



## Alma 53–63

AUGUST 10–16

# How can youth build up the kingdom of God?

**H**elaman was inspired by the powerful faith of his stripling sons. Consider how their actions gave them spiritual protection (see Alma 57:25–27) and how following their example can help you build up the kingdom of God.

### DISCUSSION

How can you defend the gospel and the teachings of Christ in your own community? How can you help others do the same?

“Like Helaman’s 2,000 stripling warriors, you also are the spirit sons [and daughters] of God, and you too can be endowed with power to build up and defend His kingdom.”

**President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, “The Greatest Generation of Missionaries,” *Ensign*, Nov. 2002, 47.**

### Choose Whom to Follow

These youth chose their leader—the prophet Helaman (see Alma 53:19). How can you choose the prophet as your leader?

### Be True at All Times

These youth “were true at all times in whatsoever thing they were entrusted” (Alma 53:20). How can you be truer to your responsibilities?

### Trust in the Teachings of Righteous Parents

These youth “had been taught by their mothers, that if they did not doubt, God would deliver them” (Alma 56:47). How can you likewise teach your children to have faith?

### Exercise Faith

These youth were few in number and had little battle experience. Nevertheless, they had faith: “God is with us, and he will not suffer that we should fall; . . . let us go forth” (Alma 56:46). How can you “go forth” in faith?

