

BOOK OF MORMON 2020

Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## Spiritual Fortifications

Alma 43-52

### Objectives:

- Talk about Captain Moroni's preparations for battle
- Discuss the importance of fortifying ourselves spiritually

### Reinforces Principles of:

- Faithfulness

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## Reverence Time

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**Song:** Dare to Do Right, Children's Songbook page 158

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/dare-to-do-right>

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**Scripture:** Alma 48:15

"And this was their faith, that by so doing God would prosper them in the land, or in other words, if they were faithful in keeping the commandments of God that he would prosper them in the land; yea, warn them to flee, or to prepare for war, according to their danger;"

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

### Lesson

#### Summary:

As threats of war with the Lamanites increased, Captain Moroni prepared the Nephites for battle. He tore his coat and created a banner he called the “title of liberty”. It said, “In memory of our God, our religion, and freedom, and our peace, our wives, and our children”. He asked the people to make a covenant to stand up for their rights and their religion. He knew that God would help them if they were faithful. As he was preparing his people spiritually, he also prepared them physically for battle by fortifying their cities and providing armor for his soldiers. High walls with pickets were built up around the cities with towers to watch for enemies approaching. These preparations helped the Nephites to be victorious against the Lamanites, sometimes even deterring them before the battle began.

We can prepare and fortify ourselves and our homes against spiritual dangers. We can listen to prophets who stand on the “watch towers” and give us counsel. We can strengthen our testimonies so we can more easily resist temptations. We can stand up for our rights and religion. As we are faithful, God will help us just as he helped Captain Moroni and the faithful Nephites.

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#### Quote:

*“For our safety, we must build a fortress of spirituality and protection for our very souls, a fortress that will not be penetrated by the evil one... When we build a fortress of spiritual strength, we can shun the advances of the adversary, turn our backs on him, and feel the peace of the Spirit.” Ronald A. Rasband*

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**Questions:** How did Captain Moroni prepare the Nephites?

Why did Captain Moroni create a “title of liberty”?

How can we fortify our family spiritually?

How can we fortify ourselves individually?

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## Activity Time

## Our Family "Title of Liberty"

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**Description:** Create a Title of Liberty for your own family displaying the things you will stand up for and protect.

**What you need:**

- A copy of "Our Family 'Title of Liberty'" artwork, markers, scissors, glue or tape and wooden dowel or stick.

**Preparation:** Print artwork and cut on dotted lines. Tape or glue panels together. Tear the edge of one side if desired (Captain Moroni tore his coat).

**Activity:** Explain: Captain Moroni wanted to inspire his people to stand up for their freedoms and beliefs. He tore his coat and wrote things on it that were important to him to protect. He fastened it to a stick and displayed it as he spoke to the people. He inspired them to make a covenant to keep the commandments and protect their liberty.

Discuss: What things are important to our family? What will we stand up for and protect?

Activity: Let each family member write something on your family "Title of Liberty" that they want to protect or stand up for. Fasten your completed banner to a dowel or stick and display it in your home to remind you of your commitment.



***IN MEMO***

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## Treat Time

## "Title of Liberty" Treats

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**Prep Time:** 2 minutes  
**Cook Time:** 5-6 minutes  
**Chill Time:** 30-45 minutes

**Ingredients:** 2 cups coconut milk  
1 cup whole milk  
1/2 cup sugar  
1/3 cup cornstarch  
1/4 tsp. vanilla  
1 chocolate licorice stick per banner



**Instructions:** Combine the coconut milk and sugar in an appropriately sized saucepan and bring to a boil over medium heat. Combine milk and starch separately then mix slowly into the hot pot. Continue to cook over medium heat, stirring constantly until very thick. Pour immediately into an 12" x 14" inch pan and chill until firm.

Cut into banner shapes using guide. With rubber spatula, carefully lift out of pan. Press chocolate licorice stick into side to make the banner pole.

