

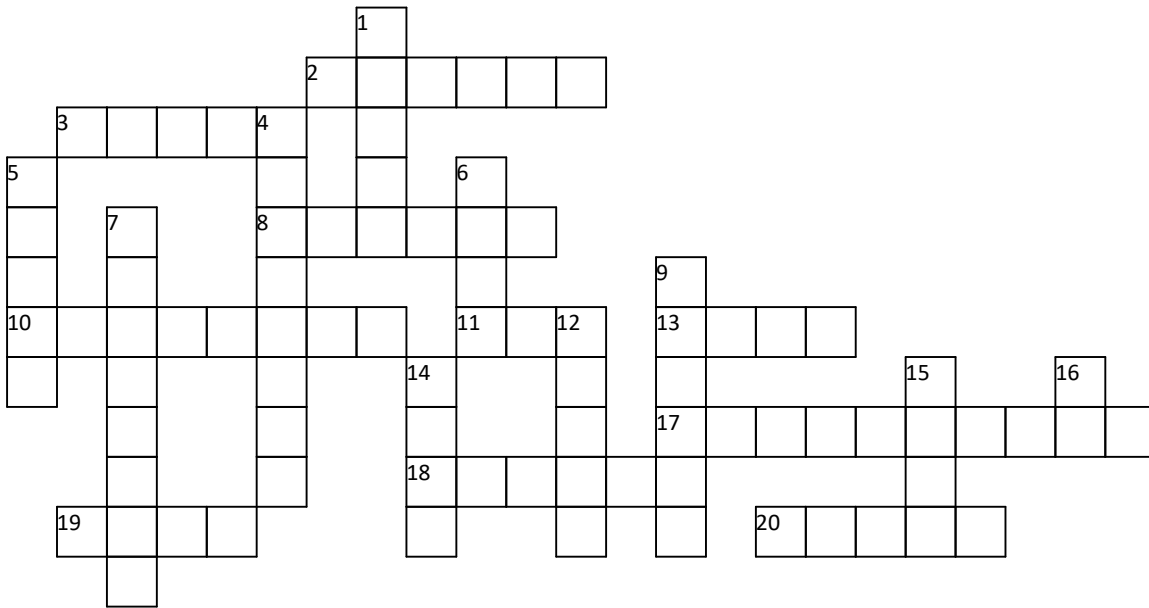
August 17–23

## Helaman 1–6

“The Rock of Our Redeemer”

Instructions: Using the Across and Down clues, write the correct words in the numbered grid below. Hint: all of the words in the crossword come from the scripture below.

### Helaman 5:12



#### ACROSS

2. a state of ill-being due to affliction or misfortune
3. strength; ability to do something
8. a state of ill-being due to affliction or misfortune
10. Jesus Christ
11. Heavenly Father
13. precipitation of ice pellets
17. the basis on which something is grounded
18. Messiah
19. hit repeatedly
20. make by combining materials and parts

#### DOWN

1. air moving from high pressure to low pressure
4. recall knowledge; have a recollection
5. a violent weather condition with winds and precipitation and thunder and lightning
6. pull, as against a resistance
7. Jesus Christ
9. something directed or barbed as in sharp attack:
12. an evil supernatural being
14. material consisting of stone
15. descend freely under the influence of gravity
16. sorrow or grief

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### Fill in the Blank

And \_\_\_\_\_ said unto them: You must \_\_\_\_\_, and \_\_\_\_\_ unto the voice, even until ye shall have faith in \_\_\_\_\_, who was taught unto you by Alma, and \_\_\_\_\_, and \_\_\_\_\_; and when ye shall do this, the \_\_\_\_\_ of \_\_\_\_\_ shall be \_\_\_\_\_ from \_\_\_\_\_ you.

Christ  
Zeezrom

removed  
Aminadab

Amulek  
cloud

cry  
repent

darkness

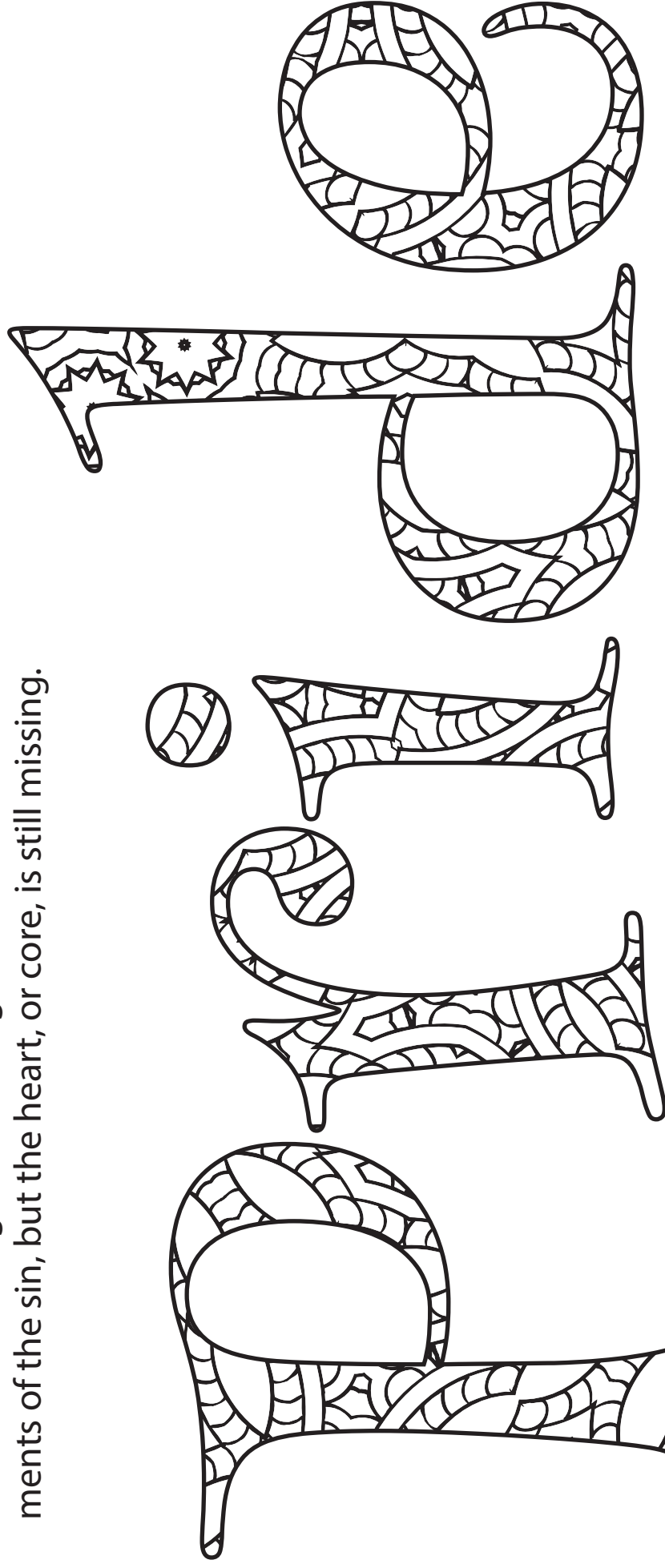
overshadowing

### Handwriting Practice

Practice your handwriting by tracing the sentence below. Then use the blank lines to write the sentence on your own.

*Repentance replaces spiritual  
darkness with light.*

“Most of us think of pride as self-centeredness, conceit, boastfulness, arrogance, or haughtiness. All of these are elements of the sin, but the heart, or core, is still missing.



“The central feature of pride is enmity—enmity toward God and enmity toward our fellowmen. Enmity means ‘hatred toward, hostility to, or a state of opposition.’ It is the power by which Satan wishes to reign over us.”

~ Pres. Ezra Taft Benson, *Beware of Pride*

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## Helaman 1–6

“The Rock of Our Redeemer”

Instructions: Solve this word sudoku puzzle the same way that you’d solve a numeric sudoku. Each of the bold words in the scripture below is found once in every row, column and 3×3 box.

### Helamen 5:44-45

And Nephi and Lehi were in the midst of them; yea, they were **encircled** about; yea, they were as if in the midst of a flaming **fire**, yet it did harm them not, neither did it take hold upon the walls of the prison; and they were filled with that **joy** which is **unspeakable** and full of **glory**.

And behold, the **Holy Spirit** of God did come down from **heaven**, and did enter into their **hearts**, and they were filled as if with fire, and they could speak forth marvelous words.

hearts		Spirit	heaven				joy	
	encircled		unspeakable	glory			hearts	Spirit
		Holy	Spirit			heaven	glory	
	fire	joy		unspeakable		glory		Holy
Spirit		hearts	glory	fire				
unspeakable	Holy		joy		heaven			fire
fire		encircled			glory		unspeakable	
glory		unspeakable				encircled	Holy	
		heaven		joy	unspeakable	Spirit		



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# Helaman 1-6

“The Rock of Our Redeemer”

Instructions: Connect all of the letters in the phrase **bolded** below. Don't be tricked by letters that take you into a dead end! There is only one path through the maze. Fill in the blanks below to find the hidden message.

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-----; -----, -----;  
-----.

## Helamen 5:48

Finish

Start

T	O	T	H	E	M	M	D	N	D	N	A	E	H	F	H	T	O	E	H	E	A	V	E	N	A	N
N	T	H	W	M	M	D	N	A	N	E	E	H	F	O	T	U	T	H	F	H	E	A	V	E	N	D
U	N	N	I	M	D	N	A	N	E	V	A	E	H	W	O	O	O	F	O	F	H	E	A	V	A	N
D	E	T	N	I	N	A	C	S	C	A	M	E	D	O	W	N	O	U	T	O	F	H	E	A	V	E
E	R	S	I	S	I	M	S	L	S	C	A	D	O	W	N	O	U	T	O	F	H	E	A	V	D	N
R	E	T	S	T	C	S	L	E	L	S	C	U	O	N	O	U	T	O	F	H	V	A	V	E	N	D
E	E	E	R	E	D	C	S	G	S	L	S	T	U	O	U	T	O	F	H	V	E	V	E	N	A	M
W	H	E	E	D	U	E	G	N	G	E	L	O	C	U	T	O	F	H	E	A	N	E	N	A	N	D
N	E	N	D	U	E	G	N	A	N	G	E	L	S	T	O	M	E	V	A	V	A	N	A	N	D	M
T	H	T	U	N	G	N	A	D	A	N	G	E	L	S	C	A	D	O	W	N	N	A	N	D	M	I
H	E	Y	E	G	N	A	D	N	N	G	E	L	S	C	A	M	N	O	N	A	D	N	D	M	I	N
E	Y	H	L	N	A	D	N	A	G	E	L	S	C	A	M	E	W	N	N	D	A	N	G	I	N	I
Y	H	E	H	A	D	N	A	N	A	N	D	A	E	S	E	D	O	N	A	N	A	G	E	L	I	S
H	R	D	T	D	N	A	N	E	N	D	A	N	G	N	E	N	S	A	N	E	N	A	N	D	A	N
E	A	R	D	T	D	N	E	P	E	A	N	E	V	A	V	E	N	S	E	P	E	N	A	N	D	A
A	R	D	I	S	A	A	N	O	S	O	P	V	A	E	A	V	E	N	S	O	P	E	N	D	A	N
R	D	T	H	T	D	N	A	N	N	E	V	A	E	H	E	A	V	E	N	S	O	P	E	N	A	A
D	T	H	I	S	T	D	N	O	S	N	E	E	H	E	H	E	A	V	E	N	S	O	P	E	A	D
T	H	I	S	T	H	A	D	P	O	P	N	A	E	H	E	H	E	A	V	E	N	S	O	P	A	N
H	I	S	T	H	E	Y	A	N	G	E	H	E	H	T	H	E	A	V	E	N	S	O	P	E	N	D
I	S	T	H	O	T	O	B	E	H	A	E	H	T	W	T	H	E	A	H	S	O	P	A	W	T	H
S	T	A	S	T	F	T	O	B	E	E	H	E	H	A	W	T	H	E	T	H	E	Y	S	A	W	T
T	E	S	A	F	I	F	T	O	B	E	T	W	A	S	T	E	Y	T	D	T	H	E	Y	W	T	H
H	Y	E	S	A	S	I	F	T	O	B	E	A	S	Y	S	H	T	D	L	D	T	Y	S	A	W	T
E	E	Y	T	F	I	F	T	O	H	O	L	W	Y	E	H	T	D	L	O	L	D	E	Y	S	A	S
Y	R	E	Y	T	F	T	E	B	E	M	A	D	N	A	B	D	T	D	H	O	T	H	T	H	E	Y
C	I	R	E	H	B	O	L	E	L	A	C	A	M	E	A	N	D	B	E	H	O	L	D	T	H	S
A	E	I	H	W	H	L	O	H	O	C	E	M	E	D	L	O	B	O	H	O	L	D	T	H	E	Y
S	H	W	M	O	R	F	O	L	I	C	E	C	T	M	H	E	L	O	L	D	T	H	E	Y	S	
T	T	W	M	O	R	F	D	L	V	O	I	C	E	C	A	M	E	D	L	D	T	H	E	Y	W	T
U	P	H	E	N	C	E	T	H	E	V	O	I	C	E	C	A	M	T	D	T	H	E	Y	S	A	H

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# Helaman 1-6

“The Rock of Our Redeemer”



GADIANTON DINES OUT.

## Cryptogram

Instructions: Each letter on the top stands for a letter in the alphabet. Solve the encrypted phrase by matching each letter on top to a letter in the alphabet on the bottom. Use the key to help you remember what the letters stand for so you can crack the code.

F	Q	T	K	S	H	E	Y	R	J	D	Z	N	I	L	G	X	V	P	O	C	W	A	B	U	M
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

W M K X G U W Y E G T A C F N E C F G N I

P I G W C V N U D G K M G E E , W M K C F G N I

X T W E C N M P E N M C F G N I T V M

E C I G M P C F , C F G H V G I G O G A C N M

C F G N I T V M E C I G M P C F ; C F G I G A T I G

C F G H K N K M T C S I T E S G I , X Y C V G I G

W A A O N U C G K W M K E Z N C C G M , W M K

K I N R G M X G A T I G C F G O W Z W M N C G E

F G O W Z W M 4 : 1 3