The stripling warriors kept their bodies and spirits strong. Take this challenge to be strong like them! Set this page on the floor. Close your eyes and drop a pebble or button onto the page. Then do the challenge for the box it lands closest to.

- Do five push-ups or clap your hands five times.
- Jump in the air or stretch your hands above your head three times.
- Say one thing you are grateful for.
- “Walk uprightly” like the stripling warriors did (see Alma 53:21). As you march around the room, sing the chorus of “We’ll Bring the World His Truth” (pages 12–13).
- Say one thing a parent or Primary leader taught you (see Alma 56:47–48).
- Say one thing you believe (see Alma 57:26–27).

Read this quote: “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.”