



CHURCH EDUCATION

The Holy Bible
The Book of Mormon



'...and they shall become one in thine hand.' Ezekiel 37.17

LESSON TITLE

The Power of Faith, Fasting, and Prayer (Alma and the Sons of Mosiah)

Unit 6 – Evidence of Authority and Establishing the Church

GRADES 10-12 and Adult

THE HOLY BIBLE

1 Thessalonians 5:17 Pray without ceasing

THE BOOK OF MORMON

Mosiah 27:14 And again, the angel said: Behold, the Lord hath heard the prayers of his people, and also the prayers of his servant, Alma, who is thy father; for he has prayed with much faith concerning thee that thou mightest be brought to the knowledge of the truth; therefore, for this purpose have I come to convince thee of the power and authority of God, that the prayers of his servants might be answered according to their faith.

TIME

The Book of Mormon: 121- 91 BC King Mosiah, the second, is ruler in the land of Zarahemla; Alma, the father, is high priest in the land of Zarahemla

OBJECTIVES

The participant will be able to:

- recall how prayer helped the people of the Church to solve a problem
- explain how prayer and fasting-and-prayer can be useful weapons to call on God's power in times of need

MATERIALS

Holy Bible and *The Book of Mormon*

Writing board and markers

Pens/pencils for students

2-copies each of Activity sheets 1 and 2

1- Small sheet of paper for each participant

Optional – small memo book for each student

Copy of Life Application questions for each participant

TEACHER NOTES

45-minute lesson

To prepare for this lesson, study the scriptural references listed in **PROCEDURE**.

Q = Teacher asks question

Prepare for **Life Application**.

Read Alma chapter 36 for Alma's first-hand account of his conversion.

PROCEDURE

Motivation/Introduction (3 minutes)

- ✓ The teacher will introduce the people and background information for the lesson.

Place:

Zarahemla – located in the Promised Land – Western Hemisphere

Time: about 121-91 years before Christ

People:

King Mosiah – Son of Benjamin; Righteous ruler of the people of Zarahemla: descendants of Mulek (tribe of Judah-Omni 1:15, Helaman 6:10, Helaman 8:21) and the Nephites (descendants of Joseph)

Alma - High Priest (same Alma who repented after hearing Abinadi's message to wicked King Noah)

People of God – members of the Church of God

Unbelievers – people who rebelled against the Church of God

Alma - son of Alma, one of the chief unbelievers and persecutor of the Church

Ammon, Aaron, Omner and Himni- four of King Mosiah's sons, cohorts with Alma in persecuting the Church

Background information: (summarize Mosiah 27:1-9)

One of Alma's sons, who was also named Alma, four of King Mosiah's sons, and their friends identified themselves with the unbelievers. They were very wicked men. They were idol worshippers. They doubted and rejected the redemption of Christ and the plan of Salvation, and they preached and taught things that were against God's commandments. They were very persuasive and caused many people to follow their wickedness.

Alma, Jr. actively worked against the Church of God, intending to destroy it. He caused confusion within the Church and many arguments ensued about whose beliefs were right.

This lesson begins with the account of God's intervention.

Lesson Development (25 minutes)

- ✓ Lead a discussion on the scripture from Mosiah 27, demonstrating the power of prayer and the miraculous results.

- ✓ Participants take turns reading **Mosiah 27:10-20**.

Q. Why did the angel visit Alma and his companions?

A. Discussion (vs 14)

- God chose to answer the prayers of their parents
- to convince them of the knowledge of the truth and the power and authority of God
- God wanted to end the destruction of His Church
- to warn that their souls were in danger of being destroyed

Recap:

The fathers, Alma, and King Mosiah, may have exhausted their abilities to reach their sons and impact their lives. They turned to God for help, calling upon the saints to support them in mighty prayer.

- ✓ Participants take turns reading **Mosiah 27: 21-24**.

Q. Why did Alma ask the priests to fast and pray?

A. Discussion.

- For his son to be able to speak and receive strength
- He may have wanted to acknowledge/demonstrate priesthood authority
- For others to see what God had done so that they could witness God's power and will also

- ✓ Emphasize the miraculous intervention of God in Alma's conversion as well as the other young men. They were once enemies to the people of God and now they were their brothers in Christ.

"Is anything too difficult for the Lord?"

"Do you believe something like this could happen today?"

Activity:

1. Break participants into four groups.
2. Assign a question(s) to each group (see below), asking them to discuss and answer among themselves, later to share answers with the whole class.
3. Allow about 5 minutes for this activity.
4. Hand the appropriate copies of Activity sheets 1 or 2 to the groups and tell them to begin.
5. While participants are working in their groups, teacher may write questions on the board, leaving enough room for responses to be added later.

NOTE TO TEACHER:

Each question and possible answers are listed below for your benefit.

Group 1:

Q. What is happening between God and you when you pray?

A. When we pray we:

- are acknowledging God's greatness and power and our weakness
- are engaging God in a conversation and developing a relationship
- are asking Him questions to seek answers
- are pleading for help in times of need
- are asking him to solve problems,
- are praising Him for His greatness, mercies, love, wisdom, power, etc.
- must listen to hear God's reply

Q. How often should you pray?

A. Mosiah 26:39 and 1 Thes 5:17 (all the time)

- ✓ Ask students to make this relevant, such as: in the morning, before eating, before going to school, during school, during the day, before bedtime, before a test, etc.

Group 2:

Q. Why should you pray?

A. Reasons to pray:

- give thanks, 1 Thes 5:18
- to avoid temptations or doing things we should not.
- deliverance from enemies, 3 Nephi 18:18 Mosiah 9:17, 18 and Acts 12:5-10
- for blessings for our family, 3 Nephi 18:21
- for people who visit our church often and their salvation, 3 Nephi 18:22,23
- to save the souls of others, Alma 25:17
- for mercy to forgive our sin, Alma 34:17-27
- to be healed of afflictions and sickness, James 5:13-20

- ✓ Consider account from Mosiah 27.

Group 3:

Q. Whose prayers will God answer?

A. God answers the prayers:

- of a pure heart, firm mind, exceeding faith, Jacob 3:1
- those who care for the needs of others, Alma 34:28
- prayers of the righteous, Alma 10:22
- of believers, who ask for the right things and who ask in the name of Jesu, 3 Nephi 18:19, 20

Group 4:

Q. When should you fast-and-pray?

A. We should fast-and-pray:

- to grow in faith; to remove doubt, Mathew 17:15-21
- for severe sickness, 2 Samuel 12:21-23
- for the need of an enemy, Psalm 35:11-14

- ✓ Teacher may also speak to Christ fasting and praying in the wilderness. We need to fast and pray.

6. When time is up (five minutes) ask the participants to come to order and tell the spokesperson for each group to give the answers to their question(s).

7. Begin with Group 1, and so forth.

8. Write the responses under the corresponding questions on the board.

Review/Assessment (2 minutes)

Q. What problem did the people of God have in the land of Zarahemla?

A. Discussion

Q. How was the problem solved?

A. Discussion

Life Application (5 minutes)**Option 1: Share an Answered Prayer**

Ask participants to share a time when God answered their prayer. Teacher may share his own personal testimony or one that he may have heard.

Option 2. Share a Prayer Need

Ask participants to share a situation in which they would invite others to pray.

Option 3:

Prior to class: Print the following questions on a sheet of paper:

- "How often do you fast-and-pray?"
- "How often do you pray throughout the day?"
- Self-assess your relationship with God and answer, "Are you doing what you should?"
- "What would you desire to improve upon and what will you commit to doing?"

During Class: Pass out sheets of questions to each participant before the end of class and ask them to silently consider their responses.

Scripture Texts/ References/ Memory Verses (3 minutes)

Holy Bible:

Scriptures imbedded within the lesson

Key words: authority, establishing the church, Alma and sons of Mosiah, prayer, faith, fasting, power

The Book of Mormon:

Mosiah chapter 27

Additional scripture imbedded within the lesson

✓ Memory Verse:

1 Thessalonians 5:17 Pray without ceasing

Hymns:

- *Country and Western Gospel Hymnal*, #13 “Thank You Lord”
- #85 “Whisper a Prayer”
- *Songs of Zion*, #104 “Take Some Time to Pray”

Follow-Up/Take-Home Activities (6 minutes)

Option 1: Commit a Situation to Prayer

1. Pass out a small sheet of paper to each participant.
2. Ask participants to think of a situation in their life in which they desire God’s help or intervention.
3. Tell them to write this situation on the sheet of paper.
4. Tell them to record a date that they will begin praying about this situation.
5. Future: If they are willing, ask them to share the results of their prayer.

Option 2: Keep a Prayer Journal

- Ask participants to keep a journal of prayers and to record the date when they’re answered.
- Teacher may want to provide students with a small memo book.

Suggestions/Scriptures for Further Study/ Exploration/ Extension of Topic

Discuss other examples in the scriptures where faith was exercised and prayer was answered, such as:

- The prodigal son
- The conversion of Saul (Paul)
- Queen Esther’s request for fasting and prayer

Invite someone who has gone on missionary work to present how they exercised their faith before and during the trip.

Find and share testimonies from the Church history books of persecution of the saints because of their beliefs and the outcomes.

Prayer

1. Discuss questions and answers among yourselves and create one statement/short paragraph to your question(s).
2. Draw from prior knowledge, life experiences, today's lesson, and other scriptures to develop your answers. Scriptural references are given, but you are not limited to these.
3. Select a scribe for your group to write the answers to your questions and a spokesperson who will share the information with the whole class.

Group 1:

"What is happening between God and you when you pray?"

"How often should you pray?"

- Mosiah 26:39
- 1Thes 5:17

Group 2:

"Why should you pray?" (Name as many reasons as possible)

- 1Thes 5:18
- 3 Nephi 18:18
- Mosiah 9:17, 18 and Acts 12:5-10
- 3 Nephi 18:21
- 3 Nephi 18:23
- Alma 25:17
- Alma 34:17-27
- James 5:13-20
- Mosiah 27:10-24

Prayer

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3. Select a scribe for your group to write the answers to your questions and a spokesperson who will share the information with the whole class.

Group 3:

"Whose prayers will God answer?"

- Jacob 3:1
- Alma 34:28
- Alma 10:22
- 3 Nephi 18:19, 20
- Mosiah 27:14

Group 4:

"When should you fast-and-pray?"

- Mathew 17:15-21
- 2 Samuel 12:21-23
- Psalm 35:13