

BOOK OF MORMON 2020

Come, Follow Me
with
Living Scriptures
STREAMING

Seek the Lord Early

Alma 36-38

Objectives:

- Talk about Alma's counsel to his sons.
- Discuss the importance of learning wisdom in our youth.

Reinforces Principles of:

- Dilligence
- Obedience

Reverence Time

Song: Seek the Lord Early, Children's Songbook page 108

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/seek-the-lord-early>

Scripture: Alma 37:35

"O, remember, my son, and learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God."

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

Lesson

Summary:

Alma was saddened because of the wars and contentions that were among the people. He had tried many times to teach the people and help them turn to God, but again they were hardening their hearts. This time his focus turns to his own sons. Alma testifies to his son Helaman of Jesus Christ and His Atonement, encouraging him to trust God in his trials. Alma tells Helaman about his conversion when an angel came to stop him from attempting to destroy the church. He describes his anguish over his sins, and the joy he felt when he repented and called upon Jesus for mercy. Alma gives the records to Helaman to take care of, and he testifies of the power of the scriptures. Then Alma speaks to his son Shiblon. Shiblon has been faithful in teaching the gospel to the Zoramites, even though they were unkind to him. He encourages him to continue to teach, and warns him not to be lifted up unto pride.

Alma's counsel to his sons is still applicable to us. If we learn in our youth to keep the commandments, love the Lord, and seek His will, it will be easier to make good choices now, and when we are older.

Quote:

"Sometimes we are asked by our young people why we stress so much the commandments of God. As one little person put it to me just the other day, 'Why do you have to be so churchy?' I would like to share a feeling or two concerning that inquiry. It is because, young people, we love you, are concerned about you, your well-being, and your ultimate welfare. It is important to know that we as parents have taken upon ourselves a very sacred oath and covenant to bring you up in the ways of the Lord, and that is very, very important to us, as it is to Him." Paul H. Dunn

Questions: How can we learn wisdom in our youth?

How can parents help their children learn wisdom?

What are some things Alma taught his sons?

Why are these teachings important to us today?

Activity Time

Way to BE - Matching Game

Description: Alma taught his son Shiblon a few key principles which can be summarized in 7 B's, similar to President Gordon B. Hinckley's B's. Match the B's to their corresponding scriptures.

What you need:

- A copy of "Way to BE" matching game, scissors, heavy or colored paper, glue.

Preparation: Print the "Way to BE" matching game cards. If they are easily seen through, glue a sheet of heavy or colored paper to the back before cutting. Cut apart cards.

Activity: Lay out all of the cards face down. Take turns choosing two cards. If the cards don't match, that person's turn is over and the next person takes a turn to choose two cards. If the cards do match, read the scripture on the card and talk about what you learn. Remove the cards from the playing area. The turn then ends and another person takes a turn to choose two cards. Continue playing until all of the matches are found.



BE Clean

Alma 38:12



BE Clean

Alma 38:12



BE Dilligent

Alma 38:10



BE Dilligent

Alma 38:10



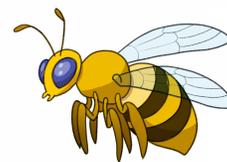
BE Trusting in God

Alma 38:5



BE Trusting in God

Alma 38:5



BE Born Again

Alma 38:6



BE Born Again

Alma 38:6



BE Bold

Alma 38:12



BE Bold

Alma 38:12



BE Prayerful

Alma 38:13



BE Prayerful

Alma 38:13



BE Humble

Alma 38:11



BE Humble

Alma 38:11

Treat Time

H"ear" and Obey Cookies

Prep Time: 10 minutes
Chill Time: 10-20 Minutes
Bake Time: 8-10 minutes



Ingredients:

- 1 cup butter
- 1 1/2 cups sugar
- 1 large egg
- 2 tablespoons dark corn syrup or molasses
- 1 tablespoon water
- 3 1/4 cups flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves

Instructions: Cream the butter and sugar until light and fluffy. Add the egg, corn syrup, and water, blending well. Sift the dry ingredients together and add to butter mixture. Chill the dough for approximately 10-20 minutes.

Treat time: Preheat oven to 350 degrees F. Give each child two 1 inch balls of dough. Roll balls of dough in sugar and then form into the shape of ears (see diagram below). Bake on an ungreased cookie sheet for 8-10 minutes.

