

July 13-19 Alma 32-35

"PLANT THIS WORD IN YOUR HEARTS"

www.comefollowmekid.com

1. Faith is Like a Seed – [Watch this Faith is Like a Seed video](#) and discuss. Is taking care of seeds so they grow easy? (No) Discuss how it takes a lot of work. Talk about how having faith in Jesus Christ is sometimes hard work, but the work we put in to keep it growing is worth the peace and joy Christ helps us feel.
2. Song – Sing “[Faith](#)” song from the Children’s Songbook. Discuss how the word of God is like a seed that we can help grow. The manual says, “*Point out that we can’t see the seed after we plant it, but we know it’s there and growing; we also can’t see Heavenly Father and Jesus Christ, but we know They are real and They love us. Help the children think of things they can do to help their faith in Jesus Christ grow.*”
3. Testimony Plants – Read/discuss “[Testimony Plants](#)” story from *The Friend*.
4. Seed Sequencing Cards/Matching Activity – Print up the cards on pages 3 and 4 below. Starting with just the picture cards on page 3, have the kids look at the numbers in the top left corner to put them in order. Look at the pictures to help them visualize how small seeds can grow into big trees. Use this to discuss how our faith can grow to be really big, even if it starts small. Then set all of the cards from pages 3 and 4 upside-down for a matching game. Explain that they’ll need to look carefully at the numbers in the top left corner of the cards to find matches. Once they’ve found matching numbers, read/discuss what’s written on the cards.
 - You could also watch this [one minute kid’s video](#) from the church’s website or this [7 minute BOM video of Alma comparing the word of God unto a seed](#).
 - It could also be fun to plant a real seed to help with this discussion. Here is a [super cute “Faith is Like a Little Seed” printable](#) that could be used if you plant a seed in a paper cup.
 - The primary manual also has a cute [growing seed paper craft](#) kids could make to go along with this.
5. I Can Worship God in Prayer, Anytime and Anywhere – The manual states that prayer is “an expression of faith in Jesus Christ.” Talk about how if we really have faith in Jesus Christ, we won’t just pray on Sundays/during home church/CFM/etc. Show pictures on page 5 below and ask which place or places they think would be good spots to pray. Read Alma 33:3-8, and have them listen carefully to see if they can hear which of these places would be places we could pray from. Help them understand that we can pray anywhere and our prayers will be heard if we pray in faith. You could also have some fun with this and list additional places/times and ask, “Would it be okay to pray _____” (in a car, at midnight, in the backyard, silently, etc.), and help them see that the answer to all of these is “Yes!”
 - We Can Pray about Many Things – Read Alma 34: 17-27 and have them listen carefully to hear ideas of things we could pray about (our households, enemies, etc.).
6. Being Humble – Briefly discuss what it means to be humble. Explain that Alma and Amulek were able to teach the Zoramites who were humble because they were ready to hear the word of God. Talk about ways we can be humble as we try to grow our faith in Jesus Christ.
7. Cookie Dough Seed Activity –
 - Place a small, seed-sized piece of cookie dough on a large cookie sheet. This represents the word of God.
 - Take turns listing ways we can help our faith in Jesus and His word grow.
 - For each idea, add more dough to the seed-sized piece. Mold it into a tree shape with roots and branches as it gets bigger.
 - Read Alma 32:42. What will grow on this tree? (fruit) Place white chocolate chips on the branches to represent this sweet, white fruit.
 - Bake and enjoy!

- **Discussion:** What blessings come to us when we nourish the word of God with faith?

Additional Ideas:

Book of Mormon Videos <https://www.churchofjesuschrist.org/study/come-follow-me/individuals-and-families/book-of-mormon-videos?lang=eng>

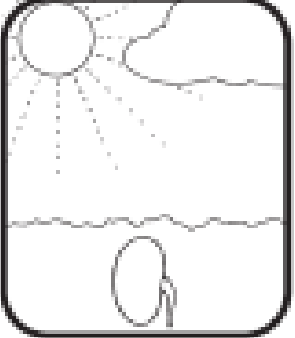
Support Articles and Activities from *The Ensign* <https://www.churchofjesuschrist.org/study/ensign/2020/07/come-follow-me-book-of-mormon-support-articles-and-activities/alma-32-35?lang=eng>

Edible Dirt Cup with Flower <https://www.cravingsomecreativity.com/oreo-dirt-cup-flower-pots/>

More Great Ideas www.theredcrystal.org

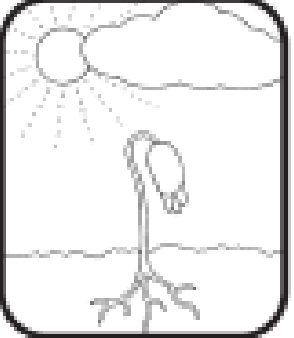
Sequencing Cards/Matching Activity – Print up the cards on pages 3 and 4 below. Starting with just the picture cards on page 3, have the kids look at the numbers in the top left corner to put them in order. Look at the pictures to help them visualize how small seeds can grow into big trees. Use this to discuss how our faith can grow to be really big, even if it starts small. Then set all of the cards from pages 3 and 4 upside-down for a matching game. Explain that they'll need to look carefully at the numbers in the top left corner of the cards to find matches. Once they've found matching numbers, read and discuss what's written on the cards for that match.

1



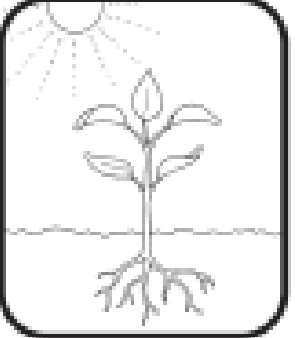
Plant the seed in your heart and do not cast it out.
Alma 32:28

2



It will begin to swell, enlarge your soul, and enlighten your understanding.
Alma 32:28

3



Because you planted the seed, and it swells and sprouts, and begins to grow, you can know that the seed is good.
Alma 32:33

4



As the tree begins to grow, you will say: Let us nourish it with much care.
Alma 32:37

5



If ye nourish it with much care it will get root, and grow up, and bring forth fruit.
Alma 32:37

(seed/tree images from the manual)

1

How can we plant
the word of God
and Jesus Christ in
our hearts?

What can we do to
make sure Christ's
words stay in our
hearts and we
don't cast them
out?

2 When our faith in
Jesus Christ
starts to grow,
does it make us
feel happy or sad?

What other
feelings do we feel
when we learn
about Jesus
Christ?

How can we keep
those feelings
growing?

3

Is having faith in
Jesus Christ a
good or bad thing?

What good things
might we do/feel in
our lives when we
have faith in Jesus
Christ?

4

What can we do to
"nourish" our faith
in Jesus Christ
(to keep it strong
and growing)?

5

What kind of fruit
(sweet, good things)
might we see and
feel in our lives
when we have faith
in
Jesus Christ?

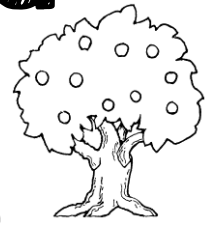
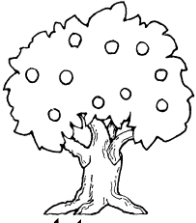


I Can Worship God in Prayer, Anytime and Anywhere – Show pictures below and ask which place or places they think would be good spots to pray. Read Alma 33:3-8, and have them listen carefully to see if they can hear which of these places would be places we could pray from. Help them understand that we can pray anywhere and our prayers will be heard if we pray in faith. You could also list additional places/times and ask, “Would it be okay to pray _____” (in a car, at midnight, in the backyard, silently, etc.), and help them see that the answer to all of these is “Yes!”

- In the wilderness (Alma 33:4)
- In a field (Alma 33:5)
- In your house (Alma 33:6)
- In your closet (Alma 33:7)



Cookie Dough Seed Activity



Alma explained that if a good seed is planted and nourished in our hearts, it will grow delicious fruit.

- Place a small, seed-sized piece of cookie dough on a large cookie sheet. This represents the word of God.
- Take turns listing ways we can help our faith in Jesus Christ and His word grow.
- For each idea, add more dough to the seed-sized piece. Mold it into a tree shape with roots and branches as it gets bigger.
- Read Alma 32:42. What will grow on this tree? (fruit) Place white chocolate chips on the branches to represent this sweet, white fruit.
- Bake and enjoy!
- *Discussion:* What blessings come to us when we nourish the word of God with faith?