

# Alma Repented

**A**lma the Elder was a priest of the wicked King Noah. He listened to the prophet Abinadi teach about the commandments. Alma knew he needed to change his life and follow God instead of doing wicked things. He wrote down what Abinadi taught. He began teaching others the gospel. Later he had a family and named one of his sons Alma.



I was playing goalie and doing a great job. Then I remembered I needed to repent for saying something mean yesterday. I needed to do it, but I was in the middle of a game. Then I remembered something. You can pray anywhere you need to! After I prayed, I felt good that I repented.

**Peter G., age 8, Utah, USA**



**Damon B., age 8, Utah, USA**



Cut, fold, and keep this challenge card!



I CAN REPENT!

- Memorize Mosiah 18:9.
- Write or draw something the prophet said in general conference.
- Pick one way you can change for the better. Try doing it this month.
- I challenge myself to ...  
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