



Lesson 27 Helaman and the Two Thousand Warriors

- Purpose

- To teach the children that following the examples and teachings of righteous parents gives us power to defend truth and right.

Dare to Do Right

1. Dare to do right! Dare to be true!
You have a work that no other can do;
Do it so bravely, so kindly, so well,
Angels will hasten the story to tell.

Chorus

Dare, dare, dare to do right;
Dare, dare, dare to be true,
Dare to be true, dare to be true.

2. Dare to do right! Dare to be true!
Other men's failures can never save you.
Stand by your conscience, your honor, your faith;
Stand like a hero and battle till death.

- *Words:* George L. Taylor, b. 1835
- *Music:* Arr. by A. C. Smyth, 1840–1909





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We learned about these great people a few lessons ago, they are the Anti-Nephi-Lehies.

- **Who were the Anti-Nephi-Lehies?**
- **Why did they bury their swords?**



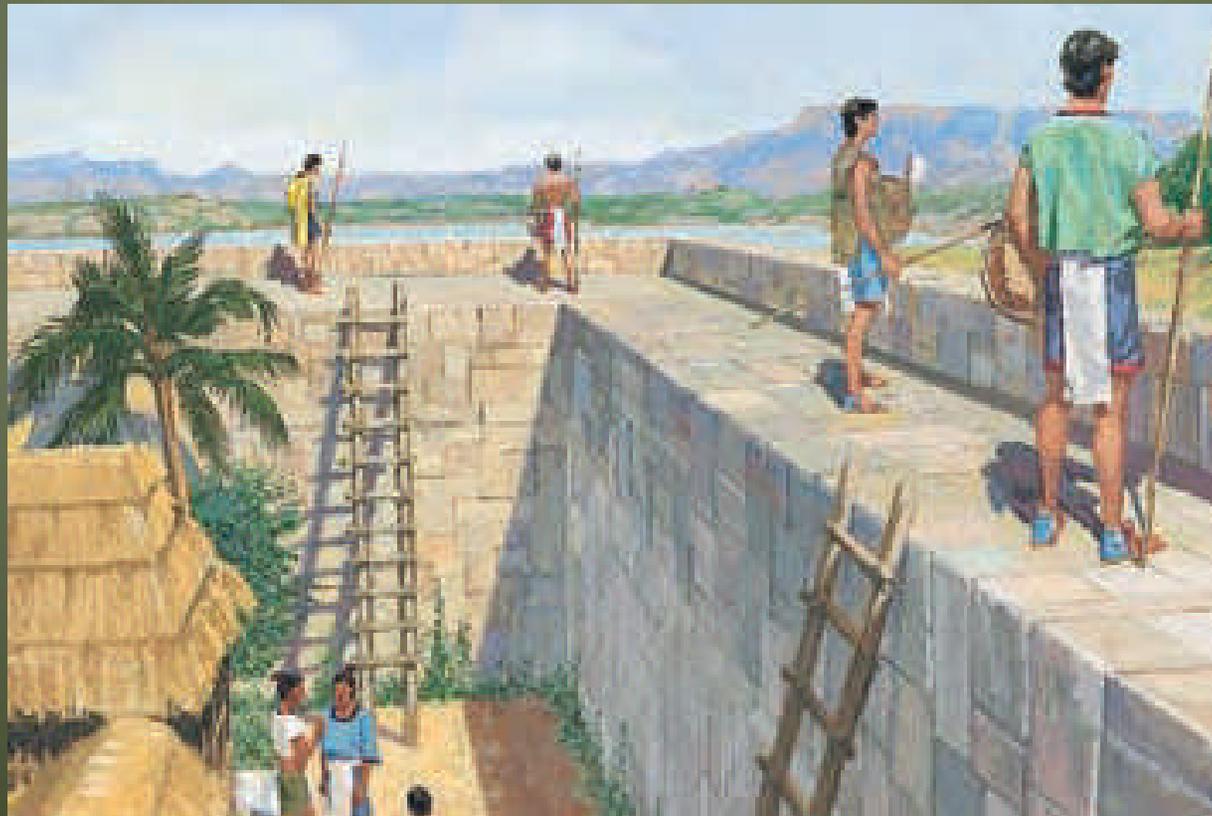
- In Alma 24:19 it reads:
- **19** And thus we see that, when these Lamanites were brought to ^abelieve and to know the truth, they were ^bfirm, and would suffer even unto death rather than commit sin; and thus we see that they buried their weapons of peace, or they buried the weapons of war, for peace.

- **The Anti-Nephi-Lehies set a wonderful example for their children.**
- **Do you have any examples you would like to share of important principles you have learned from your parents and how following the principles has blessed you?**
 - **Principles such as**
 - **Honesty**
 - **Kindness**
 - **paying tithing**
 - **keeping the Sabbath day holy**
 - **And so on**

- Heavenly Father gave us parents to love, teach, and guide us through our lives.
- During today's lesson we will learn how the two thousand young warriors, who were the sons of the Anti-Nephi-Lehies, used the teachings and examples of their righteous parents to keep their covenant to defend their freedom.

- Show the slides
- Show the video
- Discussion Questions

- The people of Ammon had promised God that they would never fight again.
- They lived near the Nephites, and the Nephites protected them.





- **When enemies of the people of Ammon attacked the Nephites, the people of Ammon wanted to break their promise and help the Nephites fight.**



- Helaman and the other Nephite leaders did not want the people of Ammon to break their promise to God.

- The young sons of the people of Ammon had not made the promise.
- They wanted to help the Nephite army fight for freedom.



- Two thousand of these young men chose to defend their country.
- They asked Helaman to be their leader.





- These young men were valiant, brave, and strong.
- They were also honest and trustworthy, and they kept the commandments of God.



- Helaman led his 2,000 young warriors into battle.
- He called them his sons, and they called him their father.

- Although the sons of Helaman had never fought, they were not afraid.
- Their mothers had taught them to have faith in God and to know that he would help them.





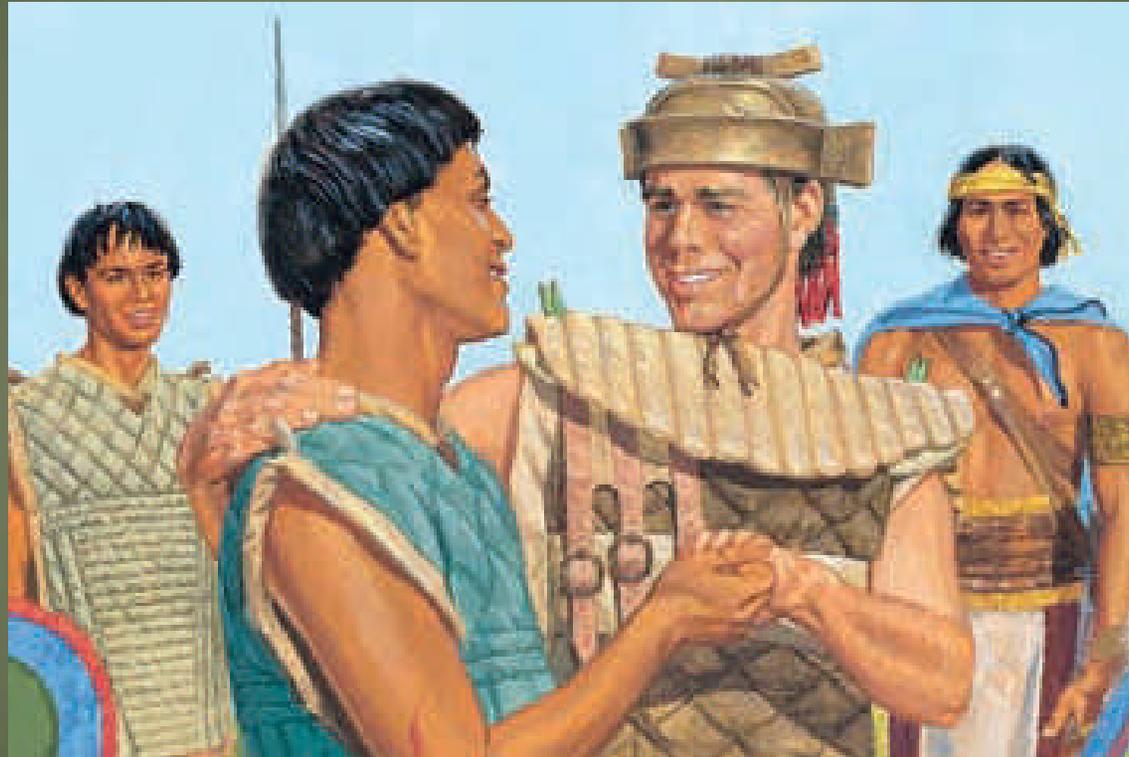
- Helaman and his army fought several battles against the Lamanites.
- These young men obeyed all of Helaman's orders.

- They fought bravely and helped drive the enemy away.



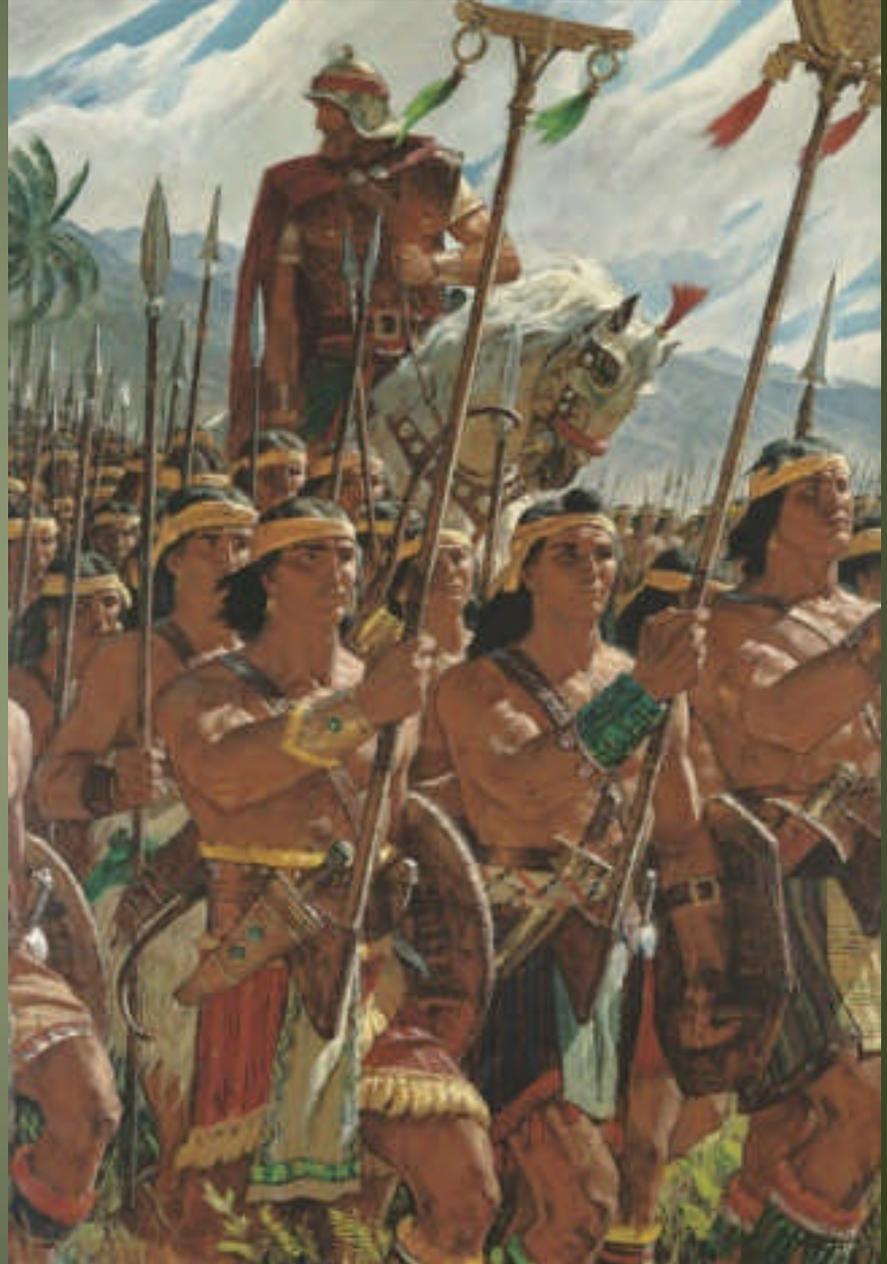
- After the battle Helaman found that all his sons had been hurt but not one had been killed.

- It was a miracle.
- Helaman was very happy.

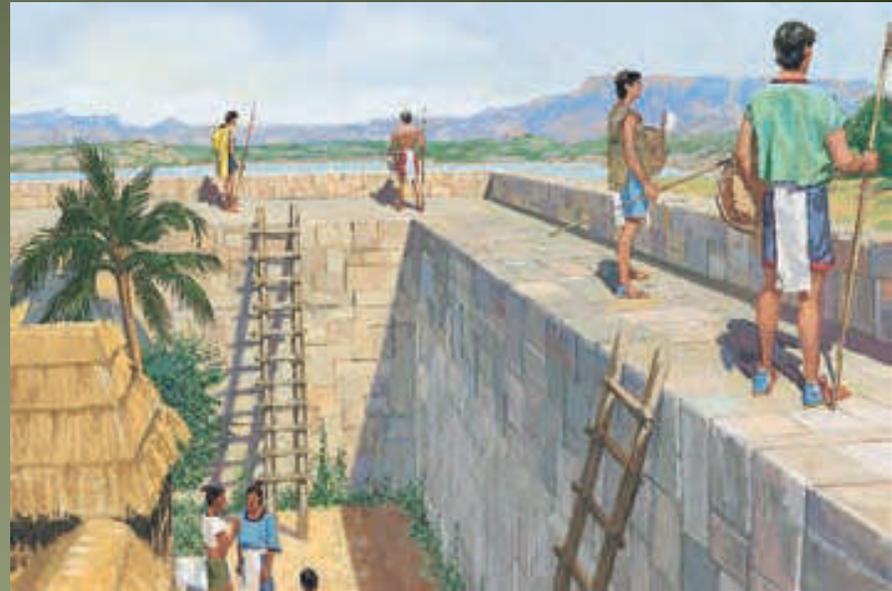


- He knew that these young men had been protected because of their great faith in God.

Discussion Time



- What covenant had the parents of the two thousand young warriors made?
([Alma 53:10–12](#))



- Why did they think about breaking this covenant?
([Alma 53:13](#))

- Why did Helaman not want the Anti-Nephi-Lehies to help fight the Lamanites?
([Alma 53:14–15.](#))



- Why is it so important to keep our covenants?

- Why did the two thousand young men decide to fight? ([Alma 53:16.](#))
- What did these young warriors covenant to fight for? ([Alma 53:17.](#))





- What were these young men like? ([Alma 53:20–21.](#))

- What does it mean to be “true at all times in whatsoever thing [you are] entrusted”?
- What are some ways you can be true and walk uprightly before the Lord?

- How did the fathers help their sons without breaking their covenant not to fight?
([Alma 56:27.](#))

- What are some ways your parents give you support?



- What did Helaman tell Moroni about the strength and courage of these young warriors? ([Alma 56:45](#))



- What had their mothers taught them? ([Alma 56:46–48](#))

- **Why were they not afraid of death?**
- **How are your parents trying to prepare you to have the courage and faith to meet challenges?**





- What gave the two thousand young warriors strength and courage in battle?
([Alma 57:26–27; 58:39–40.](#))

- How did these warriors follow Helaman?
([Alma 57:21.](#))
- What does it mean to follow with “exactness”? parents with exactness?



- Why is it important to follow the counsel of your leaders and parents with exactness?

- What did the two thousand young warriors do when they needed strength?
([Alma 58:10.](#))
- How was their prayer answered?
([Alma 58:11](#))
- Have you or a family member ever had an experience when you have been prompted by the Holy Ghost?



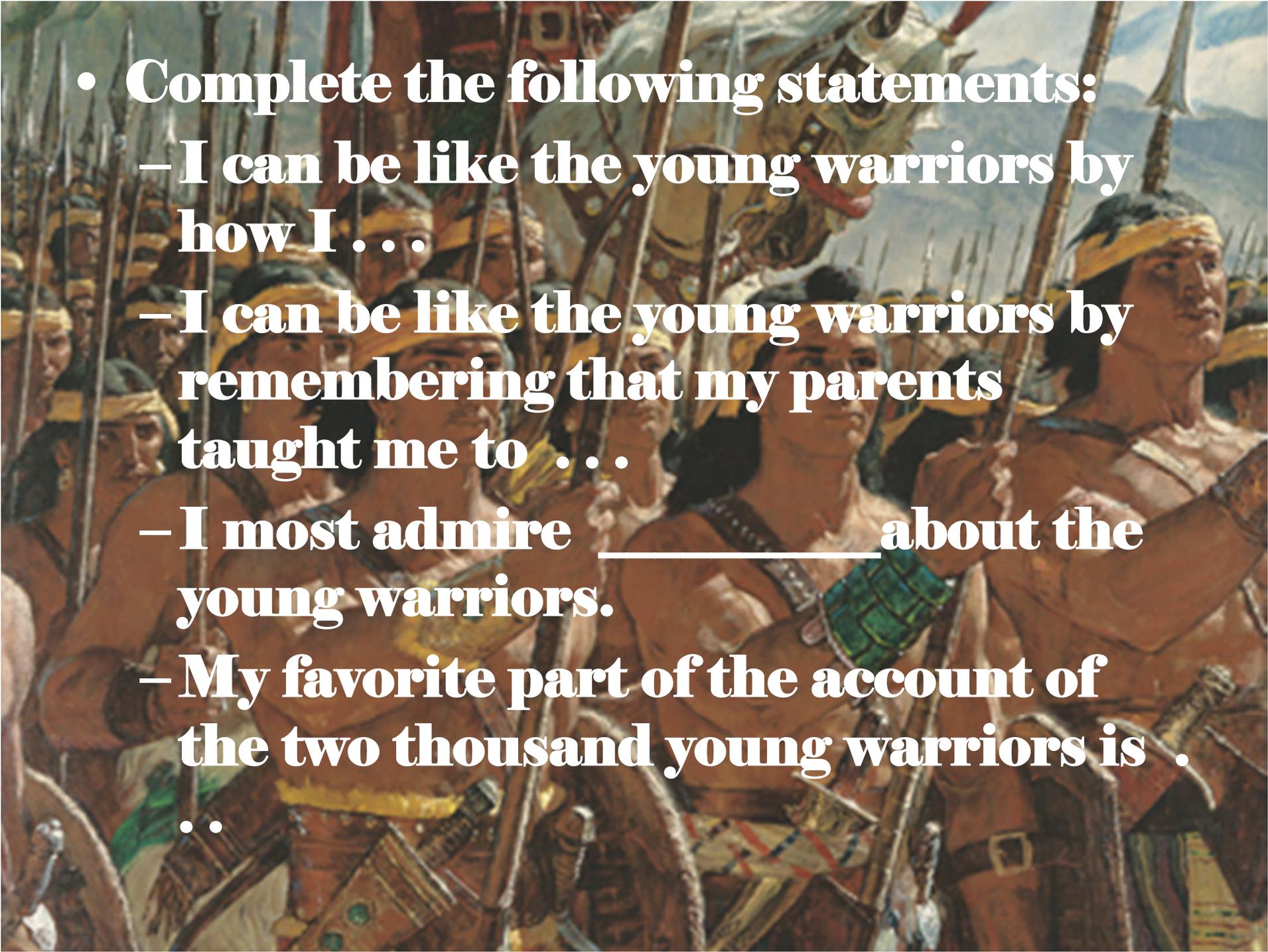
- How was the great faith and courage of these young men rewarded?
([Alma 56:56; 57:25; 58:39.](#))
- What power saved them from death?
([Alma 57:26–27; 58:40.](#))



Here's a handout for you to take home to remind you of the 2000 Warriors



“They are young, and their minds are firm, and they do put their trust in God Continually.” (Alma 57:27)

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- **Complete the following statements:**
 - I can be like the young warriors by how I . . .
 - I can be like the young warriors by remembering that my parents taught me to . . .
 - I most admire _____ about the young warriors.
 - My favorite part of the account of the two thousand young warriors is . . .

- Mark in your scriptures your favorite verses about the two thousand young warriors.
- You may want to choose from the following:
 - Alma 53:20–21
 - Alma 56:45–48
 - Alma 57:21, 25–27
 - Alma 58:10–11
 - Alma 58:39–40



- Can you memorize the 5th Commandment (Mosiah 13:20)
- 20 ^aHonor thy ^bfather and thy mother, that thy days may be long upon the land which the Lord thy God giveth thee.

Testimony

- I want to testify of the blessings that come through following the righteous teachings and examples of our parents.
- By doing what we know to be right, will help us to stay on the straight and narrow path that leads us back to our Heavenly Father.

Closing

- Our Closing Prayer will be given by:

- (Enter name here)



THE END

Alma 53:10–12

10 And now behold, I have somewhat to say concerning the ^apeople of Ammon, who, in the beginning, were Lamanites; but by Ammon and his brethren, or rather by the power and word of God, they had been ^bconverted unto the Lord; and they had been brought down into the land of Zarahemla, and had ever since been protected by the Nephites.

11 And because of their oath they had been kept from taking up arms against their brethren; for they had taken an oath that they ^anever would shed blood more; and according to their oath they would have perished; yea, they would have suffered themselves to have fallen into the hands of their brethren, had it not been for the pity and the exceeding love which Ammon and his brethren had had for them.

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Alma 53:13

- 13 But it came to pass that when they saw the danger, and the many ^aafflictions and tribulations which the Nephites bore for them, they were moved with compassion and were ^bdesirous to take up arms in the defence of their country.

Alma 53:14–15

- 14 But behold, as they were about to take their weapons of war, they were overpowered by the persuasions of Helaman and his brethren, for they were about to ^abreak the ^boath which they had made.
- 15 And Helaman feared lest by so doing they should lose their souls; therefore all those who had entered into this covenant were compelled to behold their brethren wade through their afflictions, in their dangerous circumstances at this time.

Alma 53:16

- 16 But behold, it came to pass they had many ^asons, who had not entered into a covenant that they would not take their weapons of war to defend themselves against their enemies; therefore they did assemble themselves together at this time, as many as were able to take up arms, and they called themselves Nephites.

Alma 53:17

17 And they entered into a covenant to fight for the liberty of the Nephites, yea, to protect the land unto the ^alaying down of their lives; yea, even they covenanted that they never would give up their ^bliberty, but they would fight in all cases to protect the Nephites and themselves from bondage.

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Alma 53:20–21

20 And they were all young men, and they were exceedingly valiant for ^acourage, 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.

21 Yea, they were men of truth and ^asoberness, for they had been taught to keep the commandments of God and to ^bwalk uprightly before him.

Alma 56:27

27 And now it came to pass in the second month of this year, there was brought unto us many provisions from the fathers of those my two thousand sons.

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Alma 56:45

45 And now I say unto you, my beloved brother Moroni, that never had I seen ^aso great ^bcourage, nay, not amongst all the Nephites.

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Alma 56:46–48

46 For as I had ever called them my sons (for they were all of them very young) even so they said unto me: Father, behold our God is with us, and he will ^anot 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.

47 Now they never had fought, yet they did not fear death; and they did think more upon the ^aliberty of their ^bfathers than they did upon their lives; yea, they had been taught by their ^cmothers, that if they did not doubt, God would deliver them.

48 And they rehearsed unto me the words of their ^amothers, saying: We ^bdo not doubt our mothers knew it.

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Alma 57:26–27; 58:39–40

26 And now, their ^apreservation was astonishing to our whole army, yea, that they should be spared while there was a thousand of our brethren who were slain. And we do justly ascribe it to the miraculous ^bpower of God, because of their exceeding ^cfaith in that which they had been taught to believe—that there was a just God, and whosoever did not doubt, that they should be preserved by his marvelous power.

27 Now this was the ^afaith of these of whom I have spoken; they are young, and their minds are ^bfirm, and they do put their trust in God continually.

Alma 57:26–27; 58:39–40

39 And those sons of the people of Ammon, of whom I have so highly spoken, are with me in the city of Manti; and the Lord had supported them, yea, and kept them from falling by the sword, insomuch that even ^aone soul has not been slain.

40 But behold, they have received many wounds; nevertheless they ^astand fast in that ^bliberty wherewith God has made them free; and they are strict to remember the Lord their God from day to day; yea, they do observe to keep his statutes, and his judgments, and his commandments continually; and their faith is strong in the prophecies concerning that which is to come.

Alma 57:26–27; 58:39–40

41 And now, my beloved brother, Moroni, may the Lord our God, who has redeemed us and made us free, keep you continually in his presence; yea, and may he favor this people, even that ye may have success in obtaining the possession of all that which the Lamanites have taken from us, which was for our support. And now, behold, I close mine epistle. I am Helaman, the son of Alma.

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Alma 57:21

21 Yea, and they did ^aobey and observe to perform every word of command with exactness; yea, and even according to their faith it was done unto them; and I did remember the words which they said unto me that their ^bmothers had taught them.

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Alma 58:10

10 Therefore we did pour out our souls in prayer to God, that he would strengthen us and deliver us out of the hands of our enemies, yea, and also give us strength that we might retain our cities, and our lands, and our possessions, for the support of our people.

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Alma 58:11

11 Yea, and it came to pass that the Lord our God did visit us with assurances that he would deliver us; yea, insomuch that he did speak peace to our souls, and did grant unto us great faith, and did cause us that we should hope for our ^adeliverance in him.

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Alma 56:56; 57:25; 58:39

56 But behold, to my great joy, there had ^anot one soul of them fallen to the earth; yea, and they had fought as if with the ^bstrength 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.

25 And it came to pass that there were two hundred, out of my two thousand and sixty, who had fainted because of the loss of blood; nevertheless, according to the goodness of God, and to our great astonishment, and also the joy of our whole army

Alma 56:56; 57:25; 58:39

there was ^anot one soul of them who did perish; yea, and neither was there one soul among them who had not received many wounds.

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