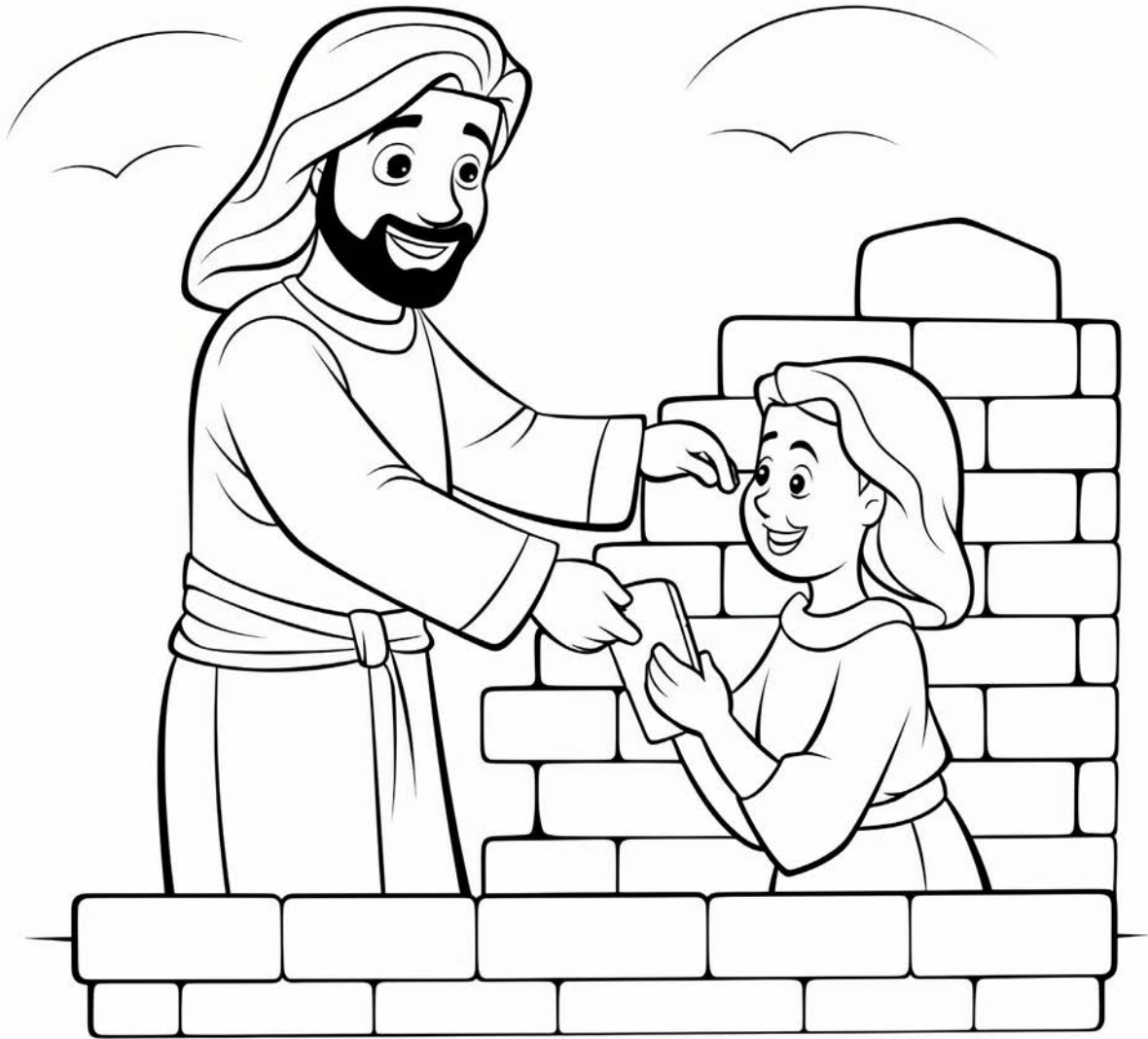


August 26–September 1

## Helaman 1–6

“The Rock of Our Redeemer”



### Handwriting Practice

Practice your handwriting by tracing the sentence below.

I will build my foundation  
on Jesus Christ.

August 26–September 1

## Helaman 1–6

“The Rock of Our Redeemer”

Instructions: Fill in the blank by adding words from the box below to finish the scripture.

### Helaman 5:30

And it came to pass when they heard this \_\_\_\_\_, and beheld that it was not a voice of \_\_\_\_\_, neither was it a voice of a great tumultuous \_\_\_\_\_, but behold, it was a \_\_\_\_\_ voice of perfect mildness, as if it had been a \_\_\_\_\_, and it did \_\_\_\_\_ even to the very soul.

pierce

still

whisper

thunder

noise

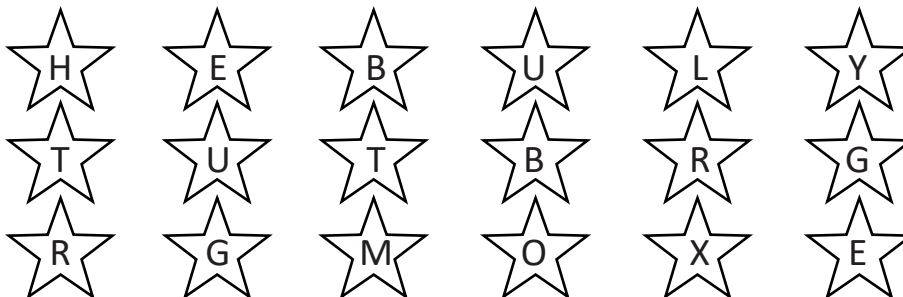
voice

### Connect the Letter Stars

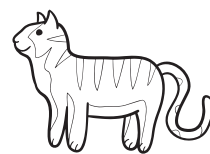
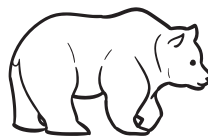
Connect the letter stars to make the word below. Start on the left. Once you find the first letter of the word, draw a line to the next letter star in the next column till you connect the whole word.

### HUMBLE

Heavenly Father wants me to be **humble**. (Come, Follow Me Manual 2024)



**Hidden Picture:** Buildings need strong foundations, just like this temple. Can you find the temple in the hidden picture below? Then, see if you can find the animals as well.



August 26–September 1

## Helaman 1–6

“The Rock of Our Redeemer”

Instructions: Find the bold words from the scripture in the puzzle below. To help you, the beginning letter of each word is circled. Circle the whole word when you find it. The words go from top to bottom ↓ and left to right. →

### Helaman 5:12

And now, my sons, remember, remember that it is upon the **rock** of our **Redeemer**, who is Christ, the Son of God, that ye must **build** your **foundation**; that when the devil shall send forth his mighty **winds**, yea, his **shafts** in the whirlwind, yea, when all his **hail** and his mighty storm shall beat upon you, it shall have no **power** over you to drag you down to the gulf of misery and endless wo.

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

shafts

Redeemer

rock

hail

power

foundation

build

winds