

Come, Follow Me
with
Living Scriptures
STREAMING

Preach Unto Them

Alma 8-12

Objectives:

- Talk about ways we can evaluate ourselves spiritually.
- Emphasize that we can change our hearts and become pure through the Atonement of Jesus Christ.

Reinforces Principles of:

- Faithfulness
- Repentance

Reverence Time

Song: We'll Bring the World His Truth (Army of Helaman), Children's Songbook page 172

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/well-bring-the-world-his-truth-army-of-helaman>

Scripture: Alma 11:40

"And he shall come into the world to redeem his people; and he shall take upon him the transgressions of those who believe on his name; and these are they that shall have eternal life, and salvation cometh to none else."

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

Lesson

Summary:

Alma went to preach throughout the land. In some cities he was welcomed, and many accepted the Gospel. But when he started preaching in Ammonihah, the people wouldn't listen. They yelled at Alma, spat on him, and told him to get out. Alma left the city and he prayed for the people. An angel told him to go back to the city another way, and try again. This time Alma met Amulek. The Lord had prepared Amulek to help Alma. Alma was hungry and asked for some food. Amulek fed Alma and told him that an angel spoke to him, telling him that Alma was coming. Alma blessed Amulek and his household. When Alma went back to Ammonihah to preach, Amulek went with him.

The people of Ammonihah still wouldn't listen. Their hearts were hardened. They sent their lawyers to try to find reasons to put Alma and Amulek in prison. Amulek explained that his heart had also been hardened in the past and he knew the power of God, "yet [he] would not know." (Alma 10:6) Amulek taught the people about the plan of redemption, reminding them that Jesus Christ will come to overcome death for all men. Christ will also redeem us from our sins, but only if we repent and believe in Him.

Quote:

"Remember this, that forgiveness can never come without repentance...The great and wonderful and miraculous benefit of the Savior's atonement cannot have its full saving impact on us unless we repent. This, the Master lovingly yet candidly lets us know in unmistakably clear detail: 'Therefore, I command you to repent—repent, lest...your sufferings be sore—how sore you know not, how exquisite you know not, yea, how hard to bear you know not. For behold, I, God, have suffered these things for all, that they might not suffer even as I; Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit. (D&C 19:15–18.)'" Spencer W. Kimball

Questions:

What ways might Heavenly Father help us fulfill our callings? (Discuss ideas)

How can we help the missionaries in our area? (Discuss ideas)

What does it mean to "harden our hearts"? (Discuss ideas)

How can we keep our hearts from being "hardened"? (Discuss ideas)

What is the difference between being saved "in" our sins, and being saved "from" our sins? (Discuss ideas)

Description: You can be like Amulek and help missionaries share the gospel. Write a letter to the missionaries from your area, or those serving in your area.

What you need:

- A copy of the Missionary Letters worksheet or plain sheet of paper for each family member
- Pencils, pens, and/or crayons

Activity:

Alma was struggling to teach the gospel to the people in Ammonihah. The Lord prepared Amulek to help him. How can we help the missionaries serving in our area, serving from our area, or serving from our family?

One way we can help is to write letters of encouragement.

Using the worksheet or a plain sheet of paper, write letters to missionaries. (You can all write to the same missionary, or to different missionaries.) Small children can draw pictures, or you can write for them.

You might also consider sending a care package with small non-perishable treats, photos, or small useful items such as pencils, notepads, socks, etc.

Dear _____ .

How is life in _____ ?

I'd really like to know what _____ is like in your area.

What is your favorite _____ ?

Around here, we've been _____

I've been learning about _____ in the scriptures
and I really like _____ .

What have you been teaching lately?

Tell me about life as a missionary. Have you been _____ ?

Who is the _____ person you've met?

My favorite scripture right now is _____
because _____

What is your favorite scripture?

I hope that you _____

I'll pray for you!

Sincerely, _____

Dear _____ ,

How is life in _____ ?

I'd really like to know what _____ is like in your area.

What is your favorite _____ ?

Around here, we've been _____

I've been learning about _____ in the scriptures
and I really like _____ .

What have you been teaching lately?

Tell me about life as a missionary. Have you been _____ ?

Who is the _____ person you've met?

My favorite scripture right now is _____

because _____

What is your favorite scripture?

I hope that you _____

I'll pray for you!

Sincerely, _____

Dear Elder Smith,

How is life in South Africa ?

I'd really like to know what the food is like in your area.

What is your favorite thing to eat ?

Around here, we've been thing to eat

I've been learning about Alma and Amulek in the scriptures

and I really like the story of them seeing angels.

What have you been teaching lately?

Tell me about life as a missionary. Do you like teaching lessons ?

Who is the coolest person you've met?

My favorite scripture right now is Nephi 3:7

because Nephi says he'll go and do what the Lord commands.

What is your favorite scripture?

I hope that you find people to teach and stay safe!

I'll pray for you!

Sincerely, Julie Jones

Treat Time

Soft Cheesecake Hearts

Prep Time: 50 minutes

Chill Time: At least 1 hour



Ingredients: 2 cups finely crushed chocolate sandwich cookies (about 24 cookies)
3 tablespoons butter or margarine, melted
3 (8-ounce) packages cream cheese, softened
1 (14-ounce) can sweetened condensed milk
3 eggs
2 teaspoons vanilla extract
1/2 cup white chocolate chips
5 drops red food coloring

Instructions: Preheat oven to 300°F.

Combine crumbs and butter; press firmly on bottom of 9x13 inch baking pan.

With mixer, beat cream cheese in a large bowl until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and vanilla; mix well. Pour half of the batter evenly over prepared crust.

Melt chocolate chips in microwave for 30 seconds. Stir in food coloring. Heat for an additional 30 seconds. Stir melted chocolate chips into remaining batter. Spoon tinted batter over vanilla batter. With table knife or metal spatula, gently swirl chocolate batter through vanilla batter to marble.

Bake 40 to 45 minutes or until set. Cool. Chill at least 1 hour.

Cut individual servings with heart shaped cookie cutter.