

Helaman and the Two Thousand Warriors

Purpose	To teach the children that following the examples and teachings of righteous parents gives us power to defend truth and right.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Alma 53:10–23 and 56:1–58:27. 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: Alma 24.3. 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:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. Pictures 4-33, The Anti-Nephi-Lehies Burying Their Swords (Gospel Art Picture Kit 311; 62565), and 4-40, Two Thousand Young Warriors (Gospel Art Picture Kit 313; 62050).
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	<p>Display the picture The Anti-Nephi-Lehies Burying Their Swords. Remind the children that they learned about these great people a few weeks ago (see lesson 19). Ask the children the following questions:</p> <ul style="list-style-type: none">• Who were the Anti-Nephi-Lehies? Why did they bury their swords? <p>Have a child read Alma 24:19. Explain that the Anti-Nephi-Lehies set a wonderful example for their children.</p> <p>Invite the children to share examples of important principles, such as honesty, kindness, paying tithing, keeping the Sabbath day holy, and so on, that they have learned from their parents and how obedience to those principles has blessed them.</p> <p>Explain that Heavenly Father gave us parents to love, teach, and guide us through our lives. Explain that during this lesson the children will learn how the two thousand young warriors, who were the sons of the Anti-Nephi-Lehies, used the teachings and examples of their righteous parents to keep their covenant to defend their freedom.</p> <p>(Note: If any of the children are being raised by grandparents, relatives, or others, adjust the lesson to include their important influence.)</p>
Scripture Account	Using the pictures at appropriate times, teach the children the account of Helaman and the two thousand young warriors from Alma 53, 56–58. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,”

Discussion and
Application
Questions

p. vii.) Emphasize how these young men followed the teachings of their parents and were preserved in battle.

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.

- What covenant had the parents of the two thousand young warriors made? (Alma 53:10–12.) Why did they think about breaking this covenant? (Alma 53:13.) Why did Helaman not want the Anti-Nephi-Lehies to help fight the Lamanites? (Alma 53:14–15.) Why is it so important to keep our covenants?
- Why did the two thousand young men decide to fight? (Alma 53:16.) What did these young warriors covenant to fight for? (Alma 53:17.)
- What were these young men like? (Alma 53:20–21.) What does it mean to be “true at all times in whatsoever thing [you are] entrusted”? What are some ways you can be true and walk uprightly before the Lord?
- How did the fathers help their sons without breaking their covenant not to fight? (Alma 56:27.) What are some ways your parents give you support?
- What did Helaman tell Moroni about the strength and courage of these young warriors? (Alma 56:45.) What had their mothers taught them? (Alma 56:46–48.) Why were they not afraid of death? How are your parents trying to prepare you to have the courage and faith to meet challenges?
- What gave the two thousand young warriors strength and courage in battle? (Alma 57:26–27; 58:39–40.)
- How did these warriors follow Helaman? (Alma 57:21.) What does it mean to follow with “exactness”? Why is it important to follow the counsel of your leaders and parents with exactness?
- What did the two thousand young warriors do when they needed strength? (Alma 58:10.) How was their prayer answered? (Alma 58:11.) Invite class members to share experiences when they or family members have been prompted by the Holy Ghost.
- How was the great faith and courage of these young men rewarded? (Alma 56:56; 57:25; 58:39.) What power saved them from death? (Alma 57:26–27; 58:40.)

**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. Make a copy of the handout at the end of the lesson for each of the children to take home.
2. Let children volunteer to complete the following statements:
 - I can be like the young warriors by how I _____ .
 - I can be like the young warriors by remembering that my parents taught me to _____ .

I most admire _____ about the young warriors.

My favorite part of the account of the two thousand young warriors is _____.

3. Encourage the children to mark in their scriptures some of their favorite verses about the two thousand young warriors. They may want to choose from some of the following examples:

Alma 53:20–21

Alma 56:45–48

Alma 57:21, 25–27

Alma 58:10–11

Alma 58:39–40

4. Help the children memorize the fifth commandment (see Mosiah 13:20).

5. Sing or read the words to “We’ll Bring the World His Truth” (*Children’s Songbook*, p. 172), “Dare to Do Right” (*Children’s Songbook*, p. 158), or “Book of Mormon Stories” (*Children’s Songbook*, p. 118), verse 6.

Conclusion

Testimony	Share your testimony of the blessings that come through following the righteous teachings and examples of our parents.
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 53:16–21, 56:45–48, and 57:25–27 at home as a review of this lesson. Invite a child to give the closing prayer.



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27



"They are young, and their minds are firm, and they do put their trust in God continually." Alma 57:27