

Foreword

I learned so much while doing this project. It's in the format of a children's book and the descriptions and lessons from the characters are simplified, but the values taught are applicable to everyone. While reading this book it may be easy to over-glorify the people it describes as larger-than-life figures that are completely removed from you and me. And they are incredible! But they are also real. The Lord has only ever had imperfect people to work with. The purpose of highlighting these people in the Book of Mormon is to show how much God was able to do with them! While I was searching the Book of Mormon for information on these incredible people, I had to stop every so often and remember that these were real people and these things really happened! I encourage you to do the same as you read this. These imperfect people allowed themselves to be instruments in God's hands. I called them "heroes" and not just "characters" because their actions point me to the ultimate Hero, the One who saved us all. The saving power of His Atonement is in reach of all who will reach out to Him. As the lives of these characters show, "his hand is stretched out still." Enjoy!

A is for Abinadi

"...I say unto you, I will not recall the words which I have spoken unto you concerning this people, for they are true; and that ye may know of their surety I have suffered myself that I have fallen into your hands. Yea and I will suffer even until death, and I will not recall my words, and they shall stand as a testimony against you. And if ye slay me ye will shed innocent blood and this is a testament unto you at the last day." Mosiah 17:9-10

Abinadi was committed to following God and sharing the truth. God commanded him to prophesy to the people of the wicked King Noah and tell them to repent. They were really angry and tried to kill him, but he escaped and returned to the city. This time he was put in prison and questioned before the wicked King and his priests. They wouldn't listen and even tried to hurt him, but his face shone, and God protected him until he was done preaching. He used their questioning to teach them powerfully about Christ, the Ten Commandments, and the resurrection. King Noah feared him because of the power of his words and said he would let him go if he took back what he said, but Abinadi was faithful and true. He could never deny the word of God and was killed for it. His words weren't wasted, they inspired Alma (one of Noah's priests) to repent, teach others, establish the church.

How can I be like Abinadi?

Abinadi was true at all times and was never afraid to share the gospel. You can be a hero like Abinadi by sharing with your friends what you believe and not being afraid to be yourself. You never know what effect you can have on others, think about what happened with Alma!

B is for the Brother of Jared

"And there were many whose faith was so exceedingly strong, even before Christ came, who could not be kept within the veil, but truly saw with their eyes the things which they had beheld with an eye of faith, and they were glad. And behold, we have seen in this record that one of these was the brother of Jared; for so great was his faith in God, that when God put

forth his finger he could not hide it from the sight of the brother of Jared, because of his word which he had spoken unto him, which word he had obtained by faith” Ether 12:19–20

The brother of Jared constantly relied on the Lord. When everyone’s language was being changed, he prayed for help so his family would be able to understand one another and then asked God where to go. God asked him to build eight boats in a way he had never seen before and didn’t seem to make sense. There was no light or air in the boats but with faith he asked God how to get light and air. God directed him how to get air but then asked him to figure out himself how to get light. With trust in God the brother of Jared made 16 stones and asked the Lord to touch them, knowing He could make them glow with His finger. The Lord praised him for his faith, and after He showed him His finger showed him His whole body. The Lord showed him other great things because of his faith. When he journeyed to the Promised Land on rough waters, he praised God the whole time and arrived there safely with his family.

How can I be like the brother of Jared?

The brother of Jared always turned to God for help. His experience shows that sometimes God tells you exactly what to do and sometimes you have to figure it out for yourself first. Next time you need guidance, or don’t know what to do, turn to God in prayer and then do what He says. He wants to help!

C is for Captain Moroni

“And Moroni was a strong and a mighty man; he was a man of a perfect understanding; yea, a man that did not delight in bloodshed; a man whose soul did joy in the liberty and the freedom of his country, and his brethren from bondage and slavery; . . . Yea, verily, verily I say unto you, if all men had been, and were, and ever would be like unto Moroni, behold, the very powers of hell would have been shaken forever; yea, the devil would never have power over the hearts of the children of men” Alma 48:11&17

Captain Moroni was bold in defending his religion and his family. He became the Chief Captain over the Nephite armies when he was only twenty-five. He prepared his soldiers and strengthened Nephite cities well so they would be best prepared for battle. Even though he was constantly in battle, he said that he didn’t like war, he only wanted freedom of religion and peace. When those freedoms were tested by Amalikhiah and the king-men, he put on his armor, tore his coat, and wrote the title of liberty. He then rode around to gather those who also loved liberty to get rid of the king-men. This group made a promise with God to maintain peace and was successful in driving Amalikhiah’s followers away. Captain Moroni continued to lead several battles and won a lot of them, but he always gave the credit to God.

How can I be like Captain Moroni?

Captain Moroni was always ready to fight for a good cause, but he was also prepared. His armored men and fortified cities helped him greatly to win the battles he and his men won. Even when they weren’t at war, Moroni prepared. He was strong physically and spiritually. Like him you can prepare spiritually for trials and difficulties in your life by reading scriptures, praying, and doing other things that will bring you close to God, so you’ll be spiritually strong to face battles in your life.

D is for Daughter of Lamanite visionary, aka. Abish

“ Thus, having been converted to the Lord, and never having made it known, therefore, when she saw that all the servants of Lamoni had fallen to the earth, and also her mistress, the queen, and the king, and Ammon lay prostrate upon the earth, she knew that it was the power of God; and supposing that this opportunity, by making known unto the people what had happened among them, that by beholding this scene it would cause them to believe in the power of God, therefore she ran forth from house to house, making it known unto the people.” Alma 19:17

Abish lived in a kingdom where no one shared her beliefs. She was a servant to King Lamoni who had been converted to the gospel because of a vision her father had. When Lamoni and his household fell to the ground, overcome with the spirit she ran from house to house trying to gather everyone so they would believe in God. But when everyone had gathered to see the king and his household and Ammon on the ground, they argued and accused Ammon of hurting them. Troubled, Abish went to the Queen and raised her from the ground. The Queen raised up everyone else and they glorified God and led many people to believe.

How can I be like Abish?

It's easy to overlook how a great role model Abish was. She remained faithful to the gospel even though most of the people around her didn't believe the same. When she got the chance to share it, she RAN to get everyone. Even when those around you don't share your beliefs you can remain faithful and when you get the chance, be excited to share it!

E is for Enos

“And after I, Enos, had heard these words, my faith began to be unshaken in the Lord; and I prayed unto him with many long strugglings for my brethren, the Lamanites. And it came to pass that after I had prayed and labored with all diligence, the Lord said unto me: I will grant unto thee according to thy desires because of thy faith” Enos 1:11&12

Even though he had a righteous father, Enos had not been righteous in his life. He had made a lot of mistakes. One day when he was hunting in the forest, he remembered his father's words about the joy of people who followed God. He wanted that joy, so he prayed for forgiveness of his sins all day and all night. God forgave all his sins because of his faith. Amazed, Enos prayed for his people, the Nephites, and God told him that they would be blessed if they were obedient. After that, he prayed for his enemies, the Lamanites. The Lamanites were terrible to them, but he prayed for them. God promised that they would one day be saved through the Nephite record. Enos' desires were granted to him because of his faith in Christ. The rest of his life he preached to the Nephites and the Lamanites.

How can I be like Enos?

Enos can a lot about prayer and compassion. His people were constantly at war with the Lamanites, but he still wanted to pray for them. He knew that even though they were always fighting, the Lamanites were still children of God and he wanted them to be happy. You can do

the same with people you don't get along with. Praying for others, especially those we fight with, brings us closer to being like Enos, and ultimately like Christ.

F is for Father Lehi

"And it had come to pass that my father spake unto her, saying: I know that I am a visionary man; for if I had not seen the things of God in a vision I should not have known the goodness of God, but had tarried at Jerusalem, and had perished with my brethren. But behold, I have obtained a land of promise, in the which things I do rejoice; yea, and I know that the Lord will deliver my sons out of the hands of Laban, and bring them down again unto us in the wilderness" 1 Nephi 5:4-5

The first thing we know about Lehi was that he was a good parent to Nephi. We also know that he was rich and successful in Jerusalem but saw how wicked it had become. He prayed for his people and preached to them, but they wouldn't listen and wanted to kill him. God told him to leave Jerusalem with his family, and he obeyed even though it meant leaving his possessions and his home. While in the wilderness he taught his children to keep the commandments, searched the scriptures, and saw visions. The most miraculous of his visions was the vision of the tree of life which teaches us about our purpose in life and where to focus our priorities. He was a great example to his children and grandchildren of faith and trust in the Lord and told them often who to follow and where to put their trust.

How can I be like Lehi?

Lehi treasured the scriptures. When his sons got them from Laban, he searched them and taught his children the things he learned from them. He and his family were glad to have the scriptures with them so they could know the commandments of God and pass them on to others. You can also give thanks for the scriptures by reading them often and seeing what you can learn from them.

G is for Gideon

"...but the man withstood him, admonishing him with the words of God. Now the name of the man was Gideon; and it was he who was an instrument in the hands of God in delivering the people of Limhi out of bondage" -Alma 1:7-8

In the Book of Mormon Gideon made history multiple times. Once was when he was young and realized the wickedness of King Noah, he fought with him and almost slew him but had to flee because of an invading Lamanite army. Later, he became the captain of the army under King Limhi, (Noah's successor) and stopped a war with the Lamanites by figuring out what truly happened to their daughters. After that he came up with the plan that, with God's help, allowed the people of Limhi to escape slavery from the Lamanites. Finally, when he was very old he refused to let Nehor spread untrue teachings. He told Nehor what he was saying was wrong and Nehor killed him because he challenged his words. Gideon was someone who served God his whole life and even gave up his life defending his faith.

How can I be like Gideon?

Gideon was wise. He didn't fight with King Noah or the Lamanites unnecessarily and helped his people escape with God's help. You can be wise like Gideon by thinking through problems you have and relying on God for help.

H is for Helaman (son of Alma)

“And Helaman said unto him: Yea, I believe. And Alma said again: Believest thou in Jesus Christ, who shall come? And he said: Yea, I believe all the words which thou hast spoken. And Alma said unto him again: Will ye keep my commandments? And he said: Yea, I will keep thy commandments with all my heart. Then Alma said unto him: Blessed art thou; and the Lord shall prosper thee in this land.” - Alma 45: 3-8

Helaman, like many of the heroes in the Book of Mormon, served lots of roles throughout his life. After his father died, he preached to the people and was given the responsibility of keeping the records. He and his brothers established a church in their land but people grew proud and wouldn't listen. When war broke out he faithfully led the 2000 sons of the Ammonites into battle after persuading their parents to not break their oath with God. He served well in times of war sometimes without food and supplies. When he returned from war he established peace and preached and baptized with his brothers for the rest of his life.

How can I be like Helaman?

Helaman showed how to properly fulfill responsibilities that we are given. He served as priest, record-keeper, and military commander all to the best of his ability and remained true to God the whole time. You too can be like Helaman by faithfully serving in your callings in life. God knows what you're capable of and might ask a lot of you at times, (think of Helaman fighting with no food!) but he will help you.

I is for Ishmael

“And it came to pass that the Lord did soften the heart of Ishmael, and also his household, insomuch that they took their journey with us down into the wilderness to the tent of our father” - 1 Nephi 7:5

We don't know a lot about Ishmael. What we do know is that he allowed his heart to be softened to listen to Lehi's sons and trust that their journey to the promised land was of God. The Book of Mormon also says that Ishmael gave thanks when they reached the tent of Lehi. Of all the things he could have done after trudging through the wilderness and leaving his home, he gave thanks to God. Ishmael never had a vision or heard a voice, but he chose to have faith and do what he believed was God's will.

How can I be like Ishmael?

Like Ishmael you can choose have your heart softened by the Lord. What does that mean? It means being humble and following God even if it doesn't make sense in your head or you don't want to at first. It means trusting God more than anyone else. It's hard at first and takes practice, but it gets easier.

J is for Jesus Christ

“Therefore, whoso repenteth and cometh unto me as a little child, him will I receive, for of such is the kingdom of God. Behold, for such have I laid down my life, and have taken it up again; therefore repent, and come unto me ye ends of the earth, and be saved” - 3 Nephi 9:22

There are not enough words to explain how Christ is a hero. He became a hero even before He was born, promising to be our Savior on earth. He promised to take upon Him all of our sins and afflictions on earth so we could have the opportunity to repent and return to live with God again. He explained important gospel principles and showed how to live them. While He was on earth, both with New Testament and Book of Mormon peoples, He taught us how to live perfectly. He taught us how to pray, He taught us to serve others, He taught us to be selfless, charitable, obedient, honest, virtuous, patient, holy, humble, and how to get back to heaven. When He was on earth, He healed people physically and spiritually, and raised people from the dead. He literally saved people and still does when we turn to Him and try with all our hearts, minds, might, and strength to be like Him. He loves everyone perfectly and wants us to live with Him again.

How can I be like Christ?

Christ was perfect. We are all trying our whole lives to be like Him. On earth we simply can't ever get to His level of perfection. But that's okay! All He and Heavenly Father want is for us to keep on trying. That means loving our neighbor, being obedient, trusting God, and relying on Him through every step of our lives. Then when our life on earth is over, we will eventually get to be perfect like Him!

K is for King Benjamin

“For behold, king Benjamin was a holy man, and he did reign over his people in righteousness; and there were many holy men in the land, and they did speak the word of God with power and with authority: and they did use much sharpness because of the stiffneckedness of the people- Wherefore, with the help of these, king Benjamin, by laboring with all the might of his body and the faculty of his whole soul, and also the prophets, did once more establish peace in the land” - Words of Mormon 1: 17-18

King Benjamin is best known for his speech to his people on the tower, but he did lots of other things besides that! He and other holy men brought peace to the land of Zarahemla after there were a lot of false prophets and contention and taught the people to keep the commandments. He also served the people and worked with his own hands, so he didn't have to tax the people. As a father he taught his boys about the scriptures and that they were true. Near the end of his life he gathered all the people in his lands and preached to them. He taught about Christ and His atonement, serving their fellow man, and taught them to keep the commandments. Once he was finished the people believed all his words, rejoiced, and promised with God to be obedient to His commands for their whole lives.

How can I be like King Benjamin?

Not only in his speech but throughout his life King Benjamin taught service. He showed that no one is better than anyone else (even the King!) and that we are “all beggars” before God. You can be like King Benjamin by looking for people around you who need help and doing what you can to help them. It can be as big as helping someone move or as small as smiling at someone.

L is for Lamoni

“But Lamoni said unto him: I will not slay Ammon, neither will I return to the land of Ishmael, but I go to the Land of Middoni that I may release the brethren of Ammon, for I know that they are just men and holy prophets of the true God.” - Alma 20: 15

Before Lamoni knew about the gospel he made a lot of mistakes and treated his servants badly. He was merciful to Ammon, however, because even though he was a Nephite he let him live and watch over his flocks. After Ammon miraculously defended the flocks from several Lamanites, Lamoni wanted to know how he had so much power. Ammon taught him the gospel and Lamoni believed all his words. Immediately he prayed for mercy, fell to the earth, and woke up praising God. He taught the people Ammon's words and those who believed were baptized and a church was established in his Kingdom. Later he wanted Ammon to come with him to teach his father but instead went with Ammon to release Ammon's brothers in Middoni. On the way he met his father who disapproved of him being with the Nephite and told him to kill Ammon and return with him to Ishmael. But he wouldn't. His father's heart was softened and ended up learning about the gospel because of it.

How can I be like Lamoni?

Lamoni was eager to learn and willing to change to hear the gospel. Similarly, you can be willing to change as you learn more about the gospel at church and while you read your scriptures. It can change your whole life and make you into a better person like it did with Lamoni.

M is for Moroni

"And I exhort you to remember these things; for the time speedily cometh that ye shall know that I lie not, for ye shall see me at the bar of God; and the Lord God will say unto you: Did I not declare my words unto you, which were written by this man, like as one crying from the dead, yea, even as one speaking out of the dust?" - Moroni 10:27

Moroni was the last of the Nephites and was left in charge of the plates by his father Mormon. He added the record of the Jaredites and added his own thoughts. He also finished the record of his father and added important teachings about ordinances, child baptism, and faith, hope, and charity. He worried that because he wasn't good at writing people would make fun of his words, but God taught him that the Lord makes weak things strong to those who come unto Him. He finished by inviting the readers of the Book of Mormon (that's us!) that if they ask God sincerely, He will let them know that the Book of Mormon is true.

How can I be like Moroni?

Moroni didn't let his self-doubts about his abilities keep him from doing what God asked him to. Like him, you can do things that seem hard or even impossible at first. All of God's children have weaknesses. If you turn to Him, God can make those weaknesses a strength for you.

N is for Nephi

"Nevertheless, I did look unto my God, and I did praise him all the day long; and I did not murmur against the Lord because of mine afflictions" - 1 Nephi 18:16

Nephi was asked to do a lot of hard things in his life. When his dad told him that they had to leave Jerusalem instead of complaining like his brothers he prayed to know if leaving was right. God told him that it was. Later when he and his brothers had to go back to Jerusalem to get the plates he didn't complain, he was confident that if God asked them to do it, they could get the plates. Later because of his faith and humble prayer God let him see great things and he taught them to his family. He constantly encouraged his brothers to have faith even when things were hard. He broke his bow in the wilderness and everyone around him complained

but him. He relied on God, made a new bow and was able to get food for his family by asking his father to ask God where to hunt. He was told to build a boat and then was tied to the boat on rough seas by his brothers, but he praised God and never complained. Eventually he got to the promised land with his family and was asked to do another hard thing and leave his wicked older brothers. He went through a lot of trials but remained obedient.

How can I be like Nephi?

A main theme in Nephi's life was that God asked a lot of him, but he never complained. When you complain about hard things you have to do, it makes you feel upset and doesn't help you get it done. Next time you are asked to do something hard, especially when it is from God, be like Nephi and be willing to do it without complaints.

O is the Other sons of Mosiah

"Now they were desirous that salvation should be declared to every creature...And thus did the Spirit of the Lord work upon them, for they were the very vilest of sinners. And the Lord saw fit in his infinite mercy to spare them" - Mosiah 28:3-4

The sons of Mosiah went from leading people away from the church to being missionaries! Ammon, Aaron, Omner, and Himni were sons of the righteous king and went around telling the people not to believe in God with Alma the Younger. After they saw an angel, they completely turned their life around and wanted to share the gospel with everyone. All four of them refused to be King and instead wanted to preach to the Lamanites, which was very dangerous. They ended up preaching to the Lamanites for fourteen years! Ammon went to Ishmael and helped convert King Lamoni and his household and set up a church there. Aaron went with his brethren to Jerusalem and Middoni where they were mocked, put in prison and treated badly. They were released by Ammon and kept on preaching! They went on to preach to Lamoni's father who was converted and declared religious freedom for all the Lamanite lands. Thousands were converted. In seven cities people were converted, put down their weapons, and called themselves Anti-Nephi-Lehis. They were hard-working, faithful people. The brothers eventually met Alma the Younger again and were happy because of their success.

How can I be like the sons of Mosiah?

The sons of Mosiah loved the people they taught and were willing to give up lots of things to share the gospel. You can be like them by loving everyone, people will be interested to know what you believe if you first care about them.

P is for Pahoran

"And now, in your epistle you have censured me, but it mattereth not; I am not angry, but do rejoice in the greatness of your heart. I, Pahoran, do not seek for power, save only to retain my judgement-seat that I may preserve the rights and the liberty of my people. My soul standeth fast in that liberty in the which God hath made us free" -Alma 61:9

Pahoran was the Chief Judge of the Nephites during a very scary time. While he ruled the Nephites were fighting with the Lamanites and with each other. At one point rebel Nephites drove him away from his seat and he wasn't able to send food and supplies to the Nephite soldiers defending them from the Lamanites. The soldiers didn't know this so Captain Moroni (who was leading these soldiers) sent him an angry letter. Instead of getting angry or offended,

Pahoran calmly asked Captain Moroni for help to take care of the rebels. They won miraculously without losing a single man.

How can I be like Pahoran?

Sometimes people around us get angry and say things they don't mean. You can choose to get angry too and be mean back or you can do what Pahoran did and be calm and not easily offended. It's hard to choose not to be offended but it'll feel a lot better than staying mad.

Q is for Queen of Ishmael

"And Ammon said unto her: Believest thou this? And she said unto him: I have had no witness save thy word, and the word of our servants; nevertheless I believe that it shall be according as thou hast said. And Ammon said unto her: Blessed art thou because of thy exceeding faith; I say unto thee, woman, there has not been such great faith among all the people of the Nephites."-Alma 19:8-9

Lamoni's wife saw her husband lying down as if he was dead and called Ammon to tell her what was going on. Lots of people told her that the King was dead but she was smart enough not to believe them. Ammon told her that Lamoni would wake up the next day and even though she didn't have any proof except his and her servants' words she had faith and trusted him. She watched by her husband all night and was overcome with the spirit when he woke up in the morning. She praised God when she woke up and was converted.

How can I be like the Queen of Ishmael?

The Queen had a gift of faith and discernment. That means she knew who to listen to, (Ammon who spoke the words of God) and who not to listen to, (everyone else who wrongly said that Lamoni was dead). Sometimes things are confusing in this world, and it's hard to know who to listen to. You can be like the Queen by turning to gospel sources like the words of prophets and apostles, the scriptures, or to God in prayer when you have questions and have faith in their words.

R is for Righteous people of Alma

"And now it came to pass that the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord. And it came to pass that so great was their faith and their patience that the voice of the Lord came unto them again, saying: Be of good comfort, for on the morrow I will deliver you out of bondage" -Mosiah 24: 15-16

After Alma heard the words of Abinadi he believed them and went to teach them to people in the city. Lots of people that he taught believed and risked their lives meeting in secret to hear them and get baptized. The King and his priests didn't like people hearing the words of Abinadi and so the people were in danger. They had to travel for eight days into the wilderness to get away from King Noah and his men. When they escaped, they settled in a beautiful place called Helam and worked very hard to set up a city. Later the Lamanites found them, and they were forced to work for the Lamanites. The Lamanites were mean and made them do very hard work and then told them they couldn't pray for help, or they would kill them. But they continued to pray in their hearts and God made them able to do their work easily. God later helped them escape and get Zarahemla in safety.

How can I be like the people of Alma?

The people of Alma were righteous, faithful, and obedient, but that didn't keep them from having trials. They knew that bad things didn't happening to them didn't mean God was unhappy with them. They always turned to God for help. No matter what, everyone has to go through hard things. You can be like the people of Alma by remembering that God loves you no matter what is happening in your life.

S is for Samuel the Lamanite

"And it came to pass that they would not suffer that he should enter the city; therefore he went and got upon the wall thereof, and stretched forth his hand and cried with a loud voice, and prophesied unto the people whatsoever things the Lord put into his heart" -Helaman 13:4

Samuel was a Lamanite and was told by the Lord to preach to the Nephites in Zarahemla. The Nephites were wicked at that time and hated Lamanites, so that was a really tough task. They threw him out but the Lord told him to go back. So he went back! He stood on the wall of the city and continued preaching. He told them to repent and taught powerfully of Christ's coming and what He would do for us. He told them that he was preaching because the Lord loves them and wants them to do the right thing. Some people believed him and went to get baptized, but most were just angry and threw rocks and shot arrows at him. The spirit was with Samuel and miraculously none of the rocks or arrows hit him.

How can I be like Samuel?

Samuel was courageous. You can be courageous too by being willing to be different and stand out. It is courageous to live your standards no matter what others think knowing you are doing what makes you and your Father in Heaven happy.

T is for Three Nephite Disciples

"And again, ye shall not have pain while ye shall dwell in the flesh, neither sorrow save it be for the sins of the world; and all this will I do because of the thing which ye have desired of me, for ye have desired that ye might bring the souls of men unto me, while the world shall stand" -3 Nephi 28:9

When Christ visited the Nephites he chose 12 disciples to serve the people. Three of them were special because they wanted to stay alive on earth until He came again. They wanted to stay on earth so they could bring as many people to Christ as they could. Christ blessed them to not ever die or get hurt or even feel sad except when they feel bad for people not being righteous. It's recorded that they preached, baptized, and were put in prisons and pits but always escaped. They were put in furnaces three times and put in pits with wild animals twice but got out fine. They even played with the animals! The coolest thing about these guys is that they are *still* on the earth serving God will be until Christ comes.

How can I be like the Three Nephites?

All the Three Nephites want to do is share the Gospel. You can definitely do that! Look at the other pages, there are countless ways!

U is for Unwearied Lamanite Missionaries

“Yea, I say unto you, that the more part of them are doing this, and they are striving with unwearied diligence that they may bring the remainder of their brethren to the knowledge of the truth; therefore there are many who do add to their numbers daily” - Helaman 15:6

Yes! There were other Lamanite missionaries besides Samuel. When Samuel the Lamanite was preaching to the Nephites he talked about how there were other Lamanites who were converted to the gospel like him and wanted to share it with their friends. It's easy to forget about these people because they only show up in a couple of verses in Helaman. Samuel said they worked with “unwearied diligence” even though a lot of people were being wicked.

How can I be like those Lamanite Missionaries?

It's important to note that these missionaries were unwearied in the gospel once they heard it, while the Nephites had heard it all their lives and were still being super wicked. Just knowing the gospel isn't enough, you have to keep on living it. You can be like these missionaries by staying diligent and enduring to the end.

V is for Valiant Ammonite Sons

“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”-Alma 53:20

The Stripling Warriors were young men who went to fight for liberty because their parents (the Ammonites) had promised God not to shed blood. The scriptures say they were true at all times and obeyed orders with exactness. At one point in the war, they were being followed by the Lamanites who were being followed by Antipus and his men (who were Nephites). Later they turned back, and the Lamanites had stopped following them. They didn't know what happened but their captain Helaman told them that the Lamanites might have turned to fight with Antipus and he could be in trouble. The Warriors volunteered to go back and help Antipus and his men. Helaman said he had never seen such courage. They told Helaman that their mothers had taught them that if they didn't doubt God would deliver them. They believed and trusted their moms. They went to help and won the battle, and none of them died. They fought in other battles in Cumeni and Teomner and still were protected. Miraculously none of the stripling warriors died in the war.

How can I be like the Stripling Warriors?

The Stripling Warriors were all around great role models. One thing you can learn from them is that they listened to their moms. Your mom wants what's best for you and if you listen to her you can learn a lot.

W is for Wife of Lehi

“ And she spake, saying: Now I know of a surety that the Lord hath commanded my husband to flee into the wilderness; yea, and I also know of a surety that the Lord hath protected my sons, and delivered them out of the hands of Laban, and given them power whereby they could accomplish the thing which the Lord hath commanded them. And after this manner of language did she speak.”-1 Nephi 5:8

Sariah trusted Lehi and left with him to take her family into the wilderness. It was really hard for her when her sons had to go back to Jerusalem and get the brass plates from Laban, who could hurt them. At first she complained, telling Lehi that he shouldn't have sent them and doubting his visions and their purpose coming there. When they returned safely with the plates, she praised God and gained a testimony of their divinely appointed journey.

How can I be like Sariah?

Sariah learned to trust in God and gave thanks for her children coming home safe. How often do you thank God for your safety and the safety of your family. You can be like Sariah by turning to God and thanking Him for things you sometimes take for granted.

X is for E(x)iled Saints

“And it came to pass that Alma and Amulek, Amulek having forsaken all his gold, and silver and his precious things, which were in the land of Ammonihah, for the word of God, he being rejected by those who were once his friends and also by his father and his kindred” -Alma 15:16

When Alma the younger and Amulek preached in Ammonihah, many of the people who believed their words were put to death. The ones that weren't put to death were forced out of Ammonihah which was their home. They had to give up a lot for the gospel. Ammonihah was also Amulek's home, the verse above shows just how much he had to give up. He had money and friends and family that he had to leave behind because he believed. Fortunately, the people who were exiled found safety in the land of Sidom and Alma established a church for them.

How can I be like the saints from Ammonihah?

You might not have to give up everything like those saints did for their beliefs, but you can still remember why they did. Amulek and the other saints understood that money and popularity are not as important as living the gospel. You can be like them by remembering to put God first in your life.

Y is for Alma the (Y)ounger

“I know that which the Lord hath commanded me, and I glory in it. I do not glory of myself, but I glory in that which the Lord hath commanded me; yea, and this is my glory, that perhaps I may be an instrument in the hands of my God to bring some soul to repentance; and this is my joy” - Alma 29:9

Alma knew about the gospel growing up and rebelled against it. God was merciful to him and sent an angel to tell him to stop tearing down the church. He was knocked out for a while and repented. When he woke up, he was changed and wanted to tell everyone. He later became the High Priest and Chief Judge and was given charge of keeping the records. He saw how wicked the people were becoming and gave up his role as Judge so he could preach to them. He taught people in Zarahemla, Gideon, Melek, Ammonihah, Onidah, Jershon, and amongst the Zoramites. He taught about the coming of Christ, the fall, repentance, the plan of redemption, the priesthood, faith, reading scriptures, the spirit world, the restoration of the body and soul, the destruction of his people, and that God grants wisdom to all nations. He was also

miraculously freed from prison, set up churches, consecrated priests and teachers, and dealt with two anti-Christ preachers. God's mercy in saving him from the path he was on led him to completely re-focus his life and help others.

How can I be like Alma the Younger?

Once Alma had repented and turned to God, he didn't turn back to his old sins again. That is true repentance. You can be like Alma by truly repenting when you do something wrong and honestly promising to never do it again. That will set you on the right path to becoming better!

Z is for Zeezrom

"...Believest thou in the power of Christ unto salvation? And he answered and said: Yea, I believe according to thy words" - Alma 15:6-7

Zeezrom was a lawyer in Ammonihah where Amulek and Alma were preaching and tried to catch them in their words and get them to deny God for money. They caught him in all his lies and convinced him of the word of God. He started asking them questions about the gospel and trembled at their words. When they were done talking he told the people to listen to them, said he was wrong, and that they were innocent. The people in Ammonihah didn't listen to him and cast him out. He found refuge with the other exiled saints in Sidom and thought that Alma and Amulek had died because of the things he had done. He felt so guilty he got sick and nearly died. Alma and Amulek escaped prison and he called them to him. They asked him if he had faith to be healed and when he said he did they healed him and he became a missionary.

How can I be like Zeezrom?

Zeezrom became convinced of the truth of Alma and Amulek's words and defended them. He stood up for them in the crowd full of people who were rejecting them. You can be like Zeezrom by standing up for the right and defending those who need help. It didn't work out for Zeezrom at first, but that's all right, the Lord loves effort. Trying your best to do the right thing is all God expects. That's being a real hero.