

Vacation Church School  
Heroes Unit #2

**Faith**

**Lesson:** Ammon

*...I will make an instrument of thee...  
unto the salvation of many souls.  
Alma 12:13-125*

**Goals:**

1. Remember the name of Ammon.
2. Remember that Ammon accomplished what He did by faith in God.
3. Remember that we should trust God in similar circumstances in our lives. (Allow time for children to recall a time when this happened)
4. Relate the story.
5. Know the story came from the Book of Mormon.

**Vocabulary:**

1. Lamanites
2. King Lamoni
3. Flocks
4. Rustlers
5. Prayer
6. Power

**Materials and Preparation Needed:**

**Introduction and Story:**

- Flannel board and graph figures for Alma story
- OR
- 2 pieces of poster board
  - Drawings of the following:
    1. Ammon and companions kneeling in prayer
    2. Ammon standing bound before King Lamoni
    3. Ammon and other shepherds tending flock
    4. Ammon with sword raised against three or four men charging toward him with clubs
    5. Group of Lamanite people
    6. Ammon standing before King Lamoni on the throne
    7. Ammon

- Prepare:
- 1. Cut poster board into four equal parts.
- 2. Color pictures and glue to poster board.
- 3. Put picture of Ammon on wall to be introduced as today's Book of Mormon Hero.

**Scripture Synopsis:** Alma 12 (Review story prior to teaching class)

1. V. 13-19

Ammon and his brethren depart into the wilderness to journey to the land of the Lamanites. As they journey for many days they spend much time fasting and praying. They ask God to go with them, and make them instruments in his hands to bring the Lamanites to the knowledge of the truth. The Lord visited them with his spirit, directing them to go to the Lamanites. He admonished them to be patient in suffering and promised that they would be instrumental in bringing many souls to salvation.

2. V. 20-21

They took courage and when they arrived at the border of the land of the Lamanites, they separated from each other to preach the gospel in different parts of the land.

3. V. 29-37

Ammon went to the land of Ishmael. As he entered the land, the Lamanites captured him. They tied him up and brought before the king. King Lamoni asked Ammon if he desired to dwell in the land. "Yes," Ammon answered, "for a time. Perhaps for the rest of my life." The king was very pleased with Ammon and offered one of his daughters as a wife. Ammon declined but offered to be a servant to the king. He was assigned to guard the king's flocks.

4. V. 38-60

On the third day, as Ammon and the other servants were watering the king's flocks at the waters of Sebus, marauders appeared and scattered the king's flock. The other servants began to weep, as it had been the king's practice to execute the servants who allowed this to happen. Ammon's heart was filled with joy. He knew this was an opportunity to show the powers of God. "Be of good cheer," he told them. "We'll recover the flocks and bring them back to the place of water." The servants retrieved the flocks and the marauders appeared again.

"Circle the flocks," instructed Ammon. "I will contend with these men." As they greatly outnumbered him, the intruders had no fear of Ammon. Ammon was filled with power from God. With only a slingshot, he felled several of their number, astonishing them with his power. Enraged, they came toward him with their clubs, but Ammon smote off the arm of each man that lifted his club to slay him. After the rustlers fled, Ammon and the other servants finished the job of watering the flocks.

5. V. 96-100

King Lamoni asked Ammon by what power he slew these men. He promised to give Ammon anything he wanted if he would reveal his source of power. "Will you believe me?" asked Ammon. The king replied that he would.

6. V. 114-125

Ammon expounded all the scriptures to the king including the plan of redemption, and the coming of Christ. King Lamoni believed his words.

### **At The Beginning of the Class:**

1. Ask students to recite memory verse at start of each lesson.
2. Send home today's memory verse home on a slip of paper to memorize.
3. Ask name of previous Hero.
4. If time permits ask students if they can remember a time when they prayed about a problem and God protected them. If no response the teacher can give a personal testimony or one of someone they know.

### **Introduction:**

Who can tell me what a promise is?

*Allow several students to answer.*

If God makes a promise does he keep it? Our story is about how God keeps his promise to Ammon, our Book of Mormon hero for today.

*Point to the poster of Ammon.*

**Story:** Ammon

*Show picture of Ammon*

The Lamanites were a very wicked people. Ammon and his brothers had a great desire to help the Lamanites.

*Show picture of Ammon and his companions kneeling in prayer.*

They prayed that God would help them preach to the Lamanites. The Lord said, "Go forth among the Lamanites, thy brethren; I will make an instrument of thee in my hands, unto the salvation of many souls."

When the brothers reached the land of the Lamanites, the group separated and went to different parts of the land. Ammon went to a place called Ishmael. Immediately soldiers surrounded him! They bound him and brought him before the King.

*Show picture of Ammon bound before King Lamoni.*

"Why are you here?" demanded King Lamoni. "Do you want to live in our land?"

"Yes," answered Ammon, "for a while, perhaps for the rest of my life." The king liked Ammon. He liked him so much he offered one of his daughters as a wife.

"No," Ammon answered, "but I will be your servant."

*Show picture of Ammon and the other shepherds tending the flock.*

Ammon went to work caring for the king's flocks. For three days everything went fine. Then it happened! While Ammon and the other shepherds were watering the flocks, rustlers appeared!

"Ha! Ha!" They shouted, frightening the animals away.

The servants began to weep. "The king will kill us!" they cried. Do you think Ammon was upset too? No. He knew this was a chance to show the power of God.

"Don't cry," Ammon encouraged them. "Let's go find the flocks." Soon all the flocks were rounded up and back at the watering hole. Who should appear again but the rustlers!

"Stand in a circle around the flock," instructed Ammon, "I will contend with these men."

Do you think the rustlers were afraid of Ammon? No. There were lots of them and only one of him. They didn't know that the power of God was with Ammon.

They charged at him with clubs! But as each man lifted his club to strike Ammon, Ammon cut off his arm. They could not overcome Ammon. Finally, they fled in terror.

*Show picture of Ammon with sword raised against three or four men charging toward him with clubs.*

When King Lamoni learned of God's protection of Ammon he was amazed. He thought perhaps Ammon himself was God. When Ammon went in to him, he was afraid to even speak.

*Show picture of Ammon standing before King Lamoni.*

King Lamoni sat without speaking for an hour! By the power of God, Ammon knew the king's thoughts.

"Do you marvel because I defended myself against so many men?"

"By what power were you able to do this?" asked King Lamoni. "I will give you anything you want, even part of my kingdom, if you will tell me."

"Will you believe me?" asked Ammon.

"I will believe," promised the king.

Ammon taught Lamoni many things and the king believed.

*Show picture of group of Lamanites.*

Later many of the Lamanite people heard and believed the words of Ammon.

Do you remember God's promise to Ammon? "I will make you an instrument in saving many souls." God kept that promise. He'll keep his promise to you. You may not have to move to a foreign country or fight off rustlers. Whatever you choose to do, include God in your plans and you'll see his power in your life.

### **Optional Activities:**

#### **Review Activity: Ammon Who?**

(Questions may be used in outdoor activity if desired.)

- Activity Sheet, one per child
- Pencil for every student
- Directions:
  1. Fill in the blanks, then using the letter answer from each question to fill in the blanks at the end.
  2. Answer= Fasting and Prayer

**Mural Activity:** (All week make a mural of each hero.)

- Markers or crayons
- Paper long enough to make mural of the week's heroes
- Directions:
  1. Have children draw rustlers attacking Ammon.
  2. Have one child draw Ammon.
  3. Teacher should print at the bottom of the mural:  
"...I will shew forth the power which is in me, that I may lead them to believe in my words. Alma 12:43"

**Outdoor Activity:** Body Tic-Tac-Toe

- Chalk or Masking Tape
- Ten sheets of brightly colored construction paper
- List of questions about the lesson
- Prepare:
  1. Use tape or chalk to make giant tic-tac-toe game on flat cement surface.
  2. Mark five X's and O's on the construction paper.
  3. Use worksheet, Ammon Who? for the questions in the game.
- Directions:
  1. Divide Children into equal teams of X's and O's
  2. Make individual piles of X's and O's
  3. Ask questions of alternating team members. Each time a question is answered correctly, he picks up an X or an O and places in square of their choice.
  4. The first team to make three-in-a-row wins.
  5. Play several times.

## Ammon Who?

Fill in the blank with the correct answer.

1. \_\_\_\_ Ammon and his brother journey to the land of  
F. Ishmael.  
G. Yucatan.  
H. Missouri.
2. \_\_\_\_ To prepare spiritually for the journey, Ammon and his brothers  
C. ate a big meal.  
B. worked in the garden.  
A. fasted and prayed.
3. \_\_\_\_ When Ammon entered the land of Ishmael the Lamanites  
R. bowed down before him.  
S. tied him up.  
T. brought him food.
4. \_\_\_\_ The Lamanite king's name was  
S. John.  
T. Lamoni.  
U. Aaron.
5. \_\_\_\_ When King Lamoni offered Ammon one of his daughters for a wife, Ammon  
I. said no, but I will be your servant.  
J. chose the oldest daughter.  
K. said no, I want to be a general in your army.
6. \_\_\_\_ Ammon was given the job of caring for the king's  
L. children.  
M. money.  
N. flocks.
7. \_\_\_\_ Lamanite rustlers  
P. chased off the sheep.  
Q. brought more sheep as a gift to the king.

R. tied up the sheep.

8. \_\_\_\_\_ Ammon

Q. sent the other men to fight.

R. fought the rustlers alone.

S. let the rustlers keep the sheep.

9. \_\_\_\_\_ When the king learned of God's protection of Ammon he

A. promised to believe Ammon.

B. put Ammon in jail.

C. gave Ammon a lot of money.

10. \_\_\_\_\_ Ammon's story is found in the

X. Bible.

Y. Book of Mormon.

Z. Hand of Fellowship.

11. \_\_\_\_\_ God kept his promise to

E. make Ammon an instrument in saving souls.

F. make sure Ammon never had to travel again.

G. make Ammon rich.

12. \_\_\_\_\_ If you seek God's will in your life, he will

Q. make you famous.

R. bless and guide you.

S. make you rich.

To learn how to have God's power in your life, fill in the blanks in order with the letters which correctly answered the questions above.

\_\_\_\_\_  
1      2      3      4      5      6      7

  A     N     D  

  P   \_\_\_\_\_  
8      9      10      11      12



