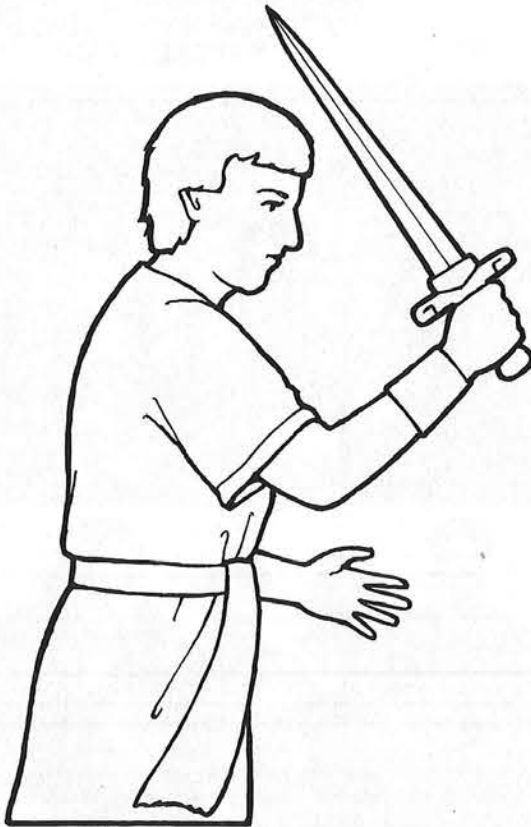




Ammon bound and standing before king



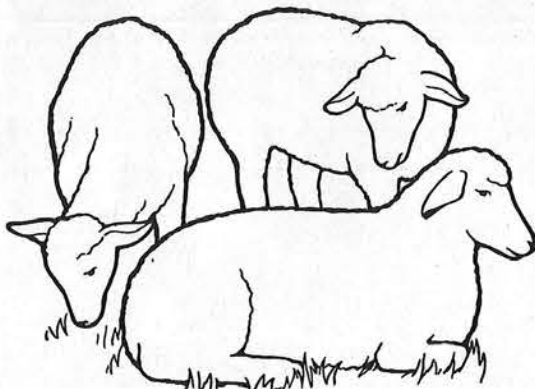
Ammon feeding a horse



Ammon raising his sword

Color the flannel-board figures, then mount them on heavy paper. Cut them out and use them to retell the story "Ammon's Example."

A picture of the October "Learn of Me" sign from the "I Will Make and Keep My Baptismal Covenant" poster (see *Friend*, January 2000 insert) is hidden elsewhere in this issue of the *Friend*. See if you can find it.



Girl noticing boy who had been teased

Ammon's EXAMPLE

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven (Matthew 5:16).

HOW DO I SHOW THAT I AM KEEPING MY BAPTISMAL COVENANT?

After being converted to the gospel, Ammon, one of the sons of Mosiah, dedicated his life to missionary work among the Lamanites. When Ammon first went to the Lamanite city of Ishmael, he was captured and brought before the ruler of the land, King Lamoni. Ammon asked the king if he could live there. Lamoni was so impressed that he offered to let Ammon marry one of his daughters. Instead, Ammon chose to be a humble servant of the king.

As Ammon and other servants of King Lamoni tended his flocks, another group of Lamanites attacked them and scattered the sheep. The other servants knew that the king would be very angry and

would perhaps even kill them for not keeping the flocks together. Ammon encouraged them to gather the sheep, which they did.

The attackers again came to scatter the flocks. Ammon saw this as an opportunity to gain favor with the other servants and with the king, and thereby have a chance to preach the gospel. He commanded the other servants to circle the flocks and protect them. Then, with the Lord's help, he fought off the attackers, "and they were not few in number" (Alma 17:37).

The other servants rushed to tell King Lamoni about Ammon's strength

and power. Lamoni was astonished and asked, "Where is this man that has such great power?"

"And they said unto him: Behold, he is feeding thy horses. . . ."

"Now when king Lamoni heard that Ammon was preparing his horses and his chariots he was more astonished, because of the faithfulness of Ammon, saying: Surely there has not been any servant among all my servants that has been so faithful as this man; for even he doth remember all my commandments to execute them." (Alma 18:8-10.)

Lamoni was so impressed by Ammon's example of strength and righteousness that he was willing to listen when Ammon began to teach him the gospel, which eventually led to the conversion of Lamoni and many of his people.

Like Ammon, eleven-year-old Katrina Dalton of Allen, Texas, has learned how to

be a good example to those around her. One day while playing basketball at school, Katrina noticed that some of the kids in her class were saying mean things to a boy who is partially deaf. Katrina made sure that she was kind to him, and she became so concerned about him that she talked privately to the teacher to make her aware of the problem. The teacher was able to stop the bad behavior and later thanked Katrina.

