



"Now it's MY turn" CHALLENGE!!

Alma 32-35

"Draw In" something
(a picture, a smiley, etc.)
-OR- put a sticker
on each day you
ROCK the challenge

Name: _____

Reward: _____

Alma 32

Its **NOURISHING WEEK!**

See what you can do to **NOURISH** your testimony seed!

Pick one (or two) things YOU want to try to different this week to nourish your testimony.

Could be **ANYTHING!** Write goal here
And then mark your **SUCCESES** this week!



A will **NOURISH** my testimony this week by...

Mon	Tues	Wed	Thurs	Fri	Sat	Sun



Alma 33-34

"CRY

unto the Lord"

Mark each day that you felt like you really tried to "Talk with Father" this week.

("Because" prayers are a great help!)

BONUS

Do the marking activity on the Principle of Power sheet

Power
Verse!

 **Alma 32:42**

“And because of your **DILIGENCE**
and your **FAITH** and your **PATIENCE**
with the word in nourishing it, that
it may take root, behold, by and by
ye shall pluck the **FRUIT** thereof,
which is most precious...



YOU BE THE ARTIST!

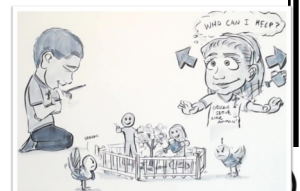
Time to NOURISH YOUR little testimony tree! — DRAW things below (that you learned in the video) are needed (hint: water, sun, etc.). Next to each thing, write what that thing could be a symbol of for you (ex: water = PRAYER).

 *On back, draw a full grown testimony tree with FRUIT you are eating! Yea!*



**Song
time!**

Alma shared, “We can compare the Word unto a seed.
Once its sowed for it to grow your NOURISHING it needs
With your diligence and faith and patience over time
Your reward, from the Lord, is divine



PRINCIPLE of POWER!

Alma 32

A personal testimony (seed)
needs constant
NOURISHING...

Color me!



...for it to grow
and bring us joy (fruit)

PRINCIPLE of POWER!

Alma 33-34

MIGHTY prayers...

Like an
Alma
or Enos



In Alma 33:3-11
Alma 34:17-27

CIRCLE all the
"Cry" &
"Prayer"
words you find!

...get MIGHTY results!