

1. Watch chapter 2 from The Complete Learning System Helaman's Stripling Warriors DVD.

2. Sing: Hymn # 251 "Behold! A Royal Army"

3. Read: Alma 53:20

"And they were all young men, and they 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."

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

5. Helaman's two thousand stripling warriors' faith in God gave them the courage to defend their families from the wicked Lamanites. "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..." (Alma 56:47) Like the stripling warriors we need the courage to fight the battle against Satan and his desire to destroy the family.

"The family has been under attack ever since Satan first taunted Adam and Eve. (See Gen. 3; Moses 4.) So today, each must guard against the hazard of contention in the family." Russell M. Nelson, Ensign, May 1989 © Intellectual Reserve, Inc. All rights reserved.

6. When the stripling warriors fought the wicked Lamanites a thousand Lamanites were killed, but not one of Helaman's warriors died.

Why were the stripling warriors preserved?

"...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 56:47–48)

7. Did anyone force Helaman's stripling warriors to march into battle?

(No. They willingly chose to defend their families.)

8. Does having the courage to choose the right bring happiness?

"Now, the scriptures tell us that everything good comes from Heavenly Father and that following Satan brings misery and unhappiness....You can decide whether or not you are going to be happy by making choices that will lead you close to your Heavenly Father and away from Satan." Michaelene P. Grassli, Ensign, Nov. 1988 © 2007 Intellectual Reserve, Inc. All rights reserved.

9. What gave Helaman's stripling warriors the courage to march into battle?

(Their testimonies.)

10. Do you think the stripling warrior's mothers taught them to put on the whole armor of God and the shield of faith?

"...The materials from which a shield of faith is made: reverence, courage, chastity, repentance, forgiveness, compassion. In church we can learn how to assemble and fit them together. But the actual making of and fitting on of the shield of faith belongs in the family circle." Boyd K. Packer, The Friend, July 2003 © Intellectual Reserve, Inc. All rights reserved.

11. Will you put on the whole armor of God and the shield of faith to fight for our family to be together forever?

12. Quote:

"We were dressed in our home each morning, not only with hats and raincoats and boots to protect us from physical storm, but even more carefully our parents dressed us each day in the armor of God. As we would kneel in family prayer and listen to our father, a bearer of the priesthood, pour out his soul to the Lord for the protection of his family against the fiery darts of the wicked, one more layer was added to our shield of faith. While our shield was being made strong, theirs was always available, for they were available and we knew it." L. Tom Perry, Ensign, May 1974 © 2007 Intellectual Reserve, Inc. All rights reserved.