



A Land of Liberty

Mosiah 29 - Alma 4

Objectives:

- Talk about the influence of the voices around us.
- Emphasize that we can wisely begin to use our voting opportunities when we are young.

Reinforces Principles of:

- Agency
- Citizenship

This lesson contains 4 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe & music video



Reverence Time

Approximate Time: 5 minutes

Sing Together: Dare to Do Right, Children's Songbook page 158

If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.churchofjesuschrist.org/music/library/childrens-songbook/dare-to-do-right>

Prayer:

Scripture Time: Mosiah 29:26

26 Now it is not common that the voice of the people desireth anything contrary to that which is right; but it is common for the lesser part of the people to desire that which is not right; therefore this shall ye observe and make it your law—to do your business by the voice of the people.

Video Clip: Watch clips from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/the-lesson-land-of-liberty>



Lesson Time

Approximate Time: 5-10 minutes

Lesson Summary:

King Mosiah was getting old, and he was ready to pass the kingdom on to his oldest son. However, his son wanted to be a missionary, and he refused the throne. After learning about King Noah's people, Mosiah knew that an unrighteous king could cause terrible problems and wickedness. He proposed a new form of government. The people would choose judges to enforce the laws, and by the voice of the people the laws would be established. The people chose Alma the Younger to be their first chief judge.

During Alma's time as chief judge, he had many issues to deal with. One man began preaching false doctrines for money, leading many people astray. Another man wanted to become king, and even though the people voted against him becoming king, he gathered many followers who ended up joining with the Lamanites and going to war with the Nephites. Even some of the church members became prideful and began to do things that were wrong. However, many of the people remained faithful, humble followers of God. Those people took care of the poor and needy, kept the commandments, and put their faith in Jesus Christ.

The voices that we listen to are very powerful. They can help us to be happy and lead us to eternal life, or they can lead us to be miserable and bring us to captivity. We must carefully listen to those that will help us follow the Lord and keep our covenants. We can make our voices heard in our communities by participating in elections where possible and exercising our freedoms.

Points to Ponder:

Why did King Mosiah want to change the government to be led by judges? (Discuss ideas)

Why was it important that things were decided by the voice of the people?
(Usually the majority of the people will choose what's right.)

Why is it important to be careful who we listen to? (Discuss ideas)

Why is it important to vote when we have the opportunity? (Discuss ideas)

Quote:

"We must insist on our constitutional right and duty to exercise our religion, to vote our consciences on public issues and to participate in elections and debates in the public square and the halls of justice." *Dallin H. Oaks*



Activity Time

What you need: A copy of the “Family Voting” activity (artwork included with this lesson) for each child, a nail, glue, tape, paper, a tissue or shoe box, a rope and a sheet.

Preparation

1. **Print** out the artwork. Cut out stickers.
2. Cover box with paper. Decorate w/extra stickers. Cut a slit in the top to make a ballot box.
3. Tape the rope across a hall or doorway. Drape sheet over rope to make a voting booth.

Activity:

(Younger children will need help from an older sibling or parent.)

1. **Explain:** King Mosiah established a government where the people could vote for the judges who would enforce the laws of the land, ensuring that the people wouldn’t be led astray by a single leader. Church leaders have encouraged us to be good citizens and to strengthen our communities and nations wherever we live.

There are many ways to be good citizens. These include participating in government or political processes, obeying the law, and serving in our neighborhoods and communities. It is essential that in countries where citizens have the opportunity to vote that they do so.



2. **Ask:** Why is it important to vote? (“Guarantees of political freedom maintain their force only if citizens are willing to exercise that freedom in their own behalf.” *Cheryll Lynn May, Ensign, Jun 1976 © Intellectual Reserve, Inc. All rights reserved.*)

3. **Ask:** How old do you need to be to vote in the United States?

(U.S. Constitution Amendment 26 - 1. The right of citizens of the United States, who are eighteen years of age or older, to vote shall not be denied or abridged by the United States or by any State on account of age.)

4. **Explain:** Even though children are not old enough to vote in government elections there are other places where they have the opportunity to vote. Children can vote by the uplifted hand to sustain someone in a church position as a sign of our personal commitment to uphold the Lord’s choice of that person in that calling. When we say “amen” at the end of a group prayer we are giving your vote of agreement. In school children may have the opportunity to vote for school or class officers. Parents should also give their children opportunities to vote on family matters, such as what to have for dinner, where to go on vacation, what service project to do as a family, etc. These opportunities to vote will help prepare them for voting in the future to help ensure our freedom of religion.

5. Hold an election using the provided ballot or make your own ballot. Before voting help your children to be informed voters by discussing the issues.

6. Give each family member an “I Voted” sticker. Tally ballots and discuss the results.

FAMILY BALLOT

VOTING INSTRUCTIONS

1. Choose only one response for each question
2. Punch a hole through the circle next to the response

FAMILY CHOICES

Question 1: *Choose which would best benefit our family.*



a. We will have family prayer every morning.



b. We will have family prayer every evening.



c. We will have family prayer every morning and every evening.



FAMILY CHOICES

Question 3: *Choose which would best benefit our family.*



a. We will attend the next General Conference in the Conference Center.



b. We will watch the next General Conference on TV or satellite broadcast.



c. We will listen to the next General Conference on the radio.



Question 2: *Choose which would best benefit our family.*



a. We will have family scripture study in the evening.



b. We will have family scripture study on Sundays. We will study individually other times.



c. We will have family scripture study in the morning.



Question 4: *Choose which would best benefit our family.*



a. We will have Family Home Evening once a week.



b. We will have Family Home Evening once a month.



c. We will have Family Home Evening every evening.



TALLY SHEET




TALLY INSTRUCTIONS

1. Put a tally mark by each response
2. Circle the winning response

FAMILY CHOICES

Question 1: *Choose which would best benefit our family.*






- a. We will have family prayer every morning. 
- b. We will have family prayer every evening. 
- c. We will have family prayer every morning and every evening. 

FAMILY CHOICES




Question 3: *Choose which would best benefit our family.*



- a. We will attend the next General Conference in the Conference Center. 
- b. We will watch the next General Conference on TV or satellite broadcast. 
- c. We will listen to the next General Conference on the radio. 




Question 2: *Choose which would best benefit our family.*

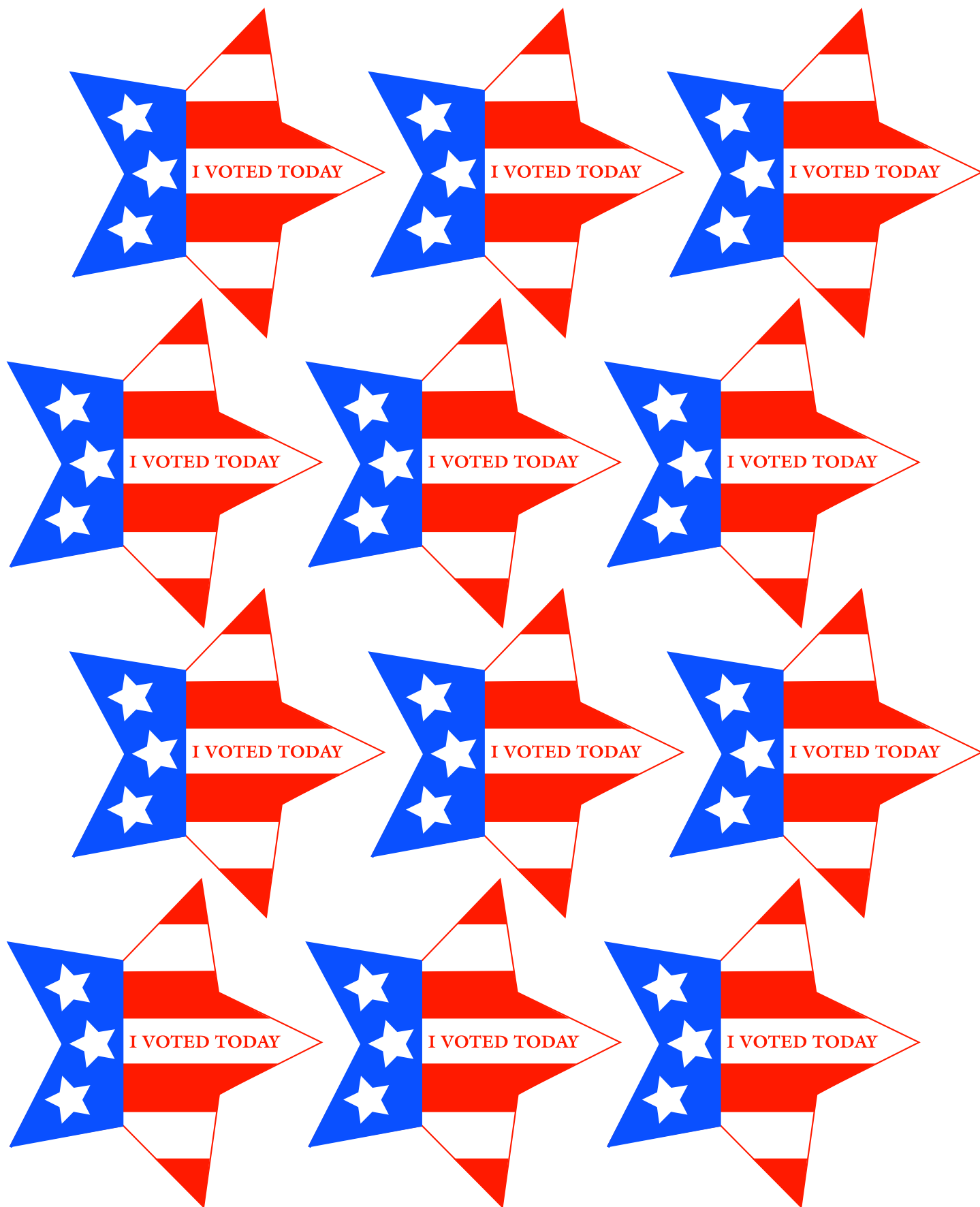


- a. We will have family scripture study in the evening. 
- b. We will have family scripture study on Sundays. We will study individually other times. 
- c. We will have family scripture study in the morning. 

Question 4: *Choose which would best benefit our family.*



- a. We will have Family Home Evening once a week. 
- b. We will have Family Home Evening once a month. 
- c. We will have Family Home Evening every evening. 





Treat Time

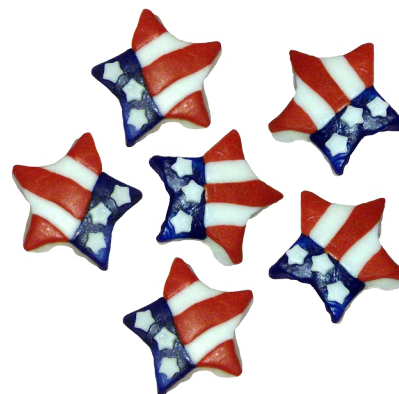
Approximate Time: 2.5 hours

Bake Time: 20 minutes

Cool Time: 30 minutes

Prep Time: 90 minutes

Petite Star Cakes



Cake

4 large eggs
3/4 cup sugar
1-1/4 cups flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon almond extract

Icing

4-1/2 cups powdered sugar
1/2 teaspoon almond extract
1/4 cup water
1/4 cup light corn syrup

Fondant Icing

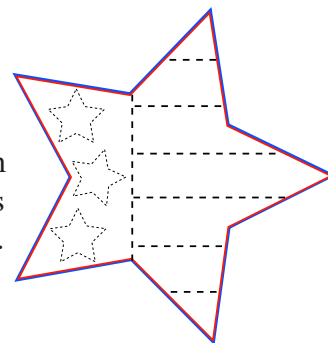
1/4 cup light corn syrup
1/4 cup shortening
1/8 teaspoon salt
1/4 teaspoon almond extract
1 3/4-2 cups powdered sugar
Red & blue gel food coloring

Cake: In a large bowl mix eggs and sugar on high for 7 minutes. On low speed beat in flour, baking powder, salt and extract. Pour batter into a prepared jelly-roll pan. Bake for 20 minutes. Cool for 10 minutes and then remove from pan. Cool completely. Cut star shapes out of cake with a star shaped cookie cutter.

Icing: Mix together all of the ingredients. Heat the mixture in microwave for 60 seconds. Stir. Place bowl on top of another bowl filled with hot water to keep warm. Dip sides of cakes in icing. Place on wire rack and pour small amount on top to coat. Let set until icing dries.

Fondant: In a large bowl, stir together the shortening, corn syrup, salt and almond flavoring. Gradually mix in the powdered sugar until it becomes a stiff dough. Knead for 30 seconds. If the dough is sticky, knead in more powdered sugar until it is smooth. Divide into thirds. Leave one white, color one blue and one red. Roll out 1/8 inch thick on a clean surface, dusted with powdered sugar.

Treat Time: Give each family member a star to decorate. For each cake, using the same cookie cutter you cut cake with, cut a star out of each color of fondant. Place stars on top of each other with white on top to prevent the other colors from bleeding onto the white. With a sharp knife follow pattern to cut out. Gently press the pieces you need onto your cakes. Put the unused pieces back to be used again. Cut three small stars out of the white fondant and gently press onto the blue.



Closing Prayer and blessing on the food.