

Captain Moroni Defeats Zerahemnah

Lesson
25

Purpose To encourage each child to put on the armor of God as a protection against evil.

Preparation

1. Prayerfully study Alma 43–44 and Ephesians 6:11, 13–18. Then study the lesson and decide how you want to teach the children the scripture account. (See “Preparing Your Lessons,” p. vi, and “Teaching from the Scriptures,” p. vii.)
2. Additional reading: Doctrine and Covenants 27:15–18.
3. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.
4. Materials needed:
 - a. A Book of Mormon for each child.
 - b. A Bible.
 - c. Depending on how you want to teach the children about the armor of God, make wordstrips, small cutouts of the armor and man’s figure for each child, a larger set of armor to place on a figure drawn on the chalkboard, or a set of armor out of cardboard to put on a child. (See the illustration at the end of the lesson.)
 - d. Pictures 4-37, Captain Moroni’s Soldiers Fight the Lamanites, and 4-38, The Army of Zerahemnah Throws Down Its Weapons.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Attention Activity

- In ancient times when men went to battle with swords and spears, how did they protect their heads, hearts, stomachs, arms, legs, and feet? (With armor.)

Explain that we are all in a war against evil. The temptations and the powers of Satan are very real. Heavenly Father does not want us to fight the battle against evil unprotected. Have a child read Ephesians 6:11, 13–18. Discuss each piece of armor using the wordstrips or cutouts. Relate each piece of armor to how we need to live to be protected from the evils around us.

Scripture Account

Teach the children the account of Captain Moroni defeating Zerahemnah in Alma 43–44. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Emphasize that Moroni’s army not only put on man-made armor but also had the stronger protection of the armor of God. Use the pictures at appropriate times.

**Discussion and
Application
Questions**

Study the following questions and the scripture references as you prepare your lesson. Use the questions you feel will best help the children understand the scriptures and apply the principles in their lives. Reading the references with the children in class will help them gain insights into the scriptures.

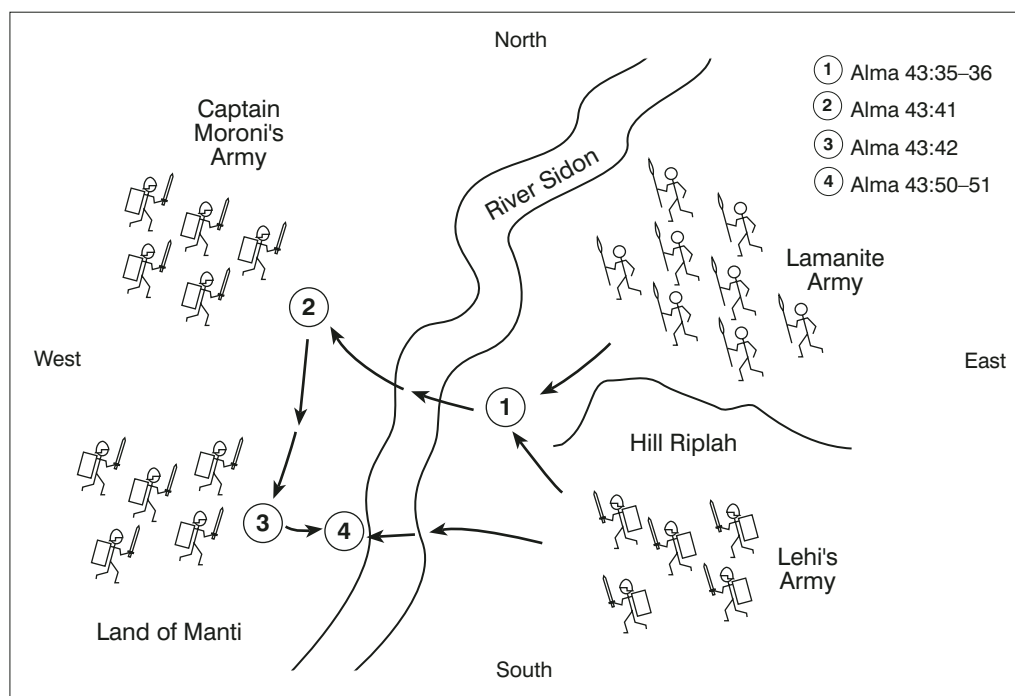
- Why did Zerahemnah, the Lamanite commander, appoint Amalekites and Zoramites as chief captains over the Lamanites? (Alma 43:6–7.) Why did the Lamanites want to fight the Nephites? (Alma 43:8, 29.)
- Why were the Nephites willing to fight? (Alma 43:45, 47.) Why are our homes, families, liberties, and Church worth fighting for? What do you value enough to fight for?
- How did Captain Moroni prepare his army to meet the Lamanites at Jershon? (Alma 43:18–19.) Why did this preparation frighten the Lamanites? (Alma 43:20–21.) In what ways can you put on the spiritual armor of God and be prepared to stand for what is right?
- How did Captain Moroni find out where he should send his armies? (Alma 43:23–24.) How do prophets help us today?
- Even though the Nephite army wore armor, why did they fear and want to flee from the Lamanites? (Alma 43:48.) How did Moroni inspire them?
- What did Captain Moroni's army do to receive strength and courage to fight? (Alma 43:49–50.) How can prayer help you put on the armor of God? (Ephesians 6:18.)
- After Moroni had surrounded the Lamanites, what did he do that showed he was not a man of bloodshed? (Alma 43:54; 44:1–2, 6.)
- Why did the Lord deliver the Lamanites into the hands of Moroni's army? (Alma 44:3.) What promise did the Lord make to the Nephites and to us if we are faithful? (Alma 44:4.) What did Zerahemnah think was protecting the Nephites? (Alma 44:9.)
- What happened when the angry Zerahemnah would not make the oath of peace? (Alma 44:12.) What happened to the Lamanites who covenanted not to fight? (Alma 44:15.) Why is it important for us to keep promises and covenants?

Enrichment Activities

You may use one or more of the following activities any time during the lesson or as a review, summary, or challenge.

1. Play a matching game (see “Teaching from the Scriptures,” p. vii). Write the names of the following pieces of armor on six cards and what they symbolize on another set of six cards. Have the children match the name of the piece of armor to what it symbolizes in our armor of God.
 - Girdle (belt) — Truth (Ephesians 6:14)
 - Breastplate — Righteousness (Ephesians 6:14)
 - Shoes — Preparation of the gospel of peace (Ephesians 6:15)
 - Shield — Faith (Ephesians 6:16)
 - Helmet — Salvation (Ephesians 6:17)
 - Sword — God's Spirit, or the word of God (Ephesians 6:17; D&C 6:2)
2. Using Ephesians 6:13–18, help the children memorize what each piece of the armor of God symbolizes. Name a piece of armor as you toss a beanbag or ball to a child. Have the child give the meaning of that piece of armor and then name a different piece of armor while tossing the ball to another child, who will give the meaning and choose a new piece of armor, and so on.

3. Ask the children what types of things Satan uses today to try to wound or kill us spiritually. They may mention such things as certain movies, television programs, videos, books, or magazines; temptations to break the Word of Wisdom; temptations to not go to church; and so on. Discuss what the children are doing to strengthen their spiritual armor, such as having personal and family prayers, having personal and family scripture study, having family home evenings, attending church, and so on.
4. Discuss how Captain Moroni tricked the Lamanite army, as told in Alma 43:31–42. Use the chalkboard to illustrate the position of the Nephite and Lamanite armies.



5. Sing or read the words to “Dare to Do Right” (*Children’s Songbook*, p. 158) or “Choose the Right Way” (*Children’s Songbook*, p. 160).

Conclusion

Testimony	Bear testimony of the importance of putting on the armor of God to protect us against evil.
Suggested Family Sharing	Encourage the children to share with their families a specific part of the lesson, such as a story, question, or activity, or to read with their families the “Suggested Home Reading.”
Suggested Home Reading	Suggest that the children study Alma 43:41–54 and 44:1–4 at home as a review of this lesson.
	Invite a child to give the closing prayer.

