

Episode 3: Journey to the Promised Land

1 Nephi 16–18

Name: _____

Today we're learning: The Lord prepares a way for us to do hard things He asks.

Read together

“And thus we see that the commandments of God must be fulfilled. And if it so be that the children of men keep the commandments of God he doth nourish them, and strengthen them, and provide means whereby they can accomplish the thing which he has commanded them; wherefore, he did provide means for us while we did sojourn in the wilderness.” (1 Nephi 17:3)

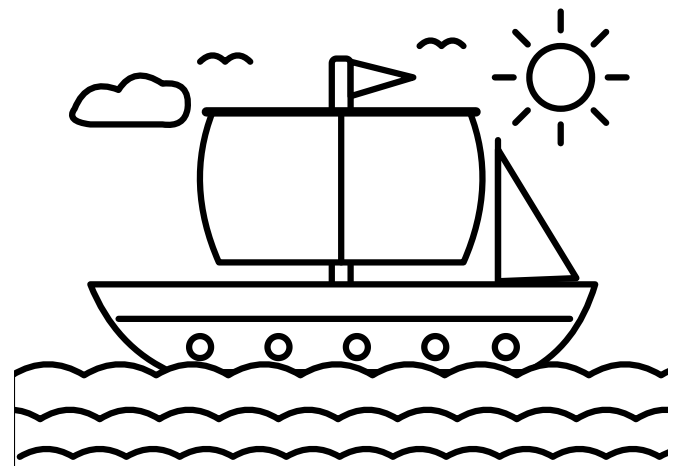
“And it came to pass that the Lord spake unto me, saying: Thou shalt construct a ship, after the manner which I shall show thee, that I may carry thy people across these waters.” (1 Nephi 17:8)

Listen for it! Check each one when you see it.

- ☐ Nephi's broken bow
- ☐ The Liahona (the ball that points the way)
- ☐ Nephi building the ship
- ☐ The big storm on the sea

Who's who? Draw a line to match.

- | | | | |
|----------------|---|---|---|
| Nephi | ● | ● | Complained and tied Nephi up |
| Lehi | ● | ● | Built a ship the Lord's way |
| Laman & Lemuel | ● | ● | The mom who was sad and sick in the storm |
| Sariah | ● | ● | The dad who found the Liahona |



Color the ship sailing to the promised land!

Family question for dinner

What is something hard you did this week?
How did Heavenly Father help you do it?

What I learned

Word helpers: ship · bow · storm · pray · obey · help · Liahona

How I can live it today

One hard thing I can do with Heavenly Father's help:

✂ cut out and put it where you will see it

MEMORY VERSE

“If God had commanded me to do all things I could do them.”

1 Nephi 17:50

Episode 1: Nephi and the Brass Plates

1 Nephi 3–4

Name: _____

Today we're learning: When Heavenly Father asks me to do something, He will help me find a way.

Read together

“And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.” (1 Nephi 3:7)

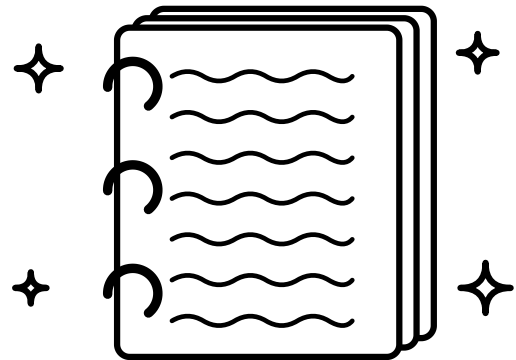
“And I was led by the Spirit, not knowing beforehand the things which I should do.” (1 Nephi 4:6)

Listen for it! Check each one when you see it.

- ☐ Laban's house in Jerusalem
- ☐ The family's gold and silver
- ☐ The angel who stops Laman and Lemuel
- ☐ The brass plates

Who's who? Draw a line to match.

- | | | | |
|----------------|---|---|-------------------------------------|
| Nephi | ● | ● | Laban's servant who came with Nephi |
| Laban | ● | ● | Said, “I will go and do” |
| Laman & Lemuel | ● | ● | Kept the plates and would not share |
| Zoram | ● | ● | Wanted to give up and go home |



Color the brass plates!

Family question for dinner

What is something Heavenly Father asks our family to do? How can we “go and do” it this week?

What I learned

Word helpers: go • do • plates • obey • help • way • Nephi

How I can live it today

One thing Heavenly Father asks me to do that I will do today:

✂ cut out and put it where you will see it

MEMORY VERSE

“I will go and do the things which the Lord hath commanded”

1 Nephi 3:7

Episode 2: The Tree of Life

1 Nephi 8, 11

Name: _____

Today we're learning: Holding on to God's word helps me feel His love.

Read together

“And it came to pass that I beheld a tree, whose fruit was desirable to make one happy.” (1 Nephi 8:10)

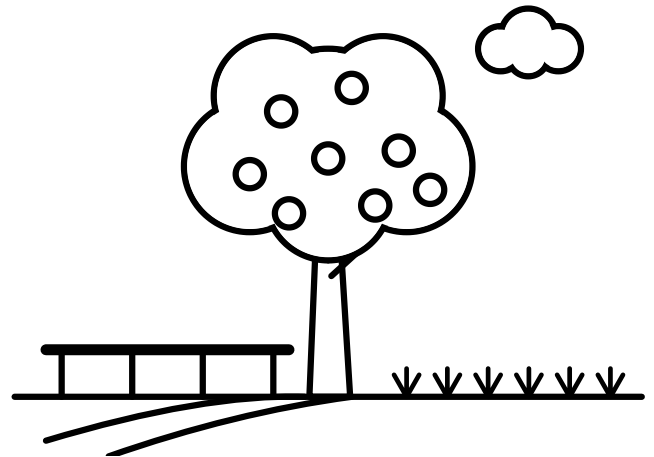
“And I answered him, saying: Yea, it is the love of God, which sheddeth itself abroad in the hearts of the children of men; wherefore, it is the most desirable above all things.” (1 Nephi 11:22)

Listen for it! Check each one when you see it.

- ☐ The tree with white fruit
- ☐ The rod of iron
- ☐ The mist of darkness
- ☐ The great and spacious building

Who's who? Draw a line to match.

- | | | | |
|----------------|---|---|----------------------------------|
| Lehi | ● | ● | Came and ate the fruit with Lehi |
| Nephi | ● | ● | Would not come and eat the fruit |
| Sariah | ● | ● | Had a dream about a special tree |
| Laman & Lemuel | ● | ● | Prayed to see the dream too |



Color the tree of life and the rod of iron!

Family question for dinner

What helps our family “hold on to the rod” every day?

What I learned

Word helpers: tree · fruit · rod · love · God · hold · word

How I can live it today

One way I will hold on to the rod today:

✂ cut out and put it where you will see it

MEMORY VERSE

“...the rod of iron, which my father had seen, was the word of God”

1 Nephi 11:25

Episode 4: Abinadi and King Noah

Mosiah 11–17

Name: _____

Today we're learning: I can stand up for what is right, even when it is hard.

Read together

“But there was one among them whose name was Alma, he also being a descendant of Nephi. And he was a young man, and he believed the words which Abinadi had spoken, for he knew concerning the iniquity which Abinadi had testified against them; therefore he began to plead with the king that he would not be angry with Abinadi, but suffer that he might depart in peace.” (**Mosiah 17:2**)

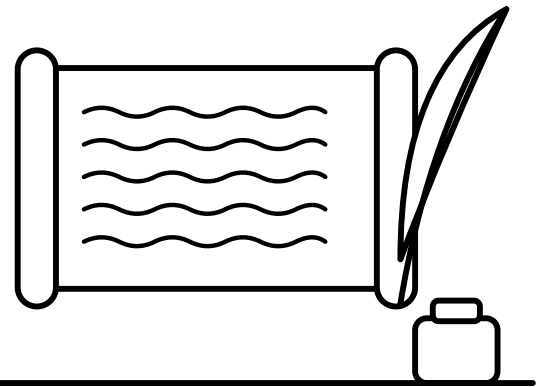
“Now Abinadi said unto him: I say unto you, I will not recall the words which I have spoken unto you concerning this people, for they are true; and that ye may know of their surety I have suffered myself that I have fallen into your hands.” (**Mosiah 17:9**)

Listen for it! Check each one when you see it.

- ☐ King Noah's fancy palace and tower
- ☐ Abinadi's face shining
- ☐ The Ten Commandments
- ☐ Alma writing down Abinadi's words

Who's who? Draw a line to match.

- | | | | |
|----------------|---|---|---------------------------------------|
| Abinadi | ● | ● | Wicked king who would not listen |
| King Noah | ● | ● | Tried to trick Abinadi with questions |
| Alma | ● | ● | Brave prophet who taught King Noah |
| Noah's priests | ● | ● | Young priest who believed Abinadi |



Alma wrote Abinadi's words. Color the scroll and quill!

Family question for dinner

When is it hard to stand up for what is right? What helps us be brave like Abinadi?

What I learned

Word helpers: brave • true • Abinadi • Alma • king • stand • right

How I can live it today

One way I can stand up for what is right today:

✂ cut out and put it where you will see it

MEMORY VERSE

“I will not recall my words”

Mosiah 17:10

Episode 5: The Conversion of Alma the Younger

Mosiah 27

Name: _____

Today we're learning: Anyone can change and become new because of Jesus Christ.

Read together

“And again, the angel said: Behold, the Lord hath heard the prayers of his people, and also the prayers of his servant, Alma, who is thy father; for he has prayed with much faith concerning thee that thou mightest be brought to the knowledge of the truth; therefore, for this purpose have I come to convince thee of the power and authority of God, that the prayers of his servants might be answered according to their faith.” (Mosiah 27:14)

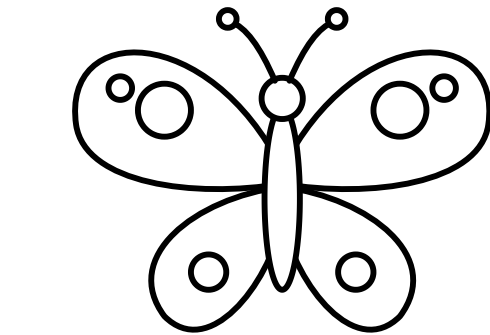
“For, said he, I have repented of my sins, and have been redeemed of the Lord; behold I am born of the Spirit.” (Mosiah 27:24)

Listen for it! Check each one when you see it.

- ☐ The angel appearing
- ☐ Alma falling to the ground
- ☐ Alma's dad praying and fasting
- ☐ Alma and his friends telling everyone they changed

Who's who? Draw a line to match.

Alma the Younger	●	●	Prayed with faith for his son
Alma (his dad)	●	●	Came to tell Alma to stop hurting the Church
Sons of Mosiah	●	●	Was not good, then changed to follow Jesus
The angel	●	●	Alma's friends who changed too



A caterpillar becomes something new. We can change too!

Family question for dinner

How does it feel when we repent and get to start over? How does Jesus help us?

What I learned

Word helpers: change • new • repent • pray • angel • Jesus • Alma

How I can live it today

One thing I can change or say sorry for today:

MEMORY VERSE

“I have repented of my sins, and have been redeemed of the Lord”

Mosiah 27:24

✂ cut out and put it where you will see it

Episode 6: Ammon, Missionary to the Lamanites

Alma 17–19

Name: _____

Today we're learning: I can share the gospel by serving others.

Read together

“But Ammon said unto him: Nay, but I will be thy servant. Therefore Ammon became a servant to king Lamoni. And it came to pass that he was set among other servants to watch the flocks of Lamoni, according to the custom of the Lamanites.” (Alma 17:25)

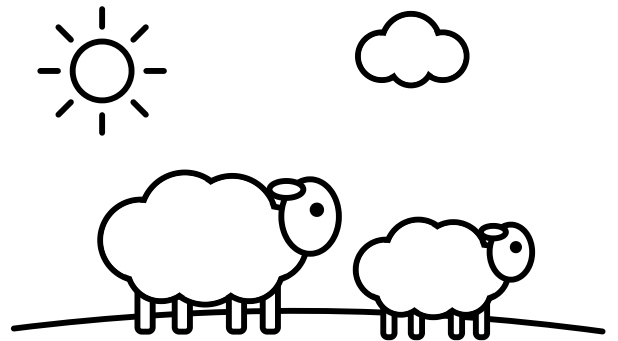
“Now when king Lamoni heard that Ammon was preparing his horses and his chariots he was more astonished, because of the faithfulness of Ammon, saying: Surely there has not been any servant among all my servants that has been so faithful as this man; for even he doth remember all my commandments to execute them.” (Alma 18:10)

Listen for it! Check each one when you see it.

- ☐ Sheep scattered at the waters of Sebus
- ☐ Ammon protecting the sheep
- ☐ Ammon getting the horses ready
- ☐ King Lamoni falling down

Who's who? Draw a line to match.

- | | | | |
|-------------|---|---|-------------------------------------|
| Ammon | ● | ● | Lamoni's wife who had great faith |
| King Lamoni | ● | ● | Served the king and saved his sheep |
| The queen | ● | ● | Believed and ran to tell everyone |
| Abish | ● | ● | Lamanite king who learned about God |



Ammon kept the king's sheep safe. Color the sheep!

Family question for dinner

Who can our family serve this week? How does serving show Jesus's love?

What I learned

Word helpers: serve • sheep • king • help • love • Ammon • God

How I can live it today

Someone I will serve today, and how:

✂ cut out and put it where you will see it

MEMORY VERSE

“I will be thy servant.”

Alma 17:25

Episode 7: Alma and the Zoramites

Alma 31–32

Name: _____

Today we're learning: My faith grows like a seed when I pray, read, and obey.

Read together

“And now as I said concerning faith—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)

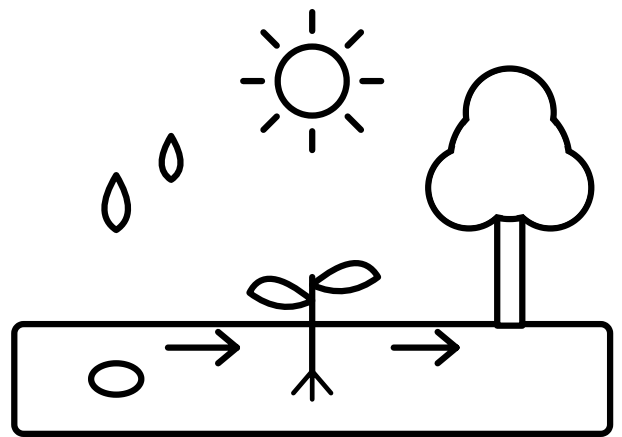
“But if ye will nourish the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it shall take root; and behold it shall be a tree springing up unto everlasting life.” (Alma 32:41)

Listen for it! Check each one when you see it.

- ☐ The Rameumptom (the tall prayer stand)
- ☐ The Zoramites saying the same prayer
- ☐ Poor people who were not let into church
- ☐ Alma teaching about a seed

Who's who? Draw a line to match.

- | | | | |
|-----------------|---|---|------------------------------------|
| Alma | ● | ● | Prayed on a tall stand once a week |
| Amulek | ● | ● | Were humble and ready to listen |
| Zoramites | ● | ● | Alma's missionary companion |
| The poor people | ● | ● | Taught that faith is like a seed |



A seed grows into a tree. Color how faith grows!

Family question for dinner

What can our family do this week to help our faith grow, like watering a seed?

What I learned

Word helpers: faith · seed · grow · tree · pray · hope · true

How I can live it today

One thing I will do today to help my faith grow:

✂ cut out and put it where you will see it

MEMORY VERSE

“...if ye have faith ye hope for things which are not seen, which are true.”

Alma 32:21

Episode 8: Helaman's Stripling Warriors

Alma 53, 56–57

Name: _____

Today we're learning: When I trust God and obey, He helps me be brave.

Read together

“Now they never had fought, yet they did not fear death; and they did think more upon the liberty of their fathers than they did upon their lives; yea, they had been taught by their mothers, that if they did not doubt, God would deliver them.” (Alma 56:47)

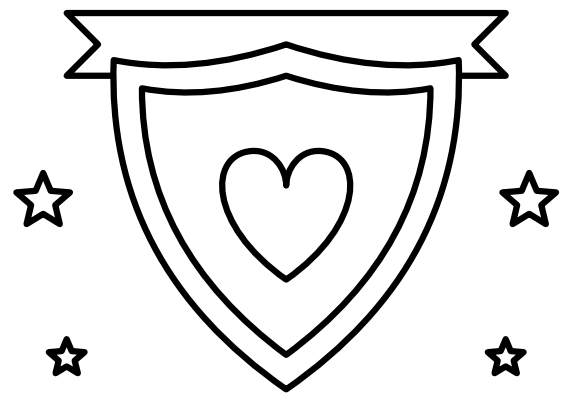
“And they rehearsed unto me the words of their mothers, saying: We do not doubt our mothers knew it.” (Alma 56:48)

Listen for it! Check each one when you see it.

- ☐ The 2,000 young men
- ☐ Helaman leading them
- ☐ What their mothers taught them
- ☐ None of them were killed

Who's who? Draw a line to match.

- | | | | |
|--------------------|---|---|---|
| Helaman | ● | ● | Promised God they would never fight again |
| Stripling warriors | ● | ● | Taught them not to doubt God |
| Their mothers | ● | ● | Prophet who led the young army |
| Their fathers | ● | ● | 2,000 brave young men |



Color a shield of faith!

Family question for dinner

What have Mom and Dad taught you that helps you be brave?

What I learned

Word helpers: brave · faith · obey · mother · trust · God · doubt

How I can live it today

One way I will be brave and obey today:

MEMORY VERSE

“We do not doubt our mothers knew it.”

Alma 56:48

✂ cut out and put it where you will see it

Episode 9: Samuel the Lamanite

Helaman 13–16

Name: _____

Today we're learning: Prophets teach me about Jesus, and I can believe and follow them.

Read together

“And behold, he said unto them: Behold, I give unto you a sign; for five years more cometh, and behold, then cometh the Son of God to redeem all those who shall believe on his name.” (**Helaman 14:2**)

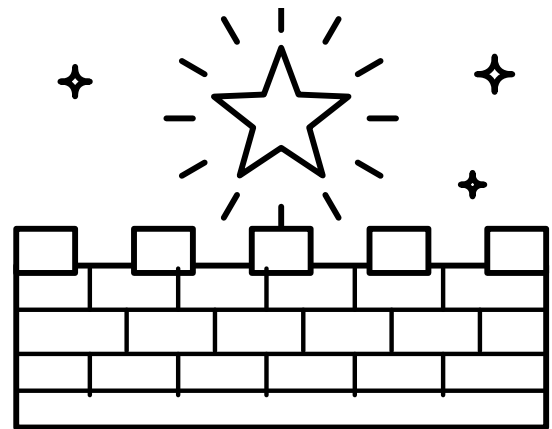
“But as many as there were who did not believe in the words of Samuel were angry with him; and they cast stones at him upon the wall, and also many shot arrows at him as he stood upon the wall; but the Spirit of the Lord was with him, insomuch that they could not hit him with their stones neither with their arrows.” (**Helaman 16:2**)

Listen for it! Check each one when you see it.

- ☐ Samuel standing on the city wall
- ☐ Stones and arrows that miss Samuel
- ☐ The sign of a new star
- ☐ A night with no darkness

Who's who? Draw a line to match.

- | | | | |
|------------------|---|---|---|
| Samuel | ● | ● | Samuel said He would be born in five years |
| Nephi | ● | ● | Lamanite prophet who preached from the wall |
| The angry people | ● | ● | Baptized the people who believed Samuel |
| Jesus | ● | ● | Threw stones that could not hit Samuel |



Color the city wall and the new star!

Family question for dinner

How do our prophets today help us get ready for Jesus?

What I learned

Word helpers: star • wall • prophet • Jesus • sign • believe • Samuel

How I can live it today

One thing our prophet teaches that I will do today:

✂ cut out and put it where you will see it

MEMORY VERSE

“...there shall a new star arise, such an one as ye never have beheld”

Helaman 14:5

Episode 10: The Savior in America

3 Nephi 11–17

Name: _____

Today we're learning: Jesus loves each of us, one by one.

Read together

“Behold, I am Jesus Christ, whom the prophets testified shall come into the world.” (3 Nephi 11:10)

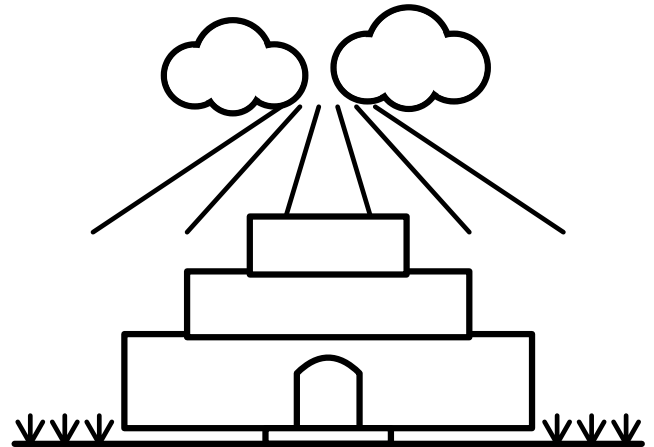
“And when he had said these words, he wept, and the multitude bare record of it, and he took their little children, one by one, and blessed them, and prayed unto the Father for them.” (3 Nephi 17:21)

Listen for it! Check each one when you see it.

- ☐ A voice from heaven
- ☐ Jesus coming down in a white robe
- ☐ People feeling the prints in His hands one by one
- ☐ Jesus blessing the little children

Who's who? Draw a line to match.

- | | | | |
|-----------------|---|---|--|
| Jesus Christ | ● | ● | Was given power to baptize |
| Heavenly Father | ● | ● | Came down from heaven and blessed the people |
| Nephi | ● | ● | Were blessed one by one |
| The children | ● | ● | Said, “Behold my Beloved Son” |



Jesus came to the temple in Bountiful. Color it!

Family question for dinner

If Jesus came to our home today, what would you want to tell Him?

What I learned

Word helpers: Jesus · love · temple · bless · light · pray · one

How I can live it today

One way I can show Jesus I love Him today:

✂ cut out and put it where you will see it

MEMORY VERSE

“Behold, I am Jesus Christ, whom the prophets testified shall come into the world.”

3 Nephi 11:10

Episode 11: The Brother of Jared

Ether 1–6

Name: _____

Today we're learning: When I pray and do my part, Heavenly Father helps me with my problems.

Read together

“And I know, O Lord, that thou hast all power, and can do whatsoever thou wilt for the benefit of man; therefore touch these stones, O Lord, with thy finger, and prepare them that they may shine forth in darkness; and they shall shine forth unto us in the vessels which we have prepared, that we may have light while we shall cross the sea.” **(Ether 3:4)**

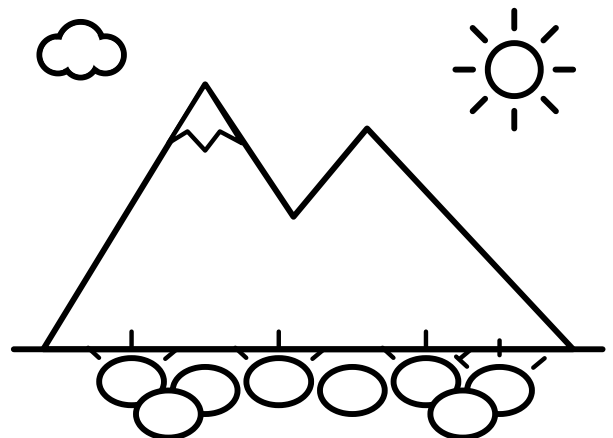
“And he answered: Yea, Lord, I know that thou speakest the truth, for thou art a God of truth, and canst not lie.” **(Ether 3:12)**

Listen for it! Check each one when you see it.

- ☐ The great tower
- ☐ Building the barges (boats)
- ☐ Sixteen stones on the mountain
- ☐ The Lord touching the stones

Who's who? Draw a line to match.

- | | | | |
|------------------|---|---|---------------------------------------|
| Brother of Jared | ● | ● | Touched the stones to make them shine |
| Jared | ● | ● | Sailed in barges to the promised land |
| The Lord | ● | ● | Prayed and saw the Lord's finger |
| Their families | ● | ● | His brother who asked him to pray |



The Lord made the stones shine. Color the mountain and stones!

Family question for dinner

What is a problem we can pray about together? What can each of us do to help?

What I learned

Word helpers: pray · stones · light · boat · Lord · help · shine

How I can live it today

A problem I will pray about and my part to help:

MEMORY VERSE

“Yea, Lord, I know that thou speakest the truth”

Ether 3:12

Episode 12: Mormon and Moroni

Mormon 1–8, Moroni 10

Name: _____

Today we're learning: Even when I'm young, I can choose to be good and follow Jesus.

Read together

“And about the time that Ammaron hid up the records unto the Lord, he came unto me, (I being about ten years of age, and I began to be learned somewhat after the manner of the learning of my people) and Ammaron said unto me: I perceive that thou art a sober child, and art quick to observe;” (**Mormon 1:2**)

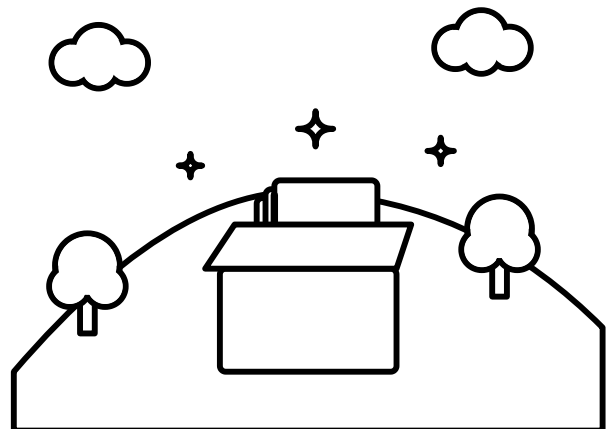
“And I, being fifteen years of age and being somewhat of a sober mind, therefore I was visited of the Lord, and tasted and knew of the goodness of Jesus.” (**Mormon 1:15**)

Listen for it! Check each one when you see it.

- ☐ Ammaron telling Mormon about the records
- ☐ Young Mormon leading the army
- ☐ Moroni finishing the record alone
- ☐ Moroni hiding the plates

Who's who? Draw a line to match.

- | | | | |
|---------------------|---|---|--|
| Mormon | ● | ● | Hid the records and told Mormon |
| Moroni | ● | ● | Would not repent |
| Ammaron | ● | ● | Chosen at age 10 to care for the records |
| The Nephites | ● | ● | Mormon's son who finished the book |



Moroni hid the plates in a hill. Color it!

Family question for dinner

Mormon was only 10 when he was given a big job. What big jobs can you do for Heavenly Father?

What I learned

Word helpers: Mormon • Moroni • plates • hill • good • Jesus • choose

How I can live it today

One good choice I will make today:

MEMORY VERSE

“Yea, come unto Christ, and be perfected in him”

Moroni 10:32

Episode 13: The Joseph Smith Story

Joseph Smith—History 1:15–17; Moroni 10:4–5

Name: _____

Today we're learning: Heavenly Father hears and answers my prayers.

Read together

“It no sooner appeared than I found myself delivered from the enemy which held me bound. When the light rested upon me I saw two Personages, whose brightness and glory defy all description, standing above me in the air. One of them spake unto me, calling me by name and said, pointing to the other—This is My Beloved Son. Hear Him!” (Joseph Smith—History 1:17)

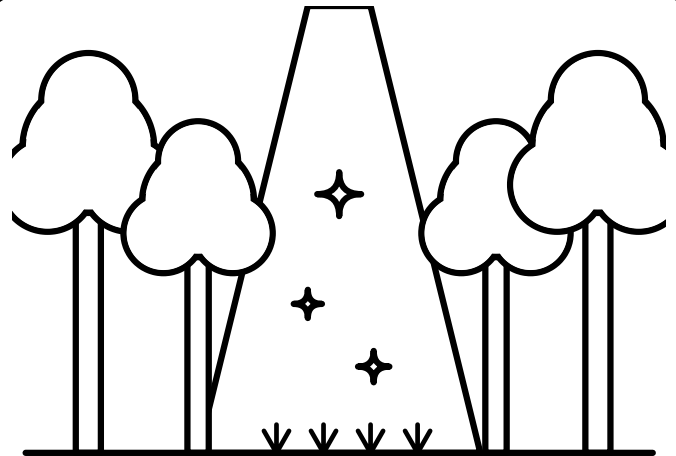
“And by the power of the Holy Ghost ye may know the truth of all things.” (Moroni 10:5)

Listen for it! Check each one when you see it.

- ☐ Joseph reading the Bible (James 1:5)
- ☐ Joseph praying in a grove of trees
- ☐ A pillar of light
- ☐ Heavenly Father and Jesus Christ

Who's who? Draw a line to match.

- | | | | |
|-----------------|---|---|---|
| Joseph Smith | ● | ● | Angel who told Joseph about the gold plates |
| Heavenly Father | ● | ● | A boy who prayed in the woods |
| Jesus Christ | ● | ● | Heavenly Father's Beloved Son |
| Moroni | ● | ● | Said, “This is My Beloved Son. Hear Him!” |



Joseph prayed in a grove of trees. Color the Sacred Grove!

Family question for dinner

How has Heavenly Father answered one of your prayers?

What I learned

Word helpers: pray • light • Joseph • trees • God • Jesus • answer

How I can live it today

Something I will pray about today:

✂ cut out and put it where you will see it

MEMORY VERSE

“This is My Beloved Son. Hear Him!”

Joseph Smith—History 1:17