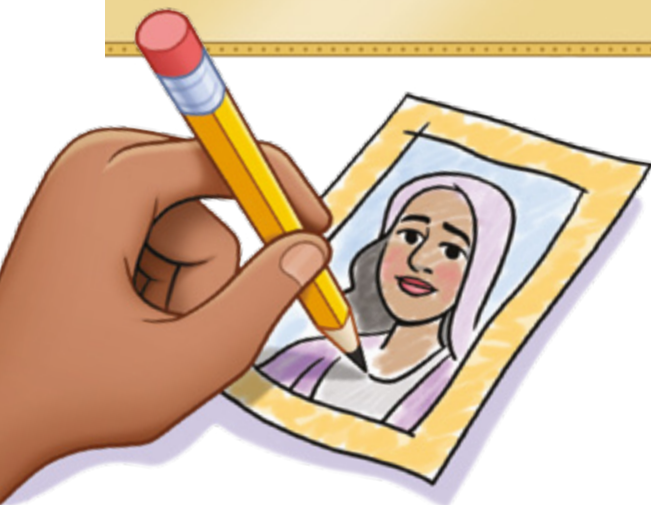


# Women Heroes in the Book of Mormon

There are lots of women in the Book of Mormon who were good examples for us. Here are three hero cards to add to your collection!



Can you find these other women in the scriptures? (Check answers on page 39.) Make your own hero cards for them and send us a picture!

- \_\_\_\_\_ were brave. They stood up for Nephi and saved his life (see [1 Nephi 7:19](#)).
- \_\_\_\_\_ believed in God and chose to follow Nephi into the wilderness (see [2 Nephi 5:6](#)).
- \_\_\_\_\_ showed their children how to trust God (see [Alma 56:47-48](#)).



Cut, fold, and keep these challenge cards!



## I CAN HAVE A TESTIMONY!

Sariah had a testimony that her husband, Lehi, was a prophet of God. She helped lead her family through the wilderness. You can be like Sariah by gaining your own testimony and sharing it with others!

- Read [1 Nephi 5:7-8](#).
- Write your testimony down or share it with a friend or family member.
- I challenge myself to . . .

\_\_\_\_\_



## I CAN CHOOSE FAITH!

Lamoni's wife didn't know much about the gospel yet, but she chose to have faith that Ammon was a prophet of God. You can be like Lamoni's wife by having faith in our prophet and apostles today!

- Read [Alma 19:2-5, 8-10](#).
- Watch a conference talk from President Monson. What did you learn from him?
- I challenge myself to . . .

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## I CAN SPEAK UP!

The maidservant heard the plans of her wicked master, Morianton. He was angry and beat her. She ran away and told Captain Moroni about Morianton. You can be like her by speaking up when things aren't right!

- Read [Alma 50:30-33](#).
- If someone bullies you, or if you see someone getting picked on, tell an adult you trust.
- I challenge myself to . . .

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