

# Vacation Church School

## Heroes Unit 1

Lesson: Brave Abinadi

*"I will trust and not be afraid  
for the Lord Jehovah is my strength..."  
2 Nephi 9:133*

Goals: By the end of class the child should be able to:

1. Know the story is from the Book of Mormon.
2. Remember the name Abinadi.
3. Relate the events of the story.
4. Remember Abinadi was brave because he trusted God.
5. Recall a time when they were afraid and trusted God.
6. Recall a time when they told the truth when it was hard.

Vocabulary:

- |              |              |          |           |
|--------------|--------------|----------|-----------|
| 1. king      | 4. priests   | 7. sin   | 10. trust |
| 2. Abinadi   | 5. Lamanites | 8. tax   | 11. idols |
| 3. King Noah | 6. repent    | 9. brave |           |

Materials Needed:

- |   |  |
|---|--|
| <input type="checkbox"/> <u>Bible</u>                               | <input type="checkbox"/> <u>Book of Mormon</u>             |
| <input type="checkbox"/> pencil                                     | <input type="checkbox"/> colored pencils                   |
| <input type="checkbox"/> minute timer                               | <input type="checkbox"/> marker                            |
| <input type="checkbox"/> scissors                                   | <input type="checkbox"/> stapler                           |
| <input type="checkbox"/> glue, individual bottles                   | <input type="checkbox"/> 1 paper fastener                  |
| <input type="checkbox"/> hole punch                                 | <input type="checkbox"/> typing paper (1 sheet per child)  |
| <input type="checkbox"/> 2 sheets white poster board                | <input type="checkbox"/> typing paper (1 sheet/3 children) |
| <input type="checkbox"/> sheet white tag board                      | <input type="checkbox"/> flannel board                     |
| <input type="checkbox"/> small skein of yarn                        | <input type="checkbox"/> flannel scraps                    |
| <input type="checkbox"/> non-flexible drinking straws (1 per child) | <input type="checkbox"/> patterns 1-13                     |
| <input type="checkbox"/> pack of red tissue paper                   | <input type="checkbox"/> pack of orange tissue paper       |

### Preparation:

1. *Crown:* Cut out the pattern and trace around it on poster board. Decorate the crown by coloring it. (You can add buttons, sequins, and/or glitter). Staple the band to the sides of the crown, so that it will fit a child's head. Only one crown s needed.
2. *Scrolls:* Cut out the pattern and trace around it on typing paper. Make one scroll for each child. Cut the drinking straws in half. Put glue on the  $\frac{1}{2}$ " area at each end of the scroll and wrap each end around a half piece of straw to form a scroll.
3. *Scripture Activity:* Write scripture verse on poster board.
4. *Story:* Color the figures #4-9, cut them out and glue onto the tag board, to strengthen them. Then glue flannel scraps on to the back. Abinadi's arm, #7, can be attached with a paper fastener to #6 for the portion of the story that he is untied.
5. *Review Activity:*
  - a. Make copies of patterns #10, 11, 12. You will need a set of pictures #1, 2, 3 for yourself and each child.
  - b. Cut out the pictures and glue each one to a piece of poster board, the same size, for backing. Punch holes in the pictures.
  - c. Cut the yarn in 12" pieces - one for each child, plus teacher. Thread a piece of yarn through each picture in your set and tie. Color your set.
6. *Craft:*
  - a. Make copies of the pattern #13 for each child
  - b. Tear the tissue paper into little scraps, about 1" X 1"
  - c. Prepare the teacher's example: color the sheet. Crinkle several of the tissue scraps of each color. Put drops of glue around the crinkled pieces of paper on the glue drops to make "fire"
7. *Vocabulary Words:*
  - a. Cut out vocabulary words and back them on poster board.
  - b. Put Vocabulary Words up on wall for children to see and remember the words (for younger children - finding a picture to go with the word helps them remember it better)

Introduction Activity:

Have one small, blank scroll for each child, on the table with a crown.

Who can tell me what this is?... What do we think of when we see it?... Yes, we think of a king. A king is a leader of a country. He makes rules for the people. Some countries, like America, have presidents to lead the country; but, some countries have kings. Let's pretend (child's name) is a king.

Put crown on the child chosen.

(Child's name), if you were king, what rule would you make?

Write the child's answer on the scroll. Put his/her name on it. Continue to ask each child the same question, letting them wear the crown, as they answer. Each rule is written on a separate scroll.

All of these are fun rules. (or an appropriate phrase, depending of the rules given.)

In some ways, they would be good rules; but, if we had a robber in our class, he might want to make a bad rule!

Many times in the Book of Mormon, the people wanted a king. God did not want them to have one. God knew there would be good kings, but he also knew that some of the times there would be bad kings. The bad kings would make bad rules and would kill or hurt the people who did not obey the rules. The bad king would make the people pay lots of money to him, called taxes. It was not good for one man to act better or more important than other people.

Story:

Today's story comes from the Book of Mormon.

Holding the Book of Mormon, point to each word as you say it.

Our story is about a man named Abinadi. Can you say his name with me? Abinadi. God sent Abinadi to talk to a bad king. The bad king's name was King Noah. Let's say his name together. King Noah.

Put figure #4 up on board.

King Noah was not a good man. He did not keep God's rules. He like having many beautiful things, so he made the people work very hard to pay him taxes. He picked other men to be his helpers.

Put figure # on board.

They were called priests. It was their job to teach the people about God. King Noah's priests did not do that, though. They did not love God. They were bad, like King Noah. Each time they broke God's law, it was a sin. So the

people had a bad king and bad teachers. The people began to forget about the true God and His laws. They sinned, too. They began to worship statues, called idols. Many times their enemies, called Lamanites, would fight against them, King Noah and his people enjoyed killing the Lamanites. King Noah's people were proud. They thought they were more important than other people.

*Put figure #6 with #7 attached on the board.*

God sent His special helper, Abinadi, to talk to the people. Abinadi loved God. He believed God would tell him what to do and say. He trusted God. God wanted Abinadi to tell the people and King Noah to repent. That means that they should feel sorry about doing the bad things. They should stop doing bad. They should stop praying to the state and they should worship the real God, who had sent Abinadi. When Abinadi talked to the people, he said, "Repent!" He told them that, if they did not repent, they would be captured by their enemies, the Lamanites. They would not be free any longer. There would be sickness

King Noah did not like Abinadi. He did not like what Abinadi said. King Noah did not want to repent. The king was angry with Abinadi and tried to catch him. He was so mad that he wanted to kill Abinadi. God helped Abinadi and the king's men could not catch him.

Abinadi stayed away for two years. That is a long time. After two years, though, he came back to King Noah's land. He made himself look different, so King Noah would not know who he was. Even though it was dangerous for Abinadi to come back, he did, because God had more he wanted he people to know and Abinadi wanted to do God's work. He wanted to obey God.

*Still using figure #6*

Abinadi told the people again to repent. If they did not, they would be destroyed. The people still did not want to repent. They were angry with him and caught him this time. They took Abinadi to King Noah and his priests.

*Remove arm from figure #6 and put #8 on top of Abinadi, so that his head shows through.*

King Noah had him put in jail. King Noah had many questions he wanted Abinadi to answer. Abinadi spoke the truth, but King Noah did not like what he said.

*Abinadi out of jail.*

He told his priests to take Abinadi and kill him!

When they tried to grab him, Abinadi said, "Do not touch me! God will kill you, if you put your hands on me; because I have more God wants me to tell you." The people were afraid of Abinadi. God had given him power to talk. His face was glowing. Abinadi told the priests, "You know God's laws, but you do not teach them to the people. You teach them bad ways. You do not teach them to worship the true God. You do not teach them to obey their mothers and fathers. You do not teach them it is wrong to lie and steal." He told them that someday God's son, Jesus, would come and live on the earth. He told them Jesus would die for them. Abinadi told the priests they should teach the people about Jesus. Then they put him back in jail.

After three days more in jail, Abinadi was brought before King Noah one more time. King Noah said that he would let Abinadi go free, if he would say that he'd lied. King Noah wanted the people to think that all of Abinadi's words were not true. But Abinadi said, "The words are true. Even if you kill me, I will not lie about God's words." They touched his skin with hot torches until he was burning. Abinadi prayed, and then he died.

*Put up figure #9*

#### Discussion:

Abinadi was a very brave man. He was in danger and pain and was not afraid. He was not brave because he thought he was stronger and smarter than King Noah. No, he was brave because he trusted in God. He could have saved his life, if he would have lied about God and Jesus. He did God's job. Even though he knew he would die, he spoke the truth. God wants us to always speak the truth, but it is not always easy—especially when we think we may be punished or made fun of. Can you remember a time when it was hard for you to tell the truth? Did you do it anyway? When it is hard for us to obey God's rules or to do a job for him, we should remember brave Abinadi. When it is hard to tell the truth because we're afraid of being punished, we should remember Abinadi too. Abinadi was a hero for God.

#### Scripture Activity:

*Holding the Holy Bible and the Book of Mormon.*

I have two books. This one is the Holy Bible. It has many wonderful stories in it. This one is the Book of Mormon. Today's story is from the Book of Mormon. This is a real Book of Mormon, but each one of you can have a pretend Book of Mormon to "read" from.

Walk to another part of the room.

Over here, I have a pretend stack of Book of Mormons to pass out.

Pretend to be lifting a heavy stack of books, setting them down, and handing one to each child. Then, holding your palms together, open them up like a book.

In the Book of Mormon it says, "I will trust and not be afraid..." Let's say that together. "I will trust and not be afraid..."

Have each child "open" their "book."

Child's name, can you read us what your Book of Mormon says?

Give each child an opportunity to "read" from their "book" / reciting the scripture verse.

Just like Abinadi, we need to believe God will listen to our prayers and help us to not be afraid.

### Review Activity:

1. Use your set when asking the questions under #1,2,3. Hand the children the appropriate picture after the question on each picture. Each child should have a pencil.
2. They will mark a happy or sad face in the square in the upper right hand corner of each picture.
3. At the end, have them color the pictures and thread a piece of yard through their set. Tie them together for them.

### Questions:

Hand each child card #1. Hold up your picture of Abinadi

- A. Who is this?... Yes, it is Abinadi, God's special helper.
- B. What did God want Abinadi to do?
- C. Did Abinadi do what God wanted him to do?
- D. What did King Noah and his priests do to Abinadi?

Abinadi did God's job. He would not lie about God, even when he was in danger. God wants us to be brave like Abinadi. Let's put a happy face in the circle by Abinadi.

Hand each child card #2. Hold up your picture of King Noah.

- A. Who is this from today's story?
- B. God wanted King Noah and his people to stop doing bad things. God wanted them to repent. This is King Noah. Did King Noah repent?

We feel sad inside, when we don't do what God wants us to do. Let's put a sad face in the circle by King Noah.

Hand each child card #3. Hold up your picture of the priests.

- A. Who are these men?
- B. Did they teach the people good ways or bad ways?
- C. What happened when they tried to grab Abinadi?

Let's put a sad face on their card, too, because they aren't obeying God either.

### Craft:

1. Give each child a sheet to color.
2. Give each child at least 10 scraps of tissue paper and show them how to crinkle them up.
3. Have the children put drops of glue near the wood in the picture and stick the crinkled paper on the glue drops.
4. Pointing to each word, read the scripture verse to the children. Have them repeat it with you.

### Outside Activity:

#### Game 1

Show the children a timer. Have a helper hide the timer, set at 8 minutes, while you are having the following conversation. Then have the children find it before it goes off. If time and interest allows, let each child take a turn at hiding the timer.

In today's story, God kept the priests from touching Abinadi, because there was more he needed to say to the people. It was not "time" for Abinadi to die them. (Child's name) has hidden the timer. We need to find it before it runs out of time and rings.

#### Game 2

Let's pretend we're Abinadi, walking into town to tell King Noah to repent. Have the children walk in single file behind you, using long strides, arms swinging. Now, we're King Noah and His priests. We think we are very rich and important. We are proud.

Have children walk with heads high, hands on hips, in a proud manner.

Now we are Abinadi again, but this time, we must run from King Noah's men.

Run with the children. Let each child take a turn being a leader.

*(Can also turn the game into Simon Says)*

*Vocabulary Words:*

King Noah	Abinadi	king
Lamanites	brave	trust
idols	repent	tax
priests	sin	



\*\*\*\*OPTIONAL ACTIVITIES\*\*\*\*

*Note:* Materials and preparation for the optional activities are not included in the master lists of Materials Needed and Preparation on page 1 & 2.

Craft:

Let each child make a crown, using pattern #1 & 2 and the directions in the introduction.

Vocabulary Activity:

1. Put the words in a column on the left side of the flannel board. Have the children read each word, as it is put up.
2. Put the definitions in a column on the right side of the flannel board, one across from each word. The definitions should not be directly across from the word it defines. Have the children read each definition, as it is put up.
3. Let each child point to a word of their choice, and then select the correct definition. They take the definition and place it beside the word. Continue the game until the words/definitions are all matched.

Column A

Abinadi  
King Noah  
priests  
sin  
repent  
Lamanites  
king  
tax  
fire  
glow  
brave  
trust  
obey

Column B

God's helper  
a bad leader  
King Noah's helpers  
breaks God's rules  
feel sorry, stop sin  
King Noah's enemies  
leader of a country  
money paid to King Noah  
how Abinadi died  
Abinadi's face  
not afraid  
believe in  
to follow the rules

Scripture Verse Review:

1. Have the children find 2Nephi 9:133 (pg. 134) in their Book of Mormon. Read it together. Have them repeat the verse: "I will trust and not be afraid for the Lord Jehovah is my strength..."
2. Hand out the memory sheet. One per child. Have them color the small pieces of the puzzle. After coloring, they should cut out the large triangle and small pieces.
3. Tell them to fit the small pieces together on the big triangle, so that the scripture verse can be read. They may refer to the Book of Mormon.
4. When they have worked it once, have them mix up the pieces and work it again, not using their books, Repeat the verse together. If they are still interested, have a race to see who can work it the fastest.
5. Have them glue the pieces onto the big triangle.

Outside Game:

Draw a line or have a boundary at both sides of the yard. The players all stand on one side, behind the line. Whoever is "It" stands on the opposite line. The idea of the game is to see which player can reach the side where "It" stands the first. The player who is "It" counts to five, with their back turned to the players. As he/she counts, the other players walk or run toward "It." At the end of the count, "It" whirls around. The players must stop immediately and freeze into statues. If "It" sees a player move they are sent to the starting line. "It's" turn is not over until a player crosses the line. The first player over the line becomes the new "It"