

Come, Follow Me
with
Living Scriptures
STREAMING

Be a Latter-day Warrior

Alma 53-63

Objectives:

- Talk about how the Lord needs Latter-day warriors who are obedient to fight against evil.
- Emphasize that Helaman's stripling warriors were saved because they obeyed every word of command.

Reinforces Principles of:

- Obedience

Reverence Time

Song:

We'll Bring the World His Truth, Children's Songbook page 172

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

Scripture:

Alma 57:21

"Yea, and they did obey and observe to perform every word of command with exactness; yea, and even according to their faith it was done unto them; and I did remember the words which they said unto me that their mothers had taught them."

Video:

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

Lesson

Summary:

Captain Moroni and Alma's son Helaman were again preparing for battle with the Lamanites. Because of their covenant to never take up weapons of war again, the people of Ammon could not fight to protect themselves from the Lamanites. Their young sons had not entered into this covenant, and they volunteered to fight to protect their freedoms and families. Helaman became the leader of this young army.

Helaman's 2000 stripling warriors had great faith in God. They had been taught by their mothers to trust in the Lord and be obedient to the commandments. When they had to go to battle against the Lamanites, they knew God would help them if they were righteous. They fought valiantly, and when the battle was over Helaman was overjoyed to discover that not one of them was killed in battle. Heavenly Father had protected them.

Heavenly Father can protect us in our battle against evil. If we are faithful, obedient, and trust in God, we will have His loving protection in our lives.

Quote:

"Like Helaman's 2,000 stripling warriors, you also are the spirit sons [and daughters] of God, and you too can be endowed with power to build up and defend His kingdom. We need you to make sacred covenants, just as they did. We need you to be meticulously obedient and faithful, just as they were." M. Russell Ballard

Questions:

What does the word "stripling" mean? (A boy in his teenage years, who has not yet grown to his full size.)

Why was Helaman's army made up of teenage boys instead of grown men?

Why were these young men successful in battle?

How can the example of the stripling warriors help us fight against evil?

Activity Time

I Will Be a Latter-day Warrior Game

Description: "Fight" against bad practices like stealing, lying, and cheating with the "weapons" of faith, truth, and obedience.

What you need:

- A copy of the "I Will Be a Latter-day Warrior" activity (artwork included with this lesson), cardboard, magic marker, scissors, aluminum foil, glue, tape, stick, cardstock and yarn

Preparation:

1. Tape sword handle pattern to sword blade pattern.
2. Trace pattern pieces onto cardboard. Cut out pattern pieces.
3. Wrap foil around sword blade, spear head, knife and shield.
4. Tape shield handle to inside of shield. Decorate shield with magic marker.
5. Tie spear head to stick with yarn.
6. Put glue on sword and knife handles. Wrap yarn around handle (or color handle with marker).
7. Glue targets to cardstock. Hang targets up with yarn.

Activity:

1. Explain: When the sons of Helaman fought their battle they were armed with weapons of war, but that wasn't all they were armed with. (Tape words to weapons as you read them.)

"And they were all young men, and they were exceedingly **valiant** for courage, and also for strength and activity; but behold, this was not all—they were men who were **true** at all times in whatsoever thing they were entrusted.

"Yea, and they did **obey** and observe to perform every word of command with exactness; yea, and even according to their **faith** it was done unto them; and I did remember the words which they said unto me that their mothers had taught them." (Alma 53:20-21)

2. Read Quote; "You are to be the royal army of the Lord in the last days. ... In the spiritual battles you are waging, I see you as today's sons of Helaman." *Ezra Taft Benson*

3. Ask: What are some of the spiritual battles children are waging today? (Discuss ideas. Emphasize: Battling lying, cheating, disobedience and stealing while you are young will help prepare you to fight more serious sins as you grow older.)

4. Play "I Will Be a Latter-day Warrior" game

I Will Be a Latter-day Warrior

1. Hang targets up with yarn in door way or somewhere that they can hang freely at children's eye level.
2. Take turns answering the example questions. If answered correctly choose a weapon to hit the corresponding target with.
 - a. Mother tells you it's time to take your bath, but you're in the middle of a video game. You've been taught to be obedient, but you'll lose if you stop playing. What do you do?
 - b. You promised your brother you'd buy him a toy truck for his birthday, but you spent your money on an ice cream cone. You've been taught not to steal, but you want to keep your promise. What do you do?
 - c. You didn't study your spelling words. If you write the words on your hand you can still get an "A" on the test. You've been taught not to cheat, but you don't want to fail. What do you do?
 - d. Father asked if you made your bed. You didn't have time because you were doing your homework. You've been taught not to lie, but you don't want to be late for school. What do you do?
 - e. Your friend wrote the answers to the test on her hand. You don't want to be a snitch, but you've been taught cheating is wrong. What do you do?
 - f. Your little brother was jumping on the bed while you were tending him and he got hurt. When Mother asked what happened, he didn't want you to get in trouble for not watching him good, so he said he tripped. You've been taught lying is wrong. You want to tell the truth, but if you do, he'll get in trouble too. What do you do?
 - g. You went to the store with your best friend and he wants you to be the look out so he can steal a toy truck. You've been taught stealing is wrong, but he said he wouldn't be your friend anymore if you don't do it. What do you do?
 - h. Father asked you to clean the bathroom. You've been taught to be obedient, but it's not fair because you didn't make the mess. What do you do?

TRUE

at all times

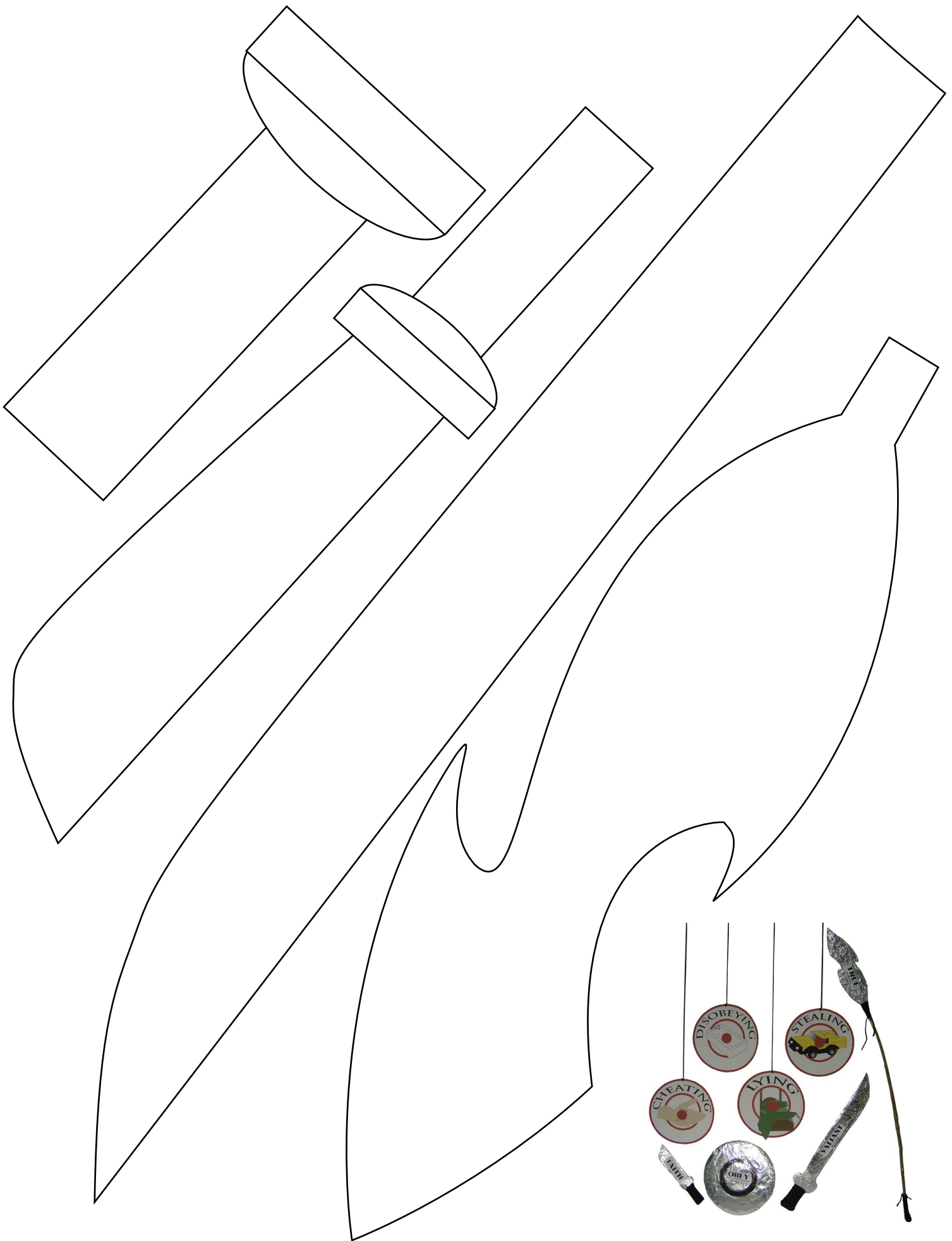
FAITH

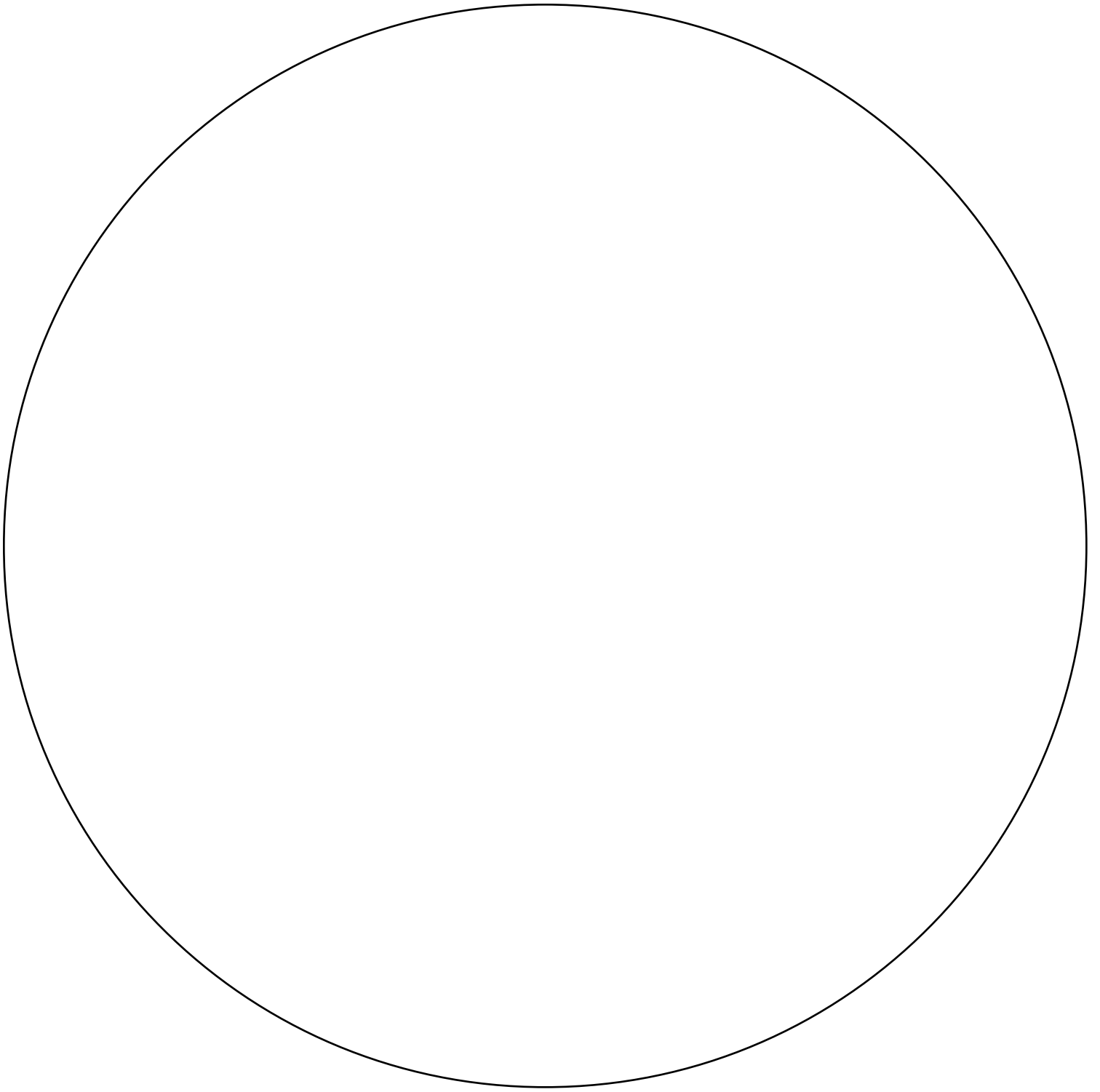
VALIANT

for courage

OBEY

every word of command

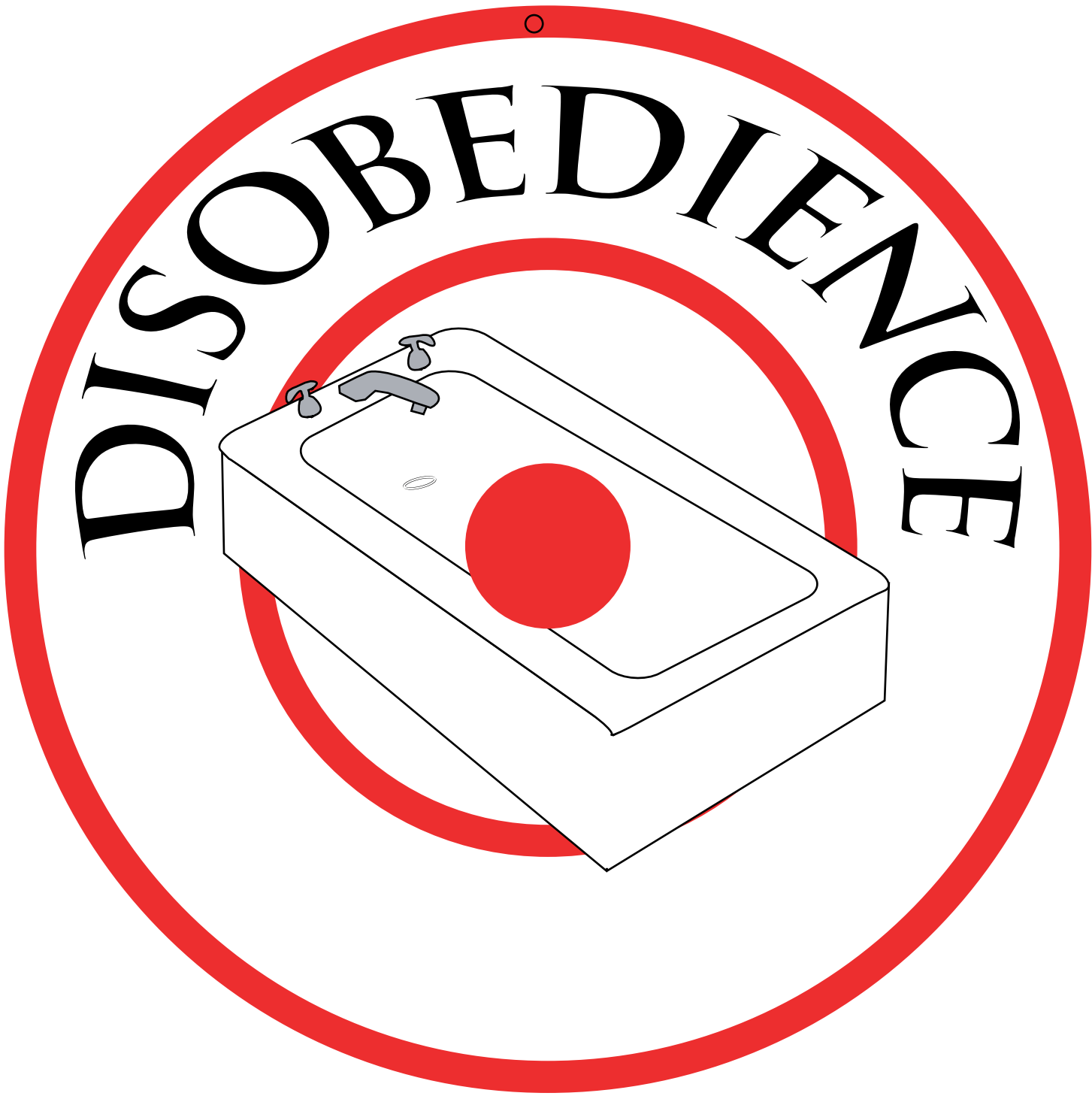












Treat Time

Gingerbread "Warriors"

Prep Time: 20 minutes
Chill Time: 2 hours
Bake Time: 8-10 minutes



Ingredients: 3/4 cup molasses
1/3 cup packed brown sugar
1/3 cup water
1/8 cup butter, softened
3 1/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon ground allspice
1 teaspoon ground ginger
1/2 teaspoon ground cloves
1/2 teaspoon ground cinnamon

Instructions: In a medium bowl, mix together the molasses, brown sugar, water and butter until smooth. Combine the flour, baking soda, allspice, ginger, cloves and cinnamon, stir them into the wet mixture until all of the dry is absorbed. Cover the dough and chill for at least 2 hours.

Preheat oven to 350 degrees F. Roll the dough out to 1/4 inch thickness on a lightly floured surface. Cut out with a gingerbread boy cutter. Place 1 inch apart onto ungreased cookie sheets. Bake for 8 to 10 minutes in the preheated oven. Remove from the cookie sheets to cool on wire racks.

Treat Time: Help children decorate cookies with icing to resemble "Stripling Warriors."