

Come, Follow Me
with
Living Scriptures
STREAMING

Feed My Sheep

Alma 17-22

Objectives:

- Talk about the importance of missionary work.
- Discuss the conversion of King Lamoni and his people.

Reinforces Principles of:

- Missionary Work
- Conversion

Reverence Time

Song:

Book of Mormon Stories (verse 5), Children's Songbook page 118

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/book-of-mormon-stories>

Scripture:

Alma 19:35-36

"And it came to pass that there were many that did believe in their words; and as many as did believe were baptized; and they became a righteous people, and they did establish a church among them.

And thus the work of the Lord did commence among the Lamanites; thus the Lord did begin to pour out his Spirit upon them; and we see that his arm is extended to all people who will repent and believe on his name."

Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-feedmysheep>

Lesson

Summary:

While Alma was preaching to the Nephites, the sons of Mosiah traveled to the lands of the Lamanites, hoping to share the gospel with them. As Ammon entered the Lamanite city of Ishmael, he was captured by the Lamanites and taken to King Lamoni. Ammon explained to the king that he intended to live among the Lamanites, and he offered to be a servant to the king. He was assigned to help watch the king's flocks. When thieves came to scatter the sheep, Ammon fought valiantly to protect them. The other servants were astonished, and went to tell the king what had happened. When Ammon was finished with his chores, he went to speak to the king.

King Lamoni thought Ammon must be the Great Spirit after the things he had done, and he didn't know what to say to him. Ammon explained that he was not the Great Spirit. He taught King Lamoni about God and testified that Jesus Christ would come to redeem us from our sins. King Lamoni was so filled with the spirit that he fell to the earth. For two days he didn't move. Many of the people thought he was dead. Abish, a Lamanite woman who had secretly been converted to the Lord for many years, went to tell the people what had happened. She testified to them of God. On the morning of the third day, King Lamoni awoke, and testified of Jesus Christ. The conversion of King Lamoni helped many of the Lamanites learn and accept the gospel of Jesus Christ.

Quote:

"A most significant evidence of our conversion and of how we feel about the gospel in our own lives is our willingness to share it with others and to help missionaries find someone to teach." Dallin H. Oaks

Questions:

How did Ammon prepare King Lamoni to receive the gospel? (Discuss ideas)

What gospel truths did Ammon first teach King Lamoni? (Discuss ideas)

What did Abish do when she saw what had happened? (Discuss ideas)

What can we do to share the gospel with others? (Discuss ideas)

Activity Time

Story of Ammon Stick Puppet Show

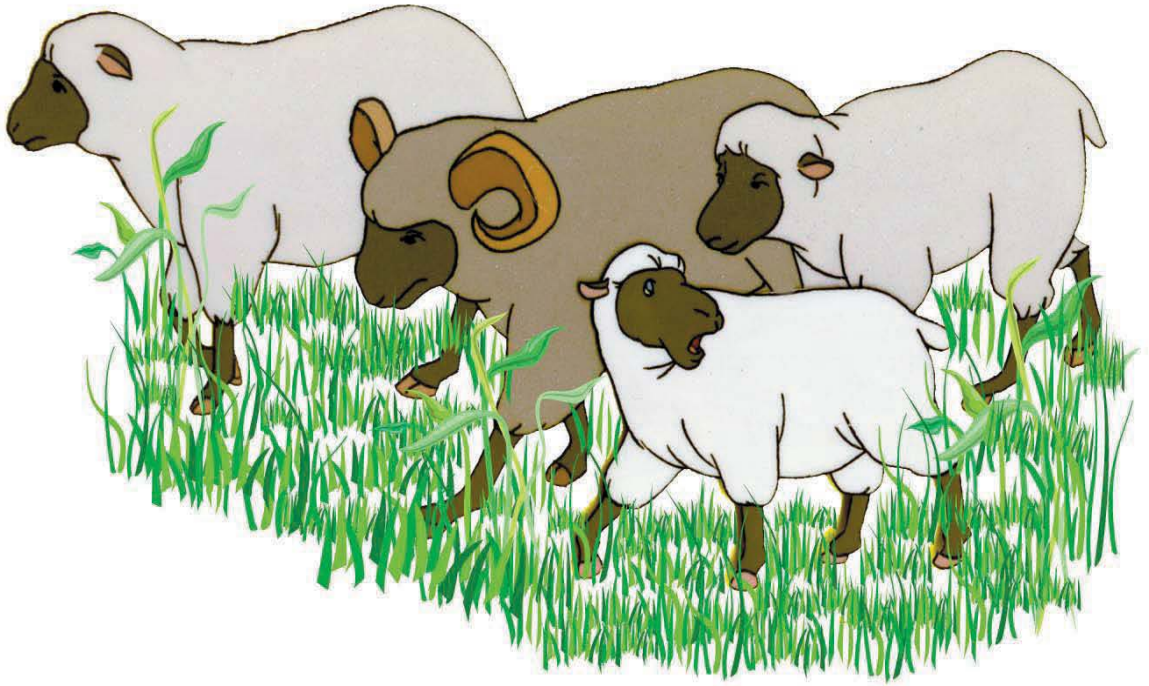
Description: Retell the story of Ammon's mission to the Lamanites with these fun stick puppets!

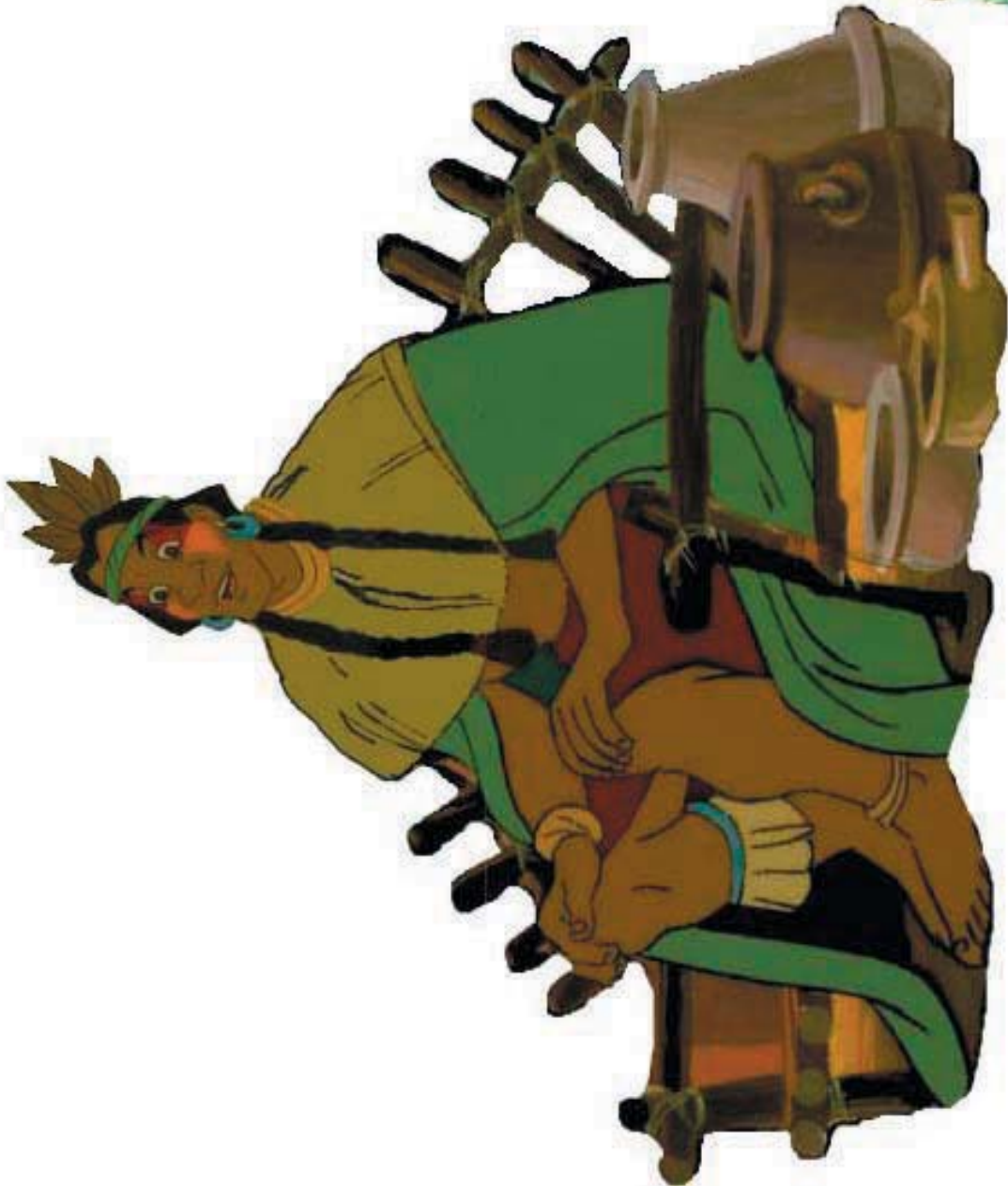
What you need: Construction paper or posterboard. Attached artwork. Popsicle sticks, glue, tape and attached script.

Preparation:

1. Print out artwork and glue onto construction paper or posterboard.
2. Cut out.
3. Glue or tape a popsicle stick or tongue depressor to the back of each figure.
4. Print out script.
5. Assign parts. (Let young children, who can't read, be the sheep and the robbers.)

Activity: (Younger children will need help from an older sibling or parent.)
Use the popsicle stick puppets to put on the play "Ammon Missionary to the Lamanites".







Ammon Missionary to the Lamanites

Narrator: Ammon, one of King Mosiah's sons, entered the land of Ishmael to preach the gospel of Jesus Christ. Lamanite warriors brought Ammon before King Lamoni.

Ammon: King Lamoni, I want to dwell among your people for a time...Perhaps until the day I die.

King Lamoni: Then you can marry one of my daughters.

Ammon: No, I'm not worthy! Let me be your servant instead.

Narrator: Ammon was sent to tend the king's flocks. A band of Lamanite robbers charged the flocks of King Lamoni and scattered them in every direction.

Robbers: Ah, ayah, ayah! yee, yee, yee!

Sheep: Baa, baa, baa!

King's servant: We're doomed. We're dead men!

Ammon: Help me gather the flock and the king won't kill us.

Sheep: Baa, baa, baa!

Narrator: The sheep were gathered. But again the wicked Lamanites came to scatter them.

Sheep: Baa, baa, baa!

Robbers: Ah, ayah, ayah! Yee, yee, yee!

Ammon: Stand around the flocks. Don't let them run off and I will deal with them.

Narrator: The Lord had promised King Mosiah that the lives of his sons would be spared. Ammon began to cast stones and killed six of the robbers. The remaining robbers tried to attack Ammon with clubs to kill him, but Ammon cut off their arms. Ammon killed the leader, and he drove off the rest. King Lamoni's servants were amazed. They took the arms that Ammon had cut off to the king.

King's Servant: Lamoni, Ammon has mighty powers. Look at the arms he cut off!

King Lamoni: Surely this is more than a man. Could he be the Great Spirit? I want to talk to him, but how can I order the Great Spirit to come to me?

Narrator: Ammon being filled with the Spirit of God knew the thoughts of the king.

Ammon: I know that you know what I did to your enemies today but I am just a man and your servant; what ever you desirest which is righteous, that will I do.

King Lamoni: Teach me Ammon about God. I want to learn everything.

Narrator: Ammon's remarkable faith in the Lord and his courage allowed him to teach the gospel to King Lamoni, his family, and his people and change their lives. They accepted Christ's teachings and turned away from their wickedness.

Treat Time

Haystack Cookies

Prep Time: 10 minutes

Ingredients: 3 1/4 Cups of moist, shredded coconut
(Reserve 1/4 cup coconut)
2 Cups sweetened condensed milk
4-5 Tbsp. Flour
2 tsp. Almond extract (optional)
1/2 tsp. Salt
4 Egg whites - stiffly beaten



Instructions: Pre-heat oven to 350°. Mix together the first 5 ingredients. Dough will be very sticky. Fold in the beaten egg whites. Shape 2 tablespoons of dough into haystacks and place two inches apart on lightly greased cookie sheet. Sprinkle a small amount of the reserved coconut on top. Bake for 5-7 minutes or until golden brown. Let cool.

Treat Time: Place half of the “haystacks” on a paper plate or in decorative tin to help the Savior feed His sheep (a non-member or in-active member family). Feed the other half of the “haystacks” to your sheep (family).