

The Zoramites and the Rameumptom

Lesson 21

Purpose	To teach the children to worship Heavenly Father in humility and sincerity.
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Preparation	<ol style="list-style-type: none">1. Prayerfully study Alma 31; 34:1–30, 38–41; and 35:1–9. 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. Select the discussion questions and enrichment activities that will involve the children and best help them achieve the purpose of the lesson.3. Materials needed:<ol style="list-style-type: none">a. A Book of Mormon for each child.b. Two sets of eating utensils.c. Picture 4-36, The Zoramites and the Rameumptom.
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Suggested Lesson Development	Invite a child to give the opening prayer.
Attention Activity	Have a make-believe dinner. Have two plates, two glasses, and two sets of utensils, but no food. Pretend to eat, and act enthusiastic about the delicious food. Invite a child to join you. Eating off empty dishes could be compared to the emptiness of the false and insincere worship of the Zoramites that is described in this lesson. Such empty worship does no more good for our spiritual nourishment than not eating does for our physical strength. In this lesson the children will learn about appropriate and sincere ways to worship God.
Scripture Account	Share the account of the Zoramites and their false beliefs recorded in Alma 31. (For suggested ways to teach the scripture account, see “Teaching from the Scriptures,” p. vii.) Use the picture at an appropriate time.
Discussion and Application Questions	<p>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.</p> <ul style="list-style-type: none">• Who were the Zoramites? (Alma 31:1–3, 8.) How had they fallen away from the teachings of the Church? (Alma 31:8–11.)• How, when, and where did the Zoramites worship? (Alma 31:13–18, 21–23.) How should we worship Heavenly Father and Jesus Christ?• What were some of the things the Zoramites believed that were wrong? (Alma 31:15–17, 20.) Why is it important to know who Heavenly Father and Jesus Christ really are and what they are like?• How do we know the Zoramites’ prayers were insincere? (Alma 31:23, 27.) How can we make our prayers more sincere?

- Why did the Zoramites think they were better than others? (Alma 31:24–25, 27–28.) In what ways might we sometimes feel we are better than others? Why is pride a serious sin? (It leads us away from God.)
- How did Alma and the other leaders feel when they saw the people who had fallen away from the truth? (Alma 31:19, 24, 30–31.) How can we help those who do not know the truth? How can we help less-active members?
- What were the Zoramites' hearts set on? (Alma 31:28.) What are some worldly things that some children your age set their hearts on today? Why is it wrong to set our hearts on worldly things?
- What things did Alma pray for for himself and for his companions? (Alma 31:31–35.) How can praying for specific things help make our prayers more sincere? How has praying helped you with a problem?
- What did Amulek testify about Jesus Christ? (Alma 34:8.) How could the Zoramites gain a testimony of Jesus Christ? (Alma 34:17.)
- How and when should we pray? What should we pray for? (Alma 34:18–27.) How can we worship Heavenly Father every day of the week?
- What must we do after we pray so that our prayers are effective? (Alma 34:28.)
- How did the people of Ammon (the Anti-Nephi-Lehies) treat the Zoramites who joined them? (Alma 35:9.) How should we treat a stranger or those who are poor among us? How is this showing love for Heavenly Father? (Matthew 25:40; Mosiah 2:17.)

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. Write the following scripture references on the chalkboard. Ask the children to match the verses that describe the Zoramites' erroneous beliefs with the verses that contain the correct teachings of Alma and Amulek:
 - Alma 31:16 (The Zoramites believed there would be no Christ.)
 - Alma 31:20–23 (All the Zoramites gave the same prayer and then never worshiped again all week.)
 - Alma 31:24 (The Zoramites' hearts were set upon riches.)
 - Alma 34:8 (Amulek testified of Christ.)
 - Alma 34:19–27 (Amulek taught that we should pray always and about everything.)
 - Alma 34:28–29 (Amulek taught that we should give of our riches to the poor.)
2. Ask the children how they would feel if they were being made fun of. Discuss ways people are prideful. Remind the children that the great and spacious building in Lehi's dream represented the pride of the world. Explain that being humble is the opposite of being proud. Have each child write on a paper one way they will try to become more humble.
3. Invite the children to read and mark the following verses or any other important verses from the lesson (the children may want to memorize all or part of a verse that is important to them):

Alma 31:34–35
 Alma 34:8
 Alma 34:26–28
 Alma 34:38

4. Sing or read the words to “A Child’s Prayer” (*Children’s Songbook*, p. 12), “I Know My Father Lives” (*Children’s Songbook*, p. 5), or “The Eleventh Article of Faith” (*Children’s Songbook*, p. 130).

Conclusion

Testimony	Bear testimony that if we humbly and sincerely worship Heavenly Father, he will bless us, and we will receive answers to our prayers.
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 31:8–25 and 34:17–29 at home as a review of this lesson. Invite a child to give the closing prayer.