

1. **Watch chapter 8** from The Complete Learning System *Helaman's Stripling Warriors* DVD.

2. **Sing:** Children's Songbook #172, "We'll Bring the World His Truth"

3. **Read:** Alma 57:21

"Yea, and they did obey and observe to perform every word of command with exactness; yea, and even according to their faith it was done unto them; and I did remember the words which they said unto me that their mothers had taught them."

4. **What does the word "stripling" mean?** (A boy in his teenage years, who has not yet grown to his full size.)

5. **Why was Helaman's army made up of teenage boys instead of grown men?** (Discuss ideas. See Alma 56:5-8.)

Why were these young men successful in battle? (Discuss ideas.)

6. The stripling warriors had great faith, but it was not faith without works. "The key to their success was to obey every word and command. Yes, if we are going to draw upon the powers of heaven, intention is not enough. We must obey every word of command with exactness...We must actually obey the law; intention is not enough!" *Rex C. Reeve, New Era, Jul 1981 © Intellectual Reserve, Inc. All rights reserved.*

Today we do not have to go into battle with swords and spears like Helaman's army, but we are still faced with a battle against evil. "Today we are fighting a battle that in many ways is more perilous, more fraught with danger than the battle between the Nephites and the Lamanites. ... We fight against Lucifer, the father of all lies, the enemy of all that is good and right and holy. ... We battle literally for the souls of men." *M. Russell Ballard, Liahona, Nov 2002 © Intellectual Reserve, Inc. All rights reserved.*

7. **How can the example of the stripling warriors help us fight against evil?** (Discuss ideas.)

"In a day of ever-changing values I think about Helaman's stripling warriors. These young men, who were taught correct principles by their mothers, 'were exceedingly valiant for courage, and also for strength and activity; but behold, this was not all—they were men who were true at all times in whatsoever thing they were entrusted.' (Alma 53:20.) Now, that means being true when you are tempted, being true when you don't want to be, being true when it means standing alone from the rest of the world. Remembering the example of these faithful young men strengthens me in my effort to be steadfast in obeying gospel principles." *Ruth B. Wright, Ensign, Nov 1990 © Intellectual Reserve, Inc. All rights reserved.*

8. **What does it mean to be true?** (Discuss ideas.)

9. **Why were the stripling warriors true to their Heavenly Father?** (Discuss ideas.)

"Now they never had fought, yet they did not fear death; and they did think more upon the liberty of their fathers than they did upon their lives; yea, they had been taught by their mothers, that if they did not doubt, God would deliver them. And they rehearsed unto me the words of their mothers, saying: We do not doubt our mothers knew it." (Alma 56:44-48.)

10. **How can we be true to our Heavenly Father?** (Discuss ideas.)

"Walk in faith before Him with your heads high, proud of your membership in this great cause and kingdom which He has restored to the earth in this, the last dispensation of the fulness of times. ... Be true to your own convictions. You know what is right, and you know what is wrong. ... Be true, my beloved associates in this great kingdom." *Gordon B. Hinckley, Liahona, Apr 2001 © Intellectual Reserve, Inc. All rights reserved.*

11. **What are some of the things you have been taught by your mother to help you become a latter-day stripling warrior?** (Discuss ideas.)

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. We need you to make sacred covenants, just as they did. We need you to be meticulously obedient and faithful, just as they were." *M. Russell Ballard, Ensign, Nov. 2002 © Intellectual Reserve, Inc. All rights reserved.*