

Come, Follow Me
with
Living Scriptures
STREAMING

Converted Unto the Lord

Alma 23-29

Objectives:

- Talk about the Anti-Nephi-Lehies and their conversion.
- Discuss what it means to be converted to the Lord and how we can become converted.

Reinforces Principles of:

- Conversion
- Gratitude for Blessings

Reverence Time

Song: The Church of Jesus Christ, Children's Songbook page 77

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/the-church-of-jesus-christ>

Scripture: Alma 23:6

"And as sure as the Lord liveth, so sure as many as believed, or as many as were brought to the knowledge of the truth, through the preaching of Ammon and his brethren, according to the spirit of revelation and of prophecy, and the power of God working miracles in them—yea, I say unto you, as the Lord liveth, as many of the Lamanites as believed in their preaching, and were converted unto the Lord, never did fall away."

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

Lesson

Summary:

After Ammon had taught King Lamoni and his father, Ammon and his brothers were allowed to preach throughout the land of the Lamanites. Many Lamanites accepted the gospel and repented. The Lamanites that were converted to the gospel wanted a new name to distinguish themselves from the rest of the Lamanites. They took the name of Anti-Nephi-Lehies. These devoted converts were so dedicated to never returning to their old ways that they buried their weapons of war. They vowed to never use them again, not even in self-defense.

Ammon was overjoyed that so many Lamanites had become converted to the Lord. He praised God, recognizing God's hand in all the blessings he'd experienced during his time as a missionary.

Quote:

"A testimony is spiritual knowledge of truth obtained by the power of the Holy Ghost. Continuing conversion is constant devotion to the revealed truth we have received—with a heart that is willing and for righteous reasons. Knowing that the gospel is true is the essence of a testimony. Consistently being true to the gospel is the essence of conversion. We should know the gospel is true and be true to the gospel." David A. Bednar

Questions: What does "conversion" mean? (Discuss ideas)

What's the difference between testimony and conversion? (Discuss ideas)

How can we become converted to the Lord? (Discuss ideas)

How has the Lord blessed us as we try to do His work? (Discuss ideas)

Activity Time

Bury Weapons of Rebellion

Description: The Anti-Nephi-Lehies were so converted that they refused to take up their weapons again, even in self-defense and buried them in the earth. Have family members write things they would like to overcome or abandon.

What you need:

- A copy of a sword for each family member, scissors to cut them out, and a pen or pencil for each family member. Cut out swords ahead of time.

Activity:

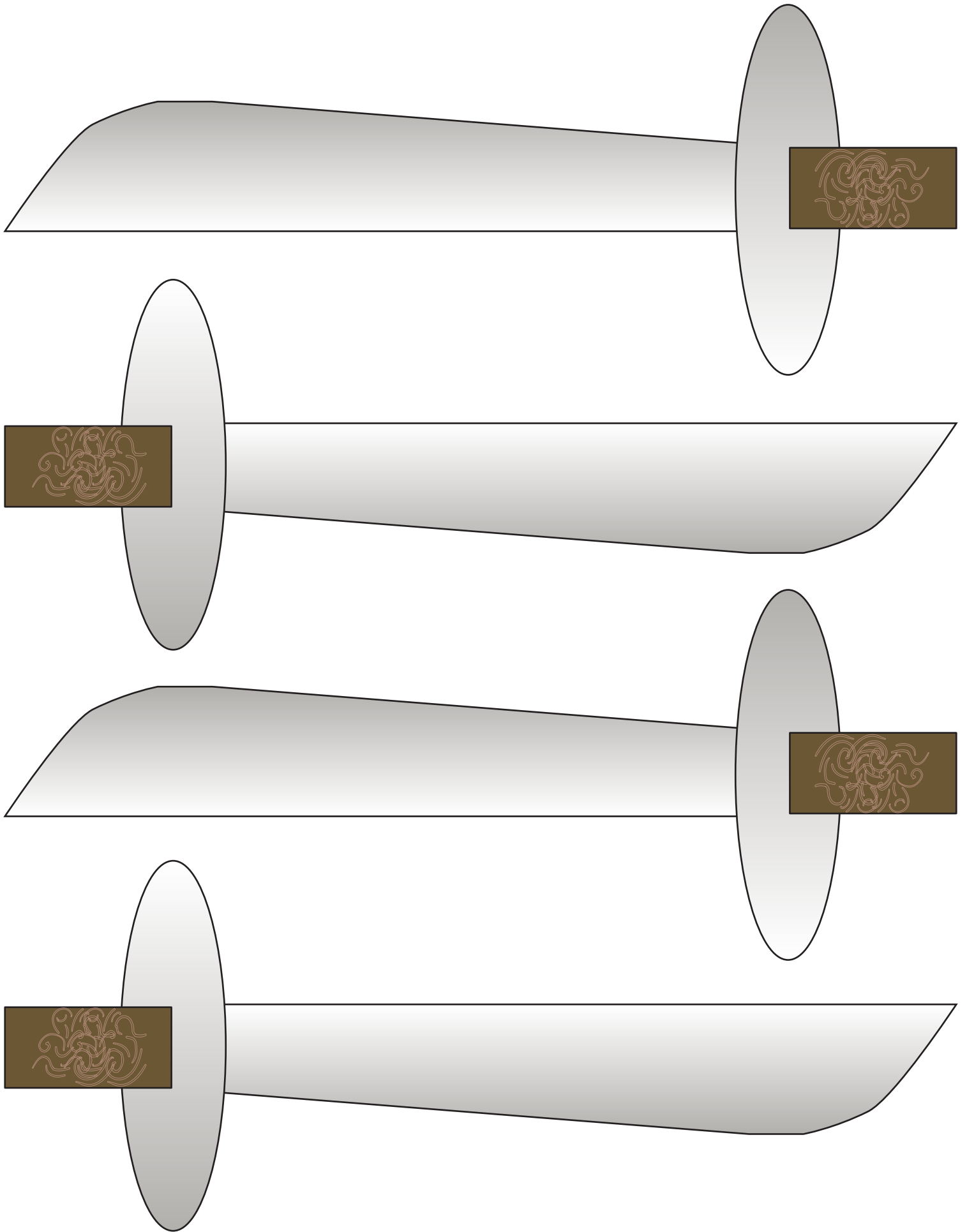
Explain that just like the Anti-Nephi-Lehies, we may have things that we'd like to overcome or abandon. In this activity we will write down something we are committing to change.

Have each family member write something they'd like to overcome, change, or abandon to become more like Jesus Christ. (Small children will need help from a parent or older sibling.)

Emphasize that it will take commitment to overcome the things we've written down, but if we remember their commitment and pray for help, we can change.

Throw away swords in the trash can, or bury them outside to symbolize your commitment.





Prep Time: 15 minutes

Bake Time: 15 minutes

Ingredients: 2 large egg whites
1/2 teaspoon pure vanilla extract
3 tablespoons vegetable oil
8 tablespoons all-purpose flour
1 1/2 teaspoons cornstarch
1/4 teaspoon salt
8 tablespoons granulated sugar
3 teaspoons water



Instructions: Print out and cut the blessing papers on the next page. Preheat oven to 300 degrees F. In a medium bowl, lightly beat the egg white, vanilla extract and vegetable oil until frothy, but not stiff. Sift the flour, cornstarch, salt and sugar into a separate bowl. Stir the water into the flour mixture. Add the flour mixture into the egg white mixture and stir until you have a smooth batter.

Place level tablespoons of batter onto a greased cookie sheet, spacing them at least 3 inches apart. Gently tilt the baking sheet back and forth and from side to side so that each tablespoon of batter forms into a four inch circle.

Bake 14 - 15 minutes, until the outer 1/2-inch of the cookies turn golden brown and they are easy to remove from the baking sheet with a spatula. Working quickly place a blessing paper in the middle of each cookie and then fold the edges together to form a half circle. Then gently fold the cookie into a half moon shape, with the seam side facing out. Place finished cookies in the cups of a muffin tin until they cool, so they will keep their shape.

Treat Time: Give each family member a Blessing Cookie. Read them out loud and discuss the blessings Ammon was grateful for, and discover similar blessings in your life.

"And now, I ask, what great blessings has he bestowed upon us? Can ye tell?" (Alma 26:2)

Blessing Papers:

Print out the blessing papers below for the blessing cookies. Cut on the solid lines, and fold on the dotted lines. One half of the paper lists a blessing Ammon was grateful for (see Alma chapter 26). The other side has a question to help family members discover similar blessings in their own lives.

Ammon was grateful to be able to help the Lamanites by teaching them the gospel.	How have you been able to help others?
Ammon was grateful for miracles he saw among the Lamanites.	What miracles have you seen?
Ammon was grateful for his new friends.	Do you have friends and family you're grateful for?
Ammon was grateful for God's help.	How has God helped you?
Ammon was grateful for repentance.	How does repentance bless you?
Ammon was grateful for the truth of the gospel.	How do gospel truths bless you?
Ammon was comforted in his trials.	How has God comforted you?
Ammon was grateful that God loves all people.	How do you feel God's love?