

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!

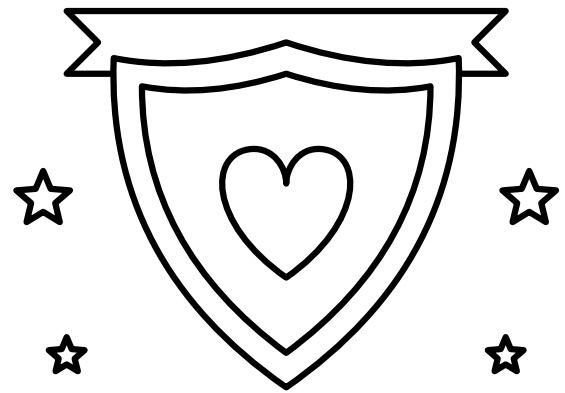
 Check each one when you see it.

- ☐ 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