

BOOK OF MORMON 2020

# Come, Follow Me with *Living Scriptures* STREAMING



## Sweet is the Feeling

Mosiah 25-28

### Objectives:

- Talk about the gift of repentance
- Emphasize the importance of the Atonement

### Reinforces Principles of:

- Repentance
- Atonement

### 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:** Help Me, Dear Father, Children's Songbook page 99

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/help-me-dear-father>

**Prayer:**

**Scripture Time:** Mosiah 27:24-25

24 For, said he, I have repented of my sins, and have been redeemed of the Lord; behold I am born of the Spirit.

25 And the Lord said unto me: Marvel not that all mankind, yea, men and women, all nations, kindreds, tongues and people, must be born again; yea, born of God, changed from their carnal and fallen state, to a state of righteousness, being redeemed of God, becoming his sons and daughters;

**Video Clip:** Watch clips from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/fhe-lesson-sweet-feeling>



## Lesson Time

Approximate Time: 5-10 minutes

### Lesson Summary:

The people of Alma and Limhi joined the Nephites in Zarahemla. Alma established the Church of God among the Nephites, and many people were baptized. However, many of the rising generation didn't believe the things their parents taught. Alma's son, Alma the Younger, and the sons of Mosiah were some of the young people who went about trying to destroy the church.

One day, an angel suddenly appeared to Alma the Younger and the sons of Mosiah saying, "Alma, arise and stand forth, for why persecutest thou the church of God?" (Mosiah 27:13) Alma and the sons of Mosiah were so astonished that they fell to the earth. Alma couldn't speak or move. He was taken to his father, and his family and friends fasted and prayed for him for two days. Alma received his strength again, and said, "I have repented of my sins, and have been redeemed of the Lord; behold I am born of the Spirit" (Mosiah 27:24). Alma the Younger bore testimony of Jesus Christ.

From that day forward, Alma the Younger and the sons of Mosiah tried to fix the damage they had done to the church. They went forth preaching the gospel to the people, bringing many "to the knowledge of their Redeemer" (Mosiah 27:36).

### Points to Ponder:

**When you sin (do something wrong) how does it make you feel?** (Discuss ideas)

**How does sin affect our relationship with Heavenly Father?**(Discuss ideas)

**How do you feel after you have truly repented?** (Discuss ideas)

**Why is the Atonement of Jesus Christ so important?** (Discuss ideas)

**What change did Alma and the sons of Mosiah experience?** (Discuss ideas)

### Quote:

"What relief! What comfort! What joy! Those laden with transgressions and sorrows and sin may be forgiven and cleansed and purified if they will return to their Lord, learn of him, and keep his commandments." *Spencer W. Kimball*



## Activity Time

Approximate Time: 5 minutes not including prep time

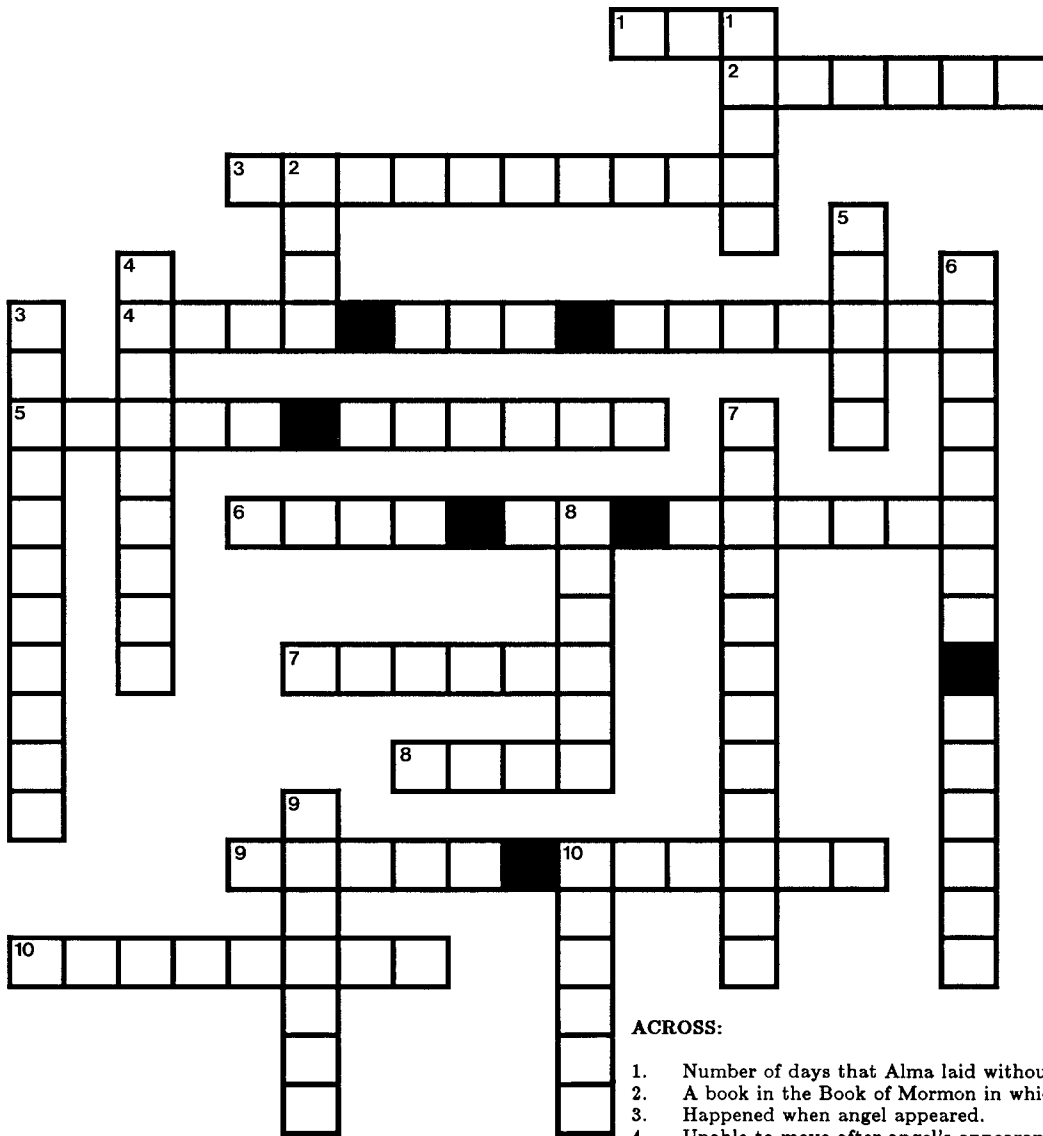
**What you need:** 2/3 Cup Ice water per person (in a pitcher)  
1/3 Cup Sugar syrup per person (prepared as directed below)  
2 Tablespoons Lemon juice per person (4-6 lemons)  
1 Glass for each person  
1 spoon for stirring (or a spoon for each person)

**Preparation:** Prepare the sugar syrup as directed in the Repent-aid (Lemonade) recipe included in the “Treat Time” section of this lesson.

**Activity:**

1. Pour 2/3 cup. Water into each glass. Have each person take a sip of water.  
Ask “How does the water taste?” (Pure, clean, refreshing, etc...)  
Explain that the water represents us after we have been baptized.
2. Add 2 Tablespoons Lemon juice into each glass and stir with spoon.  
Have each person take a sip.  
Ask “How does it taste now?” (Bitter, bad, icky, etc..)  
Explain that the lemon juice represents sin.
3. Add 1/3 cup Sugar syrup to each glass and stir with spoon.  
Have each person take a sip.  
Ask “How does it taste now?” (Sweet, good, etc...)  
Explain that the syrup represents repentance.

# THE CONVERSION OF ALMA THE YOUNGER



**ACROSS:**

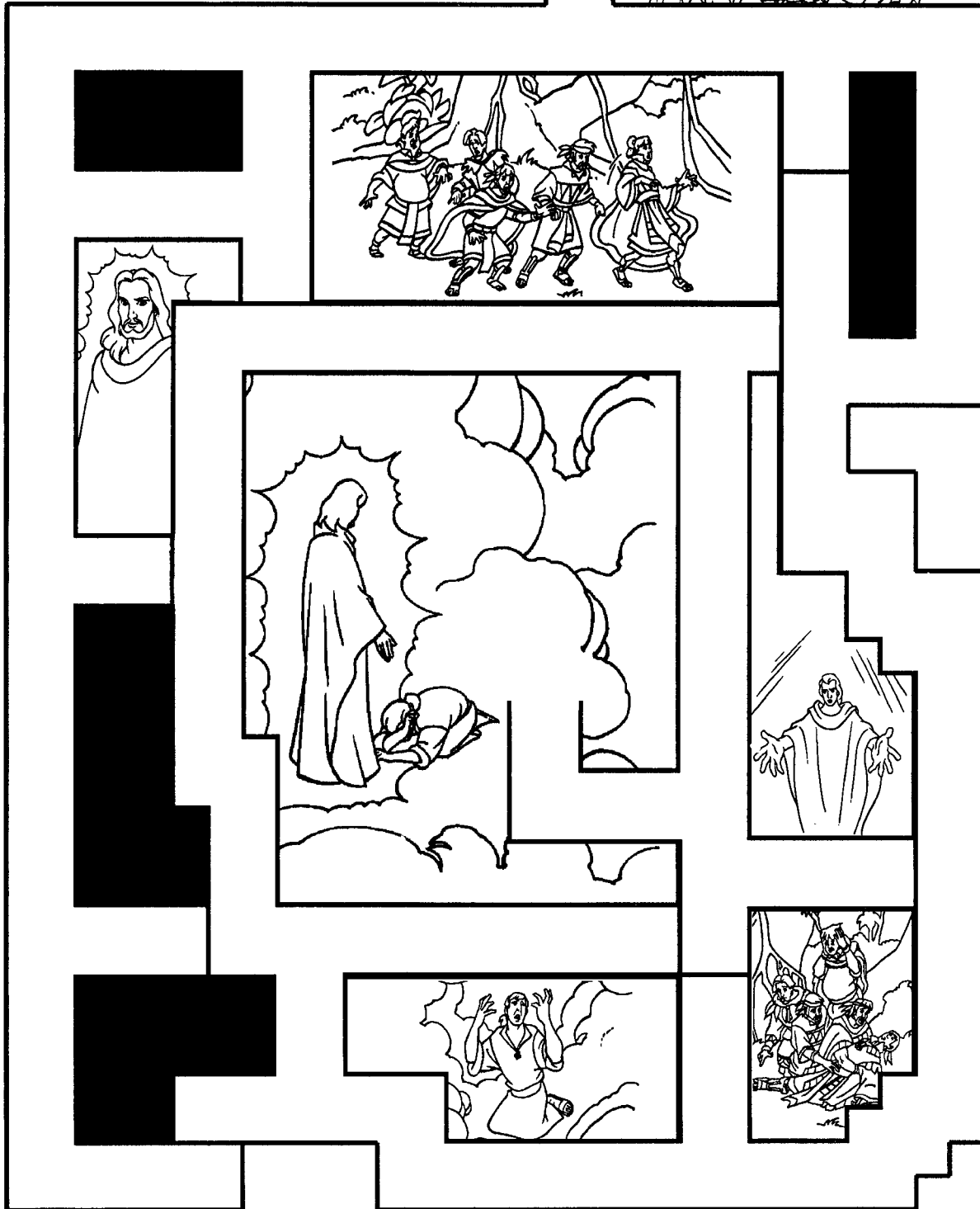
1. Number of days that Alma laid without moving.
2. A book in the Book of Mormon in which the conversion of Alma is recorded.
3. Happened when angel appeared.
4. Unable to move after angel's appearance. (3 words)
5. Given to Alma the Younger by King Mosiah. (2 words)
6. Persecuted the Church with Alma the Younger. (3 words)
7. Righteous Nephite King.
8. Number of sons that King Mosiah had.
9. Forgave Alma the Younger of his sins. (2 words)
10. Alma the Younger \_\_\_\_\_ of his sins.

**DOWN:**

1. One of the Sons of Mosiah.
2. Father of Alma the Younger.
3. What those who were not members of the Church were called.
4. Land over which King Mosiah reigned.
5. Called Alma the Younger to repentance.
6. What Alma the Younger did after his conversion. (2 words)
7. Was issued by King Mosiah.
8. Who the Sons of Mosiah took Alma's body to after the angel's appearance.
9. Alma and the Sons of Mosiah sought to \_\_\_\_\_ the Church.
10. "Alma! Arise and stand forth, for why persecuteth thou the \_\_\_\_\_ of God?"

\*\*For additional help, read Mosiah 26-67; & Mosiah 28:20.

Help Alma the Younger  
repent of his sins.





## Treat Time

Approximate Time: 5 minutes (not including prep time)

**Prep Time:** Prep time 10 minutes  
Cool time 15 minutes

### Repent-aid (Lemonade)

1 cup water  
2 cups sugar  
Juice from 4-6 lemons  
4 cups cold water



Blend 1 cup water and 2 cups sugar in a small saucepan (this amount serves 6).  
Bring to a boil, stirring frequently, until sugar dissolves completely.  
Refrigerate for at least 15 minutes to cool.  
Squeeze the juice from the lemons into a glass or jar.  
Pour ice water into a pitcher.

During the “Activity Time” section of this lesson combine sugar syrup, juice, and water.

**Closing Prayer** and blessing on the food: