



Alma called many people together to see what the Lord had done for his son and for the sons of Mosiah.

Mosiah 27:21



Alma, along with other Church leaders, fasted and prayed and asked God to help Alma the Younger become strong again. After two days and nights, Alma the Younger was able to speak and move.

Mosiah 27:22-23



He told the people he had repented of his sins and God had forgiven him. He taught that everyone must become righteous in order to enter God's kingdom. He also told of the great pain he had suffered because of his sins.

Mosiah 27:24-26, 29



Alma the Younger was happy because he had repented and God had forgiven him. He knew God loved him. Alma the Younger and the sons of King Mosiah began to teach the truth throughout the land, telling everyone what they had seen and heard.

Mosiah 27:28,32

# Family Home Evening

## Principles of the Gospel

LESSON 19

# Repentance

**Mondays has been set aside by Church Leaders as "Family Home Evening".**

Family home evening is a special time set aside each week that brings family members together and strengthens their love for each other, helps them draw closer to Heavenly Father, and encourages them to live righteously.

"Our spiritual progress, individually and as a Church, will largely be determined by how faithfully we live the gospel in our homes. The most important calling of a priesthood holder is that of husband and father. The most divine station of woman is that of wife and mother. . . . Fathers should lead their families in holding meaningful family home evenings. Such experiences will build family unity and influence each person toward increased righteousness and happiness."  
(Family Home Evening, 1980 — Spencer W. Kimball, N. Eldon Tanner, and Marion G. Romney)

Please prayerfully consider the needs of your family as you prepare Family Home Evening.

**Nellis Manor Ward  
North Las Vegas Nevada Stake**

## FHE Agenda

Opening Song:	Children's Songbook # 99 <i>Help Me, Dear Father</i> (found on page 4)
Invocation (opening prayer)	
Praise Achievement	A moment of recognizing achievements and receiving enthusiastic support from each other.
Scripture	James 4:17 (not included in Booklet)
Lesson	Summarize Lesson 19 from the <i>Gospel Principles</i> manual
Activity	<i>Book of Mormon Stories</i> Alma the Younger Repents (found on pages 4-8)
Memorize (for older children & adults)	Doctrine & Covenants 19:16-17 (found on page 3)
Closing Song	Children's Songbook # 99 <i>Help Me, Dear Father</i> (found on page 4)
Benediction (closing prayer)	
Refreshments	Plum Cake (found on page 3)



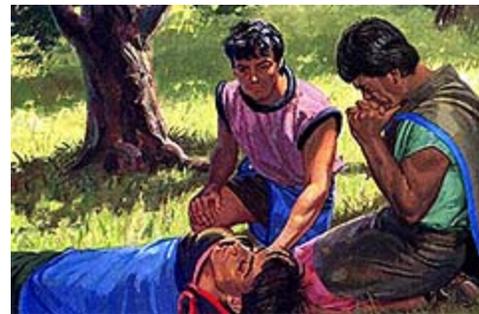
The five young men were so frightened that they fell down. At first they could not understand what the angel was saying. The angel asked Alma the Younger why he was fighting against the Church.

Mosiah 27:12-14



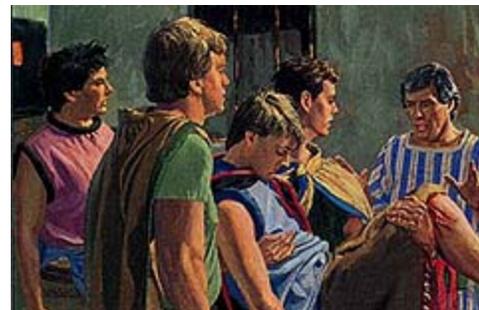
The ground shook as the angel told Alma the Younger to stop trying to destroy the Church.

Mosiah 27:15-16



Alma the Younger was so astonished that he could not speak. He became so weak that he could not even move his hands.

Mosiah 27:19



The sons of Mosiah carried Alma the Younger to his father and told him all that had happened to them.

Mosiah 27:19-20



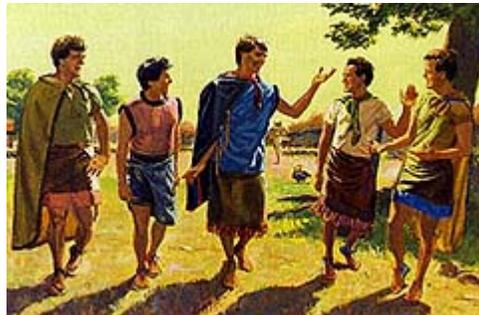
Alma the Younger and the four sons of King Mosiah fought against the Church. They persuaded many people to leave the Church and become wicked.

Mosiah 27:8



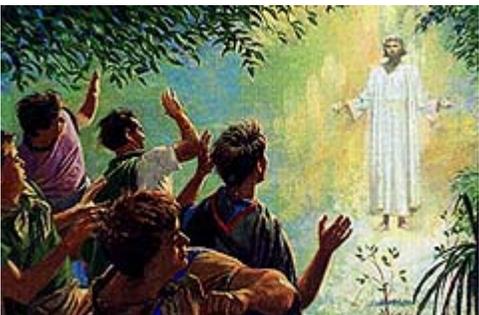
Alma prayed that his son would learn the truth and repent.

Mosiah 27:14



Alma the Younger and the sons of King Mosiah continued trying to destroy the Church.

Mosiah 27:10



One day an angel appeared to them. The angel spoke in a loud voice that shook the ground.

Mosiah 27:11

## Plum Cake

1 bottle (6 ounces/170 g) plum baby food puree	1 teaspoon baking soda
1 1/2 cups sugar	1/2 teaspoon cinnamon
2 eggs	1/2 teaspoon allspice
1 cup vegetable oil	1/2 teaspoon salt
3/4 cup milk	2 cups flour
2 tablespoons cocoa	1 cup chocolate chips

1 carton (8 ounces/227 g) whipping cream, whipped

1. In a large bowl, beat the puree, sugar, eggs, and oil with an electric or hand beater until smooth. Then beat in the milk.
2. In a small bowl, combine the cocoa, baking soda, cinnamon, allspice, salt, and flour. Add 1/3 of the flour mixture to the wet mixture and beat together. Repeat this process with the remaining flour mixture.
3. Stir the chocolate chips into the cake batter.
4. Pour the cake batter into a greased 9" x 13" (23 cm x 33 cm) baking pan. Bake at 350° F (175° C) for 35 minutes or until a toothpick inserted in the cake comes out clean.
5. After the cake has cooled, cut it into twelve pieces; serve each piece with a dollop of whipped cream.

From *The Friend*, May 2001 - Kitchen Crafts

# Memorize

**F**or behold, I, God, have suffered these things for all, that they might not suffer if they would repent; **But if they would not repent they must suffer even as I.**

Doctrine & Covenants 19:16-17

# Help Me, Dear Father

With conviction ♩ = 96-104

B<sup>b</sup> E<sup>b</sup> B<sup>b</sup>

1. Help me, dear Fa - ther, to free - ly for - give  
 2. Help me, dear Fa - ther, to tru - ly re - pent,

F<sup>7</sup> B<sup>b</sup>

All who may seem un - kind to me.  
 Mak - ing things right and chang - ing my ways.

Dm E<sup>b</sup> B<sup>b</sup>

Help me each day, Fa - ther, I pray;

E<sup>b</sup> B<sup>b</sup> F<sup>7</sup> B<sup>b</sup>

Help me live near - er, near - er to thee.

Words and music: Frances K. Taylor, 1870-1952  
 Added text (verse 2) © 1989 IRI

Luke 23:34; Ephesians 4:32  
 Matthew 6:14-15

# Alma the Younger Repents

Abridged from Chapter 18 of *Book of Mormon Stories*



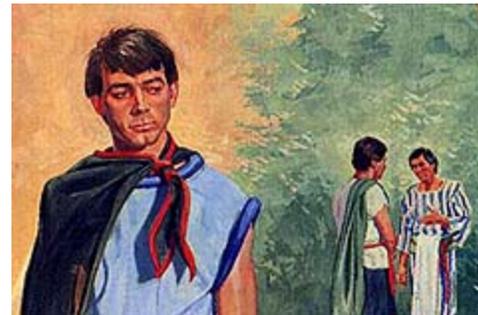
King Mosiah made Alma the leader of the Church in Zarahemla. Alma then chose other men to help him teach the Nephites.

Mosiah 25:19; Mosiah 26:8



Alma and King Mosiah worried because unbelievers were making Church members suffer because of their beliefs.

Mosiah 27:1



Alma had a son named Alma. Alma the Younger did not believe the teachings of his father and became a wicked man.

Mosiah 27:8