

# Stripling-Warrior Challenge

The stripling warriors kept their bodies and spirits strong. Take this challenge to be strong like them! Set this page on the floor. Close your eyes and drop a pebble or button onto the page. Then do the challenge for the box it lands closest to.



Do five push-ups or clap your hands five times.



Jump in the air or stretch your hands above your head three times.



Say one thing you are grateful for.



"Walk uprightly" like the stripling warriors did (see Alma 53:21). As you march around the room, sing the chorus of "We'll Bring the World His Truth" (pages 12–13).



Say one thing you believe (see Alma 57:26–27).



Say one thing a parent or Primary leader taught you (see Alma 56:47–48).

Read this quote: "Like Helaman's 2,000 stripling warriors, you also are the spirit sons [and daughters] of God, and you too can be endowed with power to build up and defend His kingdom."