

Come, Follow Me

with

Living Scriptures

STREAMING

Growing My Testimony

Alma 32-35

Objectives:

- Talk about Alma's teachings on faith and testimony.
- Discuss ways we can have faith and build a testimony of our own.

Reinforces Principles of:

- Faith
- Testimony

Reverence Time

Song: Faith, Children's Songbook page 96

<https://www.churchofjesuschrist.org/study/manual/childrens-songbook/faith>

Scripture: Alma 32:28

"Now, we will compare the word unto a seed. Now, if ye give place, that a seed may be planted in your heart, behold, if it be a true seed, or a good seed, if ye do not cast it out by your unbelief, that ye will resist the Spirit of the Lord, behold, it will begin to swell within your breasts; and when you feel these swelling motions, ye will begin to say within yourselves—It must needs be that this is a good seed, or that the word is good, for it beginneth to enlarge my soul; yea, it beginneth to enlighten my understanding, yea, it beginneth to be delicious to me."

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

Lesson

Summary:

After Alma had prayed for the Zoramites, he tried to teach them. Because the poor people were cast out of the synagogues, they thought they could not worship God. They had become humble and teachable, and asked Alma for help. Alma taught them that they could pray and worship anywhere.

Alma also taught the Zoramites about faith, saying that, "faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true" (Alma 32: 21). He compared the word of God to a seed. He said that if you plant the seed of the word of God in your heart, and nourish it with belief and the Spirit of the Lord, your faith and testimony will grow and bring forth good fruit.

Alma continued to explain how the Zoramites could exercise their faith, and he taught them from the scriptures. Amulek also taught about the Atonement of Jesus Christ. Soon the new converts joined the people of Ammon in the land of Jershon.

We can plant the word of God in our own hearts. If we nourish it by prayer, scripture study, and keeping the commandments, our testimonies will grow.

Quote:

"So a seed of faith is already planted in your heart. You may even have felt some of the expansion of your heart promised in Alma. I did. But, like a growing plant, it must be nurtured or it will wither. Frequent and heartfelt prayers of faith are crucial and needed nutrients. Obedience to the truth you have received will keep the testimony alive and strengthen it. Obedience to the commandments is part of the nourishment you must provide for your testimony." Henry B. Eyring

Questions:

What is faith?

How do you know if you have a testimony?

Do you have to grow your own testimony or can someone give you a testimony?

Why is it important to have faith and gain a testimony?

Activity Time

Grow My Own Testimony

Description: In this fun activity, family members take turns choosing a petal or leaf, reading the testimony growing words (with help if necessary) on it, then answering the question to create spiritual flowers to help testimonies grow.

What you need:

- Dirt cake (recipe included in the Treat Time section of this lesson)
A copy of the flower petals and leaves artwork included with this lesson,
3 straws (for stems), markers, colored pencils, or crayons, and clear tape.

Preparation: Print out the flower petals and stems. Cut out. Tape flower centers to the top of the straw stem.

Activity: Explain that a testimony motivates us to live righteously, and righteous living causes a testimony to grow.
Have each family member take turns choosing a petal or leaf, reading the question, answering the question (with help if necessary), and then taping it to the yellow center and stem to create flowers. When activity is completed. Plant the flowers in the "Dirt Cake."



After gaining
a testimony, can
you lose it?

What book
is another testament of
Jesus Christ?

What is the
name of Christ's
church?

Which
prophet helped to
restore the gospel
to the earth?

What can
you do to nourish
your testimony?

How does
the Holy Ghost
help you gain a
testimony?

What three things
does a testimony
consist of?

What
does it mean to
believe?

How do you
know if you have
a testimony?

In Alma's
example, what does
the seed represent?

What can you do to gain a testimony?

Do you have to work to gain a testimony?

What is a testimony?

Can anyone receive a personal revelation?

Can someone else give you a testimony?

Do you have to have faith to gain a testimony?

What is a prophet?

Is it important to gain your own testimony?

Who was crucified for the sins of the world?

What can other people do to help your testimony grow?

Do Heavenly
Father and Jesus Christ
live?

What is
Mormon's
promise?

Do you have
to pray to gain a
testimony?

Who does
the Book of Mormon
testify of?

Who is our
prophet on the
earth today?

Where
do you need to plant
the seed?

Do you need
to be humble
to receive a
testimony?

Prep Time: 15 minutes

Chill Time: 1-2 hours



Ingredients:

- 1 Flower pot (8" diameter or two 6")
- 1 16 oz. package of Oreo-style cookies
- 1/2 Cup butter or margarine, softened
- 1 8-oz. package cream cheese, softened
- 1 Cup powdered sugar
- 1 Teaspoon vanilla
- 1 12-oz. tub whipped topping, thawed
- 3 Cups milk
- 2 Large boxes of instant chocolate or vanilla pudding

Instructions: Crush the cookies until they resemble potting soil and set aside.

Cream butter, cream cheese, sugar and vanilla until smooth and fluffy and set aside.

Mix pudding and milk until well blended and starts to thicken. Fold whipped topping into pudding. Mix pudding mixture into the cream cheese mixture.

To assemble cake, layer flower pot with 1/3 of the cookie crumbs, 1/2 of the pudding mixture, 1/3 cookie crumbs, remaining 1/2 pudding mixture, and then top with the remaining 1/3 cookie crumbs. Refrigerate for 1–2 hours.