

Episode 8: Helaman's Stripling Warriors

Alma 53, 56–57

Name: _____

Principle: Faith taught at home becomes courage when it matters. Exact obedience is a way of trusting God.

Read Alma 53:20–21; Alma 56:47–48; Alma 57:21; Alma 57:26–27

Alma 53:20–21 ²⁰And 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. ²¹Yea, they were men of truth and soberness, for they had been taught to keep the commandments of God and to walk uprightly before him.

Alma 56:47–48 ⁴⁷Now 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. ⁴⁸And they rehearsed unto me the words of their mothers, saying: We do not doubt our mothers knew it.

Alma 57:21 ²¹Yea, 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 57:26–27 ²⁶And now, their preservation was astonishing to our whole army, yea, that they should be spared while there was a thousand of our brethren who were slain. And we do justly ascribe it to the miraculous power of God, because of their exceeding faith in that which they had been taught to believe—that there was a just God, and whosoever did not doubt, that they should be preserved by his marvelous power. ²⁷Now this was the faith of these of whom I have spoken; they are young, and their minds are firm, and they do put their trust in God continually.

Discuss & reflect

1. They were “true at all times in whatsoever thing they were entrusted” (53:20). What would it take for someone to describe you that way?
2. Their faith came from their mothers. Which of your beliefs came from someone who taught you, and which have you tested for yourself?
3. They obeyed “with exactness” (57:21). Is exact obedience different from mostly obeying? Why might it matter?
4. Their fathers had covenanted never to fight again, so the sons stepped up in their place. What does that teach about covenants and family?

Cross-reference

Joshua 1:9 “Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.”

Proverbs 22:6 “Train up a child in the way he should go: and when he is old, he will not depart from it.”

Mark it

Mark Alma 53:20 and underline “true at all times.” Write one area where you want to be more trustworthy.

What I learned

One thing I'll do this week:

Sketch notes

doodle, map, or diagram

Family discussion

What do you want to be sure our family “knows,” the way the stripling warriors' mothers' teaching stuck with them?

✂ cut out · keep in your scriptures as a bookmark

MEMORY VERSE

“...they are young, and their minds are firm, and they do put their trust in God continually.”

Alma 57:27