

May 18-24 Mosiah 25-28

"THEY WERE CALLED THE PEOPLE OF GOD"

1. Find the Difference – Look at the pictures of Alma the Younger on page 3 below (from *The Friend*). See how many differences they can find. Explain that Alma the Younger had a big change happen on the inside of him and we're going to learn about this story today.
2. Alma the Younger Repents Video – Watch [this video](#) from the church's website. Tell them to watch carefully to see what happens to cause a change in Alma and helps him become different on the inside. Review what it means to repent, and remind them that God forgives us when we repent.
 - If you want a longer (11 minute) realistic video of this story, [here](#) is the link to the new BOM video.
3. Retelling the Story of Alma the Younger – Have the family act out the story or use [this page](#) from the primary manual to have the kids retell the story of how Alma changed. Remind them that most of us won't have a quick changing experience like Alma did, but to look for small ways each day that we can change to become better.
4. "Help Me, Dear Father" Song – Listen to "[Help Me Dear Father](#)" from the primary songbook, and tell them to listen carefully to see if they can hear the words "forgive" and "repent." Talk about what each of these words mean in as much depth as needed. Remind them that we become more like Christ as we repent and forgive.
 - If you want to do a super fun activity to get deeper into repentance, use the "[Road to Repentance](#)" activity in this link that we did with our kids last year. They loved it and learned lots from it!
5. Friend Story/Smiley Faces (The Lord Wants Me To Forgive) – Review what it means to repent and what it means to forgive. Remind them that Christ has shown us the ultimate example of forgiveness.
 - The manual suggests, "The Lord taught Alma that He freely forgives those who repent. We should follow His example by forgiving those who sin against us."
 - Read to the children this phrase from [Mosiah 26:31](#): "Ye shall also forgive one another." Let the children practice saying "I forgive you" a few times, and find out if they know what it means to forgive. Share an experience from your life when you forgave someone or someone forgave you.
 - Help the children role-play forgiving one another. Ask one child to pretend that he or she has done something to hurt or offend another child. What can the other child say or do to show forgiveness?
 - Invite the children to draw a sad face on one side of a paper and a happy face on the other side. Ask them to hold up the sad face while they tell about an experience when a sibling or friend made them upset. Ask them to hold up the happy face while they tell how they have forgiven or will forgive that person (activity/wording from the manual).
 - Read /discuss this "[Sister Squabble](#)" story from *The Friend*, and have them listen carefully and hold up their happy/sad faces at appropriate times in the story.
 - [This link](#) also has an adorable forgiveness board game you could use with lots of scenario cards to talk about.
6. Family Love Notes – From *The Friend*: "*Cut out paper hearts and make love notes for your family members. Hide them where your family will find them throughout the week!*" Since our kids are too young to write, we've made some hearts (on page 4 below) that they can just color for this. If you have older kids, you could still have them use these and write a quick little note on the back of them.
7. Treat – Have some kind of white treat to remind them that when we repent we can become as white as snow like it says in Isaiah 1:18 (we'll be using white fudge Ding Dongs because they're amazing! 😊).

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-25-28?lang=eng>

More Great Ideas at www.theredcrystal.org

How many differences can you find between the two pictures of **Alma the younger?**



Mosiah 27

🔍 Why did Alma change?

