

May 4-10 Mosiah 11-17

# "A LIGHT... THAT CAN NEVER BE DARKENED"

1. Try to Darken the Light Activity – Take turns trying to darken different types of light (candle, flashlight, match, night light, light switch in room, etc.). Help family members see that all of these lights can be darkened in different ways, but the scriptures say that there is someone who is the light of the world that can never be darkened. Read Mosiah 16:9 and talk about why Jesus is the light of the world. How does He bring light to our lives? Watch [Why We Need a Savior](#) 2 minute video from the church's website.
2. Descriptions of Christ Cards – Cut apart the cards with descriptions of Christ from this week's reading (on the page below) and put them in a bowl/bag/pile. Take turns choosing one of the cards and discussing it in as much depth as needed. If you have older kids, you can have them find and share their own favorite verses from these chapters. Share testimonies of why we need Him.
3. The Story of Abinadi, King Noah, and Alma – Today we're going to talk about a person named Abinadi who believed in Christ and went through some hard things because of it. Show the pictures of chains, a jail, and fire (below). Explain that Abinadi was willing to be tied up, put in jail, and even burned by fire to share his testimony of Jesus Christ (from the manual). Show the picture of Abinadi and King Noah (below). Remind them that King Benjamin was a great king because he served others. King Noah was selfish, dishonest, and walked after the desires of his own heart (did things to help himself instead of others, made other people do work for him). Read/show one or both of the following to summarize the story for this week:
  - *The Friend* Junior Story <https://www.churchofjesuschrist.org/study/friend/2020/05/alma-believed-abinadi?lang=eng>
  - Video from church website: <https://www.churchofjesuschrist.org/media-library/video/2010-12-14-chapter-14-abinadi-and-king-noah?lang=eng>
  - Have family members act the story out. Take turns acting out different parts.
4. Abinadi Was Courageous – Explain what the word courageous means and give examples of times that family members have shown courage. Share [Abinadi Was Courageous](#) from *The Friend*.
5. I Can Stand for Truth, Even When I Stand Alone
  - Scriptures - Read Mosiah 13:1-4 and Mosiah 13:9 and tell them to listen carefully to hear what Abinadi did to show courage.
  - Story - Show and discuss President Thomas S. Monson's "[Dare to Stand Alone](#)" experience and/or "[Rose Marie Takes a Stand](#)" from *The Friend*.
  - Talk about how it's hard to stand alone, but sometimes we might feel alone when we're standing for what's right. Remind them that Heavenly Father and Jesus can be with us and help us though.
  - Song - Sing "[I Will be Valiant](#)" and talk about ways we can stand for truth and righteousness and have courage like Abinadi did.
6. Standing for Truth Role Play- Cut apart the "Standing for Truth" role-play strips below. Take turns drawing them out of a pile and role-playing what to do in that scenario. You could also just read these out loud if you don't want to print them up.
7. Heart Treat (Commandments Written in Heart) – Abinadi reminded King Noah and his priests about the Ten Commandments and taught that they should be written in our hearts. Talk about why the commandments are precious and how we can write them in our hearts. Read Mosiah 12:33-37 and Mosiah 13:11-24 to review commandments. Make a heart treat (like [these cookies](#)) while discussing.

8. *Extra Activity if Time/Interest: Signs and Safety From The Friend For Mosiah 11–17*

- *Print or draw some road signs that help you stay safe, like stop signs, speed limits, and other warnings. Take turns holding up the signs and having people follow them in pretend cars! What would driving be like without those signs?*
- *Abinadi taught about the Ten Commandments (see Mosiah 13:12–24). How does following the commandments keep you safe and happy?*

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-11-17?lang=eng>

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

Descriptions of Christ Cards – Cut apart the cards with descriptions of Christ from this week’s reading and put them in a bowl/bag/pile. Take turns choosing one of the cards and discussing it in as much depth as needed.

<p>Surely He has borne our griefs. Mosiah 14:4</p>	<p>He carried our sorrows. Mosiah 14:4</p>	<p>He was wounded for our transgressions, he was bruised for our iniquities. Mosiah 14:5</p>	<p>The chastisement of our peace was upon him; and with his stripes we are healed. Mosiah 14:5</p>
<p>All we, like sheep, have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquities of us all. Mosiah 14:6</p>	<p>He was oppressed, and he was afflicted, yet he opened not his mouth; he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb so he opened not his mouth. Mosiah 14:7</p>	<p>Yea, even so he shall be led, crucified, and slain, the flesh becoming subject even unto death, the will of the Son being swallowed up in the will of the Father. Mosiah 15:7</p>	<p>And thus God breaketh the bands of death, having gained the victory over death; giving the Son power to make intercession for the children of men. Mosiah 15:8</p>
<p>Having ascended into heaven, having the bowels of mercy; being filled with compassion towards the children of men; standing betwixt them and justice; having broken the bands of death, taken upon himself their iniquity and their transgressions, having redeemed them, and satisfied the demands of justice. Mosiah 15:9</p>			

The Story of Abinadi, King Noah, and Alma – Show the pictures of chains, a jail, and fire. Explain that Abinadi was willing to be tied up, put in jail, and even burned by fire to share his testimony of Jesus Christ.



*Abinadi before King Noah, by Andrew Bosley*

Standing for Truth Role Play- Cut apart the role-play strips below. Take turns drawing them out of a pile and role-playing what to do in that scenario. You could also just read these out loud if you don't want to print them up.

Your friends dare you to take something from a store without paying for it.  
What would you do?

Your friend got a new phone and wants to show you pictures of things on it that you know you shouldn't look at. What would you do?

Your mom says you can't play with your friend until your chores are done. You're not done with your chores, but your friend tells you to lie to your mom so you can play. What would you do?

Everyone is being mean to a new kid in the neighborhood. What would you do?  
A neighbor offers you a cigarette. What would you do?

A friend tells you to try alcohol. They tell you that if you just take a little drink, it won't hurt you. What would you do?

You find a really pretty dress, but it's not modest. What would you do?

You see some older kids outside pushing another kid around. What would you do?

You meet some new people who say they don't believe in Jesus. They say that anyone who believes in Jesus is dumb. What would you do?

You hurt your younger brother/sister. Your dad asks what happened, but you don't want to get in trouble. What would you do?