

June 22-28 Alma 17-22

# "I WILL MAKE AN INSTRUMENT OF THEE"

1. Song – Sing “I Want to be a Missionary Now.” [This video](#) has a cute little puzzle and repeats the first verse lots while they’re looking at the puzzle to keep their attention. What kind of friend do we need to be if we want to bring others closer to Christ? (loving, kind) Talk about ways we can be loving and kind to others.
2. Video – Watch [Ammon: A Great Servant video](#) from the church’s website. Summarize how Ammon told king Lamoni he just wanted to serve him. Then, while serving the king, Ammon was able to get power from the Lord to save his flocks and other servants. Here are some more videos that could be used. The BOM ones might be a little scary for younger kids, but there are also some fun Lego ones:
  - [Ammon Becomes the Servant of King Lamoni](#) BOM video (3 minutes)
  - [Ammon Defends King Lamoni’s Flocks](#) BOM video (5 minutes)
  - Full 23-minute BOM [video for Alma 17-19](#)
  - [Ten-minute LEGO video](#) of Ammon’s mission to the Lamanites
  - Here’s a [short 2-minute LEGO video about Ammon](#) that my girls think is hilarious. If you have Legos, it could be fun to recreate your own scene using them.
3. Acting out the Story of Ammon – Summarize the story by acting it out as a family. Can use paper figures from *The Friend* (below), adorable full masks from [www.theredcrystal.org](http://www.theredcrystal.org), or [this link](#) has some fun popsicle stick puppets that could be used as well as a waters of Sebus setting you can print up (black and white copies are on pages 5-7 from that link).
  - If time/interest, you can also show [Ammon Meets King Lamoni’s Father video](#) and talk about how Ammon’s love is what helped him accept the gospel.
4. Service – Summarize Alma 17:21-25, read “[Ammon’s Good Example](#)” from *The Friend*, and emphasize that Ammon wanted to serve Lamoni. How do we feel when others serve us? How do we feel when we serve others?
  - Pictures: Show/discuss pictures of kids serving other people (on page 4 below).
  - Lots of Ways to Help Game: Print up the pictures from *The Friend* on page 5 below and cut them apart. You can either put them in a bag/bowl/pile for kids to choose one out from, hide them around the room, or do a musical chairs type of game with them. My kids LOVE pulling pieces out of piles, so we’ll probably put them in a pile, let them choose one out at a time, and share what they would do to help that person.
  - Summer Serving Badges: [This link](#) has a cute idea for helping kids remember to serve others.
  - Story: Read/Discuss “[Bobby’s Birthday Surprise](#)” from *The Friend*. Have them pay attention to how Bobby served his sister.
5. Scattered Flocks Activity from The Ensign – Read [Alma 17:27–39](#) together. Talk about how Ammon agreed to serve King Lamoni and saved the king’s flocks that had been scattered.
  - Sit around a table or in a circle on the floor. Put 5–10 cotton balls in the center to represent flocks, such as sheep.
  - On the count of three, everyone tries to “scatter” the sheep by blowing on the cotton balls for about 10 seconds.
  - To “gather” the sheep, go around the circle and have each person put the cotton ball nearest to them back in the center. As they do, ask them to share one act of service they could do for someone this week. Keep going until all the cotton balls are returned.
  - **Discussion**: What can we learn from Ammon’s example of humility? What blessings can we experience as we serve others?

From Family Study Fun <https://www.churchofjesuschrist.org/study/ensign/2020/06/family-study-fun?lang=eng>

6. Christ – What did Ammon teach Lamoni about when he asked how he was able to do the things he did? (Christ and His plan for us). [Watch Ammon Teaches King Lamoni about the Gospel of Jesus Christ](#) BOM video.
- Summarize what Abish did because she wanted people to learn about Heavenly Father and Jesus Christ's power. The manual says, "Invite the children to run in place and pretend to knock on doors as you tell the story of Abish going from house to house telling people about God's power (see Alma 19:16–34). Help the children think of ways they can be like Abish and share the gospel with others."
  - Can also do [this matching game](#) from the primary manual to practice teaching gospel truths to others.
7. Instrument Treat – The manual says, "Display an instrument or tool, and talk to the children about what it is used for. What other tools do the children know of? Invite them to pretend to use a tool. Explain that just as we use instruments or tools to get things done, Heavenly Father can use us to do His work. Read [Alma 17:11](#), and explain that Ammon and his brothers were Heavenly Father's instruments to help the Lamanites learn the gospel." Make [Rice Krispies hammers](#).

Additional Ideas:

Ammon Served <https://www.churchofjesuschrist.org/study/friend/2016/05/ammon-served?lang=eng>

Mobile [https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/fr08oct10\\_sharing.jpg](https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/fr08oct10_sharing.jpg)

Crossword puzzle for older kids

<https://www.churchofjesuschrist.org/study/friend/1988/06/funstuff/book-of-mormon-story?lang=eng>

Modern day Ammon story <https://www.churchofjesuschrist.org/study/friend/2000/10/missionary-challenge?lang=eng>

Let's Put on a Pageant! Script for acting out the story of Ammon (for older kids)

<https://www.churchofjesuschrist.org/study/friend/2013/06/lets-put-on-a-pageant?lang=eng>

A Church for Zulma <https://www.churchofjesuschrist.org/study/friend/2020/04/a-church-for-zulma?lang=eng>

Abish Shared the Gospel <https://www.churchofjesuschrist.org/study/friend/2020/06/abish-shared-the-gospel?lang=eng>

Eli's Helping Hands <https://www.churchofjesuschrist.org/study/friend/2020/06/elis-helping-hands?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-17-22?lang=eng>

What is True Conversion? From *The Friend* <https://www.churchofjesuschrist.org/study/friend/2009/02/what-is-true-conversion?lang=eng>

Abish Was a Missionary <https://www.churchofjesuschrist.org/study/friend/2016/06/abish-was-a-missionary?lang=eng>

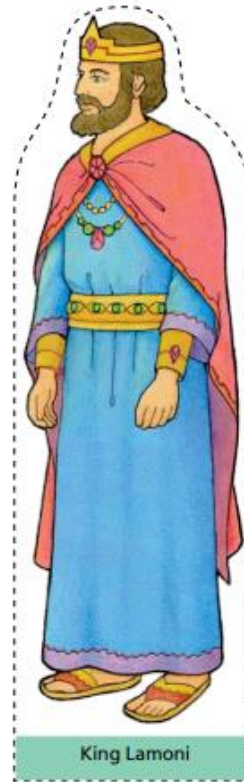
Abish and Abby story from *The Friend* <https://www.churchofjesuschrist.org/study/friend/2016/11/abish-and-abby?lang=eng>

The Lamanite Queen Believes BOM video <https://www.youtube.com/watch?v=iWnNhTFTzvk>

This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.



Ammon



King Lamoni



Ammon, a Great Servant  
Alma 17–19

From The Friend

<https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2012/05/fr12may49-book-of-mormon-scripture-figures.pdf>

<https://www.churchofjesuschrist.org/study/friend/2012/05/book-of-mormon-scripture-figures.1?lang=eng#1>







# Lots of Ways to Help

Jesus wants us to help other people. Helping makes us happy!  
How would you help out in the pictures below?



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