

Lesson 21- The Zoramites and the Rameumptom



Purpose

To teach you to worship Heavenly Father in humility and sincerity

A group of people, including men, women, and a child, are gathered in a large, dimly lit room. They are looking towards a central altar where a statue of Jesus with his arms raised stands on a pedestal. The room has a high ceiling with exposed beams and some architectural details. The lighting is warm and focused on the statue.

**OUR OPENING PRAYER WILL
BE GIVEN BY**



(Enter name here)

Attention Activity



Imagine if we had two plates, two glasses, and two sets of utensils.

Attention Activity



- If there isn't any food on these imaginary settings, how do you think the food would taste?

Attention Activity



- Eating off empty dishes would leave you as empty as you were when you started.

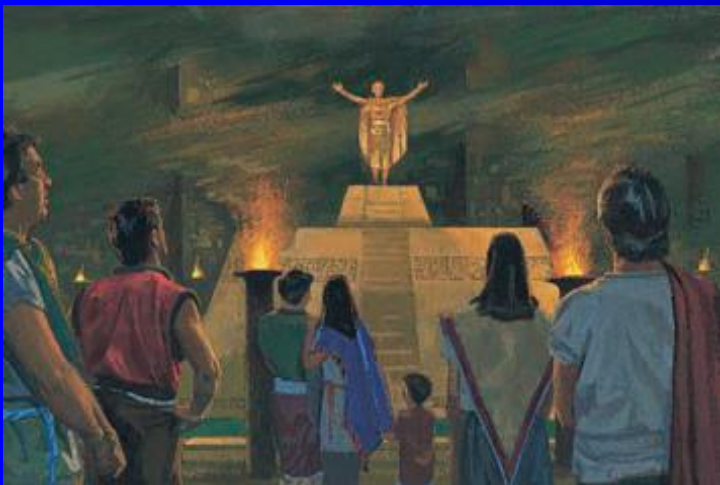
Attention Activity



- It would also be a little disappointing to think you were going to receive some nourishment and find there wasn't anything there.

Attention Activity

- This could be compared to the emptiness of the false and insincere worship of the Zoramites that is described in this lesson.
- Such empty worship does no more good for our spiritual nourishment than not eating does for our physical strength.



- In this lesson we will learn about appropriate and sincere ways to worship God.

Go to the Video

Go to the Narrated Slides

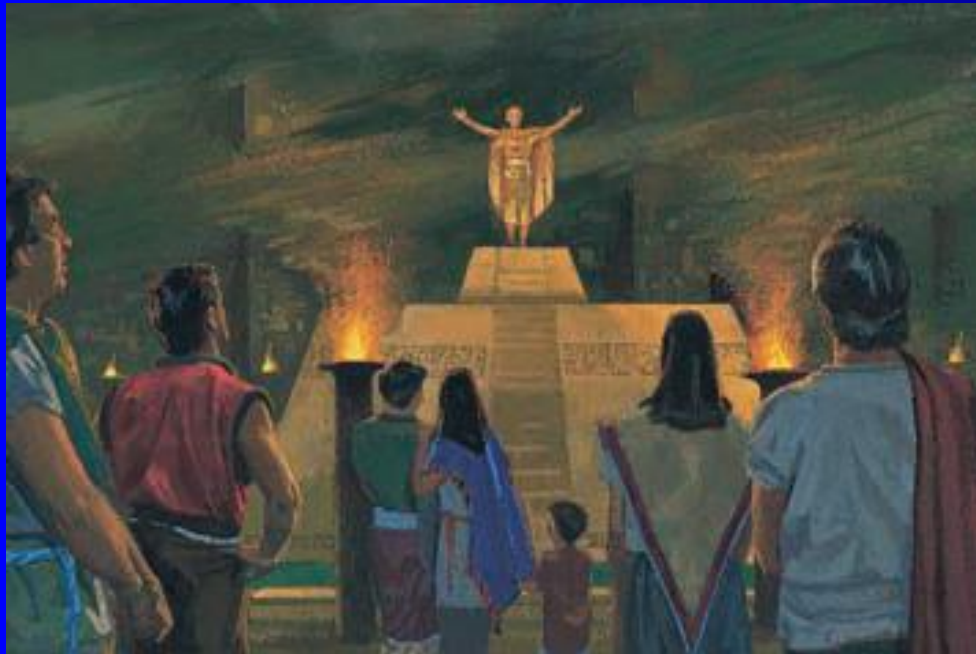
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Discussion Questions

- Who were the Zoramites? ([Alma 31:1–3, 8.](#))
- How had they fallen away from the teachings of the Church? ([Alma 31:8–11.](#))

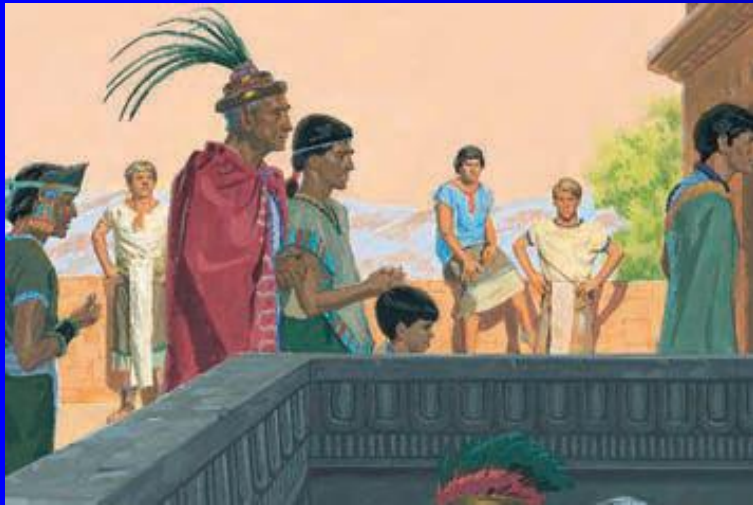


Discussion Questions



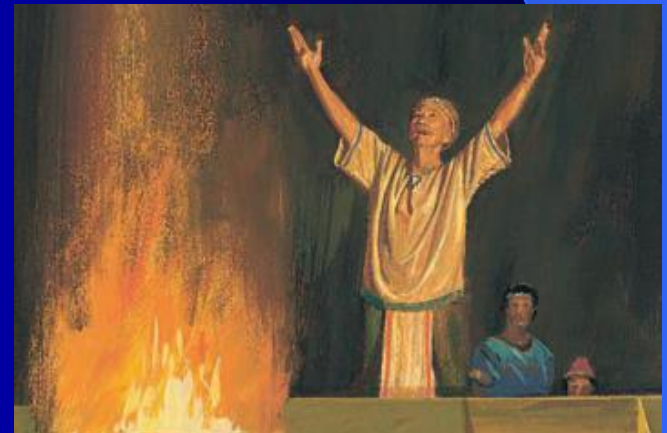
- How, when, and where did the Zoramites worship? ([Alma 31:13–18, 21–23.](#))
- How should we worship Heavenly Father and Jesus Christ?

Discussion Questions



- Why is it important to know who Heavenly Father and Jesus Christ really are and what they are like?

- What were some of the things the Zoramites believed that were wrong?
([Alma 31:15-17,20](#))



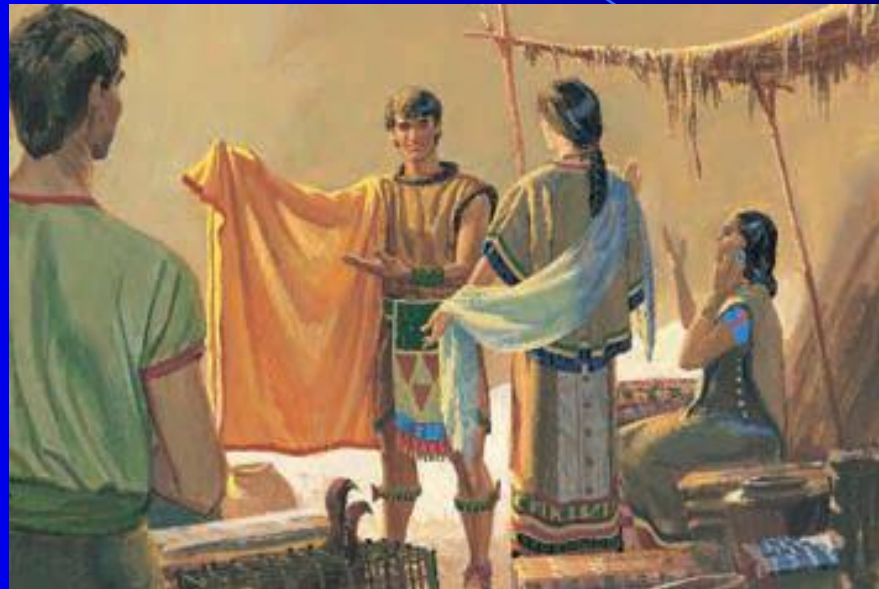
Discussion Questions

- How do we know the Zoramites' prayers were insincere?
([Alma 31:23, 27.](#))



- How can we make our prayers more sincere?

Discussion Questions



- Why did the Zoramites think they were better than others? ([Alma 31:24–25, 27–28.](#))
- In what ways might we sometimes feel we are better than others? Why is pride a serious sin? (It leads us away from God.)

Discussion Questions

- How did Alma and the other leaders feel when they saw the people who had fallen away from the truth? (Alma 31:19, 24, 30–31.)
- How can we help those who do not know the truth? How can we help less-active members?

Discussion Questions



- What were the Zoramites' hearts set on? ([Alma 31:28.](#))
- What are some worldly things that some children your age set their hearts on today?
- Why is it wrong to set our hearts on worldly things?

Discussion Questions

- What things did Alma pray for for himself and for his companions? ([Alma 31:31–35.](#))
- How can praying for specific things help make our prayers more sincere?
- How has praying helped you with a problem?



Discussion Questions

- What did Amulek testify about Jesus Christ? ([Alma 34:8.](#))
- How could the Zoramites gain a testimony of Jesus Christ? ([Alma 34:17.](#))



Discussion Questions



- How and when should we pray? What should we pray for? ([Alma 34:18–27.](#))
- How can we worship Heavenly Father every day of the week?

Discussion Questions

- How did the people of Ammon (the Anti-Nephi-Lehies) treat the Zoramites who joined them? ([Alma 35:9.](#))



- How should we treat a stranger or those who are poor among us?

- How is this showing love for Heavenly Father? ([Matthew 25:40](#); [Mosiah 2:17.](#))

Discussion Questions



- What must we do after we pray so that our prayers are effective? ([Alma 34:28](#))

Enrichment Activity

- How would feel if they were being made fun of.
- What are some ways people are prideful.
- Remember that the great and spacious building in Lehi's dream represented the pride of the world.

Enrichment Activity

- Being humble is the opposite of being proud.
- What can you do to try to become more humble.

Testimony

- If you humbly and sincerely worship Heavenly Father, he will bless us, and we will receive answers to our prayers.
- If you work to resist pride and work to humble yourself to the Lord, you will be blessed.

**OUR CLOSING PRAYER WILL
BE GIVEN BY**



(Enter Name Here)

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Alma 31:1–3, 8

- 1 NOW it came to pass that after the end of Korihor, Alma having received tidings that the Zoramites were perverting the ways of the Lord, and that Zoram, who was their leader, was leading the hearts of the people to ^abow down to dumb ^bidols, his heart again began to ^csicken because of the iniquity of the people.
- 2 For it was the cause of great ^asorrow to Alma to know of iniquity among his people; therefore his heart was exceedingly ^bsorrowful because of the separation of the Zoramites from the Nephites.
- 3 Now the Zoramites had gathered themselves together in a land which they called ^aAntionum, which was east of the land of Zarahemla, which lay nearly bordering upon the seashore, which was south of the land of ^bJershon, which also bordered upon the wilderness south, which wilderness was full of the Lamanites.
- 8 Now the Zoramites were ^adissenters from the Nephites; therefore they had had the word of God preached unto them.

Alma 31:8–11

- 8 Now the Zoramites were ^adissenters from the Nephites; therefore they had had the word of God preached unto them.
- 9 But they had ^afallen into great errors, for they would not observe to keep the commandments of God, and his statutes, according to the law of Moses.
- 10 Neither would they observe the ^aperformances of the church, to continue in prayer and supplication to God daily, that they might not enter into temptation.
- 11 Yea, in fine, they did pervert the ways of the Lord in very many instances; therefore, for this cause, Alma and his brethren went into the land to preach the word unto them.

Alma 31:13–18, 21–23

- 13 For they had a place built up in the center of their synagogue, a place for standing, which was high above the head; and the top thereof would only admit one person.
- 14 Therefore, whosoever desired to ^aworship must go forth and stand upon the top thereof, and stretch forth his hands towards heaven, and cry with a loud voice, saying:
- 15 Holy, holy God; we believe that thou art God, and we believe that thou art holy, and that thou wast a ^aspirit, and that thou art a spirit, and that thou wilt be a spirit forever.
- 16 Holy God, we believe that thou hast separated us from our brethren; and we do not believe in the tradition of our brethren, which was handed down to them by the childishness of their fathers; but we believe that thou hast ^aelected us to be thy ^bholy children; and also thou hast made it known unto us that ^cthere shall be ^dno Christ.

Alma 31:13–18, 21–23

- 17 But thou art the same yesterday, today, and forever; and thou hast ^aelectd us that we shall be saved, whilst all around us are elected to be cast by thy wrath down to hell; for the which holiness, O God, we thank thee; and we also thank thee that thou hast elected us, that we may not be led away after the foolish traditions of our brethren, which doth ^bbind them down to a belief of Christ, which doth lead their hearts to wander far from thee, our God.
- 18 And again we thank thee, O God, that we are a chosen and a holy people. Amen.
- 21 Now the place was called by them Rameumptom, which, being interpreted, is the holy stand.
- 22 Now, from this stand they did offer up, every man, the selfsame prayer unto God, thanking their God that they were chosen of him, and that he did not lead them away after the tradition of their brethren, and that their hearts were not stolen away to believe in things to come, which they knew nothing about.
- 23 Now, after the people had all offered up thanks after this manner, they returned to their homes, ^cnever speaking of their God again until they had assembled themselves together again to the holy stand, to offer up thanks after their manner.

Alma 31:15-17,20

- 15 Holy, holy God; we believe that thou art God, and we believe that thou art holy, and that thou wast a ^aspirit, and that thou art a spirit, and that thou wilt be a spirit forever.
- 16 Holy God, we believe that thou hast separated us from our brethren; and we do not believe in the tradition of our brethren, which was handed down to them by the childishness of their fathers; but we believe that thou hast ^aelected us to be thy ^bholy children; and also thou hast made it known unto us that ^cthere shall be ^dno Christ.
- 17 But thou art the same yesterday, today, and forever; and thou hast ^aelected us that we shall be saved, whilst all around us are elected to be cast by thy wrath down to hell; for the which holiness, O God, we thank thee; and we also thank thee that thou hast elected us, that we may not be led away after the foolish traditions of our brethren, which doth ^bbind them down to a belief of Christ, which doth lead their hearts to wander far from thee, our God.

Alma 31:23, 27

- 23 Now, after the people had all offered up thanks after this manner, they returned to their homes, ^anever speaking of their God again until they had assembled themselves together again to the holy stand, to offer up thanks after their manner.
- 27 Behold, O God, they ^acry unto thee, and yet their hearts are swallowed up in their pride. Behold, O God, they cry unto thee with their mouths, while they are ^bpuffed up, even to greatness, with the vain things of the ^cworld.

Alma 31:24–25, 27–28

- 24 Now when Alma saw this his heart was ^agrieved; for he saw that they were a wicked and a perverse people; yea, he saw that their hearts were set upon gold, and upon silver, and upon all manner of fine goods.
- 25 Yea, and he also saw that their hearts were ^alifted up unto great boasting, in their pride.
- 27 Behold, O God, they ^acry unto thee, and yet their hearts are swallowed up in their pride. Behold, O God, they cry unto thee with their mouths, while they are ^bpuffed up, even to greatness, with the vain things of the ^cworld.
- 28 Behold, O my God, their costly apparel, and their ringlets, and their ^abracelets, and their ornaments of gold, and all their precious things which they are ornamented with; and behold, their hearts are set upon them, and yet they cry unto thee and say—We thank thee, O God, for we are a chosen people unto thee, while others shall perish.

Alma 31:19, 24, 30–31

- 19 Now it came to pass that after Alma and his brethren and his sons had heard these prayers, they were astonished beyond all measure.
- 24 Now when Alma saw this his heart was ^agrieved; for he saw that they were a wicked and a perverse people; yea, he saw that their hearts were set upon gold, and upon silver, and upon all manner of fine goods.
- 30 O Lord God, how long wilt thou suffer that such wickedness and infidelity shall be among this people? O Lord, wilt thou give me strength, that I may ^abear with mine infirmities. For I am infirm, and such wickedness among this people doth pain my soul.
- 31 O Lord, my heart is exceedingly sorrowful; wilt thou comfort my soul ^ain Christ. O Lord, wilt thou grant unto me that I may have strength, that I may suffer with patience these ^bafflictions which shall come upon me, because of the iniquity of this people

Alma 31:28

28 Behold, O my God, their costly apparel, and their ringlets, and their ^abracelets, and their ornaments of gold, and all their precious things which they are ornamented with; and behold, their hearts are set upon them, and yet they cry unto thee and say—We thank thee, O God, for we are a chosen people unto thee, while others shall perish.

RETURN

Alma 31:31–35

31 O Lord, my heart is exceedingly sorrowful; wilt thou comfort my soul ^ain Christ. O Lord, wilt thou grant unto me that I may have strength, that I may suffer with patience these ^bafflictions which shall come upon me, because of the iniquity of this people.

32 O Lord, wilt thou comfort my soul, and give unto me success, and also my fellow laborers who are with me—yea, Ammon, and Aaron, and Omner, and also ^aAmulek and Zeezrom and also my ^btwo sons—yea, even all these wilt thou comfort, O Lord. Yea, wilt thou comfort their souls in Christ.

33 Wilt thou grant unto them that they may have strength, that they may ^abear their afflictions which shall come upon them because of the iniquities of this people.

34 O Lord, wilt thou grant ^aunto us that we may have success in bringing them again unto thee in Christ.

35 Behold, O Lord, their ^asouls are precious, and many of them are our brethren; therefore, give unto us, O Lord, power and wisdom that we may bring these, our brethren, again unto thee.

[RETURN](#)

Alma 34:8

8 And now, behold, I will ^atestify unto you of myself that these things are true. Behold, I say unto you, that I do know that Christ shall come among the children of men, to take upon him the ^btransgressions of his people, and that he shall ^catone for the sins of the world; for the Lord God hath spoken it.

[RETURN](#)

Alma 34:17

17 Therefore may God grant unto you, my brethren, that ye may begin to exercise your ^afaith unto repentance, that ye begin to ^bcall upon his holy name, that he would have mercy upon you;

Alma 34:18–27

- 18 Yea, cry unto him for mercy; for he is ^amighty to save.
- 19 Yea, humble yourselves, and continue in ^aprayer unto him.
- 20 Cry unto him when ye are in your ^afields, yea, over all your flocks.
- 21 ^aCry unto him in your houses, yea, over all your household, both morning, mid–day, and evening.
- 22 Yea, cry unto him against the power of your ^aenemies.
- 23 Yea, ^acry unto him against the ^bdevil, who is an enemy to all ^crighteousness.
- 24 Cry unto him over the crops of your fields, that ye may prosper in them.
- 25 Cry over the flocks of your fields, that they may increase.
- 26 But this is not all; ye must ^apour out your souls in your ^bclosets, and your secret places, and in your wilderness.
- 27 Yea, and when you do not cry unto the Lord, let your ^ahearts be ^bfull, drawn out in prayer unto him continually for your ^cwelfare, and also for the welfare of ^dthose who are around you.

[RETURN](#)

Alma 34:28

28 And now behold, my beloved brethren, I say unto you, do not suppose that this is all; for after ye have done all these things, if ye ^aturn away the ^bneedy, and the ^cnaked, and visit not the sick and afflicted, and ^dimpart of your substance, if ye have, to those who stand in need—I say unto you, if ye do not any of these things, behold, your ^eprayer is ^fvain, and availeth you nothing, and ye are as ^ghypocrites who do deny the faith.

Alma 35:9

9 And he breathed out many threatenings against them. And now the people of Ammon did not fear their words; therefore they did not cast them out, but they did receive all the poor of the Zoramites that came over unto them; and they did ^anourish them, and did clothe them, and did give unto them lands for their inheritance; and they did administer unto them according to their wants.

Matthew 25:40

40 And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have ^adone *it* unto one of the ^bleast of these my ^cbrethren, ye have done *it* unto me.

Mosiah 2:17

17 And behold, I tell you these things that ye may learn ^awisdom; that ye may learn that when ye are in the ^bservice of your ^cfellow beings ye are only in the service of your God.

RETURN



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CHAPTER 28



THE ZORAMITES AND THE RAMEUMPTOM



The Zoramites had once belonged to God's Church but had become wicked and were worshiping idols.



The Nephites wanted to keep the Zoramites from joining the Lamanites, so Alma went with some other missionaries to preach the word of God to the Zoramites.



These missionaries were surprised and upset at how the Zoramites were worshiping in their churches, called synagogues.



In the center of the church, the Zoramites had built a high platform called the Rameumptom. There was room for only one person to stand at the top.



The Zoramites took turns standing there, reaching toward heaven and loudly reciting the same prayer.



In this prayer, the Zoramites said God does not have a body; he is only a spirit. They also said there would be no Christ.



The Zoramites thought God had chosen only them to be saved in the kingdom of heaven. They gave thanks for being his favorite people.



After each of the Zoramites had prayed, they went home and did not pray or talk about God again for an entire week.



The wealthy Zoramites loved gold and silver, and they bragged about their worldly treasures. Alma was sad to see how wicked they were.



Alma prayed for him and his missionaries to have strength, comfort, and success in their work.



After asking for help to bring the Zoramites back to the truth, Alma and the other missionaries were filled with the Holy Ghost.



The missionaries then went in separate directions to preach. God blessed them with food and clothing and strengthened them in their work.



Zoramites who were poor were not allowed inside the churches. These people began listening to the missionaries.



Many asked Alma what they should do. Alma told them they did not need to be inside a church to pray or to worship God.



He told them to have faith in God. Then Amulek taught them about Jesus Christ and about God's plan for his children.



The missionaries left, and the Zoramites who had believed them were thrown out of the city. The believers went to live in the land of Jershon with the people of Ammon.



Although the wicked Zoramites threatened the people of Ammon, the people of Ammon helped the righteous Zoramites and gave them food, clothing, and land.