

July 27-August 2 Alma 39-42

# "THE GREAT PLAN OF HAPPINESS"

[www.comefollowmekid.com](http://www.comefollowmekid.com)

*This week's lesson had 3 topics that I felt were huge topics (Repentance, Resurrection, and Bodies/Pornography), so we're going to spilt this up into 3 separate lessons throughout the week. We'll do a main lesson on Sunday about repentance, and then focus on the others on other weekdays.*

## **REPENTANCE:**

1. Heavenly Father and Jesus Can Help Me Correct My Mistakes – The manual says: “Without going into detail about the nature of his sins, explain that Corianton made a wrong choice. What could we say to help him? Read to the children what Alma, Corianton’s father, said to him: “Ye should repent and forsake your sins” ([Alma 39:9](#)). Tell them that “repent” means that we ask Heavenly Father and Jesus Christ to forgive us and help us correct our mistakes and that we then try to be more like Them.”
  - Sing “Repentance” from the Children’s Songbook and discuss the words.
2. Heavy Object Lesson - Give a child something heavy to hold while you tell a story about someone who did something wrong and felt bad. Tell the children that the object is like the bad feelings we may have when we make a mistake. Take the heavy object from the child as you testify that Heavenly Father and Jesus Christ can take away the heavy, bad feelings and help us correct our mistakes when we repent.”
3. Video – Watch “The Broken Window” story about repentance from Latter-Day Kids. Talk about how the kids were happier after repenting and fixing their mistake.
4. Stories – Read Elder Renlund’s Repentance article and read/discuss his firecracker story of when he repented as a younger child. Remind them that everyone needs to repent, even apostles and adults. Can also use the “People Story Cards” activity in this link to further discuss repentance. Mom/Dad testify of how repentance has helped us. Emphasize that Christ is the one who makes repentance possible.
5. Flip a Choice Game (in this month’s Ensign Family Study Fun section) – Read Alma 42:4 together and talk about how this life is a time for us “to repent and serve God.”
  - Sit in a circle and give each family member three index cards or on the blank cards on page 3 below. *If you have younger kids, you can use the cards that are already written on (on page 4 below).*
  - On two of the cards, write good choices. On the third card, write a bad choice.
  - Turn the cards face down and mix them up in the middle of the circle.
  - Take turns flipping over one card at a time. When someone reads a good choice, give the person a high-five.
  - When someone reads a bad choice, the person shares something they could do to repent and serve God instead.
  - Discussion: Testify that Jesus Christ makes it possible for us to change and become better people. How can we use our time this week to follow Him and serve God?
6. Treat – In Alma 39:15, it says, “I would say somewhat unto you concerning the coming of Christ. Behold, I say unto you, that it is he that surely shall come to take away the sins of the world; yea, he cometh to declare **glad** tidings of salvation unto his people.” To remind them that repenting makes us happy, make smiley face sugar cookies or these smiley face Oreo treats (we’ll probably just use regular Oreos for them). This chocolate sauce repentance activity could also be fun to try out if you want another object lesson.

### **RESURRECTION:**

1. Scripture – Read/discuss Alma 40:23, have them practice saying the word “resurrection,” and talk about how they and others will be resurrected. Help them see what an amazing blessing that is.
  - BOM Video – Could also watch/discuss [Alma Teaches Corianton about Resurrection and Judgment Book of Mormon video](#).
2. Body/Spirit Activity – While you read Alma 40:23 aloud, have the children use [this week’s activity page](#) to help them visualize what this verse is teaching. Invite each child to use the activity page to teach another child what resurrection is (from the manual). You can also use the [body/spirit mittens](#) from [www.theredcrystal.org](#) or the ones on pages 6 and 7 below.
3. Jesus Was Resurrected – Show picture of the resurrected Savior (on page 5 below), and teach the children a song about the Resurrection, such as “[Did Jesus Really Live Again?](#)” or “[He Is Risen](#)”. Pause periodically to explain the meaning and significance of the words and phrases (from the manual). Ask the children if someone they know has died. Bear your testimony that someday that person and everyone else will be resurrected because of Jesus Christ. If needed, use this week’s activity page to explain what it means to be resurrected. (from the manual)
4. Mobile Craft – If you want to make a mobile craft with scripture references explaining resurrection a little more, [here](#) is a link to a fun one we did last year (pages 6-9 in the link).

### **BODIES/PORNOGRAPHY:**

1. Video – Watch and discuss this “[What Should I Do When I See Pornography?](#)” video from the church.
  - If you have older family members, you might want to watch this “[I Choose to Be Pure](#)” video from the church.
  - For parents, the manual also has this “[How to Talk to Your Kids about Intimacy](#)” video.
2. Story from *The Friend* – Read/discuss [The Bad Magazine](#) or another [story about pornography from The Friend](#).
3. Booklet – Review/discuss “[Our Sacred Bodies](#)” booklet (on pages 6-8 of the link).

### Additional Ideas:

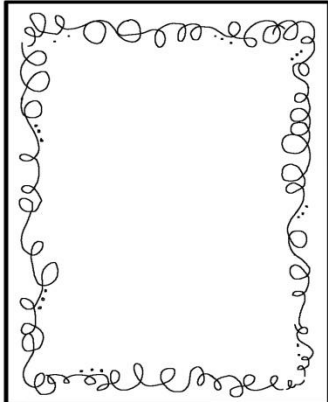
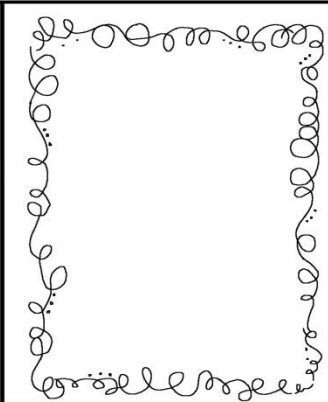
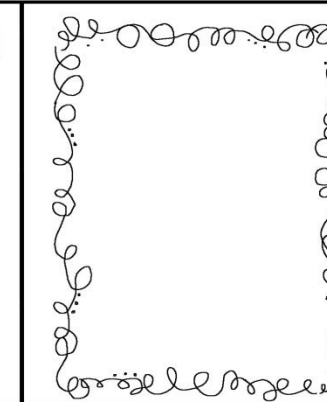
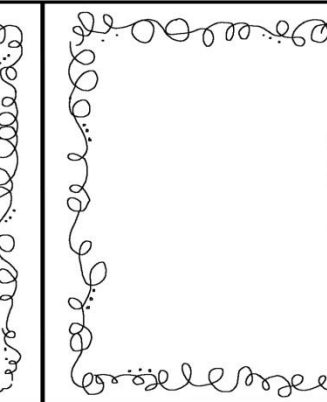
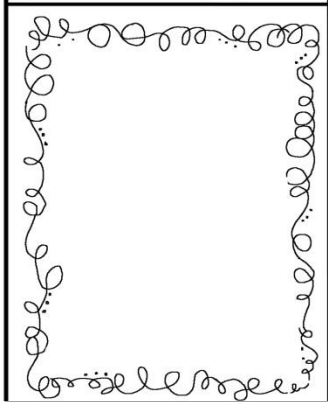
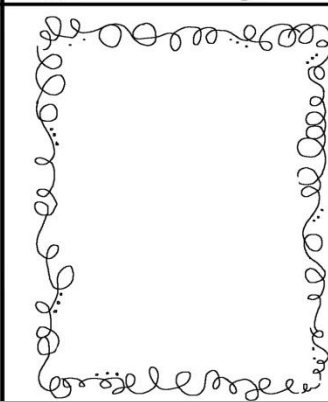
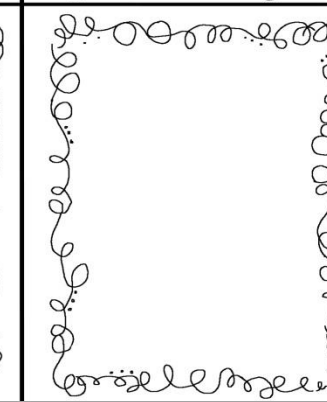
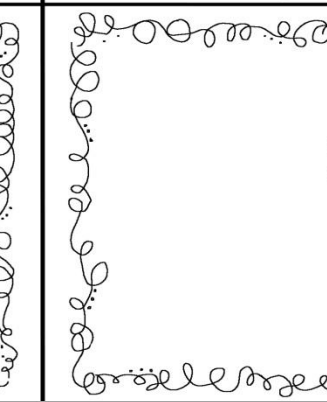
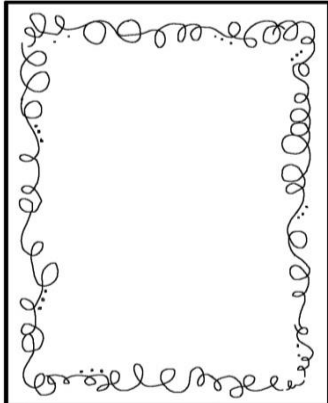
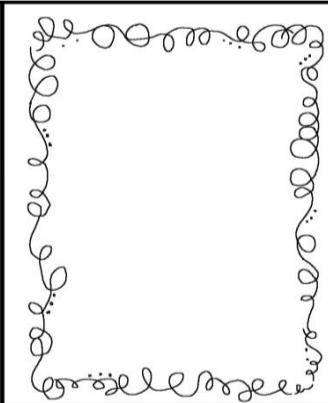
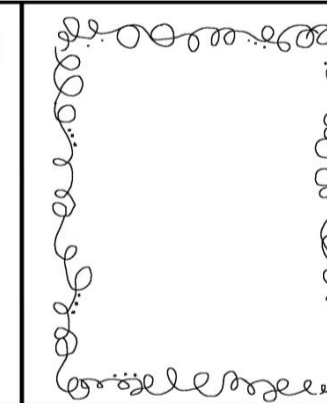

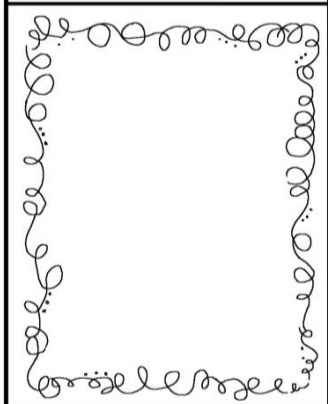
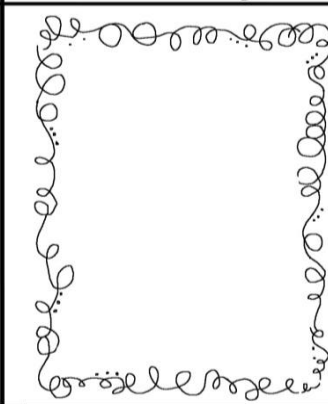
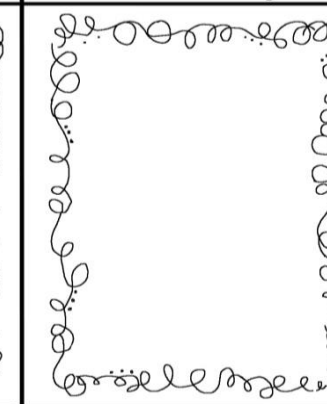
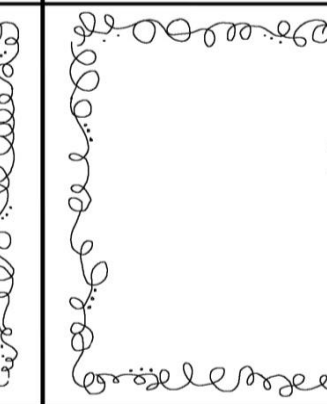
Support Articles and Activities from *The Ensign*: <https://www.churchofjesuschrist.org/study/ensign/2020/08/come-follow-me-book-of-mormon-support-articles-and-activities/alma-39-42?lang=eng>

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

## FLIP A CHOICE

Read Alma 42:4 together and talk about how this life is a time for us “to repent and serve God.”

- Sit in a circle and give each family member three blank cards.
- *If you have younger kids, you can use the cards that are already written on (on page 4 below).*
- On two of the cards, write good choices. On the third card, write a bad choice.
- Turn the cards face down and mix them up in the middle of the circle.
- Take turns flipping over one card at a time. When someone reads a good choice, give the person a high-five.
- When someone reads a bad choice, the person shares something they could do to repent and serve God instead.
- Discussion: Testify that Jesus Christ makes it possible for us to change and become better people. How can we use our time this week to follow Him and serve God?

# Helping Others



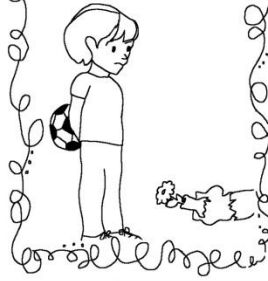
# Scripture Study



# Meaningful prayers



# Telling the Truth, even when it is hard



# Being a good Friend



# Looking at Inappropriate photos or videos.

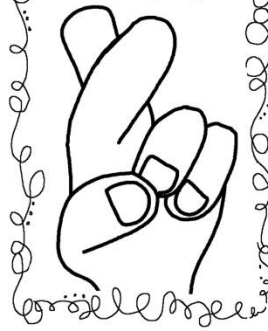


# Saying kind words to each other

Let's be friends!



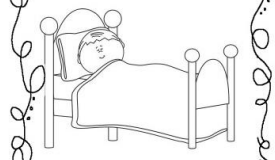
# Being dishonest



# Using good Manners



# Going to bed early



# Saying mean things about others

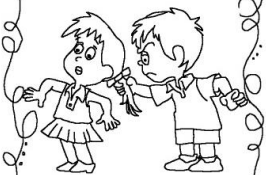


# Not eating the healthy food

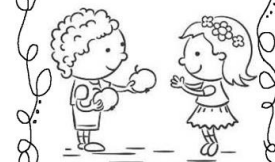
your Mom asked you to eat



# Hurting Others



# Sharing with others

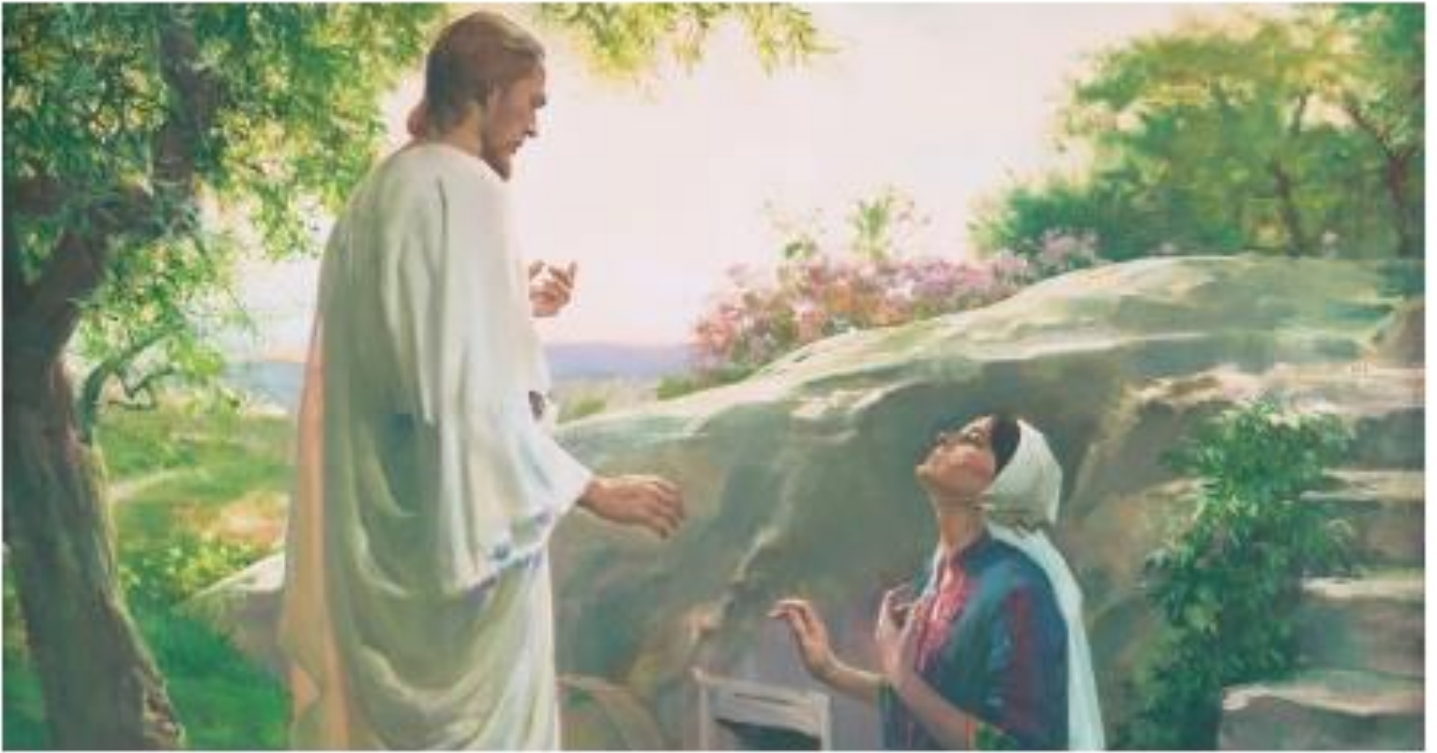


# Writing kind notes to others



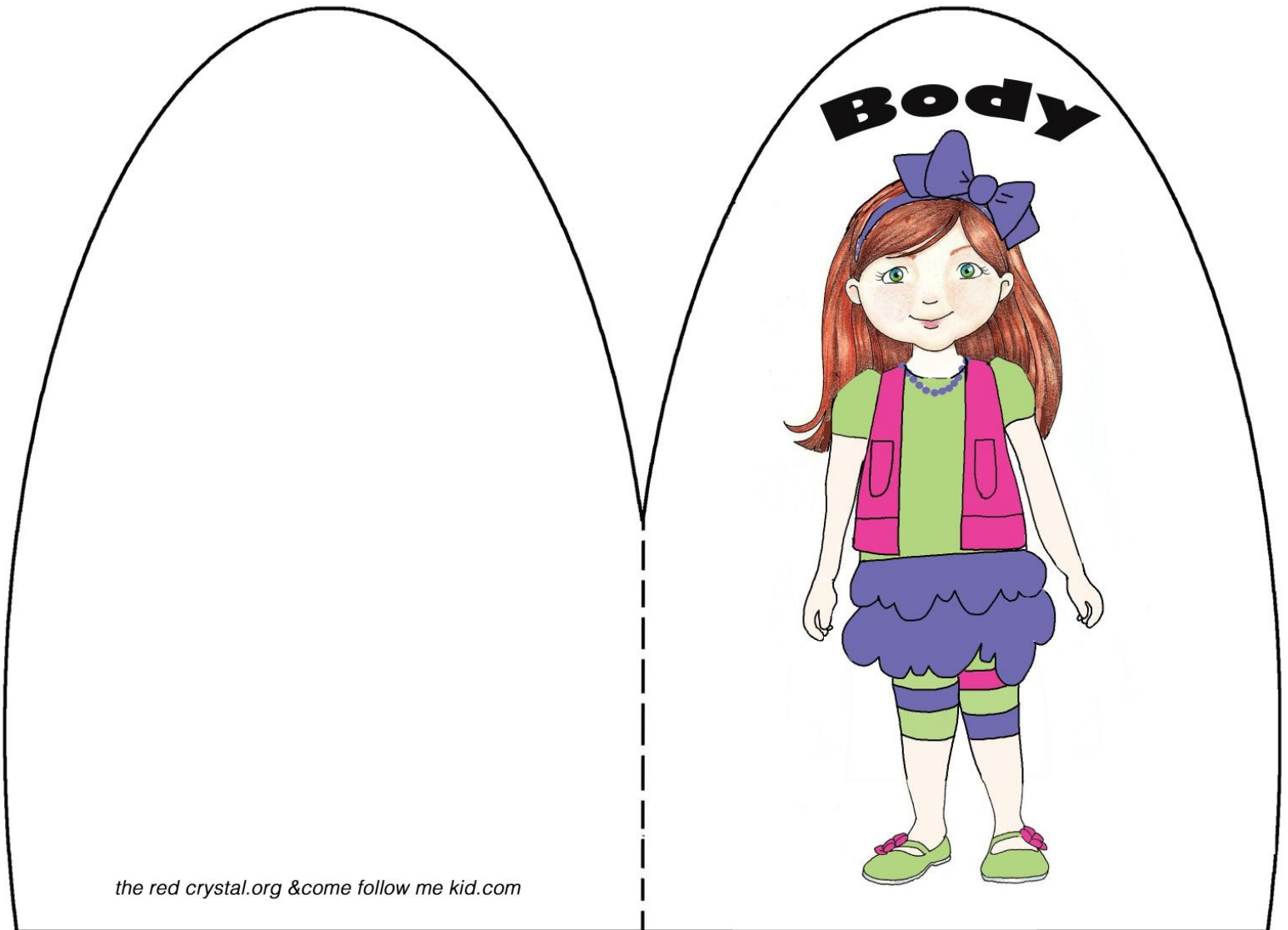
# Doing chores without complaining

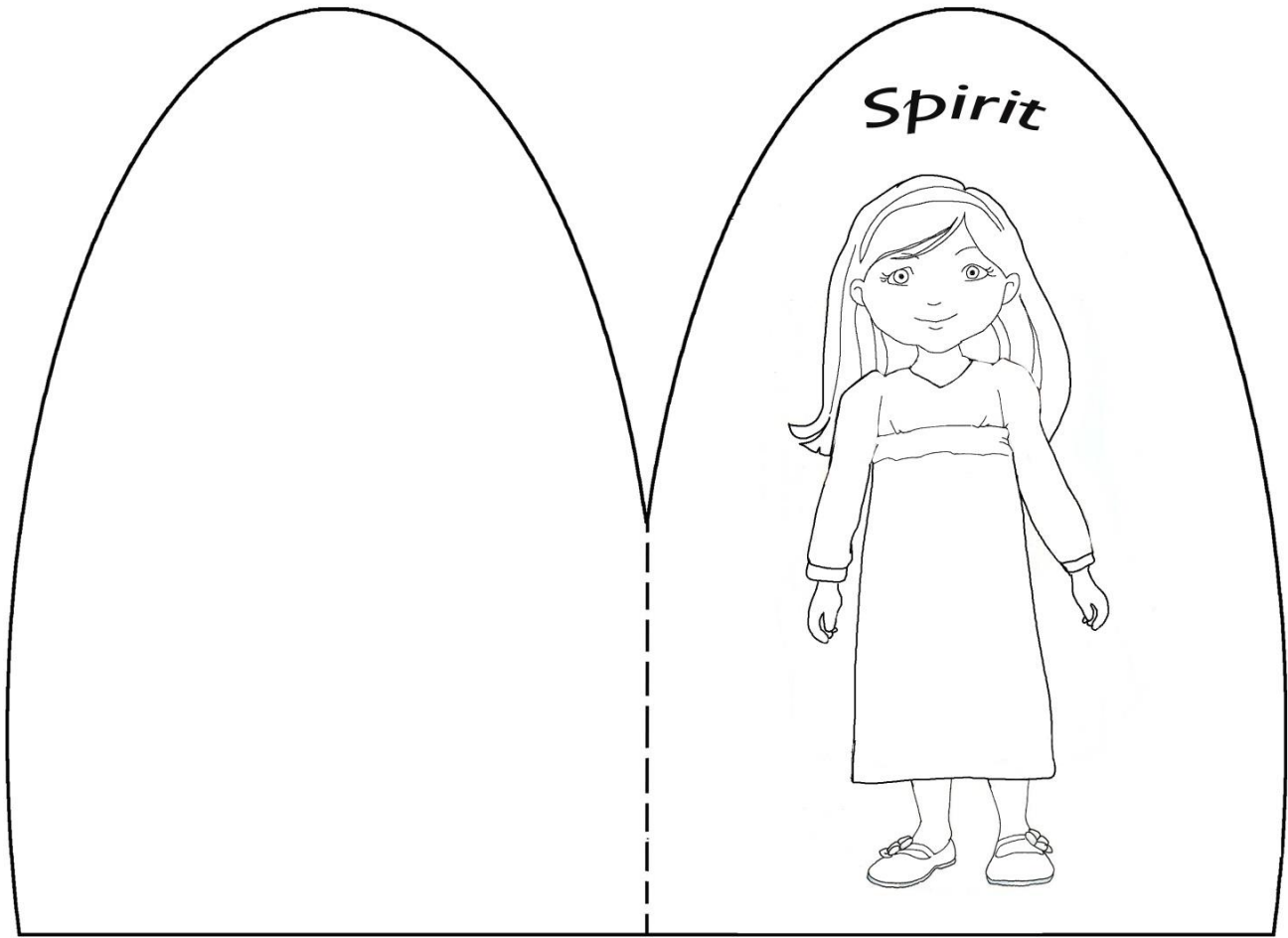




*Mary and the Resurrected Lord, by Harry Anderson*

Spirit/Body Mittens: Fold and tape into mittens. Hold up the body mitten and explain that our bodies can't move without spirits inside of them. Slide the spirit mitten inside of the body and demonstrate how our bodies can move when our spirits are inside of them. Use the mittens to show how our spirits and bodies are joined at birth, separated at death, and joined again at resurrection.





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