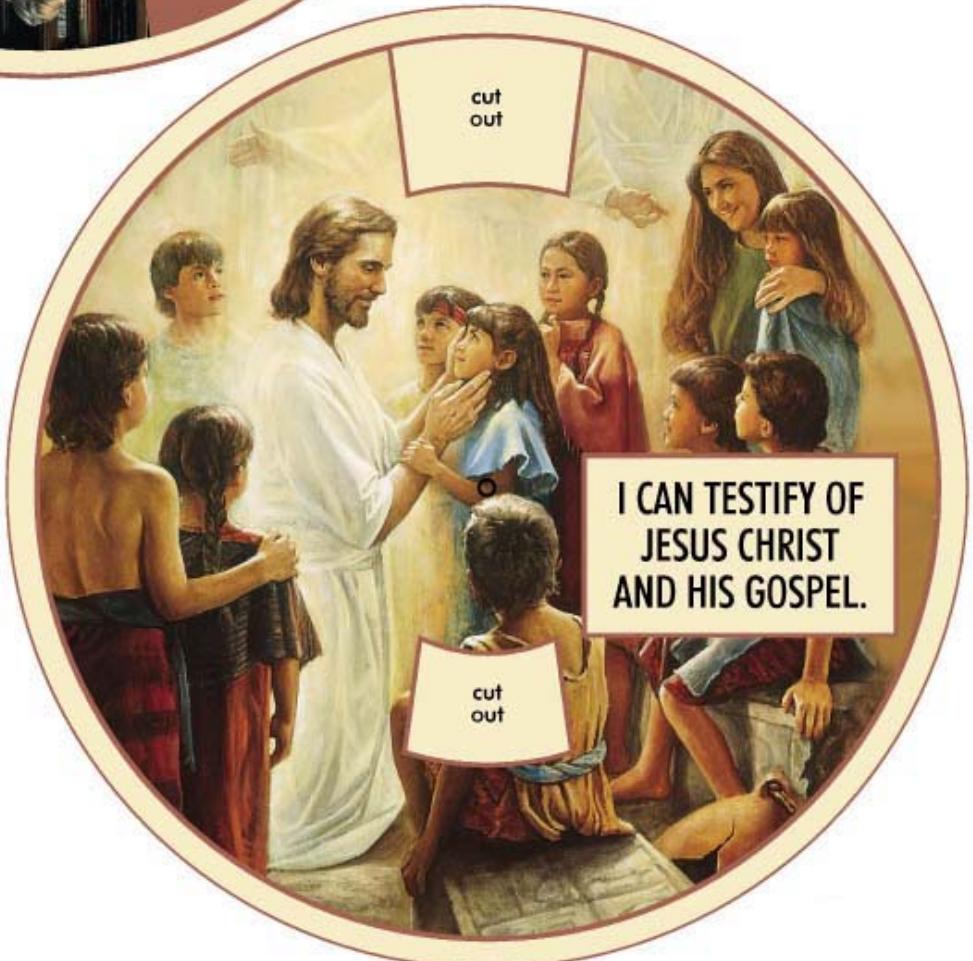


WHAT IS A TESTIMONY?

1. _____
2. _____
3. _____
4. _____

HOW CAN MY TESTIMONY GROW?

1. _____
2. _____
3. _____
4. _____





Moroni

**Moroni and the
Book of Mormon Promise**
Moroni 10



Jesus Christ

This year 10 issues of the *Friend* have contained Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.

45-Savior and Redeemer

(The Book of Mormon is a Witness of the Resurrection of Jesus Christ [Easter])

SONG: Did Jesus Really Live Again (CS p. 64)

SCRIPTURE: John 11:25

LESSON: Friend, April 1999 - Nathan and his cousins were playing by a large irrigation ditch. They knew that they shouldn't play so close to it, but it was fun to throw rocks into the water, and it was cooler near the water on this hot summer day. Suddenly Nathan slipped and fell in. His cousins yelled for help. Fortunately the aunts and uncles were not far away. Uncle Gary jumped the pasture fence, ran to the ditch, and pulled Nathan from the water just before he went into a culvert under the road. Uncle Gary saved Nathan's life that day.

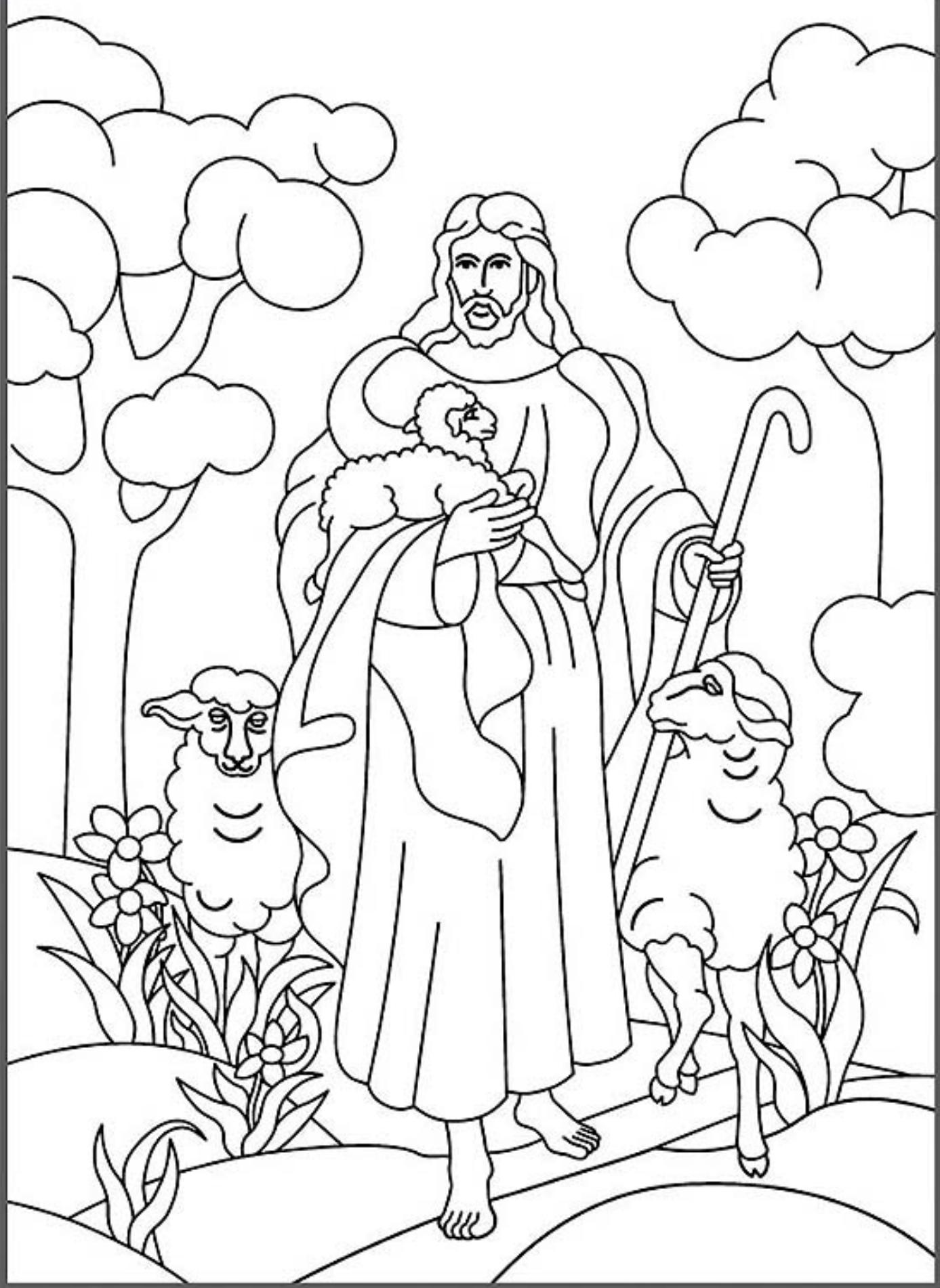
Nathan *will* die someday. Everyone will die someday. But Jesus Christ made it possible for us to live again. He gave His life upon the cross for us. Three days later He was resurrected—His spirit body reunited with His body of flesh and bones, to never again be parted. He lives today! He said, “I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live” (John 11:25). Because He did this for us, each of us will be resurrected. He is our Savior.

It would not be a blessing to live forever if we were still burdened with our sins and sorrows. Justice demands that there is a punishment for sin. Jesus Christ took upon Himself the burden of our sins. His suffering in the Garden of Gethsemane and on the cross paid the price for our sins. He suffered so greatly that He bled from every pore. He suffered that punishment for our sins so we would not have to suffer if we will repent. Because He redeemed us from sin, all those who believe in Him and repent of their sins can return to live with Him forever. He is our Redeemer.

You can probably imagine how grateful Nathan's family was to Uncle Gary that summer day. How much more grateful we ought to be to Jesus Christ! His Atonement made it possible for us to live again forever. His Atonement paid the price for our sins if we repent. No wonder we celebrate Easter! In some parts of the world, people greet each other at Easter time by saying, “Christ is risen!” And their friends reply, “In truth, He is risen.” Jesus Christ—our Savior and our Redeemer—is risen! How great is our joy!

ACTIVITY: Savior and Redeemer - Friend, April 1999 - (1) Color the picture, remove the page from the magazine, trim the sides, and cover it with clear plastic wrap. Then mount it on construction paper and display it somewhere in your room. (2) Trace the picture on plain white paper. Color the traced picture with marker pens, brush it very lightly with salad oil, and blot it with a paper towel. Then tape the picture to a construction-paper frame and hang it in your window.

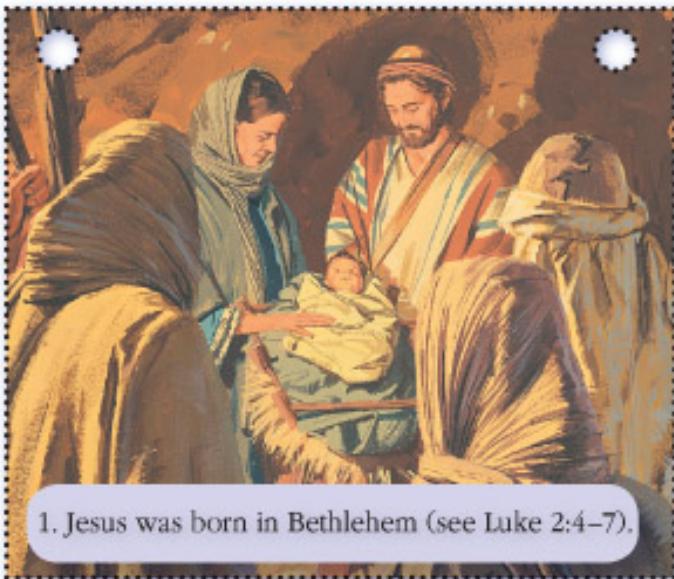
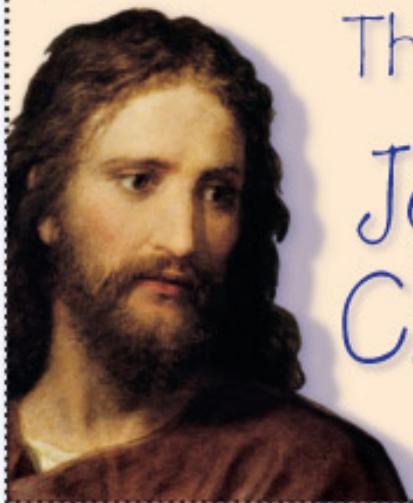
Or The Story of Jesus Christ - Friend, March 2008



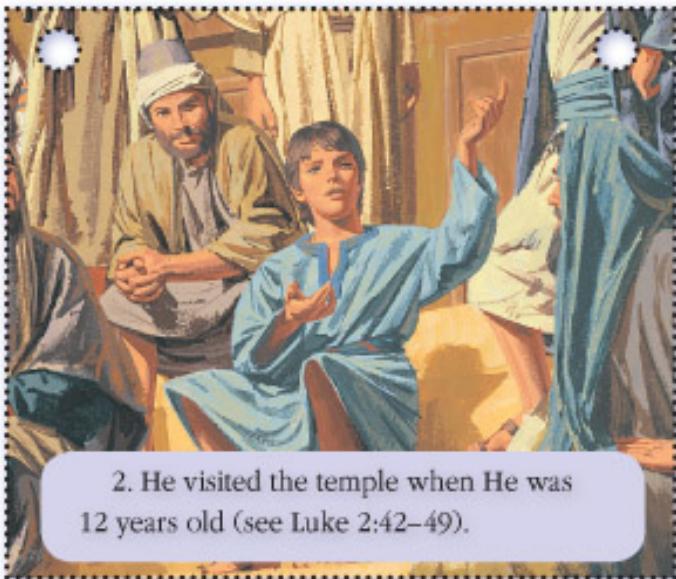
Instructions: Mount these two pages on heavy paper, then cut out the picture pages on the broken lines. Punch holes along the tops of the pages as marked. Place the picture pages on top of each other with the title page on the top. Line up the holes, and tie your book together with ribbon or yarn.

Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at www.friend.lds.org.

The Story of Jesus Christ



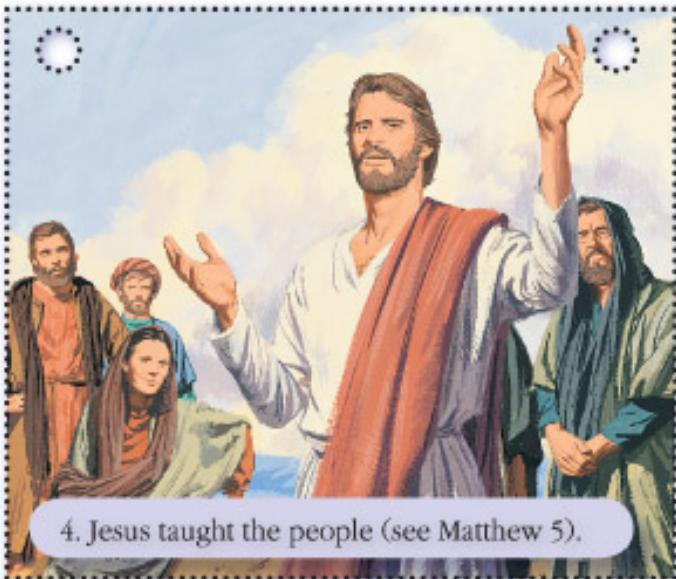
1. Jesus was born in Bethlehem (see Luke 2:4–7).



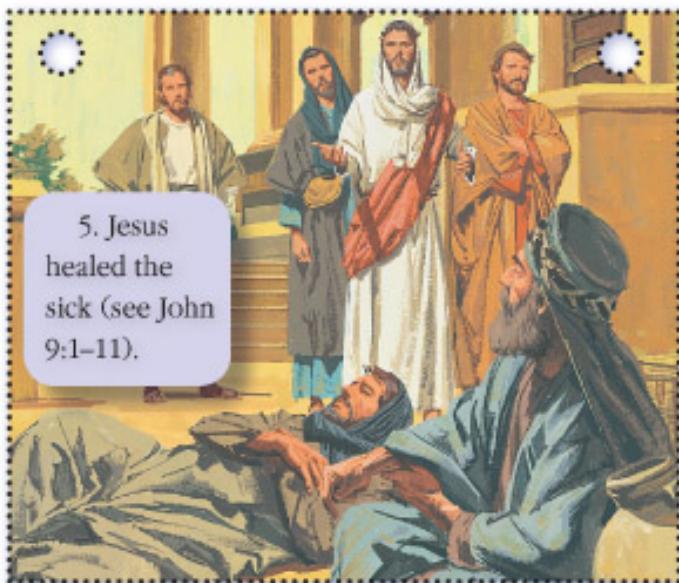
2. He visited the temple when He was 12 years old (see Luke 2:42–49).



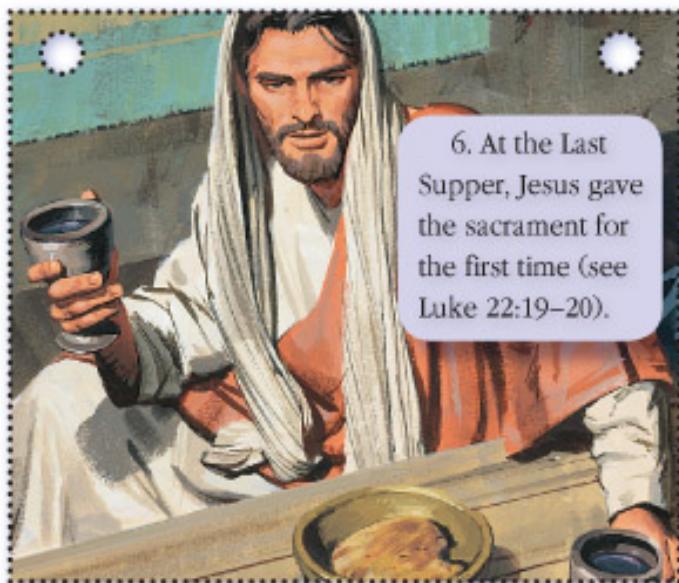
3. John the Baptist baptized Jesus (see Matthew 3:13–17).



4. Jesus taught the people (see Matthew 5).



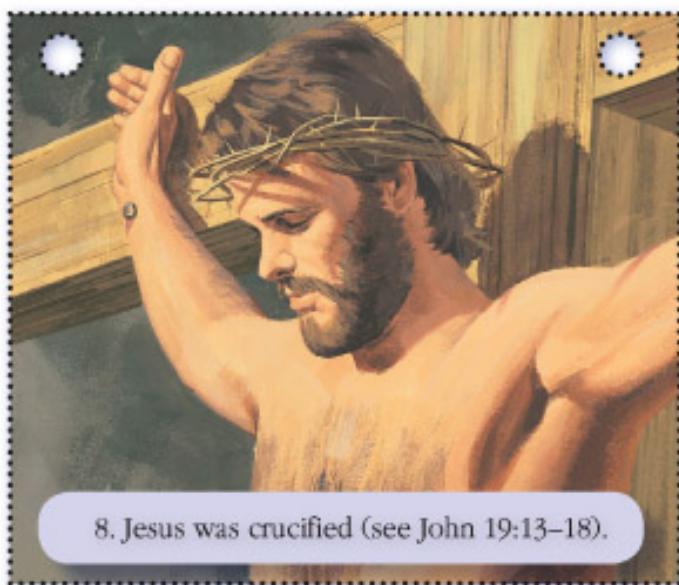
5. Jesus healed the sick (see John 9:1–11).



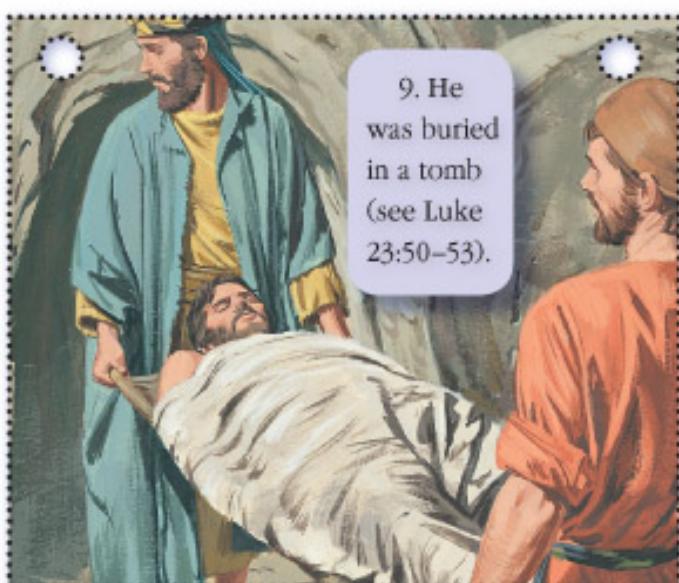
6. At the Last Supper, Jesus gave the sacrament for the first time (see Luke 22:19–20).



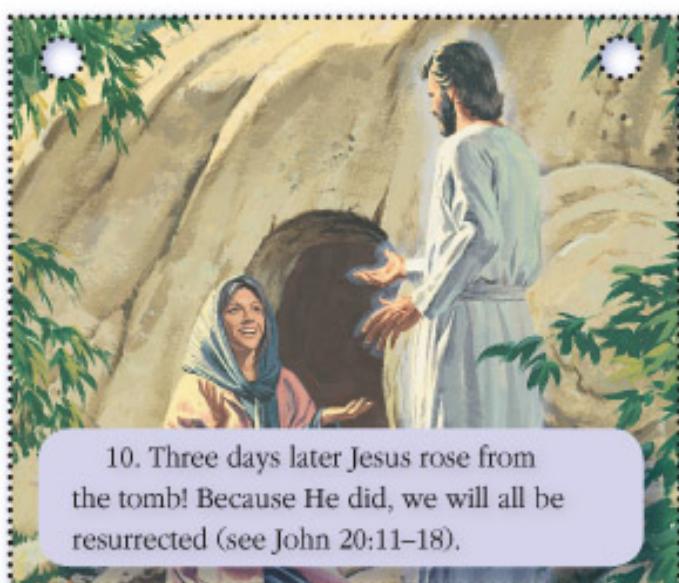
7. In the Garden of Gethsemane Jesus suffered for our sins (see Luke 22:39–44).



8. Jesus was crucified (see John 19:13–18).



9. He was buried in a tomb (see Luke 23:50–53).



10. Three days later Jesus rose from the tomb! Because He did, we will all be resurrected (see John 20:11–18).

46-Christmas in the Americas

(The Book of Mormon: Another Testament of Jesus Christ [Christmas])

SONG: The Nativity Song (CS p. 52)

SCRIPTURE: Helaman 14:2

LESSON: Friend, December 1994

1. The people in the land of Zarahemla had become very wicked. (See Hel. 13:1.)
2. A Lamanite prophet, Samuel, came and warned the people that if they did not they would be destroyed. (See Hel. 13:5–6.)
3. He told them that they could be forgiven of their sins, if they repented, because of the sacrifice of Jesus Christ who would soon be born. (See Hel. 14:2, 13.)
4. Samuel prophesied that Jesus Christ would be born in five years, that on the night before His birth great lights would appear in the heavens, that there would be a day and a night and a day without darkness, and that a new star would appear—“such an one as ye never have beheld.” (See Hel. 14:3–6.)
5. Those who believed the words of Samuel and repented were baptized by Nephi, a righteous man who lived in the land of Zarahemla. (See Hel. 16:1.)
6. But many people in Zarahemla hardened their hearts and would not repent. (See Hel. 16:2.)
7. When it neared the time for Samuel’s prophecy to be fulfilled, the unrighteous people set a date, saying that if the signs hadn’t appeared by then, all those who believed the prophecies would be put to death. (See 3 Ne. 1:9.)
8. That day, Nephi, the son of the Nephi who had baptized many of the people, prayed to the Lord for them all day. (See 3 Ne. 1:2, 10–12.)
9. Nephi was promised by the Lord that the signs of His birth would be fulfilled that night. When the sun went down that evening, there was no darkness, and a new star appeared in the heavens. The righteous, and even many of the wicked, knew that Jesus Christ, the Son of God, would be born the following day. (See 3 Ne. 1:12–21.)
10. “And thus the ninety and second year did pass away, bringing glad tidings unto the people because of the signs which did come to pass, according to the words of the prophecy of all the holy prophets.” (See 3 Ne. 1:26.)

ACTIVITY: Before or After Game - Friend, December 2006 - Cut out the cards. Place the round Nativity card on a flat surface. Read the scripture listed. Take turns choosing cards and reading scriptures. If the scripture tells about an event that happened or a prophecy that was given *before* Jesus was born, put it before the picture of Mary, Joseph, and Jesus. If the scripture tells about an event or prophecy that came *after* Jesus was born, put the card after the picture of Mary, Joseph, and Jesus.

Or Christmas in the Americas - Friend, December 1994 - Carefully cut around the drawings on the solid lines. Lay the pages flat on a table and fold up the pictures on the broken lines to make creases, then fold them down flat again. As someone tells the story of Christmas as found in the Book of Mormon, fold up the appropriate pictures.

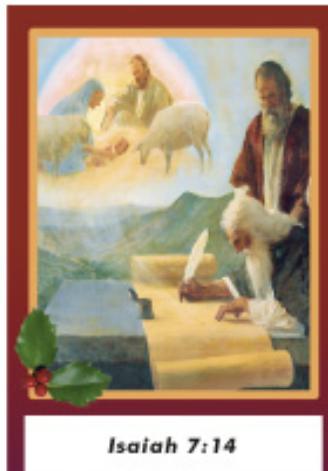


Luke 2:7

Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at www.lds.org. Click on Gospel Library.



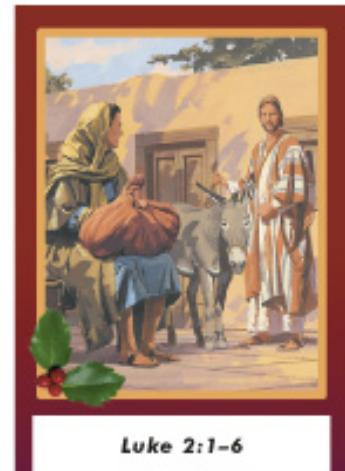
1 Nephi 11:13-21



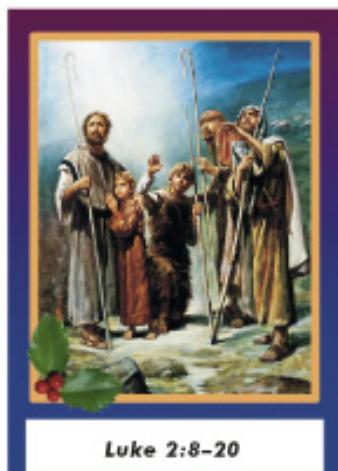
Isaiah 7:14



Luke 1:39-45



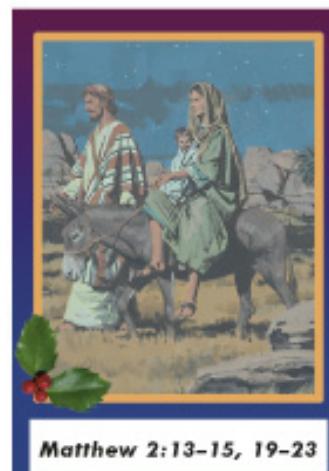
Luke 2:1-6



Luke 2:8-20



Matthew 2:1-12

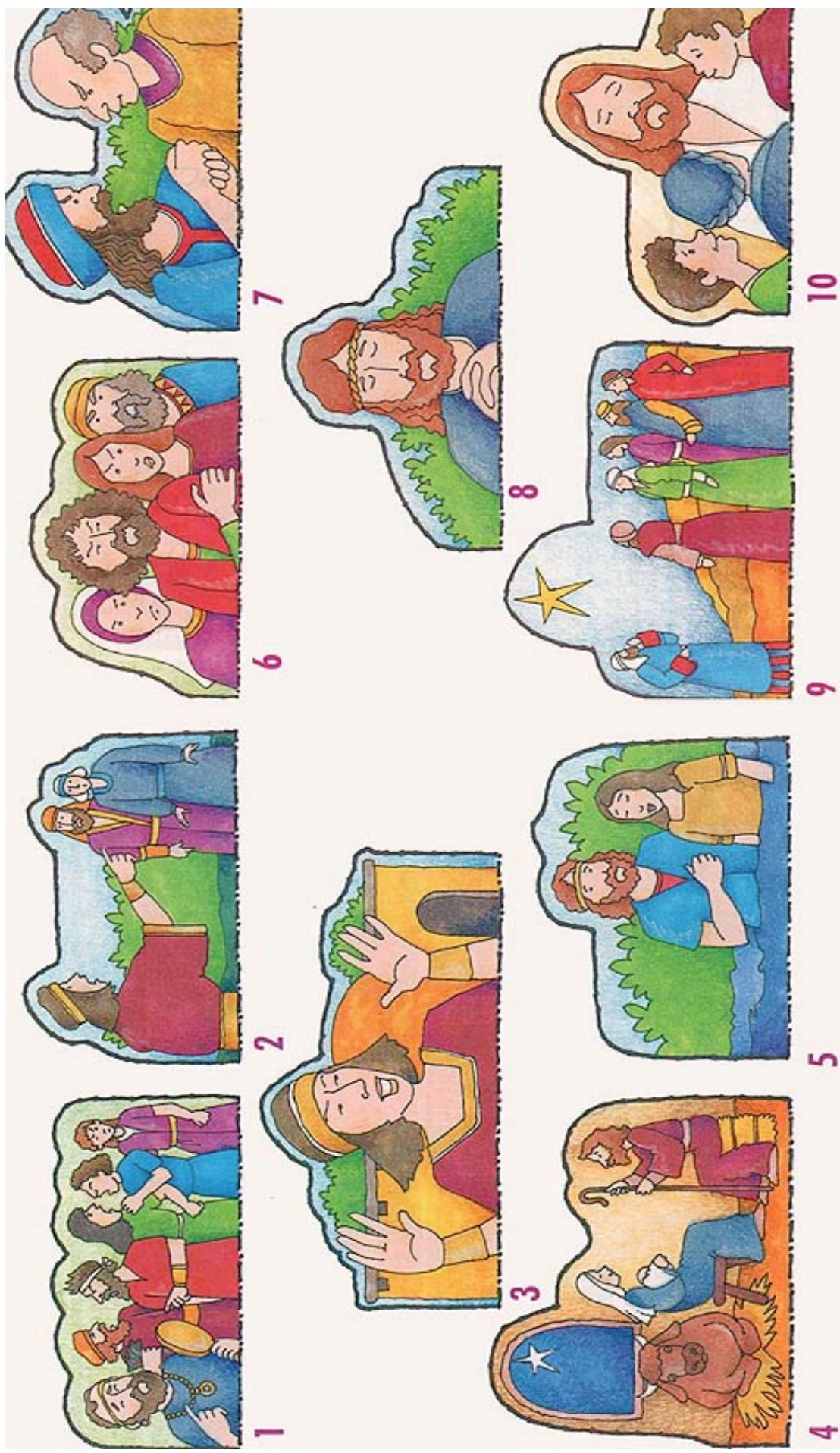


Matthew 2:13-15, 19-23



Matthew 24:30, 36

CHRISTMAS IN THE AMERICAS



47-Priesthood Blessings

(The Priesthood Can Bless Our Lives)

SONG: The Priesthood is Restored (CS p. 89)

SCRIPTURE: JSH 1:68-72

LESSON: Friend, June 1995 - Tetsuko lived by a high mountain in Japan. She was going to school for the first time. Excited, she dressed quickly in her new school uniform. Then she began to feel sick, and she didn't feel like eating breakfast.

Okasan (Mother) asked, "Do you feel sick, Tetsuko?"

"Yes. My stomach hurts, and I don't think I will be able to go to school today." She started to cry.

Otosan (Father) took her hand in his and said, "I think I know what might be wrong with you. This is your first day of school. You will be away from home all day, and you don't know what to expect. I had the same feeling when I started my job. Would you like me to give you a special father's blessing?"

Tetsuko nodded.

Otosan placed his hands upon her head and gave her a blessing. He thanked Heavenly Father for her and for the happiness she brought them. He blessed her to feel better, to not be afraid, and to feel peace in her heart.

Tetsuko left for school. That afternoon she ran into the house, calling "Okasan! Okasan! I'm home. It was fun at school. My teacher is nice, and I met some new friends."

Her mother pulled her close and said, "I'm happy you had such a good day and that Otosan was able to give you a special blessing."

Our Heavenly Father gave his authority to certain men so that his work could be done. It is called the priesthood. Priesthood means the power and authority to act for our Heavenly Father.

How would things be different if we didn't have the priesthood? The Church would not have been organized, no one could be baptized or receive the gift of the Holy Ghost, no one could receive the blessings of the temple, and no one could return to live with Heavenly Father. Through the priesthood, all of Heavenly Father's children can be blessed.

ACTIVITY: Priesthood Blessings - Friend, June 1995 - Color the flannel board figures, cut them out, and glue a small piece of flannel or sand paper on the back of each. Using a flannel board, share the story of Tetsuko with your family and friends during a family home evening. Talk about the priesthood authority that Tetsuko's father used to bless her.



48-First Principles and Ordinances of the Gospel: Faith

SONG: Faith (CS p. 96)

SCRIPTURE: Alma 32:21

LESSON: Friend, June 2011 - The fourth article of faith talks about four important principles and ordinances of the gospel you need to follow so you can live with Heavenly Father again.

First, you need to have faith in Jesus Christ. To have faith in Jesus Christ is to believe that He lives, that He is the Savior, and that He loves you, even though you have never seen Him. When you have faith in Christ, you will want to do what He has asked you to do, such as pray, attend church, be kind, and keep the commandments.

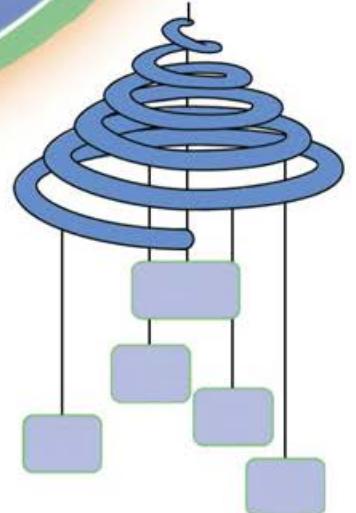
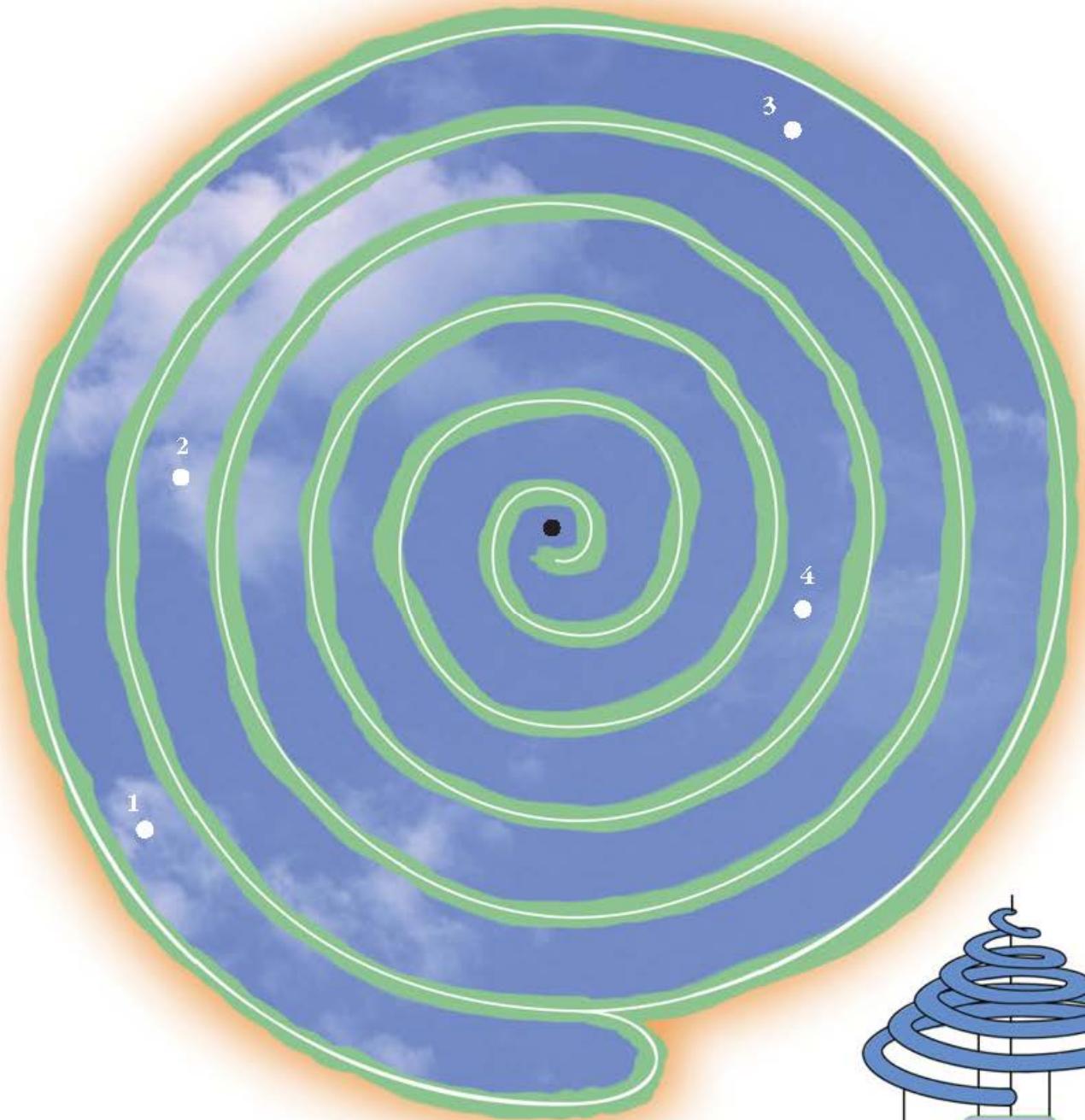
One important thing Jesus has asked you to do is be baptized when you are eight years old (or older). You will be baptized by immersion—as Jesus was. That means your whole body will go under the water. Your baptism will be done by someone who has the priesthood authority to baptize. When you are baptized, you also make a promise with Heavenly Father. You promise that you will keep the commandments, and if you do, He promises that you will have the companionship of the Holy Ghost.

After you are baptized, you will receive the gift of the Holy Ghost. Someone who holds the priesthood will put his hands on your head to give you the gift of the Holy Ghost. The Holy Ghost will guide, teach, and comfort you and will testify of Jesus Christ.

From the day you were born until age eight, you are clean and innocent because of the Atonement of Jesus Christ. After you turn eight and are baptized, you need to repent of anything you do wrong. To repent is to feel sorry and to ask for forgiveness from Heavenly Father and from anyone you may have hurt. After you have repented, you need to try hard not to make the same mistake again and to be more obedient to the commandments. The Atonement makes it possible for you to become clean again if you repent.

Having faith in Jesus Christ, repenting, being baptized by immersion, and receiving the gift of the Holy Ghost are important because they will help you return to live with your family forever and with Heavenly Father and Jesus Christ.

ACTIVITY: The First Principles and Ordinances of the Gospel - Friend, June 2011 - You can make this springing mobile as a reminder of the first principles and ordinances of the gospel. Glue page 41 on heavy paper. Cut out the five signs; then cut out the mobile on the solid lines. Cut or punch where indicated. Hang the signs from the mobile with string or ribbon.



The first principles
and ordinances of the
gospel are:

1. Faith in the
Lord Jesus Christ

2. Repentance

3. Baptism by
immersion for the
remission of sins

4. Laying on
of hands for the
gift of the Holy
Ghost

49- First Principles and Ordinances of the Gospel: Repentance

SONG: Repentance (CS p. 98)

SCRIPTURE: John 14:6

LESSON: Friend, March 2004 - Heavenly Father knew that we could not be perfect as mortals, so He chose Jesus Christ, who is perfect, to be our Savior.

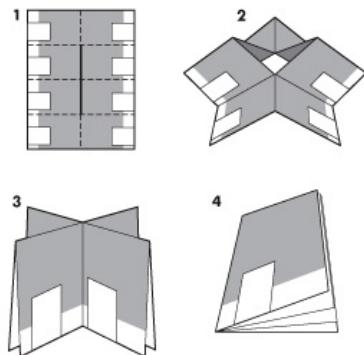
To help explain what the Savior has done for us, President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, told the story of a man who borrowed a great deal of money. He bought something he had always wanted. But when the bill came due, he could not afford to pay it. He knew that his creditor would take away his possessions as payment and throw him in jail.

Then the man's friend came to rescue him. The friend asked, "If I pay your debt, will you accept me as your creditor?" The man gratefully agreed, and his friend told him, "You will pay the debt to me and I will set the terms. It will not be easy, but it will be possible."

Because the friend was willing and able to pay, the creditor received the money that was fairly owed him. At the same time, the man was able to keep his possessions and not go to jail. (See *Ensign*, May 1977, 54–55.)

Like the friend in the story, Jesus offers to pay our "debts." He overcame death so that we can all be resurrected, and He suffered for our sins so that we don't have to suffer if we repent (see D&C 19:16). In return, He asks us to follow certain "terms," or rules—to repent and keep the commandments. As we do so, Jesus makes it possible for us to return to Heavenly Father someday.

ACTIVITY: Repentance and the Atonement - Friend, March 2004 - To remind yourself to follow Jesus' example, cut out page 37 along the solid lines. Fold on the dotted lines to form a booklet (see diagrams).





ILLUSTRATED BY PAUL MANN AND ROBERT T. BARRETT

50-First Principles and Ordinances of the Gospel: Baptism

SONG: When I am Baptized (CS p. 103)

SCRIPTURE: John 3:5

LESSON: Friend, May 2009 - Baptism is the first ordinance of the gospel. It puts you on the path that leads to eternal life. By being baptized, you show that you believe in Jesus Christ and have faith in Him. When you are baptized you make a covenant to take upon you the name of Jesus Christ, to always remember Him, and to obey His commandments.

You must be baptized before you can be confirmed a member of the Church and receive the gift of the Holy Ghost. You also must be baptized before you can enter the celestial kingdom and live again with Heavenly Father and Jesus.

Heavenly Father promises that when you are baptized and confirmed, the Holy Ghost will be with you as long as you live worthy of His promptings. The Holy Ghost testifies of Jesus Christ and bears witness when you are taught the truth. The Holy Ghost can help guide you and your family in following Jesus Christ and making good choices.

ACTIVITY: I Will Make and Keep my Baptismal Covenant - Friend, May 2009 - On page 10, find your way through the maze that leads to eternal life. When you come to a scripture reference, look up the scripture and read it. If it talks about something that leads to eternal life, stay on that path. If it talks about something that would not lead to eternal life, take the other path.

Or Coloring Page - Baptism - Friend, June 2011



Note: This activity may be copied or printed from the Internet at www.friend.lds.org.

Coloring Page



When I am baptized, I make a covenant with God.

We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost (Articles of Faith 1:4).

ILLUSTRATION BY BETH M. WHITTAKER

51-First Principles and Ordinances of the Gospel: Gift of the Holy Ghost

SONG: The Holy Ghost (CS p. 105)

SCRIPTURE: John 14:26

LESSON: Friend, August 2005 - What happens when you turn eight? That's right! You can be baptized. A glorious part of your baptismal day or of a day soon after is to be confirmed a member of The Church of Jesus Christ of Latter-day Saints. That ordinance gives you the gift of the Holy Ghost.

The Holy Ghost is the third member of the Godhead. Unlike Heavenly Father and Jesus Christ, the Holy Ghost does not have a body of flesh and bone (see D&C 130:22). The Holy Ghost is a spirit personage who will speak to "you in your mind and in your heart" (D&C 8:2) and will show you "what ye should do" (2 Ne. 32:5).

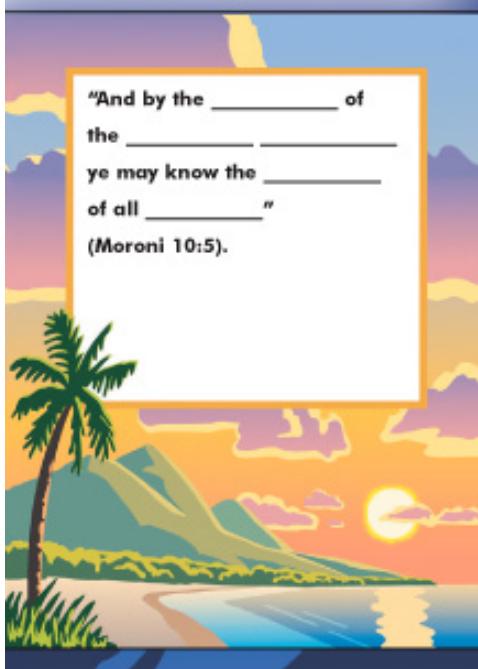
The Holy Ghost will help you keep your baptismal covenant and guide you to choose the right. He bears witness of Heavenly Father and Jesus Christ (see 3 Ne. 28:11). The Holy Ghost can give you comfort and guide you away from danger.

When you are baptized and when you take the sacrament, you promise to take the name of Jesus Christ upon you, to always remember Him, and to keep His commandments. Then Heavenly Father promises you that the Holy Ghost may always be with you (see D&C 20:77).

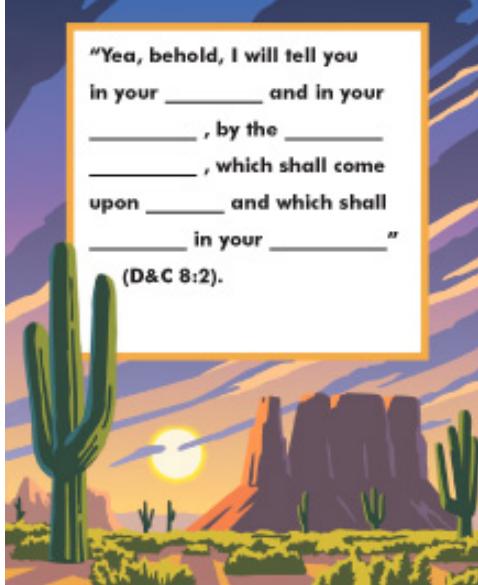
You will know the Holy Ghost is with you by the way you feel. President Ezra Taft Benson (1899–1994) taught, "When you *do* good, you *feel* good, and that is the Holy Ghost speaking to you" (*Friend*, Sep. 2001, 28).

Truly, the Holy Ghost—who is also called the Spirit—is a wonderful gift from a loving Heavenly Father.

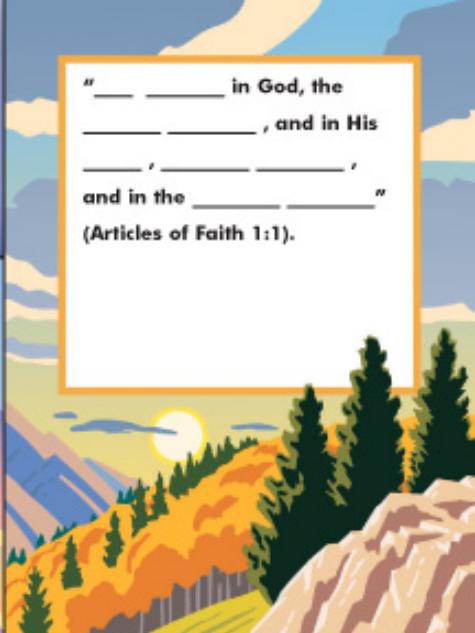
ACTIVITY: The Gift of the Holy Ghost - Friend, August 2005 - Use these gift cards to remind you of the gift of the Holy Ghost. Decorate a box or bag to look like a gift. Attach page 14 to heavy paper. Cut out the gift cards on the page; then put them in the box or bag. Every day this week, choose a card. Then look up the scripture, and fill in the blanks.



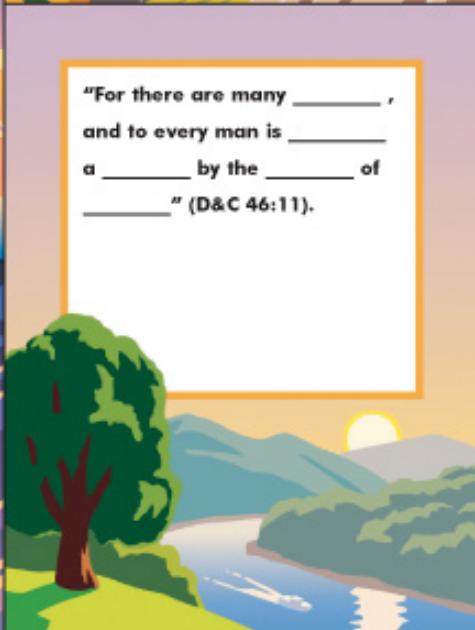
"And by the _____ of
the _____
ye may know the _____
of all _____"
(Moroni 10:5).



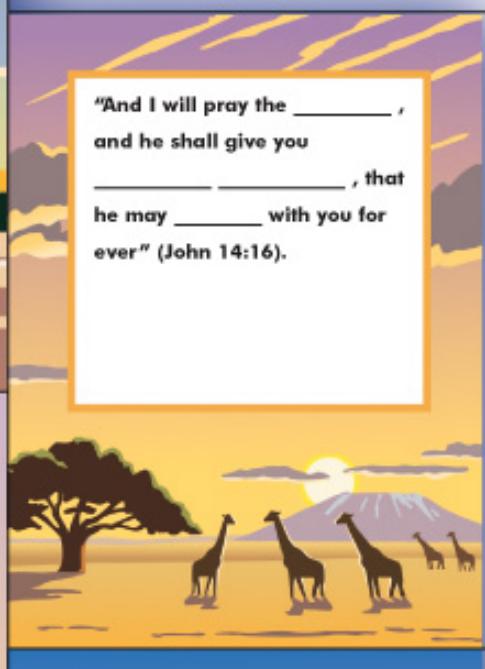
"Yea, behold, I will tell you
in your _____ and in your
_____, by the _____
_____, which shall come
upon _____ and which shall
_____ in your _____"
(D&C 8:2).



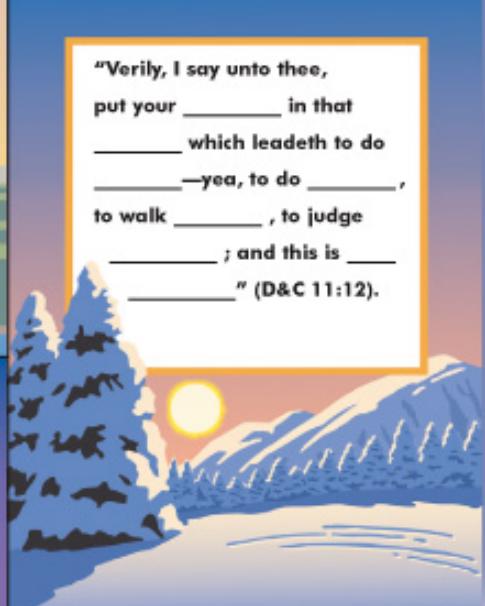
"For there are many _____,
and to every man is _____
a _____ by the _____ of
_____ " (D&C 46:11).



"_____ that the first
_____ and _____ of
the _____ are: first, _____
in the _____ ; second,
_____ ; third,
_____ by _____ for
the _____ of sins; fourth,
_____ on of _____ for
the _____ of the _____
_____" (Articles of Faith 1:4).



"And I will pray the _____,
and he shall give you
_____ , that
he may _____ with you for
ever" (John 14:16).



"Verily, I say unto thee,
put your _____ in that
_____ which leadeth to do
_____—yea, to do _____,
to walk _____, to judge
_____ ; and this is _____
_____ " (D&C 11:12).

Note: If you do not wish to remove
pages from the magazine, this activity
may be copied, traced, or printed from
the Internet at www.lds.org. Click on
Gospel Library.

52-The Gospel is a Gift to Share

SONG: Called To Serve (Hymn #249)

SCRIPTURE: D&C 4:2-3

LESSON: Friend, May 2006 - Heavenly Father loves us. He gave us the gospel of Jesus Christ to help us, to make us happy, and to lead us back to Him. The gospel is a wonderful gift. Have you ever thought of all of the blessings you have because of the gospel of Jesus Christ?

Because of the gospel, you know that you are a child of God and that He loves you. You learn to have faith in Jesus Christ and follow His example. Because of the gospel you can pray to Heavenly Father anytime, anywhere, and receive answers to your prayers.

Because of the gospel, you know that Heavenly Father has a plan for you to return to live with Him. You learn that Jesus made it possible for each of us to repent of our sins and be forgiven.

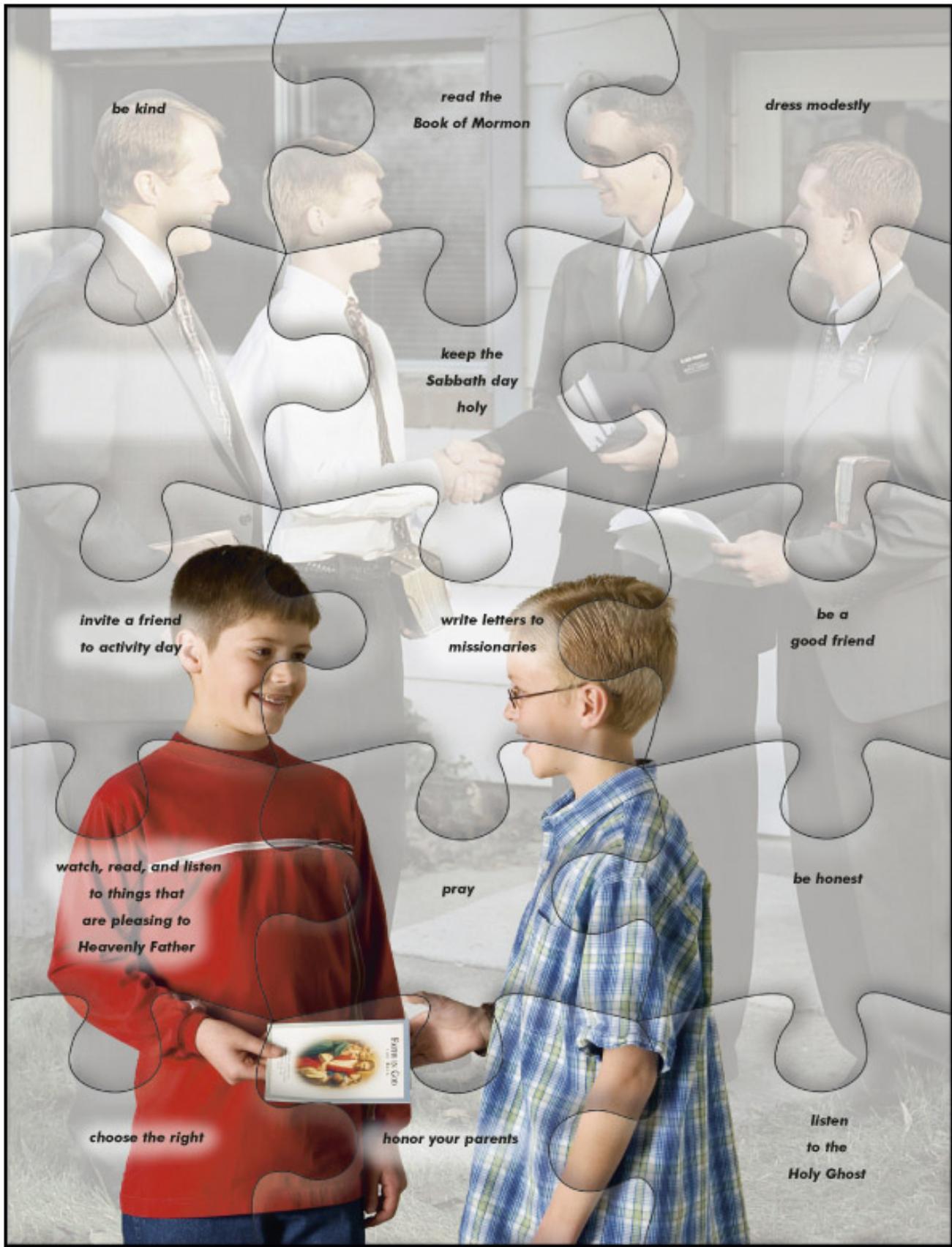
Because of the gospel, you can be baptized and receive the gift of the Holy Ghost. The Holy Ghost will help you choose the right and comfort you. The Holy Ghost will testify to you of truth.

Because of the gospel, you can attend church and take the sacrament. Because of the gospel, your family can be sealed together forever in a temple of God.

What wonderful blessings you have because of the gospel of Jesus Christ! Can you think of other blessings the gospel brings to your life? There are many! Heavenly Father wants all of His children to have the blessings of the gospel. You can share this precious gift with others. You can be a missionary now by being a good friend to others, being a good example, and inviting friends to come to Primary and activity days with you.

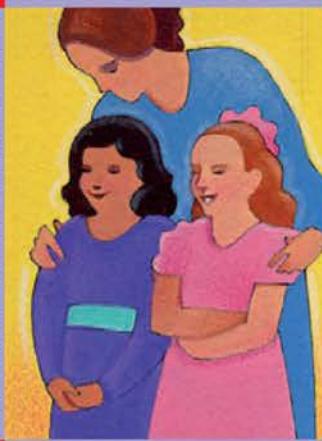
ACTIVITY: The Gospel is a Gift to Share - Friend, May 2006 - Remove page 10 and paste it to heavier paper. Cut out the puzzle pieces. On the blank pieces, write ways you can share the gospel.

Or The Gospel will be Preached in all the World - Friend, September 2011 - cut out the 16 cards. Place the cards facedown on a flat surface. Take turns turning two cards over at a time, trying to find the word card and picture card that match. As you play, think of things you can do to be a missionary now.



ILLUSTRATED BY THOMAS S. CHILD

**TAKE A
FRIEND TO
PRIMARY**



**CHOOSE
THE RIGHT**



**"THIS
GOSPEL
SHALL BE
PREACHED
UNTO EVERY
NATION."**



ELDERS



**SISTER
MISSIONARIES**



BAPTISM



SCRIPTURES



**MISSIONARY
TRAINING
CENTER**



53- A Temple is the House of the Lord

SONG: I Love to See the Temple (CS p. 95)

SCRIPTURE: D&C 124:39-41

LESSON: Friend, January 1993 - Have you ever wondered what Heavenly Father's house in heaven looks like? We can only imagine how wonderful it is. As we try to imagine it, we can think about our own houses here on earth. Homes are different for different people. Some children live in houses made of brick, others in houses made of wood. Homes can be apartments, simple huts, even boats.

Whatever your home looks like, the most important thing about it is what is found *inside*. If a house is filled with love and kindness, it is a beautiful place.

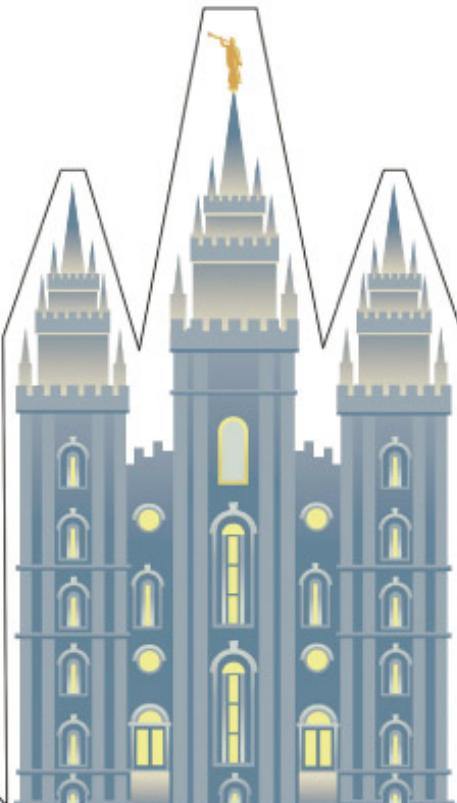
Heavenly Father also wants to have a beautiful house here upon the earth where we can visit and feel His love. He has commanded us to build houses for Him where we can hear His messages and receive important blessings. These houses are called temples. It is in God's temple that we may best worship and make important covenants, or promises, with Him.

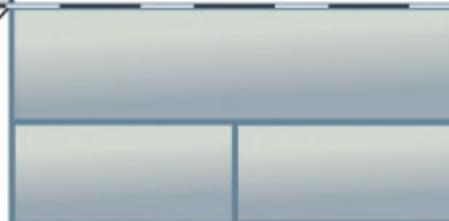
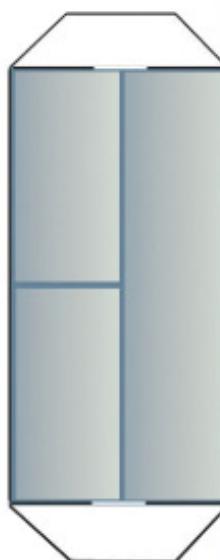
Because each temple is a holy place, those who enter the temple must be worthy. They must keep Heavenly Father's commandments. In this way love, beauty, and holiness will continue to be found there.

ACTIVITY: I'll Prepare Myself While I am Young - Friend, June 2008 – Cut out the temple on the solid lines, fold on the dotted lines, and glue the tabs to the inside of the walls to form a box. (The temple should be at the front of the box.) Cut out the My Gospel Standards cards (p. 16), and place them inside the temple box. Choose a gospel standard from the box, read it, and decide what you can do to live the standard. In family home evening, share how living this standard can prepare you to enter the temple someday.

Place the temple box and the My Gospel Standards cards in a special place to remind you to make good choices. As you read a gospel standard and decide how to live it, remember these words from "I Love to See the Temple": "I'll prepare myself while I am young; this is my sacred duty."

Or A Temple is the House of the Lord - Friend, January 1993 - Mount it on heavy paper or lightweight cardboard, then cut along the broken lines.

<i>I will follow Heavenly Father's plan for me.</i>	<i>I will remember my baptismal covenant and listen to the Holy Ghost.</i>		<i>I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.</i>	<i>I will dress modestly to show respect for Heavenly Father and myself.</i>
<i>I will choose the right. I know I can repent when I make a mistake.</i>	<i>I will be honest with Heavenly Father, others, and myself.</i>		<i>I will only read and watch things that are pleasing to Heavenly Father.</i>	<i>I will only listen to music that is pleasing to Heavenly Father.</i>
<i>I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.</i>	<i>I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.</i>		<i>I will seek good friends and treat others kindly.</i>	<i>I will live now to be worthy to go to the temple and do my part to have an eternal family.</i>
<i>I will honor my parents and do my part to strengthen my family.</i>				



Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at www.friend.lds.org.

I LOVE TO SEE THE TEMPLE

By Janice Kapp Perry



I love to see the temple.
I'm going there someday.

1



To feel the Holy Spirit,
To listen and to pray.

2



I'll prepare myself while I am young;
This is my sacred duty.

4



I love to see the temple.
I'll go inside someday.

5



I'll covenant with my Father;
I'll promise to obey.

6



For the temple is a holy place
Where we are sealed together.

7



As a child of God, I've learned this
truth: A family is forever.

8