

You can use this lesson and activity to learn more about this month's Primary theme.

I Choose the Right by Living Gospel Principles



Can you imagine going on a mission and not knowing when you would return to your family? How would you feel? What would you do to prepare?

The four sons of King Mosiah—Ammon, Aaron, Omner, and Himni—and their friend Alma went on a mission that lasted 14 years. Each of the sons of Mosiah could have been the king of their own country, but instead they followed their hearts. They and Alma had become converted to the gospel of Jesus Christ, and they wanted to share the gospel with the Lamanites, their enemies.

The young men knew they could not accomplish their mission without power from God. Alma 17:2–3 tells how they got this power: “They had searched the scriptures diligently, that they might know the word of God. . . .

They had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority of God.”

Fasting and praying helped these young men receive blessings from God. Just like Alma and the sons of Mosiah, you can fast and pray to prepare to receive the blessings Heavenly Father has for you. ♦



Song and Scripture

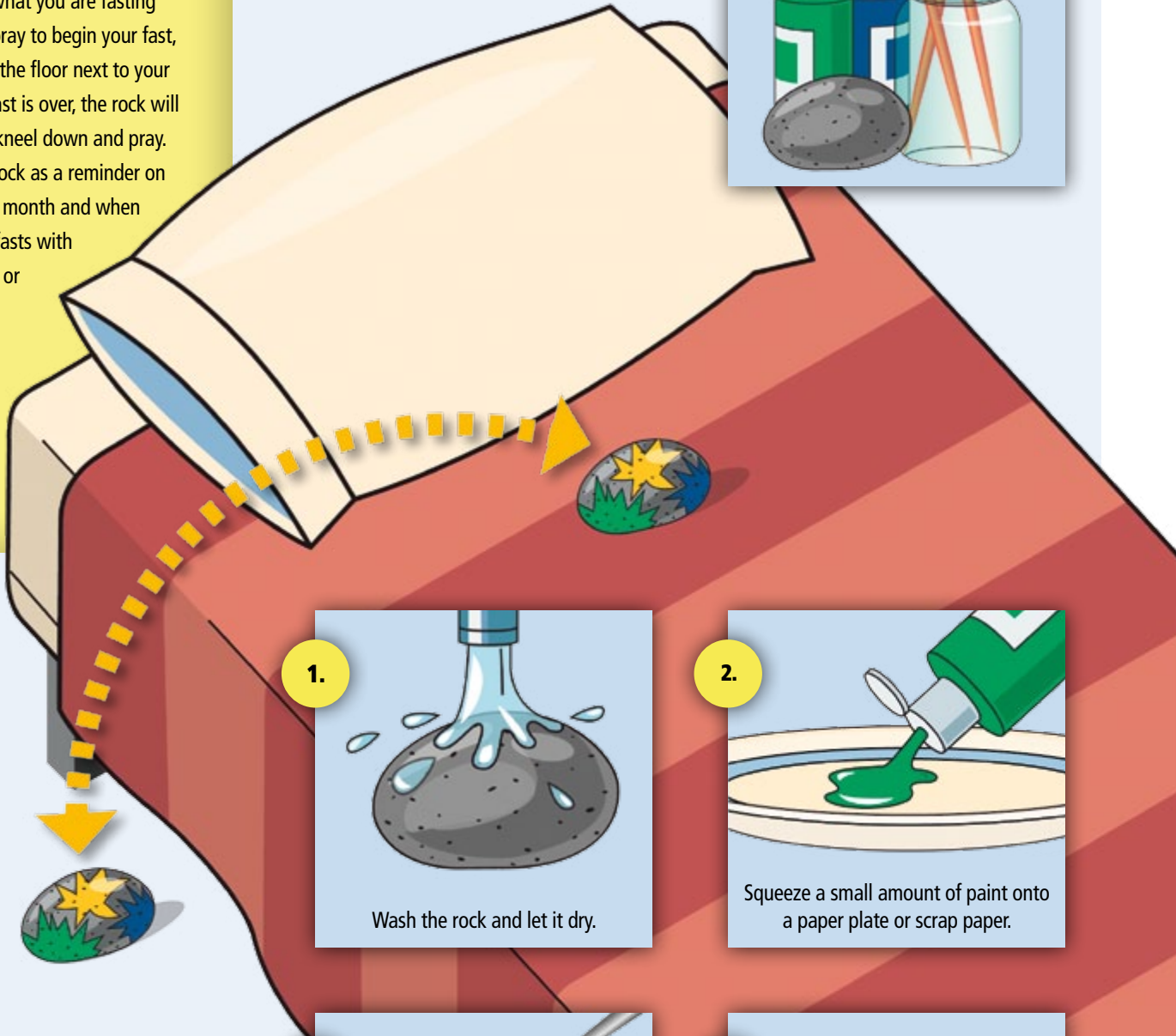
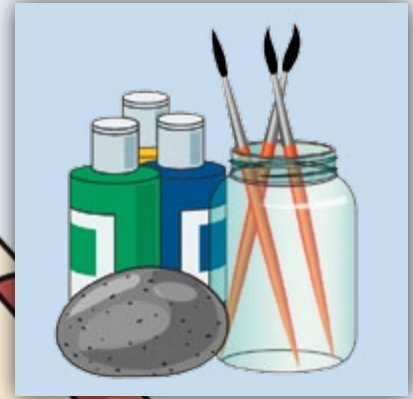
- “The Wise Man and the Foolish Man,” *Children’s Songbook*, 281
- 1 Nephi 3:16

Just You

Place a colorful rock on your bed as a reminder to pray and share with Heavenly Father what you are fasting about. After you pray to begin your fast, place the rock on the floor next to your bed. When your fast is over, the rock will be a reminder to kneel down and pray. You can use this rock as a reminder on fast Sunday every month and when you have special fasts with your family, ward, or branch.

You will need:

one smooth rock or pebble
acrylic paint or colored markers
paintbrush



1.



Wash the rock and let it dry.

2.



Squeeze a small amount of paint onto a paper plate or scrap paper.

3.



Use the brush or markers to decorate the rock. Write your name on it or draw other designs or shapes.

4.



Let the paint dry completely and place the rock on your bed.

CTR Time: Praying and Fasting

As a family, discuss the importance of praying before and after a fast. The next time your family fasts, talk about a purpose for it. Begin your fast by praying and talking with Heavenly Father about why you are fasting.