

May 11-17 Mosiah 18-24

# "WE HAVE ENTERED INTO A COVENANT WITH HIM"

1. Baptism Pictures – Start by singing “[Baptism](#)” and tell them that for this week’s lesson, we’re going to talk a lot about baptism. Show pictures of Mom/Dad/other family members or people we know on their baptism days and discuss memories of baptism days. Let the kids share what they know about baptism, and then answer any questions they might have.
2. Baptism Video from Church’s Website – Show and discuss this cute [baptism video](#) . Remind them that Christ was baptized to help us know that we should also be baptized.
3. Alma Teaches and Baptizes – Show *The Waters of Mormon* picture (in the manual or on page below) and tell them we’re going to learn the story of this group of people. Quickly review the story of King Noah and Abinadi, then watch/read [this story](#) of Alma teaching and baptizing. Tell them that Alma believed in Christ and have them listen carefully to hear what the people who believed Alma’s teachings of Christ did.
4. How Baptism is Administered – D & C 20:72-74 explains how baptism should be performed. Read/discuss/summarize these verses as well as Mosiah 18:14-17. If your kids are young like mine and still a little scared of baptism, you could have them act out the physical actions of baptism (holding on to Dad and plugging their noses when they are immersed in water). We’ve done this with our girls a couple of times, and they LOVE doing it.
5. Alma’s Baptism Card Activity (When I Am Baptized, I Make a Covenant with God) – The manual says, “*One of the most important ways to help children prepare for baptism is to teach them about the covenant they will make when they are baptized.*” This month’s Friend magazine has some super cute activity pages called “Alma’s Baptism Talk.” It says, “*Wouldn’t it be amazing if a prophet gave a talk at your baptism? In [Mosiah 18:7–11](#), Alma talked to a group of people who wanted to be baptized. Here’s what he taught them.*” Then it breaks down what he said in kid-friendly terms and has spots for them to write things in. If your kids are old enough to write, [here](#) is the page for it. My kids are too young for writing, so I’ve used the wording from this to come up with a modified activity. Cut out the cards on the page below, put them in a pile/bowl/bag, and take turns pulling one out to discuss.
6. God Helps Us/We Can Help Others (Bear One Another’s Burdens) – Remind them that God can and does help us with our problems, and one thing we agree to when we’re baptized is that we will also help people with their problems (help carry their burdens).
  - Watch this [Bearing Our Burdens with Hope Video](#) (from the church’s website). Younger kids won’t get the deeper meaning of this, but it’s a great video that will help them understand that Heavenly Father helps us.
  - Burden Bag Activity from the manual: “Read [Mosiah 24:14–15](#) to the children. Fill a bag with heavy objects (to represent burdens), and invite a child to hold the bag. Explain that when we are sad, sick, or have other troubles, it can feel like carrying something heavy. Invite the children to take turns helping the child carry the bag so that it becomes lighter. Explain that Heavenly Father can make our burdens lighter when we seek His help through prayer, serving others, and so on.”
  - Talk about ways we can lighten other people’s burdens. [Ali’s Head Start](#) is a great story from *The Friend* to go along with this if time/interest.
7. Treat (Care Package)- Read the [Doing What Jesus Would Do](#) story from *The Friend* and make some treat care packages to share with people.

Additional Ideas:

Support Articles and Activities from *The Ensign*: <https://www.churchofjesuschrist.org/study/ensign/2020/05/come-follow-me-book-of-mormon-support-articles-and-activities/mosiah-18-24?lang=eng>

Jesus Can Help Me Do Hard Things Coloring Page: <https://www.churchofjesuschrist.org/study/friend/2019/10/coloring-page?lang=eng>







More Great Ideas [www.theredcrystal.org](http://www.theredcrystal.org)

Book of Mormon Videos <https://www.churchofjesuschrist.org/study/video/additional-videos?lang=eng>



*The Waters of Mormon*, by Jorge Cocco

Alma's Baptism Card Activity (When I Am Baptized, I Make a Covenant with God): This month's Friend magazine has some super cute activity pages called "Alma's Baptism Talk." It says, "Wouldn't it be amazing if a prophet gave a talk at your baptism? In [Mosiah 18:7-11](#), Alma talked to a group of people who wanted to be baptized. Here's what he taught them." Then it breaks down what he said in kid-friendly terms and has spots for them to write things in. If your kids are old enough to write, [here](#) is the page for it. My kids are too young for writing, so I've used the wording from this to come up with a modified activity. Cut out the cards on the page below, put them in a pile/bowl/bag, and take turns pulling one out to discuss.

<p>WHEN YOU ARE BAPTIZED, YOU AGREE TO FOLLOW JESUS CHRIST AND BECOME A MEMBER OF HIS CHURCH (SEE MOSIAH 18:8).</p> <p><i>Say the name of The Church of Jesus Christ of Latter-day Saints</i></p> 	<p>WHEN YOU ARE BAPTIZED, YOU PROMISE, OR COVENANT, TO SERVE GOD AND KEEP HIS COMMANDMENTS (SEE MOSIAH 18:10). HE PROMISES THAT THE HOLY GHOST WILL HELP YOU.</p> <p><i>Everyone take turns sharing how the Holy Ghost makes you feel</i></p> 
<p>WHEN YOU ARE BAPTIZED, YOU AGREE TO HELP PEOPLE WITH THEIR PROBLEMS. YOU HELP CARRY, OR BEAR, THEIR BURDENS (SEE MOSIAH 18:8).</p> <p><i>Everyone take turns sharing a way you can help someone</i></p> 	<p>WHEN YOU ARE BAPTIZED, YOU AGREE TO HELP THOSE WHO ARE SAD, OR MOURNING. YOU TRY TO COMFORT THEM AND HELP THEM FEEL BETTER (SEE MOSIAH 18:9).</p> <p><i>Brainstorm names of people who need comfort and come up with plans for what we can do to help comfort them</i></p> 
<p>WHEN YOU ARE BAPTIZED, YOU AGREE TO TELL PEOPLE ABOUT GOD (SEE MOSIAH 18:9). YOU STAND UP FOR WHAT'S RIGHT, EVEN IF IT'S NOT POPULAR.</p> <p><i>Everyone take turns sharing a way you can stand up for what's right</i></p> 	<p>WHEN THE PEOPLE AT THE WATERS OF MORMON HEARD WHAT ALMA TAUGHT, THEY WERE SO HAPPY! "THEY CLAPPED THEIR HANDS FOR JOY" (MOSIAH 18:11).</p> <p><i>Ask a parent or another baptized person how being baptized has blessed them. God wants all of His children to have the blessings of being baptized!</i></p> 

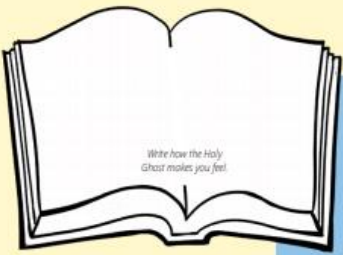
By Merissa Widdison  
Church Magazines

# ALMA'S BAPTISM TALK

COME  
REMEMBER ME

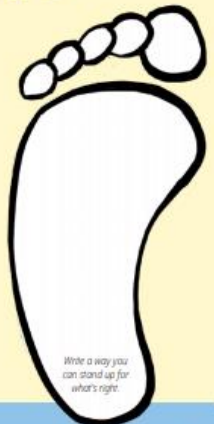
Wouldn't it be amazing if a prophet gave a talk at your baptism? In Mosiah 18:7-11, Alma talked to a group of people who wanted to be baptized. Here's what he taught them.

When you are baptized, you agree to follow Jesus Christ and become a member of His Church (see Mosiah 18:8).



Write how the Holy Ghost makes you feel.

When you are baptized, you promise, or covenant, to serve God and keep His commandments (see Mosiah 18:10). He promises that the Holy Ghost will help you.



Write a way you can stand up for what's right.

When you are baptized, you agree to tell people about God (see Mosiah 18:9). You stand up for what's right, even if it's not popular.



Copy the name of The Church of Jesus Christ of Latter-day Saints.



Write a way you can help someone.

When you are baptized, you agree to help people with their problems. You help carry, or bear, their burdens (see Mosiah 18:8).

When the people at the Waters of Mormon heard what Alma taught, they were so happy! "They clapped their hands for joy" (Mosiah 18:11). Ask a parent or teacher how being baptized has blessed them. God wants all of His children to have the blessings of being baptized!



Write the name of someone who needs comfort.

When you are baptized, you agree to help those who are sad, or mourning. You try to comfort them and help them feel better (see Mosiah 18:9).

ILLUSTRATIONS BY JEFF BLAKE