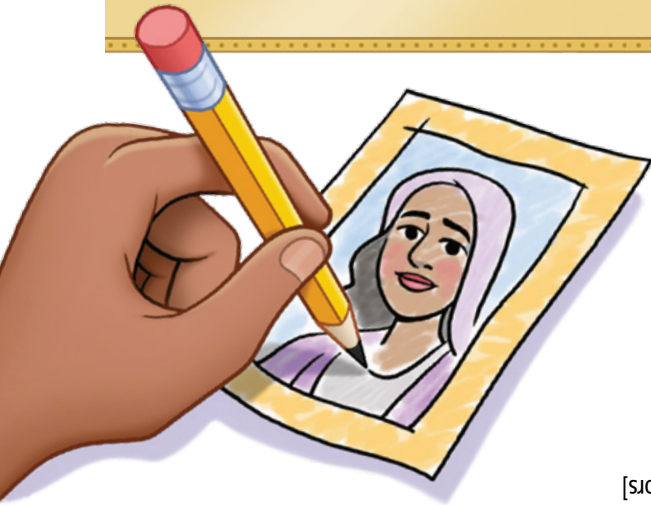


Women Heroes in the Book of Mormon

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! We don't know all their names, but we can still learn from their examples. How can you be like these Book of Mormon women?



Can you find these other women in the scriptures? Make your own hero cards for them and send us a picture!

- 1 Nephi 7:19. These women showed courage by standing up for Nephi. Who were they?
- 2 Nephi 5:6. These women believed in God and followed Nephi into the wilderness. Who were they?
- Alma 56:47–48. These women taught their children about God. Who were they?

[Answers: daughter and wife of Ishmael, Nephi's sisters, mothers of stripling warriors]



Cut, fold, and keep these challenge cards!



I Can Gain a Testimony!

Sariah gained a testimony that her husband, Lehi, was a prophet of God. 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 Believe!

Lamoni's wife had 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. Do you believe that he is a prophet of God?
- I challenge myself to . . .



I Can Speak Up!

Morianton was a wicked man. He beat one of his servants, and she decided to tell Captain Moroni about the things Morianton was doing. You can be like the maidservant by speaking up when things aren't right!

- Read Alma 50:30–31.
- If someone bullies you, or if you see someone getting picked on, tell an adult you trust.
- I challenge myself to . . .
