

June 15-21 Alma 13-16

# "ENTER INTO THE REST OF THE LORD"

- Heavenly Father Strengthens Me According to My Faith – Review who Alma and Amulek were. They went through some really hard things like watching scriptures get burned and people get hurt, and being put into prison where people were REALLY mean to them, but they were able to do some really cool things.
  - Watch this [Alma and Amulek Miraculously Delivered from Prison BOM video](#) and discuss how God helped them and gave them strength “according to [their] faith which is in Christ” (Alma 14:26).
  - The manual suggests, “Help the children imagine how Alma and Amulek might have felt while in prison, and invite them to act out these feelings (Alma 14:22). Explain that Alma asked the Lord for help (Alma 14:26). Testify that God will strengthen us when we pray with faith.” Look at the picture (on page 3 below) while discussing.
  - [Theredcrystal](#) has a super cute interactive printable that could be used to retell this story.
- Scripture Prison Break from Family Study Fun in The Ensign Read [Alma 14:17–18, 26–28](#) together. After Alma and Amulek were wrongly imprisoned, God gave them strength to break free.
  - Build a pretend prison with blankets, cushions, or pillows.
  - Let each family member take a turn acting out the scripture story by being in prison and breaking free.
  - After each person breaks free, have them share one way God has helped them in real life.
  - **Discussion:** Alma and Amulek used their freedom to continue teaching people about the gospel. How can we help others with what God has given us?  
(from <https://www.churchofjesuschrist.org/study/ensign/2020/06/family-study-fun?lang=eng> )
- Abhorring Sin Game/Race to Rest – Alma 13:10 says faithful people choose to “repent and work righteousness rather than to perish,” and that they “could not look upon sin save it were with abhorrence.” Talk about what it means to “abhor” something and share examples of things the kids abhor (mushrooms, tomatoes, etc.). Do you think Alma and Amulek “abhorred” sins?
  - Abhorring Sin Game: We’re going to have a little bit of fun with this. Cut out the pieces on page 4 below and pull them out of a pile one at a time. If it’s something that would be a sin, whoever chose that piece will say, “Ew! That’s disgusting!” or “Gross!” or “Yikes!” or something like that and then put it in the “I abhor that!” pile. Talk about how in life everybody will sometimes make mistakes (sin), but we can learn to “abhor” those sins, work hard to fix them, and have faith in Christ to cleanse us from them. Emphasize that we don’t abhor people who sin, we just abhor sins, and Heavenly Father and Jesus love and value us even when we make mistakes. We should also love and respect others.
  - Race to Rest: If your kids are old enough to read on their own, you can do the “Race to Rest” version of this game (on page 7) instead. If you want to do this with younger kids, after reading what’s written on the pieces, you could draw a smiley face on the good ones so they can see which ones to keep on them.
  - The manual asks, “What are you willing to sacrifice in order to become a more faithful disciple?” Talk about things we can get rid of/change in our lives to be better followers of Christ.
- What Amulek Sacrificed/Gained – The manual says, “It might be interesting to make a list of the things Amulek gave up to embrace the gospel and compare it to a list of what he gained.” Briefly summarize the following:
  - What Amulek Gave Up:
    - Friends and family (Alma 10:4, Alma 15:16)
    - Riches- Gold, Silver, Precious Things (Alma 10:4)
    - Reputation (Alma 10:4)
  - What Amulek Gained:
    - A righteous friend who helped him (Alma 15:18)
    - Strength from the Lord (Alma 15:18)
    - He helped others receive the word of God (Alma 16:13-15)
    - Testimony that Christ would come and atone for the world’s sins (Alma 34:8)

5. Priesthood (Zeezrom is Healed and Baptized) – Review who Zeezrom was and watch [this BOM video of Zeezrom](#) being healed and baptized. Who does he say he believes in to be healed? (Christ) The manual says, “*What do we learn from Zeezrom’s experience about the Lord’s power to strengthen and heal us, even when we make mistakes? What role can the priesthood play in our receiving His strength and healing?*”
  - Remind them that the priesthood is the power of God, and it can help us in many ways.
  - Alma 13:2 says, “God calls priesthood holders “that thereby the people might ... look forward to his Son.” Who is God’s son? (Jesus Christ) Jesus did many good things, and the priesthood helps many good things happen to help us become more like Christ.
  - Look at pictures in this “[What Do You See?](#)” article from *The New Era* and talk about how these ordinances point to Christ in as much depth as your family needs.
  
6. I Am Blessed When I Follow the Prophet – From the manual: “Zoram, the chief captain of the Nephite armies, knew that Alma was a prophet and sought his guidance. Because of this, Zoram was successful.
  - Share in your own words the account in [Alma 16:1–8](#). Emphasize that because Zoram and the Nephite armies followed the prophet Alma, the Nephites were able to rescue their friends who were being held as prisoners by the Lamanites. Share an experience when you were blessed because you followed the prophet.
  - Show a picture of the President of the Church (on pages 5 and 6 below), and share a few things he has taught us to do. Help the children think of ways they can follow Jesus by doing what His prophet teaches us.”
  - Sing/discuss the words to [Follow the Prophet](#) song from the Primary Children’s Songbook. It could be fun to have the kids stand/point to picture of our prophet whenever they hear the word “prophet” in the song.
  - [This article](#) on the church’s website has more pictures and really cool stories about President Nelson and his life if your family wants to get to know him better.
  
7. Treat (Lifesaver Donuts) – Read [this quote](#) about prophets being like lifesavers and eat mini powdered donuts to represent lifesavers.

Additional Ideas:

BOM 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/2020/06/come-follow-me-book-of-mormon-support-articles-and-activities/alma-13-16?lang=eng>

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

Priesthood Ordinances Story and Matching Game

[https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2014/06/matt-mandy-june-2014-friend\\_1246231\\_prt.pdf](https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2014/06/matt-mandy-june-2014-friend_1246231_prt.pdf)

Pictures of Priesthood Ordinances, explanation of how they point us to Jesus Christ

<https://www.churchofjesuschrist.org/study/new-era/2014/07/what-do-you-see?lang=eng>

What Can We Do When Hard Things Happen to Us from *The Friend*

<https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2012/05/fr12may20-special-witness-hales.pdf>

Alma and Amulek in Prison Coloring Page <https://www.churchofjesuschrist.org/study/manual/scripture-stories-coloring-book-book-of-mormon/alma-and-amulek-in-prison?lang=eng>

Tender Mercies, What Can You Do When Things are Tough

<https://www.churchofjesuschrist.org/study/friend/2015/11/family-fun-time?lang=eng>

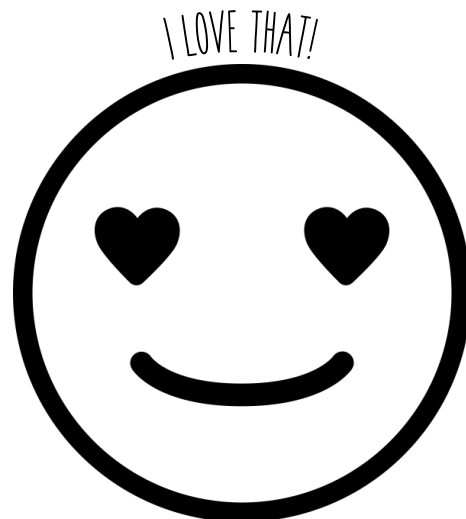


*Alma and Amulek in Prison*, by Gary L. Kapp

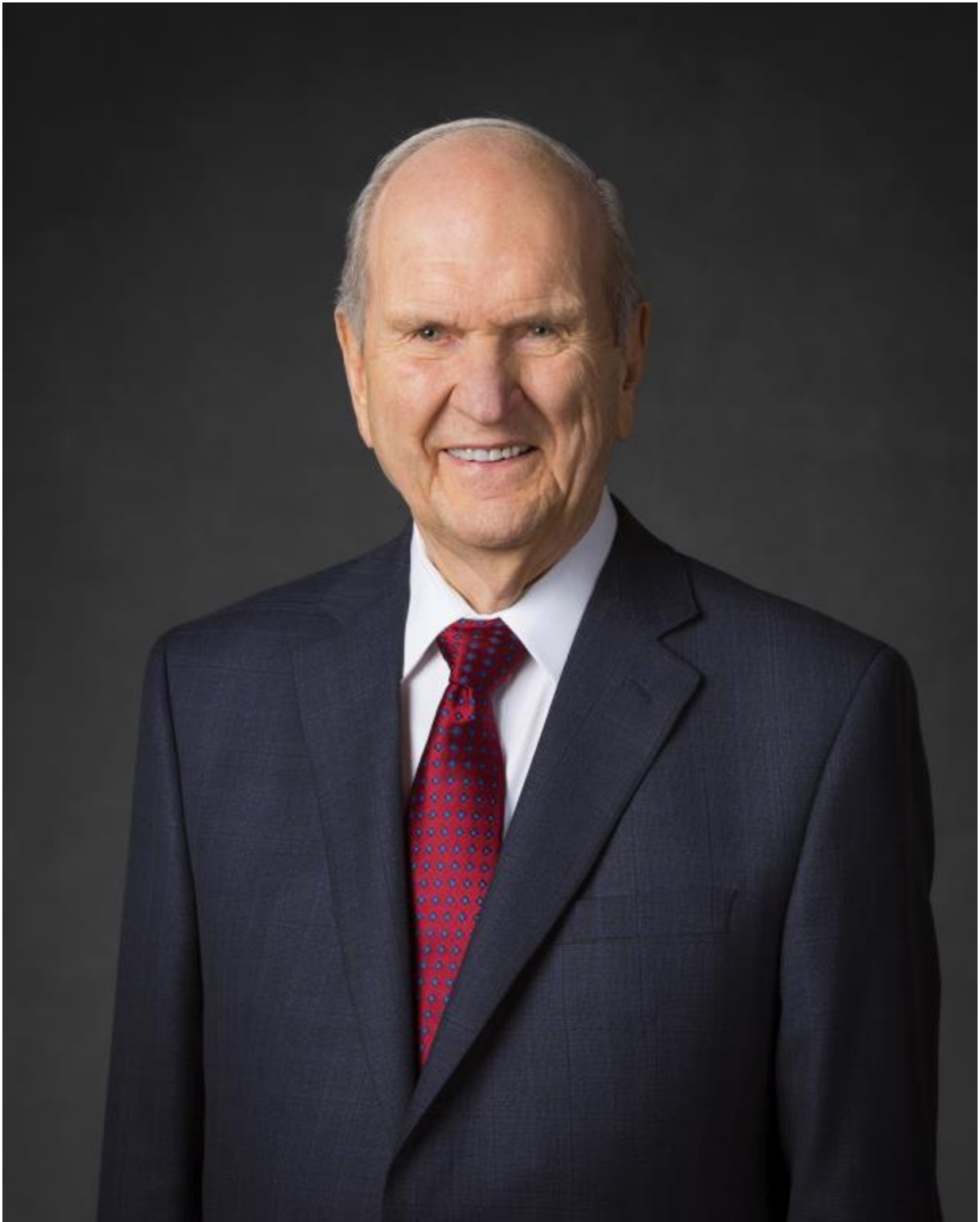
# ABHORRING SIN GAME

Talk about what it means to “abhor” something. Alma 13:12 says that when people are made pure through Christ, they cannot “look upon sin save it [be] with abhorrence.” Cut out the pieces below and take turns choosing one out of a pile without looking. If it’s a sin that you “abhor,” say, “I abhor that!” and put it in the “I abhor that!” pile. If it’s a good thing, say, “I love that!” and put it in the “I love that!” pile. Emphasize that we don’t abhor people who sin, we just abhor sins, and Heavenly Father and Jesus love and value us even when we make mistakes. We should also love and respect others. A “Race to Rest” version of this game that can be used with kids old enough to read on their own is on page 7 below.

Smiling kindly at someone	Making mean faces at someone	Sharing with a friend	Stealing from somebody
Inviting someone to be your friend	Telling someone they can’t play with you	Making a treat for a neighbor	Being mean to people
Sitting by someone who looks lonely	Being rude to someone because they’re different from you	Helping someone who’s sad	Helping your sister/brother clean their room
Inviting friends to church	Telling someone they’re not as good as you	Watching movies with bad words/images	Doing a chore without being asked to



# Follow the Prophet







# RACE TO REST

Accepting Alma's invitation to "enter into the rest of the Lord" requires actions on our part. One step toward this is to "cast off [our] sins, and not procrastinate the day of [our] repentance."

1. Cut out the squares below (write your own descriptions of things we might do on the blank ones).
2. Tape multiple papers onto each family member.
3. Race to see who can "cast off" the squares with sins on them the fastest.
4. Designate a "resting area" with refreshing drinks, comfortable chairs, blankets, and a picture of Christ where family members can rest after they've completed the task.

**Discussion:** What does Alma mean when he speaks of "the rest of the Lord"? What do you think that kind of rest looks and feels like?

President Joseph F. Smith described it this way: *"What does it mean to enter into the rest of the Lord? Speaking for myself, it means that through the love of God I have been won over to Him, so that I can feel at rest in Christ, that I may no more be disturbed by every wind of doctrine, by the cunning and craftiness of men, whereby they lie in wait to deceive; and that I am established in the knowledge and testimony of Jesus Christ, so that no power can turn me aside from the straight and narrow path that leads back into the presence of God, to enjoy exaltation in His glorious kingdom; that from this time henceforth I shall enjoy that rest until I shall rest with Him in the heavens."*

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Sitting by someone who looks lonely	Being rude to someone because they're different from you	Helping someone who's sad	Helping your sister/brother clean their room
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