

BOOK OF MORMON 2020

Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## Be Not Deceived

Alma 30-31

### Objectives:

- Talk about Alma's interactions with Korihor and the Zoramites
- Discuss ways we can avoid being deceived.

### Reinforces Principles of:

- Steadfastness
- Prayer

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## Reverence Time

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### Song:

My Heavenly Father Loves Me, Children's Songbook page 228

<https://www.churchofjesuschrist.org/study/manual/childrens-songbook/my-heavenly-father-loves-me>

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### Scripture:

Alma 31:5

"And now, as the preaching of the word had a great tendency to lead the people to do that which was just—yea, it had had more powerful effect upon the minds of the people than the sword, or anything else, which had happened unto them—therefore Alma thought it was expedient that they should try the virtue of the word of God."

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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-not-deceived>

### Lesson

#### Summary:

In these chapters, Alma confronts people who are teaching false doctrine and deceiving the people. One man named Korihor arrived in the land of Zarahemla, and he began to preach against the prophets and against Christ. He deceived many people, but the Anti-Nephi-Lehies and the people in the land of Gideon cast him out. Eventually Korihor was sent to see Alma. Korihor argued with Alma, saying that there was no God, and that there was no sin. He taught that the commandments and ordinances were silly traditions, and that people should use their minds and strength to get ahead in life. Korihor repeatedly demanded a sign from Alma to prove that there was a God. He was struck dumb (he could no longer speak) as a sign.

In Antionum, the leader of the Zoramites was teaching the people to worship idols and say the same prayer once a week on a tall stand to show how “holy” they were. Their pride and wickedness made Alma sad, and he prayed to God in faith that he and his brethren would be able to help the people come unto Christ.

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#### Quote:

*“The Holy Ghost will protect us against being deceived, but to realize that wonderful blessing we must always do the things necessary to retain that Spirit. We must keep the commandments, pray for guidance, and attend church and partake of the sacrament each Sunday. And we must never do anything to drive away that Spirit. Specifically, we should avoid pornography, alcohol, tobacco and drugs, and always, always avoid violations of the law of chastity. We must never take things into our bodies or do things with our bodies that drive away the Spirit of the Lord and leave us without our spiritual protection against deception.” Dallin H. Oaks*

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**Questions:** What evidences do we have that God is real?

How can we avoid being deceived by false teachings?

How is the word of God more powerful than the sword (Alma 31:5)?

How can we avoid vain repetitions when we pray?

**Description:** During this prayer activity object lesson your children will learn how they can prepare to pray to their Heavenly Father in order to show Him love, honor and respect. Discuss ways your family can be more sincere and less repetitive in prayer.

**What you need:**

- A copy of the "Prayer Children" activity ( If desired, print a prayer child for each of your children), scissors, glue, heavy card stock and brass fasteners.

**Preparation:** Print out the artwork. Cut along black solid lines. Put "Prayer Children" together by following assembly instructions included with this activity.

**Activity:** Use the "Prayer Children" to show and discuss how to prepare for prayer.

**Ask: Why do we kneel to pray?**

Read: (3 Nephi 19:16) "And it came to pass that he spake unto the multitude, and commanded them that they should kneel down again upon the earth, and also that his disciples should kneel down upon the earth."

Help the children understand that we don't always kneel when we pray, but when we do it shows Heavenly Father the utmost respect.

(Fold "Prayer Children" at knees. Fan "Prayer Girl's" skirt out into an "A" shape to balance her in a kneeling position.)

**Ask: Why do we fold our arms when we pray?**

Help the children understand that moving their hands during the prayer might keep people from listening to the prayer. (Fold "Prayer Children's" arms.)

**Ask: Why do we close our eyes when we pray?**

Help the children understand that they are less likely to be distracted by things around them when they close their eyes. They can think of Heavenly Father and what they are saying to him.

(Glue eyelids over "Prayer Children's" eyes to make them closed.)

**Ask: Why do we bow our heads when we pray?**

Help the children understand that bowing our heads when we pray shows Heavenly Father that we love, honor, and respect him.

(Bend "Prayer Children's" heads to a bowing position.)

**Ask: What do we say when we pray?**

Help the children understand that we can pray from our hearts. We can ask for things we need, thank Heavenly Father for our blessings, ask forgiveness for our mistakes, and express our love for Him and our Savior. We can also pray for others.

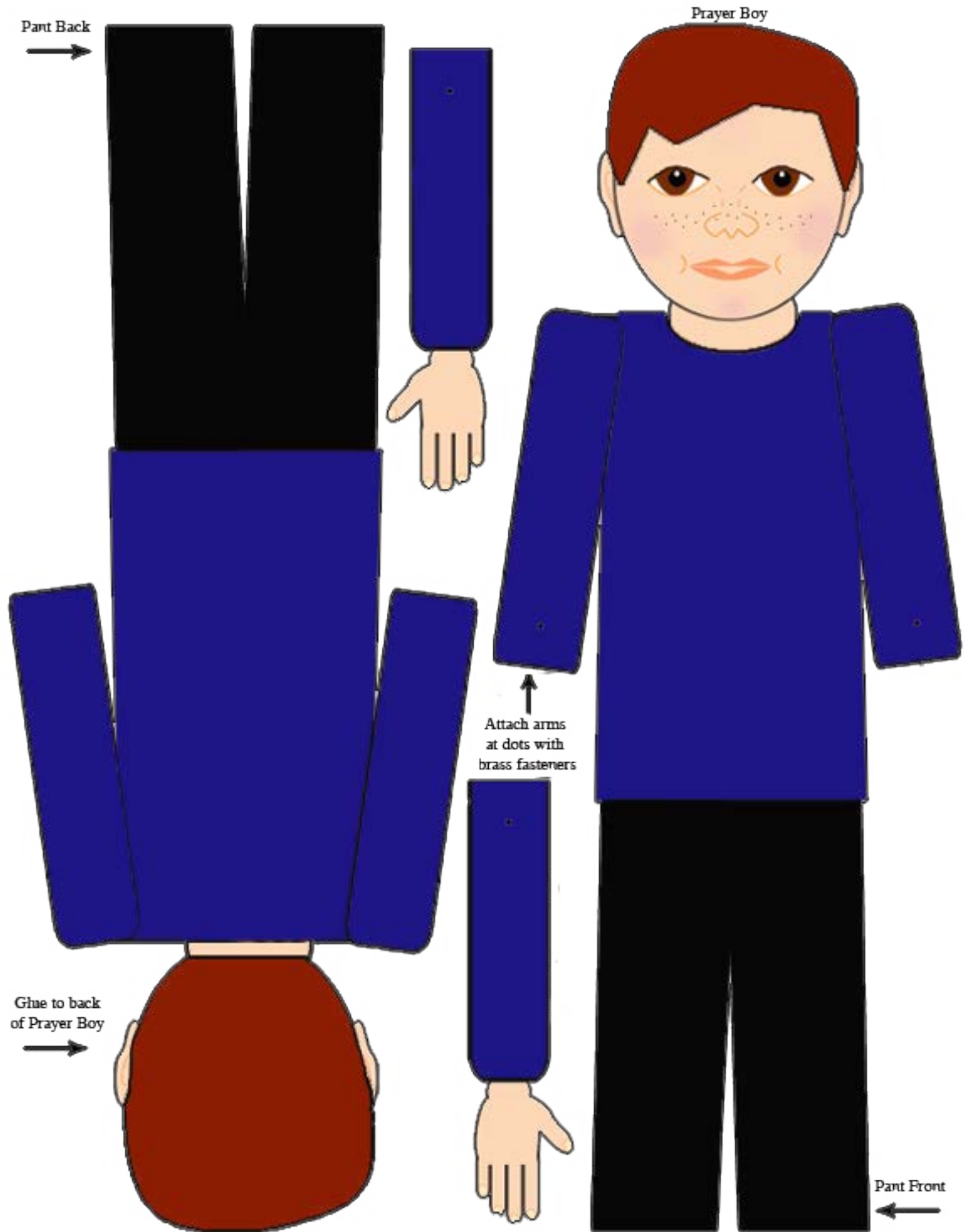
## “Prayer Boy” Assembly Instructions

1. Glue Front Legs to Pant Front (line up bottom of pant with black line).
2. Glue Back Legs to Pant Back (line up bottom of pant with black line).
3. Glue card stock Pants to Pant Front.
4. Glue Prayer Boy Front to Prayer Boy Back.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.

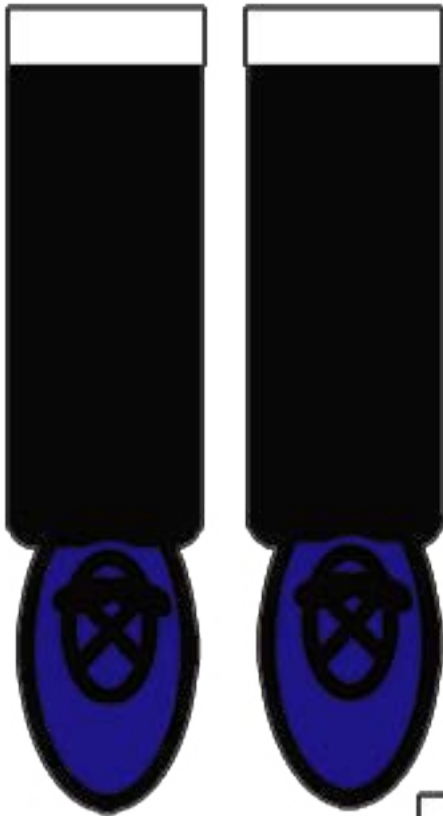
## “Prayer Girl” Assembly Instructions

1. Glue Back Legs to Front legs.
2. Glue Legs to Skirt Front (line up bottom of skirt with black line).
3. Glue Prayer Girl Top Front to Top Back, leaving skirt free.
4. Fold card stock skirt at fold line and then glue to inside of Skirt Front and Skirt Back to form an “A” frame.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.





Glue to bottom  
of Pant Front

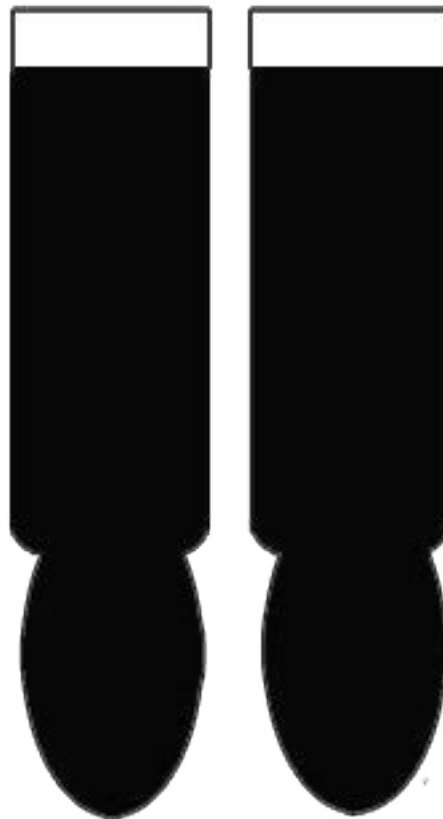


Eye Lids



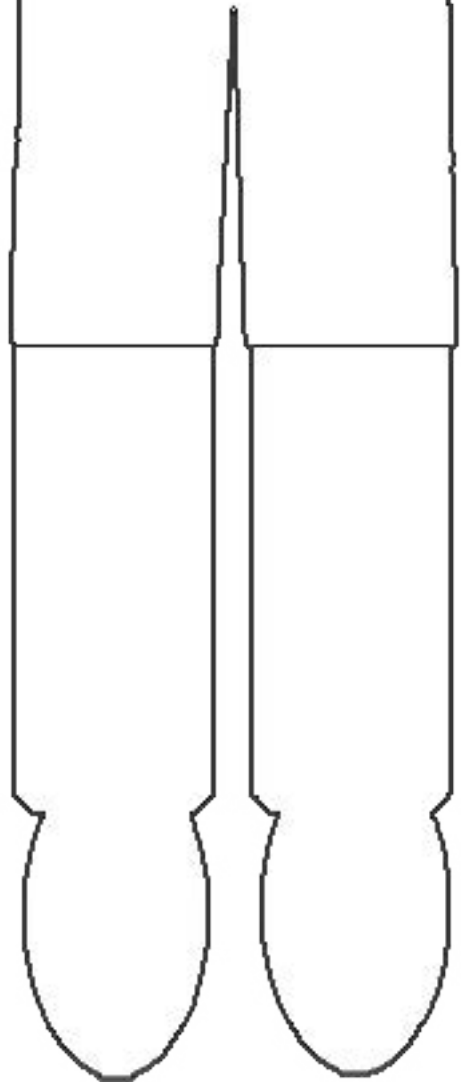
Glue to eyes  
during activity time.

Glue to bottom of  
Pant Back

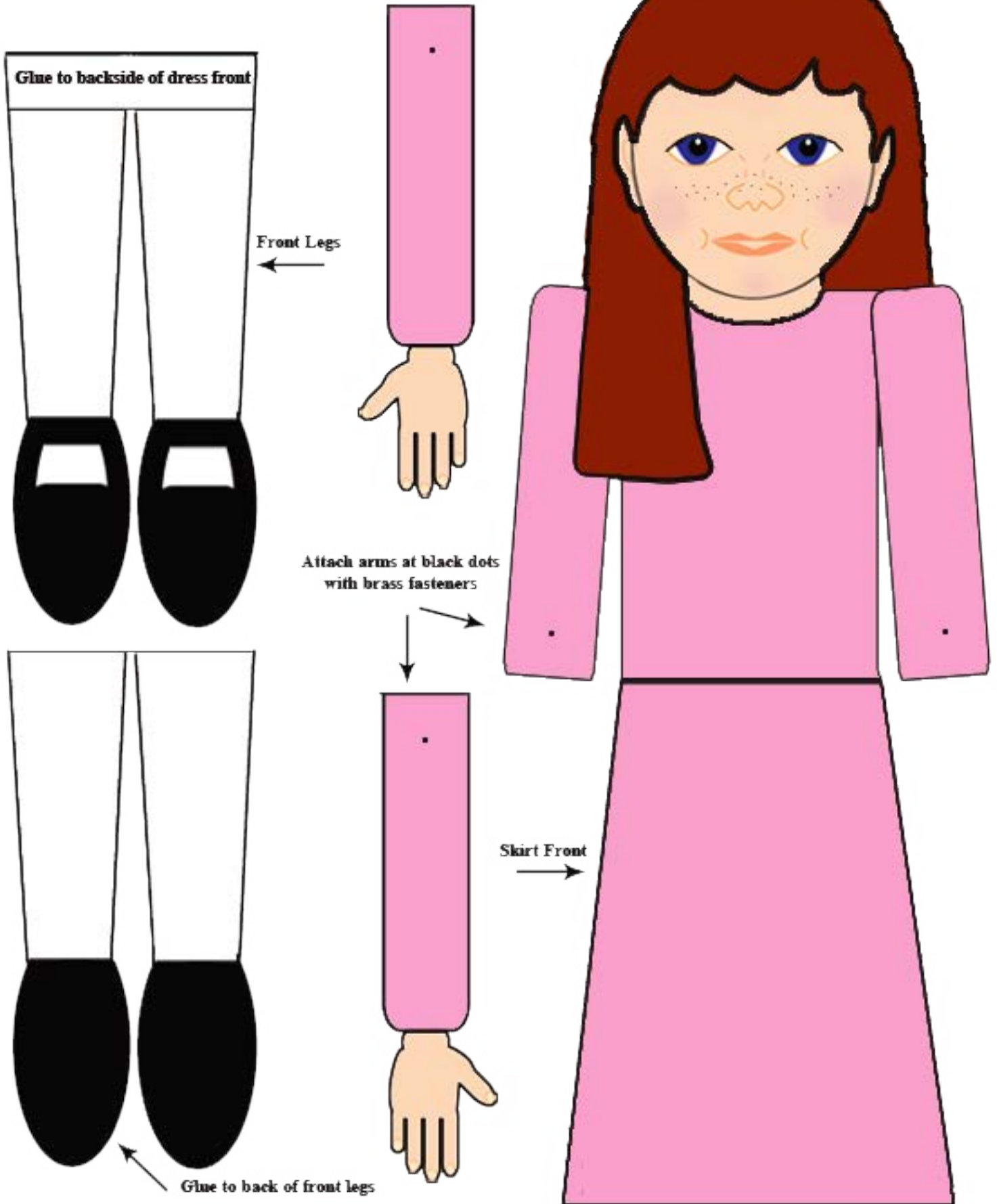


**Pattern**

**(Cut out of heavy  
card stock.  
Glue in-between pant  
front and pant back.)**



Prayer Girl

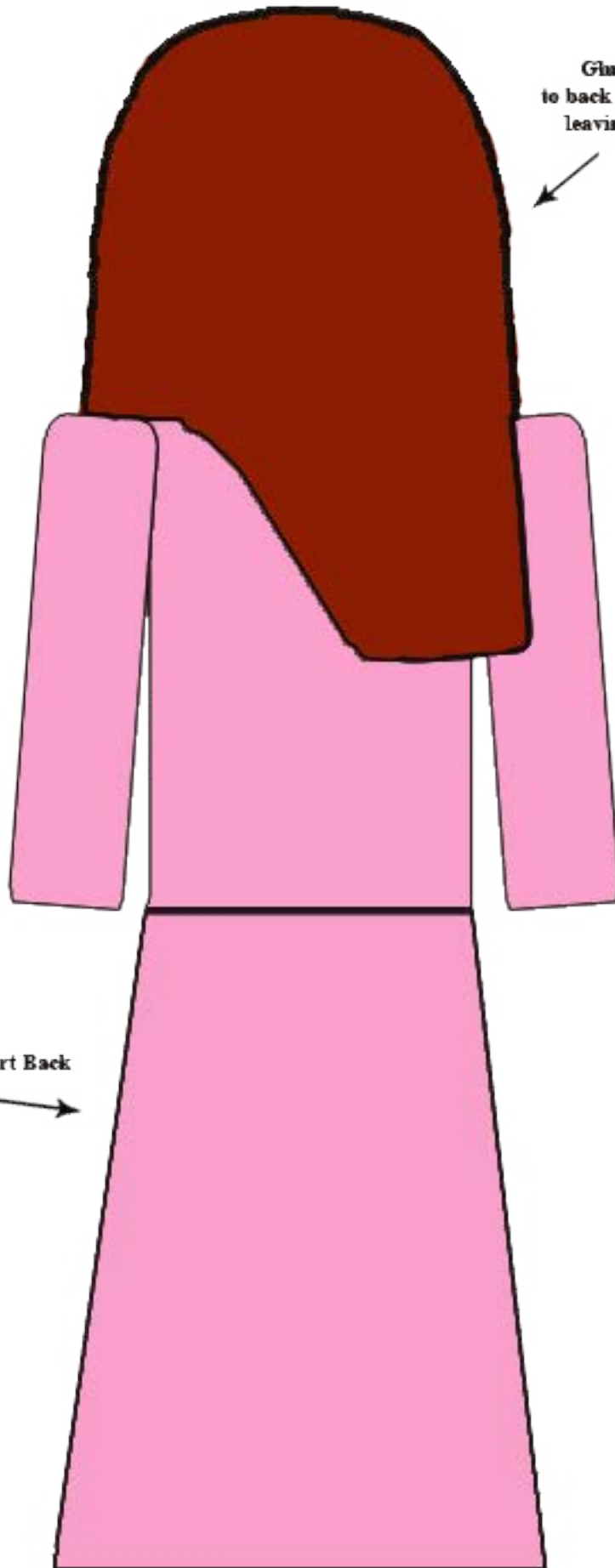


Eye Lids



(Glue to eyes during activity)

Glue top half  
to back of prayer girl,  
leaving skirt free.



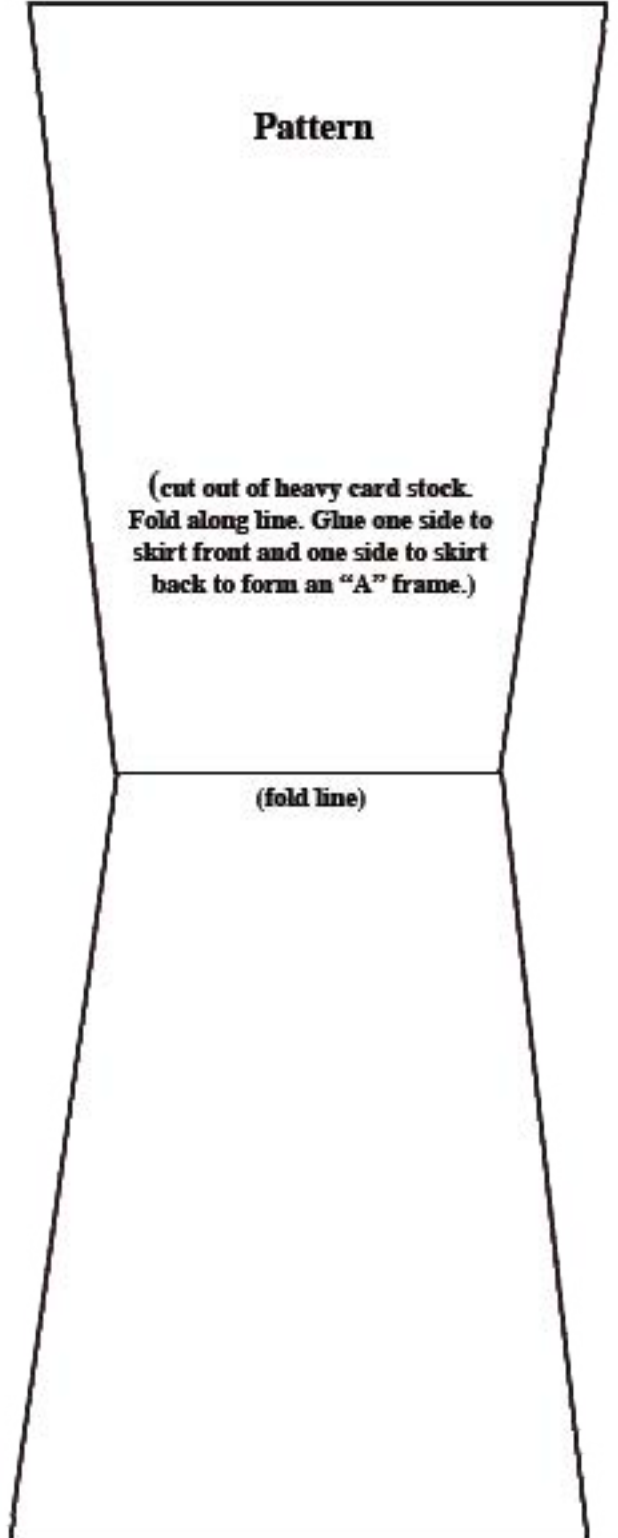
Skirt Back



**Pattern**

(cut out of heavy card stock.  
Fold along line. Glue one side to  
skirt front and one side to skirt  
back to form an "A" frame.)

(fold line)





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## Treat Time

## Praying Arms Pretzels

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- Prep Time:** 15 minutes  
**Rise Time:** 1 hour  
**Bake Time:** 5-8 minutes
- Ingredients:** 2 teaspoons active dry yeast  
1 teaspoon white sugar  
3/4 cups warm water  
2 1/2 cups flour  
1/3 cup sugar  
1 teaspoons salt  
2 tablespoon vegetable oil  
1/4 cup baking soda  
2 cups boiling water  
Melted butter & kosher salt for topping



**Instructions:** In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand for 10 minutes. In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large oiled bowl. Turn the dough until lightly coated with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram below).

Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with Kosher salt.

