

# Vacation Church School

## Heroes Unit 1

Lesson: Alma, Man of Faith

*"See that ye have faith, hope and charity..."*

*Alma 5:41*

Goals: By the end of class the child should be able to:

1. Know the story is from the Book of Mormon
2. Remember the name Alma
3. Relate the events of the story.
4. Remember that Alma had faith

Vocabulary:

1. Secret
2. Faith
3. Baptism
4. Spies
5. Warning

Materials Needed:

- |   |   |
|---|---|
| <input type="checkbox"/> Bible  | <input type="checkbox"/> <u>Book of Mormon</u>          |
| <input type="checkbox"/> glue (1 per child)   | <input type="checkbox"/> colored pencils                |
| <input type="checkbox"/> markers  | <input type="checkbox"/> blue and green pain (optional) |
| <input type="checkbox"/> crayons  | <input type="checkbox"/> 2 sheets white poster board    |
| <input type="checkbox"/> stapler  | <input type="checkbox"/> alarm clock                    |
| <input type="checkbox"/> scissors   | <input type="checkbox"/> matches                        |
| <input type="checkbox"/> flannel board  | <input type="checkbox"/> toy fire truck                 |
| <input type="checkbox"/> 8"X11" pieces of light blue, light green,<br>bright green, dark blue, brown felt | <input type="checkbox"/> skein of yarn                  |
| <input type="checkbox"/> patterns 1-25  | <input type="checkbox"/> newspaper scraps               |
| <input type="checkbox"/> card board box   | <input type="checkbox"/> cellophane tape                |
| <input type="checkbox"/> construction paper: blue, yellow, green  | <input type="checkbox"/> shoe box (1 per child)         |
| <input type="checkbox"/> paper bag  | <input type="checkbox"/> 3 heavy objects for bases      |
|   | <input type="checkbox"/> craft sticks                   |

### Preparation:

1. *Introduction Item:*
  - a. Make copies of patterns 1-5. Cut out patterns. Trace onto felt of designated colors. Cut out. Lake and tree trunks may be glued onto light blue felt background, but the tree tops and bushes must be free to hide the man behind.
  - b. Cut out the paper man (pattern #6)
  - c. Mount the background onto the flannel graph so the children can see it.
2. *Scripture Activity:*
  - a. Write memory verse on poster board strip.
  - b. Cut yarn pieces.
  - c. Cut out pattern #16, and trace onto construction paper. You'll need one balloon of each color per child. Write "Faith" on one balloon, "Hope" on one balloon, and "Charity" on one balloon. Each balloon requires a front and back piece that will be stapled together except at the bottom.
  - d. Staple the front/back pieces together along the edges.
  - e. Cut up newspaper scraps.
3. *Story:*
  - a. Paint the inside of the box if desired. With the box laying on one of its sides, paint the top, 2 sides and back blue. Paint the floor green.
  - b. Trace patterns #7 & 8 onto designated colors of construction paper. Cut out and glue the trees together. Then glue trees around the inside of the box on the 3 sides. One tree should be backed with poster board, bent on the fold line and glued, taped or stapled to the floor of the box. Do the same with the bushes. Glue the lake to the floor.
  - c. Cut slots in the box: one on the right front, 8" long; one 6" slot in the lake; and one 10" slot behind the tree and bushes
  - d. Make copies of patterns 11-15. Color the figures. Cut out and glue onto poster board. Glue a craft stick onto the back so that most of the stick is below the figure as a handle for the stick puppets.
4. *Review Activity:*
  - a. Make a copy of game board. Glue it onto poster board. Color

- b. Using game piece pattern "18 trace and cut out 9 game pieces from green construction paper.
- c. If the game is going to be held up, put rolled tape on the back sides of the game pieces.

5. *Craft:*

- a. Cut light blue construction paper to fit 3 sides and bottom of each shoe box. Glue in. Cut green construction paper to fit the remains side. This will be the ground of the diorama.
- b. Using patterns #19-23 cut out 6 trees, a sun, 2 bushes, and a lake for each child.
- c. Using patterns #24-25, cut out of poster board one of each for every child.

6. *Outside Activity:*

- a. Cut out statements 1-10 and put them in a bag.

*Introduction Activity:*

What do you see? Yes, there are trees, bushes and a lake. It is a forest. It would be a good place to play "hide and seek" wouldn't it? It would be a good place for a man to hide if a bad king was chasing him

*Hold up the man*

Close your eyes while I hide him in the forest.

*Choose one child at a time to guess where the man is hidden. The child who guesses correctly can hide it while the children close their eyes. Do it several times until every child has a chance to guess and hide the man. It could also be played during free play with those who want to play more.*

*Story:*

Do you remember the story how God sent Abinadi to tell the people to repent and to teach them about Jesus? King Noah had his priest kill Abinadi, but there was one of King Noah's priests who would not help.

*Put Alma, #11, up through front slot*

His name was Alma. Alma was a young man. He had listened to Abinadi's words and knew what Abinadi said was true. He didn't want Abinadi to be killed and he had begged King Noah to let Abinadi go. This had made King Noah mad at Alma, too. Alma ran away and the king sent his men to kill him.

*Move Alma to slot behind tree*

Alma had to run away and hide. He hid so well that they could not find him. Alma wrote down all of the words he had heard Abinadi speak. He wanted to teach other people God's words

*Move Alma out from behind the tree; add the people #12, to the front slot*

Alma had to be very careful when he talked to people about Jesus. King Noah didn't want the people to believe the words Abinadi had spoken. He would be very angry if he found Alma teaching the people. King Noah would try to kill him again. But young Alma was brave like Abinadi. He believed that the truth about Jesus was so special, so wonderful, that he would teach anyone who would listen. He did not go to the busy places to teach them, but talked to them in secret, away from where King Noah might find him.

Many of the people believed Alma. They wanted to know more about Jesus. It would be many years before Jesus would be born on the earth, but the people still had faith in God's promise to send his son. They had not seen Jesus; they had not heard his voice or seen the wonderful things he would do. They believed in him even though they could not touch him. They had faith. It is easy to believe there is a chair there, because we can see it. Even if you had your eyes closed and could not see it; I could let you feel it and sit in it. We can use it. We know it is here. It does not take faith to believe the chair is in the room. It takes faith, though, to believe in Jesus and God.

Alma had a lot of faith. Many of the people who had faith gathered with Alma at his hiding place. It was called Mormon. There were some trees where Alma could hide himself in the day time and there was clean water nearby. Alma taught the people more about Jesus. The people were sorry about the bad things they had done. They repented. They wanted to be baptized. If they were baptized, they would be showing God that they would keep his rules everyday, wherever they were. They would try to do all the good things they were taught. They would be part of Jesus' church.

Alma was one of God's special helpers. He was a priest and God had given him power to baptize people. The people were so happy to hear that Alma would baptize them that they clapped their hands with joy! How would you clap your hands if you were very happy? Show me...

*Take out Alma and people; insert Alma baptizing #13, into slot.*

God had also given Alma power to pick other men to be priests. They would also have God's power to teach and baptize the people. Now he would have men to help him. Each priest would teach 50 people. They would teach the people to repent and to have faith in Jesus.

*Remove Alma (#11) and people (#12) and add King Noah (#14) and spy (#15) in front slot.*

The people lived in peace in the beautiful forest at Mormon. They were happy and sang songs to God. They had tried hard to keep King Noah from finding out where they were, but it was hard to hide so many people. King Noah heard about the people and sent spies to find them. The spies found the people: and when King Noah knew where they were, he sent his army to kill them, But when the army got to Mormon, there was no one there! 450 people had disappeared! How surprised King Noah must have been! Where had the people gone?

*Remove the figures and leave the forest empty.*

What King Noah and his army didn't understand was that our God is stronger than any army and smarter than any king. God had warned Alma about the army coming. They had packed up their tents, families, sheep and grain and traveled into the wilderness. God made them strong so they could stay ahead of the army. For 8 days they traveled further away from Mormon. They came to a beautiful place, set up their tents and worked hard to make building and farms. God blessed them because they loved and obeyed him. He saved them from King Noah and his army. Alma loved God. He obeyed God - even when it was dangerous. He was a good leader and teacher and the people loved him. Alma was a hero for God.

### Discussion:

If we need to get up early, what do we use?... Yes, we use an alarm clock

*Show clock, Let children hear the alarm.*

If we have a fire in our home, what would warn us?... Yes, a smoke alarm.

*Show them and set off the alarm using the match.*

How does a fireman warn us that the fire engine is coming does the road fast?

*Show the fire engine*

Yes, we hear its loud siren and horn. When we hear our alarm clock go off, we should get up. When we hear the smoke alarm go off, we should get out of the house. When we see the fire engine's flashing lights and hear its siren, we should get out of its way. It is important to obey warnings.

God also warns us. Some people are spoken to by God to warn them of danger, like Alma in today's story. God warns some people by giving them dreams. And sometimes he warns us by giving us a thought in our mind to be careful. Some people call that God's "still small voice" because we may not hear His voice like you hear mine now. If we have faith in God, like Alma and people, we will listen and obey the warnings from God. Have you ever been warned by God of danger?... What did you do?...

*Share a personal testimony, if you have one, or use the testimony provided.*

**Can you think of any time in the Bible or Book of Mormon when God warned his people?**

*Lehi to leave Jerusalem; Joseph to take Mary and Jesus into Egypt, giving Pharaoh the dream that Joseph interpreted to store up grain. Noah to build an ark.*

**If we are warned by God of danger or of making a bad choice, we must be quick to obey.**

*Scripture Activity:*

1. Give each child 3 balloons, one of each color.
2. They should wad up newspaper scraps and stuff the balloons with the paper to make them puffy.
3. Staple the bottom sheet and staple on a string to the bottom of each balloon. Tie the 3 strings together at the end. Also staple the 3 balloons together.

*Review Activity:*

**Do you remember in today's story how the people had to hide?**

*Show them the game board.*

**See the men in the trees. They are not hidden very well, are they? We need to cover them, so they can die in the trees from King Noah. Every time we remember something about today's story, we'll put a tree over a person.**

*Questions:*

1. **Who had to run away from the bad king and hide?** *Alma*
2. **Where did Alma hide?** *In the woods of Mormon*
3. **Was there a lake in the woods?** *Yes*
4. **Alma told people about God. He told them God would send his son. Who is God's son?** *Jesus*

5. The people were happy in the woods. They listened to Alma's words. They sang songs to God. Alma said they could be baptized. What did they do to show how happy they were?  
*Clapped their hands*
6. The people were baptized in the waters of Mormon. How did Alma baptize them?  
*Alma put them completely under the water and back up again, after he prayed*
7. King Noah sent spies to find Alma and the people. He sent his army. Did they catch Alma and the people?  
*No*
8. Who warned Alma to run away?  
*God*
9. What book can I find the story of Alma in?  
*Book of Mormon*

### Craft:

1. Explain that they are going to make a story box like you used to tell the story.
2. Have the children glue on the lake in the middle of the green. Remind them that Alma baptized people.
3. Have them glue the sin in the "sky"
4. Have them glue trees to the sides of the box
5. Let them glue on pebbles, brass, twigs, etc.
6. Give each child one of #24 and #25. Put their initials on the back of each in case they get separated from their boxes.

### Outside Activity:

#### Tree Tag

1. If play area has trees in close distance of each other, use them as safe bases. If not, use three heavy objects scattered in play area as "trees"
2. Pick one child to be the spy. Have the other children run from tree to tree without getting caught. If the spy catches one of the children, the captured child helps the spy capture the other children until they are all caught.
3. **Second Version:** When the spy captures a child, he takes the child to "King Noah" (the teacher) to stay until he catches the remaining children.

### Clapping Hands

Remember when the people were so happy about being baptized that they clapped their hands? I have a bag of 10 pieces of paper in it. Some of the sentences would make us happy. Some of them would makes us sad, if they were true. If the one I read would make you sad, I want to see great big frowns. If what I read would make you happy, clap as loud as you can.

### Clapping Hands Game Questions:

1. *Jesus will come someday.*
2. *Someday you may be baptized*
3. *I have many friends at church*
4. *I can sing a song about Jesus*
5. *I played with my friend and we didn't fight.*
6. *God can make us will if we are sick*
7. *I fell sick because I ate too much candy*
8. *I teased my friends and she cried.*
9. *I don't get to go to church this week.*
10. *My crayon broke.*



*Testimony from Apostle Jay Moser*

This testimony has come from an occurrence that happened to me when I was in high school in a small town near Houston, Texas. I had just purchased a motorcycle to ride back and forth to school. My friend and I were out riding around near the town in a new subdivision. The streets were new and they were still clearing away the forest area to put in new homes. The community was to be one of those with a gold course in it.

We were driving down one of the new roads, when we both decided to turn right into the subdivisions. The road was one of those circle drives in which there is only one way to enter and exit. We drove in and turned right again and headed around the circle. About half the way around the circle I had a compelling desire to turn around and go back the way we came. I stopped the motorcycle and turned it around and began riding back, when my friend rode past with a puzzled look on his face and said "what are you doing?" I said, "I don't know, I'm just going to go back." He shook his head and turned around and followed me.

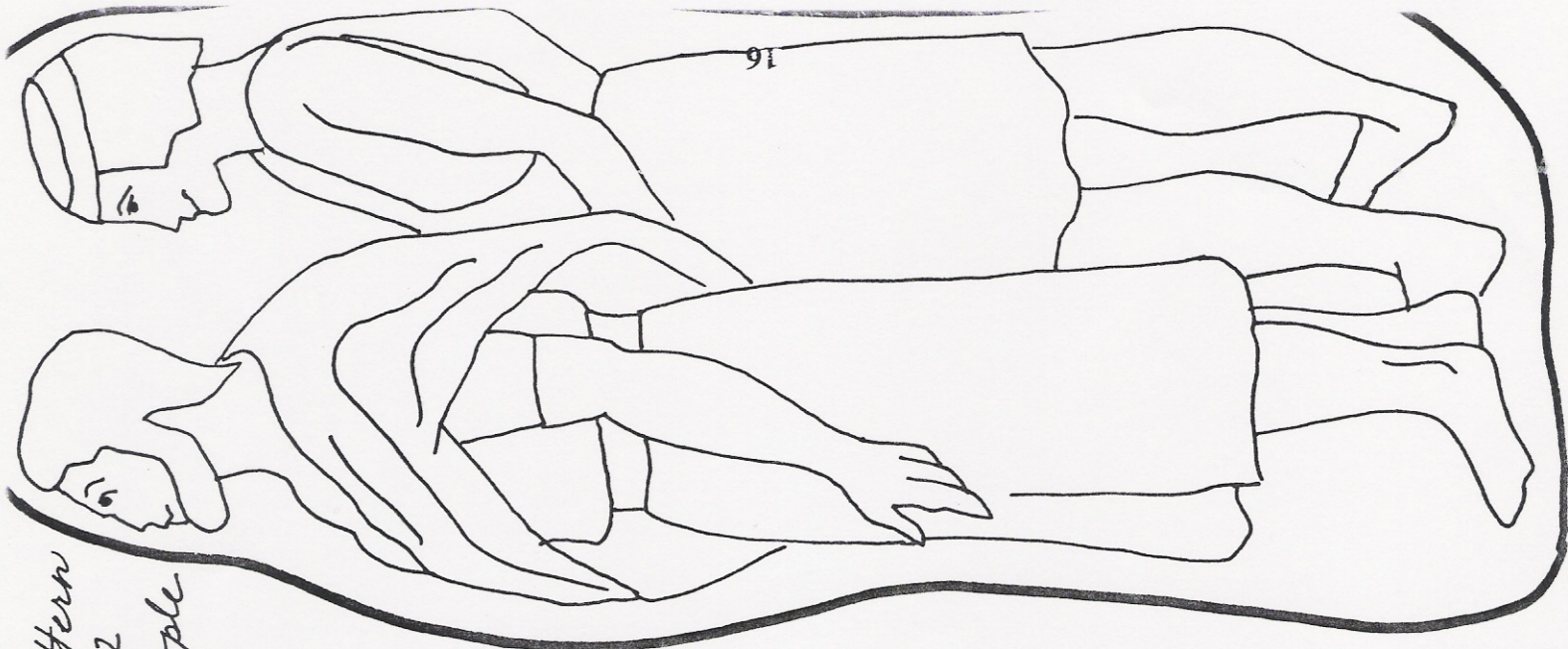
When we had gone about half the distance back to the entrance, my friends yelled at me to look to the right. I looked and saw a young man running across the area in the middle of the circle drive with a long piece of wood in his hands. He was shouting something at the top of his lungs, but I could not understand what he was saying. I could tell that he was mad at us for some reason and wanted to do us harm.

If we had continued around that drive the way we were headed, I'm sure that we would have been seriously hurt by this man. We probably would have been knocked off our motorbikes and beaten with that board that he had in his hand. I believe that "still small voice" told me to turn around and go the other way to keep from being injured or even killed. I cannot prove that, but I had no reason for stopping and turning around that day. I only stopped because it seemed like an excellent idea at the time.

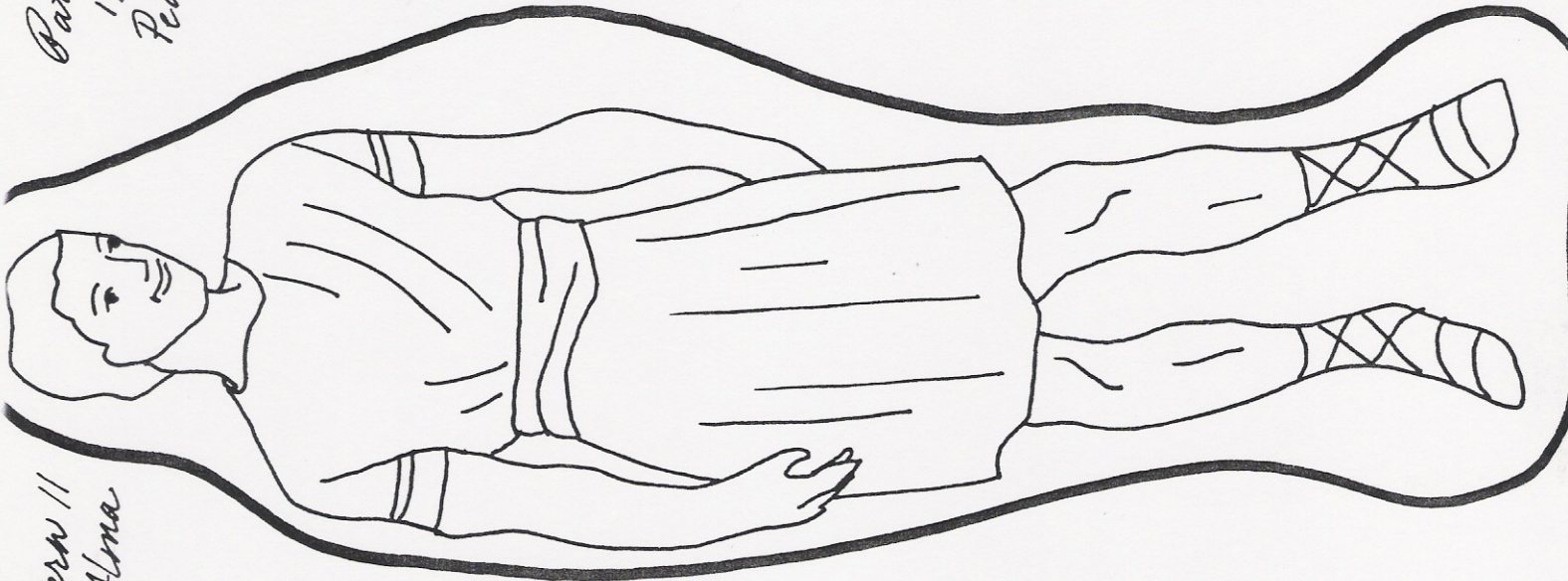
I give God the credit and thanks for preserving me that day and everyday since. I know that he loves His children and watches over them and cares for them as a father does for his children.

Your brother in Christ,

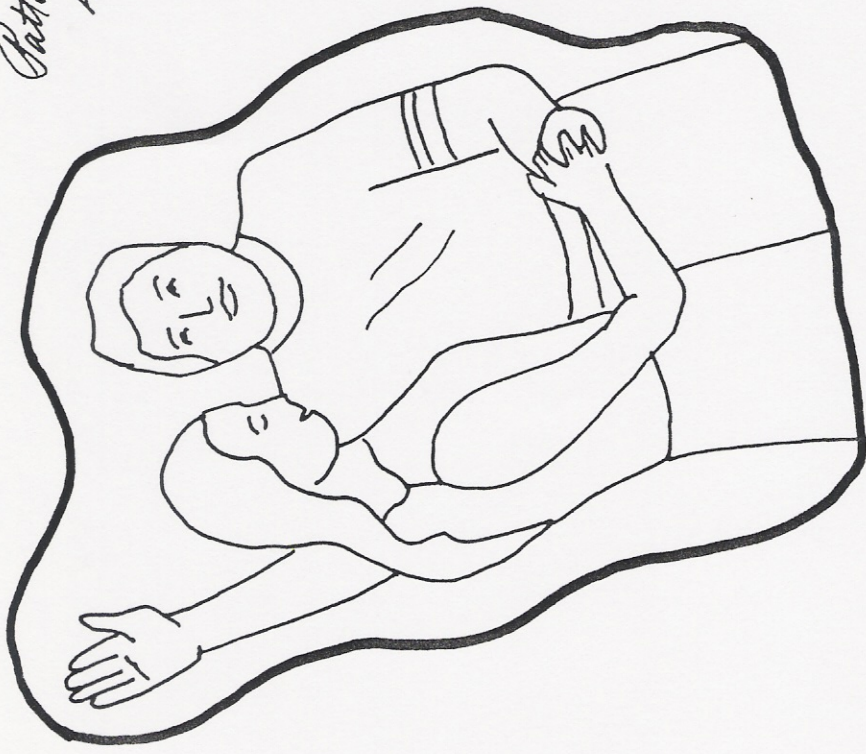
Jay Moser (4-4-98)



Pattern  
12  
People



Pattern 11  
Alma



Pattern 13  
Alma baptizing

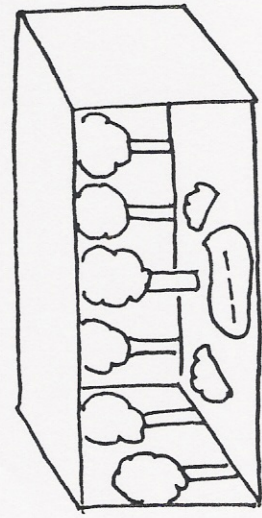


Illustration of  
diorama