

# Abinadi Was Courageous

Abinadi told the Nephites that Heavenly Father wanted them to repent. King Noah and his priests didn't want to repent, and they threatened to hurt Abinadi. But he obeyed Heavenly Father and kept preaching. How can you be courageous like Abinadi?



After church one Sunday, I took home some pass-along cards. I had some friends at school who weren't LDS, and I wanted to give them a card the next day. That night I started to feel nervous, so I got on my knees and said a prayer. I felt better and braver, and the next day I gave the cards to my friends. They really liked them, and I felt very happy that I gave the cards to them.

**Ava M., age 8, Utah, USA**

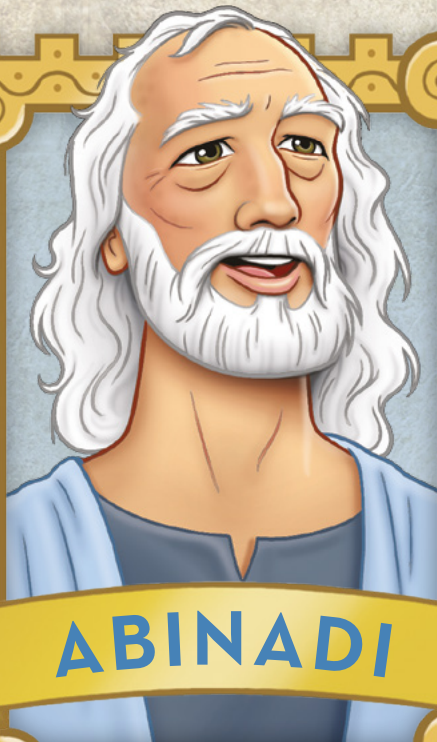


**Brooks L., age 8, Florida, USA**

ILLUSTRATION BY JARED BECKSTRAND



Cut, fold, and keep this challenge card!



**ABINADI**

## I CAN BE COURAGEOUS!

- Memorize [Mosiah 17:9](#).
- Make a good choice—even if it's a little hard to do.
- Watch chapter 14 of the illustrated Book of Mormon stories at [children.lds.org](http://children.lds.org).
- I challenge myself to...

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