

Hatch Patch Creations

Family Home Evening Made Easy

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Helaman & The Stripling Warriors Family Home Evening Packet

Large Graphics

Contents:

Story

Picture Sheets

Game

Scripture

Treat Recipe



\$3.50

Helaman & The Stripling Warriors

Family Home Evening Packet

Home Evening Outline

Opening Prayer
Opening Song
Scripture

Story
Game
Closing Song
Closing Prayer
Refreshments

Suggested Songs: "Army of Helaman", pg. 172 (Childrens)
"True to the Faith", pg. 254 (Hymn)
"Onward, Christian Soldiers", pg. 246 (Hymn)

Scriptures: Alma 53:20, Alma 57:20-21

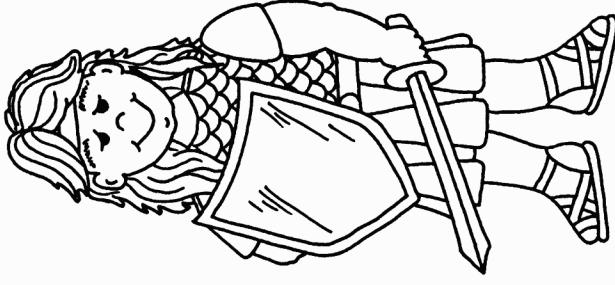
Story: Color graphics with markers, colored pencils, chalks, etc.
Use flannel, or laminate and cut out
and place magnets on back of graphics, etc.

Game: Color and then laminate game sheets side by side. Object - To be the team that ends the game with the most cities. Determine whether you want to set a time limit on the game or how many cities a team needs to take over in order to win the game. Also decide if a city, once it has been taken over, can be retaken by another team. The game will last a shorter time period if cities cannot be retaken. Place the pile of trivia cards face down to the side of the game board. Divide the family into two teams, the Nephites and the Lamanites. Each team should choose a city that they want to control by placing one of their team medallions on the city they have chosen. This will be the spot on the board that the team will begin moving from, going in any direction they wish. Determine which team will go first and have that team roll the die. In order to take over a city, a team must land directly on the city they wish to take over and then answer a trivia question correctly. If the question is answered correctly, the team can place a medallion on that city. If the question is answered incorrectly it becomes the other teams turn.

Helaman's

No Fuss

Cherry Cheesecake



Ingredients

- 8 oz. cream cheese at room temperature
- 1/3 cup sugar (scant)
- 2 Tbsp. lemon juice
- 2 cups Cool Whip
- graham cracker crust
- cherry topping

Mix cream cheese, sugar and lemon juice with an electric mixer until well blended. By hand stir in Cool Whip. Spread into your favorite graham cracker pie crust. Refrigerate for one hour. Top with cherry pie filling. ENJOY!



The Stripling Warriors



It was in about the year 65 B.C. that a great Book of Mormon Prophet named Helaman fought and won a ferocious battle against the Lamanites using a small army of young men called the stripling warriors.

A few years before, many Lamanites had been converted to the church by another great prophet whose name was Ammon. These humble people became known as the Anti-Nephi-Lehies and together they vowed that they would never again raise their weapons against their brothers. They buried all their swords and arrows and lived in peace for twenty-six years.

With so much unrest in the land which was caused by the wicked Lamanites, the Anti-Nephi-Lehies were very concerned that they were not doing their part in protecting the people of the church and the land and asked Helaman if they should break the oath they had previously made. The Prophet told them to hold strong to their vow. The Lord would strengthen them and would not cause them to suffer because of their commitment to living peacefully. A miracle happened.

Two thousand sons of the Anti-Nephi-Lehies came, taking Helaman as their leader. They said that they could fight against their enemies, as they did not take the oath their parents had taken.

Helaman marched at the head of his young army to the city of Judea to assist Antipus, who was the leader of the people in that part of the land. Antipus was overjoyed at the arrival of the young men, as his army had been reduced greatly because the wicked Lamanites had killed so many. The Lamanite armies had taken over the cities of Manti, Zeezrom, Cumeni and Antiparah. Antipus and his army were trying to strengthen the city of Judea so that it would not fall.

Antipus and his army were very depressed, both spiritually and physically because they had been fighting during the day and working to fortify the city by night. They had suffered great afflictions of every kind. You can imagine that Antipus and his people were so happy to see Helaman and his little army! Helaman called his warriors his "sons," because he had such great love for them and they were so young.

When Ammoron, the Lamanite leader, saw that the city had been strengthened by Helaman's sons, he backed off and waited. During the next year, the city of Judea was prepared for defense. Other Nephite armies joined the army of Antipus and some of the fathers of the sons of Helaman even brought food to the city. This caused Ammoron to become restless, so he sent spies to watch the city of Judea. Helaman and Antipus devised a strategy to fool the Lamanites.

Helaman took his two thousand stripling warriors and marched as if they were taking supplies to

a neighboring city just beyond Antiparah, the city where the strongest and largest army of the Lamanites lived. When Ammaron's spies returned and warned the Lamanites, they marched against Helaman and his sons.

The stripling warriors fled northward, leading away the great Lamanite army. At the same time, Antipus began marching with his army after the Lamanites. He hoped that the two armies could surround them, but night came and all the armies made camps and slept.

At dawn, Helaman marched his army into the wilderness, still followed by the Lamanite army, who were being followed by Antipus and his army. They marched all day again, and then slept. When they awakened in the morning, the Lamanite army was upon them and they fled again. But soon, the Lamanites fell back and Helaman wondered if Antipus had caught up with them and attacked, or if the Lamanites were planning some kind of surprise that would catch them in a trap. He knew that he would have to prepare his little army to attack.

When Helaman asked the young men if they would go against the Lamanites to battle, their reply was: "Father, behold our God is with us, and he will not suffer that we should fall; then let us go forth; we would not slay our brethren if they would let us alone; therefore let us go, lest they should overpower the army of Antipus."

"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 did not doubt that their mothers knew it.

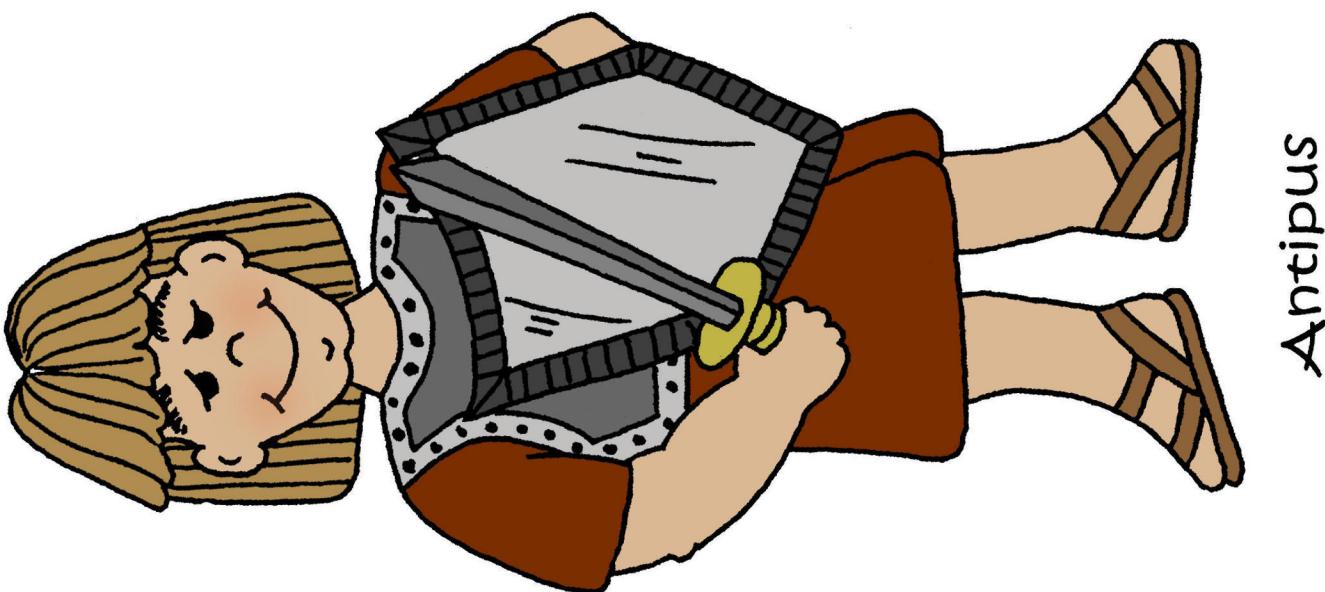
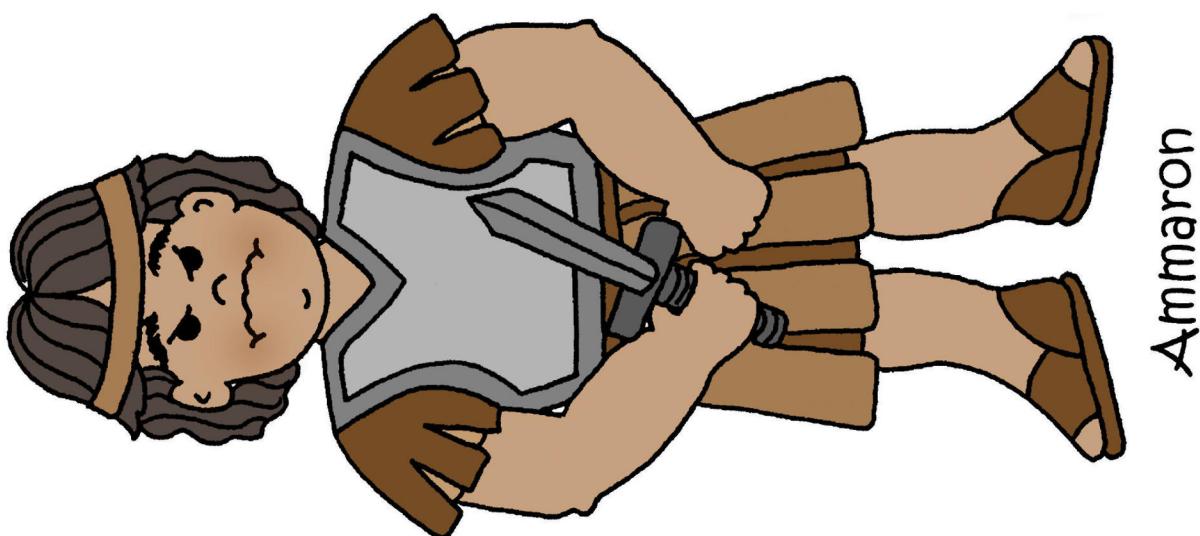
Helaman returned with his two thousand and found that the army of Antipus had overtaken them and a terrible battle was raging. Antipus and all of the leaders had been killed and the Nephite army was weary and confused. This had caused the Lamanite army to gain confidence and fight even harder, but when Helaman and his little army came upon them, the Lamanites turned their attack on them. The army of Helaman fought with great courage as the remaining army of Antipus surrounded the Lamanites from the rear and the Lamanites surrendered.

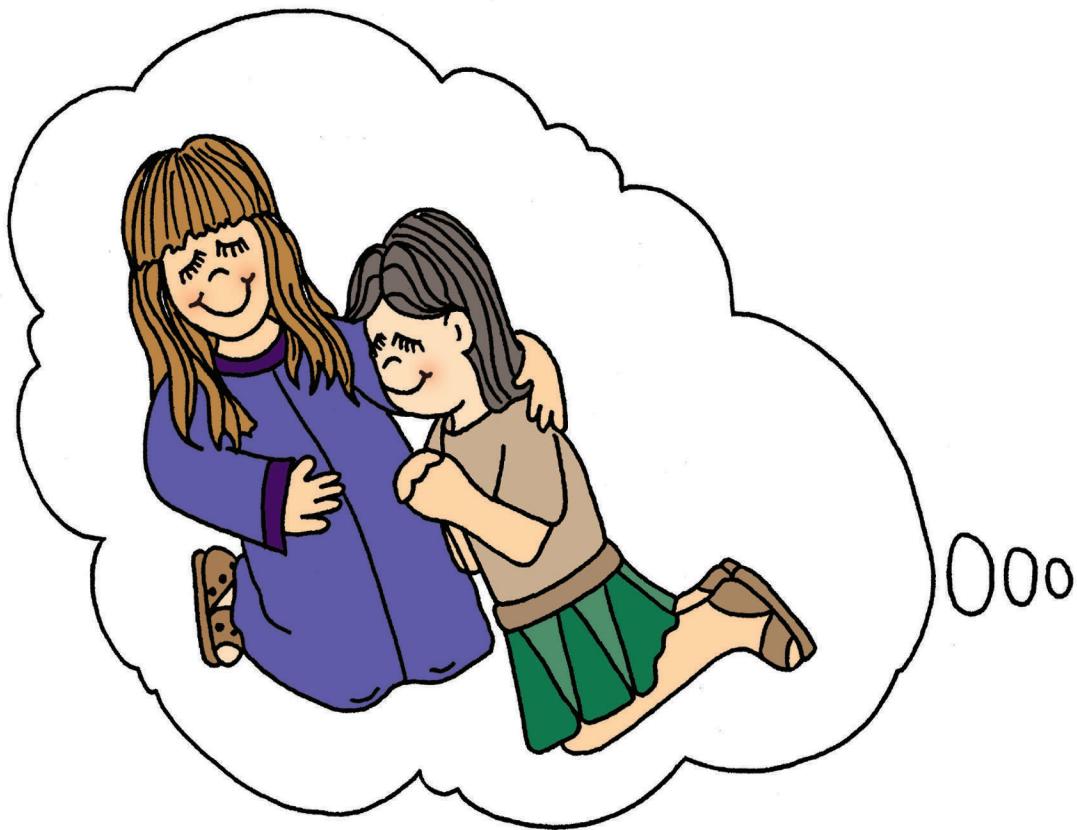
When the battle was over, Helaman hurriedly counted his men, fearing that many of them had been killed, but to his great joy, not one of the young men had fallen to the earth. "They had fought as if with the strength of God yea, never were men known to have fought with such miraculous strength; and with such mighty power did they fall upon the Lamanites, that they did frighten them; and for this cause did the Lamanites deliver themselves up as prisoners of war."

What great mothers the stripling warriors had! They had taught their sons of God, that having great faith in Him would save them. The Sons of Helaman were obedient to their mothers in exercising that great faith, and the Lord spared all of them. What a miracle!

DISCUSSION:

- How can we show the Lord that we have this kind of faith in Him?
- Do we live our lives having this kind of faith?
- What can we do to learn this kind of faith?



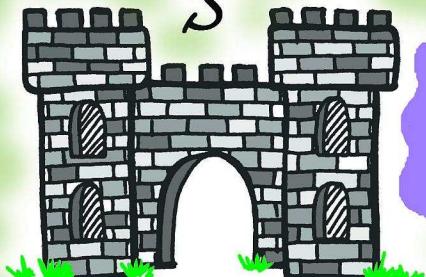




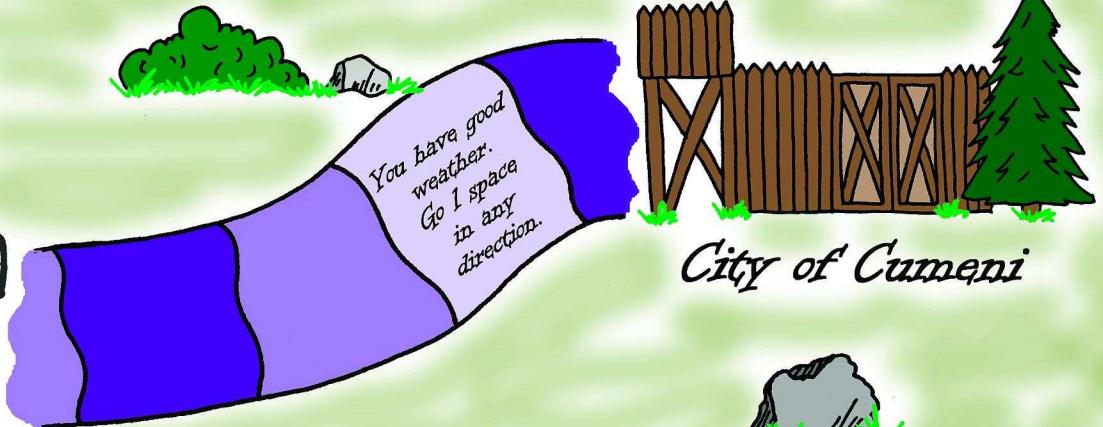
Ammon teaching the Anit-Nephi-Lehies







City of Bountiful



City of Cumeni



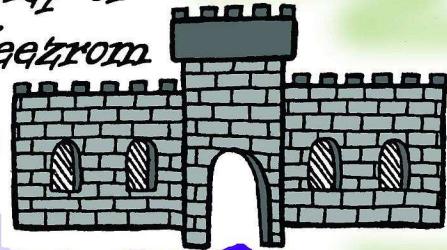
City of Mantí



City of Nephiyah



City of Zeezrom



You captured an enemy spy. Take him to the city of Manti.

You were ambushed by the enemy. Lose a turn recovering from your wounds.

City of Zarahemla

City of Mulek

You receive reinforcements. Advance to the city of Antiparah.

City of Gid

City of Nephiah

City of Antiparah

<p>What vow did the Anti-Nephi-Lehies make with God?</p>	<p>True or false: The strippling warriors took Antipus as their leader.</p>	<p>True or false: Antipus was the leader of what army?</p>	<p>True or false: Helaman was the leader of what army?</p>	<p>In approximately what year did Helaman and the strippling warriors fight a ferocious battle with the Lamanites?</p>	<p>True or false: Antipus and his armies were working to fortify the city of Manti.</p>	<p>True or false: The Anti-Nephi-Lehies were converted to the church by a missionary named Ammon.</p>	<p>True or false: The Lamanites delivered themselves as prisoners of war to Helaman.</p>	<p>True or false: Helaman and Antipus devised a plan to sneak gold into the city of Antiparah in hopes of fooling the Lamanites.</p>	<p>True or false: What did the Anti-Nephi-Lehies do with all of their weapons?</p>	<p>True or false: 102 strippling warriors were killed in battle.</p>	<p>True or false: What gospel principle does the story of Helaman and the strippling warriors teach us?</p>	<p>True or false: What race of people were the Anti-Nephi-Lehies? (Nephites, Jaredites or Lamanites)</p>	<p>True or false: Helaman referred to the strippling warriors as his "sons".</p>	<p>True or false: Anti-Nephi-Lehies do with all of their weapons?</p>	<p>True or false: What did the fathers of the sons of Helaman bring to the city of Judea?</p>	<p>True or false: Antipus was killed in the battle against the Lamanites.</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>	<p>True or false: They buried them</p>	<p>True or false: Food</p>
<p>Answer: They would not raise their weapons against their brothers.</p>	<p>Answer: False</p>	<p>Answer: The Nephites</p>	<p>Answer: The strippling warriors</p>	<p>Answer: 65 BC</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>
<p>Answer: One year</p>	<p>Answer: Lamanites</p>	<p>Answer: Alma or Helaman.</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: True</p>	<p>Answer: False</p>	

What did Helaman call his strippling warriors?

Answer: His sons

What was the name of the people who vowed to never again raise their weapons against their brothers?

Answer: Anti-Nephites

What missionary converted the group of people referred to as the Anti-Nephi-Lehies?

Answer: Ammon

Who did the strippling warriors take as their leader?

Answer: Helaman

Who was the leader of the Nephite army?

Answer: Antipas

To what city did Helaman march his young army in order to meet up with Antipus?

Answer: Judea

Name two of the four cities that the Lamanites had taken over prior to Helaman becoming the leader of the strippling warriors.

Answer: Manti & Zeezrom

Antipus was working to strengthen and fortify what city when Helaman arrived?

Answer: Cumorah & Antipasach

Ammoron became restless and sent what to the city of Judea to keep an eye on things?

Answer: Spies

Who was the leader of the Lamanite army?

Answer: Ammon

Why were Antipus and his army depressed both spiritually and physically?

Answer: Their long day
and worked on fortifying the city by night

In what direction did the strippling warriors flee when the Lamanites attacked?

Answer: Northwest

In what city did the strongest and largest army of the Lamanites live?

Answer: Antipasach

Who taught the strippling warriors that "If they did not doubt, God would deliver them."?

Answer: Their mothers

What did Helaman converted the group of people referred to as the Anti-Nephi-Lehies?

Answer: Ammon

What strategy did Helaman and Antipus devise to fool the Lamanites?

Answer: Manti Zezrom

What did the strippling warriors take as their leader?

Answer: Judea

Who brought food to the city of Judea for the armies?

Answer: Strength & Power

What group of people delivered themselves as prisoners of war to Helaman?

Answer: None

How many strippling warriors were killed in the battle against Ammaron and the Lamanites?

Answer: 2000

Who taught the strippling warriors that "If they did not doubt, God would deliver them."?

Answer: Their mothers

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Answer: Sons of Helaman

Answer: The Lamanites

Answer: 2000

Answer: Their mothers

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."

