

101 Heroes of The Book of Mormon

Holly Boyd

Wendy Jensen

$\text{♩} = 101$ Each of the 101 stanzas can be used interchangeably;
pick two heroes or repeat a single hero for each verse.

Voice

Piano

I can

5

V.

Pno.

be a cov - enant per - son, and learn who Je - sus is.
sac - ri - fice like Le - hi, and trust the Lord's com - mand.
Sam, I can be - lieve those who tes - ti - fy of Christ.

7

V.

Pno.

As I read The Book of Mor - mon, I see great works of His.
He's pre - par - ing bless - ings that I might not yet un - der - stand.
I can fol - low when they lead so I learn to choose the right.

10

V.

I can love just like Sa - ri - ah, who cared for fam - i - ly,
 By o - bey - ing just like Ne - phi, I learn to act in faith,
 Ish - mael's daugh - ters left their com - forts to work on heav - en's goals.

Pno.

13

V.

And o - beyed, for she as - pir - ed to liv - ing faith - ful - ly.
 And I feel the Spir - it if I seek hum - bly His em - brace.
 I can al - so see that my first pri - or - i - ties are souls.

Pno.

16

V.

I love the Book of Mor - mon he - roes who learned that Christ is true. I ex -

Pno.

21

V.

plore their his - to - ries so I can know Je - sus too. I can love.
 Just like

Pno.

101 Heroes of *The Book of Mormon*

Text by Holly Boyd and music by Wendy Jensen

1 Modern Covenant Keeper

I can be a covenant person
And learn who Jesus is.
As I read *The Book of Mormon*,
I see great works of His.

Title Page

2 Sariah

I can love just like Sariah
who cared for family,
and obeyed, for she aspired
to living faithfully.

1 Nephi 1:1; 5:1-9

3 Lehi

I can sacrifice like Lehi,
and trust the Lord's command.
He's preparing blessings that I
might not yet understand.

1 Nephi 2:1-7; 5:4-5, 9; 2 Nephi 1:5

4 Nephi

By obeying just like Nephi,
I learn to act in faith,
and I feel the Spirit if I
seek humbly His embrace.

1 Nephi 2:16; 3:7; 11:1

5 Sam

Just like Sam, I can believe those
who testify of Christ.
I can follow when they lead so
I learn to choose the right.

1 Nephi 2:16-17; 8:3; 2 Nephi 1:28; 4:11; 5:6

6 Daughters of Ishmael

Ishmael's daughters left their comforts
to work on heaven's goals.
I can also see that my first
priorities are souls.

1 Nephi 7:1, 4-5

7 Wife of Ishmael

Ishmael's wife let her heart soften
from hearing Jesus' word.
She spoke up and issued caution.
I also can be heard.

1 Nephi 7:5-6, 19

8 Wife of Nephi

Just like Nephi's wife prayed dearly,
I too can seek relief
as I righteously speak clearly
for more respect and peace.

1 Nephi 7:19; 16:7-8; 18:19-20

9 Modern Saints

Like the Saints found few in number
who face the devil's fight,
I can draw on Jesus' power
and be armed with the right.

1 Nephi 14:11-17

10 Parents of Young Children

Like the parents of young children,
providing homes and food,
I can trust in God to strengthen
my efforts to do good.

1 Nephi 17:1-6

11 Zoram

I can be a friend like Zoram
and stay true when I meet
righteous pals and then take courage
to live on faithfully.

2 Nephi 1:30-32; 1 Nephi 4:31-38

12 Sisters of Nephi

Sisters felt the Lord was with them
and stayed industrious.
I can also learn to live in
the ways of happiness.

2 Nephi 5:5-17, 27

13 Joseph

Just like Nephi's brother, Joseph,
believed what God revealed,
I can go with those who focus
on Christ and teach His will.

2 Nephi 3:3-15; 5:5-17, 26-27

14 Nephite Settlers

Like the Nephites as they settled
within their promised land,
I can go unto the temple
and learn what God has planned.

2 Nephi 5:16; Jacob 2:2,11

15 Jacob

I can know of Christ, like Jacob,
and labor for His cause
by explaining how to take of
the goodness shared by God.

Jacob 1:6-8

16 The Pure in Heart

Like the pure in heart consoled by
the just and loving Lord,
I can look to Him with firm mind
and learn his pleasing word.

Jacob 3:1-2

17 Enos

Like when Enos pondered teachings
he learned from joyful saints,
I can pray with fervent reaching
for heaven by my faith.

Enos 1:1-4

18 Jarom's Fellow Saints

Just like Jarom's people prospered,
with kings who taught God's word,
I can diligently foster
repentance to be stirred.

Jarom 1:5-12

19 The Rescued Righteous

Like the righteous known by Amaron
I too may be preserved,
for the Lord gives covenant claim on
deliv'rance through His word.

Omni 1:4-7

20 King Mosiah

King Mosiah heard the Spirit
and read the scriptures oft.
I can also be enlightened
by studying a lot.

Omni 1:12-20

21 Benjamin

Wise King Benjamin can teach me
to serve out all my days.
Love for God inspires reaching
for others in His praise.

Mosiah 2:11-21

22 Mosiah

Crowned a leader, young Mosiah
obeyed what scriptures taught,
and he worked for self-reliance.
I too can lead with God.

Mosiah 1:2-8; 6:3-7; 29:40

23 Ammon (The Mulekite)

Like the strong and mighty Ammon,
I too can take the lead
when a righteous leader asks of
my help to meet a need.

Mosiah 7:1-13; 8:2-21

24 Abinadi

Like Abinadi, the Spirit
can help my teaching shine
as I bear my fervent witness
applied in heart and mind.

Mosiah 11:20-26; 12:27; 13:5-6

25 Covenant Men and Women

Men and women made a covenant
to take on Jesus' name.
In baptismal waters I can
show God that He's my aim.

Mosiah 18:1-17; 26:15-24

26 Gideon

I can do much good like Gideon
who humbly fought for God,
and he acted in affliction
with boldness for His cause.

Mosiah 19:4-8; 20:17-22; 22:3-9; Alma 1:7-13

27 Delivered People

Like the people brought to bondage
by wicked kings and sin
in the Lord I'll find deliverance
by humbly trusting Him.

*Mosiah 21:13-18, 29-36; 22:10-14; 29:18-20,
Alma 5:3-13*

28 Strengthened People

Like the people found in Helam
whose patience had been tried,
I can trust the Lord who chastens
and see my loads made light.

Mosiah 23:21-39; 24

29 Alma

Just like Alma chose to labor
and diligently lead,
I can learn about the Savior
and seek to be redeemed.

*Mosiah 15:11-23; 17:2-4; 18; 23:1-18;
24:16-24; 26:37-38*

30 Women for Peace

Like the women who prevented
a fight among their kin,
I can speak against contention
so unity can win.

Mosiah 23:31-35

31 Kids for Righteousness

Like the children raised by parents
whose choices were not right,
I can stop evil's recurrence
and live the ways of Christ.

Mosiah 25:12, 23-24

32 Working Disciples

Just like those who paused their labors
to hear the word of God,
I can kindly aid my neighbors
through steadfast work and love.

Alma 1:25-30

33 Alma the Younger

Like the Alma who was younger,
my love for Jesus grows
as I learn of all the wonders
He lovingly bestows.

*Alma 5:6-51; 9:20-30; 31:5; 36:2-5, 17-18,
24-29*

34 Amulek

Like when Amulek bore witness
to friends that God is real,
I can also learn of Jesus
and share the way I feel.

Alma 8:20-32; 10

35 Zeezrom

By repenting like Zeezrom,
I'll find that I can change
by the way the Lord forgives when
I choose to trust His name.

Alma 11-12; 14:6-7; 15:3-12

36 Zoram (The Captain)

Like the Nephite captain, Zoram,
not knowing what to do,
I can heed the prophet's words and
go act for good and truth.

Alma 16:5-8

37 Church Participants

Like those organized in churches
who all lived equally,
I can feel the Spirit nurture
So truth comes joyfully.

Alma 16:15-21

38 Ammon

Just like Ammon, I can serve with
the power Jesus gives.
Gospel truth may be observed if
it's shared by how I live.

Alma 17-18

39 The Queen

Like the queen, I too can listen
to servants of the Lord.
As I act based on their witness
my faith can be assured.

Alma 19:2-13, 28-30, 35-36

40 Abish

I can show God's pow'r like Abish,
who held her knowledge dear.
Acting in the name of Jesus,
she calmed those filled with fear.

Alma 19:16-36

41 Aaron

I can teach pure truths like Aaron:
creation, Adam's fall,
and Christ's role in the redemption.
These doctrines stir in all.

Alma 22:4-18

42 King Lamoni

I can pray, like King Lamoni,
to know if God is near.
As I give away my sins I
can show that I'm sincere.

Alma 22:15-18

43 Converts to the Lord

Like the people of Lamoni
who buried harmful ways,
I can change completely so I
stay faithful all my days.

Alma 23:6-13; 24:6-27

44 Missionaries

Like those laboring on missions,
I too can find in Christ
healing comfort through afflictions
and strength to go and thrive.

Alma 31:32-38

45 Zoramites

Like the Zoramites who hungered
to worship and be heard,
I can willingly be humbled
and hope in heaven's word.

Alma 32

46 Zenos

I can learn to pray like Zenos
and worship anywhere,
knowing Jesus stands to bless as
I ask in humble prayer.

Alma 33

47 Helaman (*The Prophet*)

Just like Helaman the prophet
who cared for sacred things,
I can focus on my covenants
and life eternally.

Alma 37:1-20; 53:14-15; 56:8; 62:45-52

48 Shiblon

I can bring great joy, like Shiblon,
whose diligence, firm faith,
and his patience in affliction
invited Jesus' strength.

Alma 38

49 Corianton

Corianton heard how Jesus
redeems from death and sin.
I can also preach this message
as mercy claims me in.

Alma 39:8, 12-13; 41:2-10; 42:22-31; 43:1-2

50 Families for Freedom

Just like those who lived for freedom,
their faith and families,
I can find with preparation,
my happiness increase.

Alma 43:9, 19, 26, 45; 50:23

51 Resourceful Christians

Like the Christians making use of
the cure God had prepared,
I can use inspired sources
and see God's hand in care.

Alma 46:40

52 Moroni (The Captain)

Like Moroni, who was captain
and shook up Satan's throng,
I can daily work with passion
for freedom, faith, and home.

Alma 48:7-17

53 Safety-Seeking Woman

Like the woman hurt by others,
I too can run from wrong
and find peace within the Gospel.
My light can help its cause.

Alma 50:29-31

54 Teancum

Like the warrior Teancum
who fought for good with zeal,
I can work for its advantage
and consecrate my skill.

Alma 50:35; 51:29-36; 52:1-27; 53:3; 62:35-37

55 Knowing Mothers

Like the mothers of brave warriors,
I too can know and show
how to access Jesus' power
by covenants and hope.

Alma 23:5-8; 24:12-19; 56:47-48

56 Supportive Fathers

Like the covenant-keeping fathers,
providing for their sons,
I can do my part to offer
support for a good cause.

Alma 56:27-29

57 Trusting Youth

Like young men who trust their mothers,
I too can feel God's strength
by obeying, and with others,
uniting in the faith.

*Alma 53:16-22; 56:44-48, 56; 57:6, 19-22,
25-27*

58 Pahoran

By forgiving, like Pahoran,
offenses wrongly made,
I can join with friends and move on
to matters of more weight.

Alma 50:39-40, 51:3, 7, 15-16; 61

59 Humble Nephites

Like the Nephites who turned softer
from grief and stress of war,
I can hope again to prosper
by humbling to the Lord.

Alma 62:41, 45-51

60 Helaman (The Judge)

As Judge Helaman was grounded
amid contention's storm,
in God's safety I'll be found when
I live based on the Lord.

Helaman 3:19-20; 5:6-12

61 Sincere Seekers

Like the Nephites who were learning
the strait and narrow way,
I can know great joy and mercy
as I sincerely pray.

Helaman 3:26-32

62 Yielders to God

Like the Nephites pressed to suffer
through persecutions sore,
I can often fast and pray for
Consoling joy and more.

Helaman 3:33-35

63 Lehi (Son of Helaman)

Just like Lehi joined with Nephi
to speak with heaven's force,
I can teach with power if I
remember sacred words.

Helaman 5:13-19

64 Aminadab

Like Aminadab relaying
the way to clear a haze,
I can turn from sin by praying
in Jesus' name for faith.

Helaman 5:34-47

65 Repentant Prisoners

Like the prisoners with faith who
converted and rejoiced,
I can minister and go to
bear witness of God's voice.

Helaman 5:48-52; 6:1-14

66 Willing Believers

Like the Lamanites found willing
to yield their hearts with ease,
I can feel the Spirit filling
my soul as I believe.

Helaman 6:34-36

67 Teachers

Like the teachers who went hunting
for Gadianton's band,
I can use God's word for stunting
The evil in the land.

Helaman 6:37

68 Five Experimenters

Like the five unsure the prophet
could know such wondrous sights,
I can test his words and watch if
he truly knows what's right.

Helaman 9

69 Nephi (Son of Helaman)

With unwearyingness, Nephi
pursued the will of Christ.
God may bless me also if I
desire what is right.

Helaman 10

70 The Repentant

Like the Nephites who remembered
God's power in their grief,
I can call on leaders centered
on Christ to bring relief.

Helaman 11:7-23

71 Samuel

Just like Samuel preached repentance
To those who liked him least,
I can have the Spirit's presence
And feel protecting peace.

Helaman 13-16:1-7

72 Nephi (Son of Nephi)

Nephi sorrowed for the faithless.
And Jesus gave him cheer.
I can also have His strength bless
me through my times of tears.

3 Nephi 1:9-15; 7:15-20

73 Lachoneus

When Lachoneus was threatened
 he cried to God for strength.
 Preparation and repentance
 can keep attacks at length.

3 Nephi 3:11-26

74 Gidgiddoni

Gidgiddoni knew the Spirit,
 which helped him lead the land.
 I can also be so fearless
 when I heed God's command.

3 Nephi 3:18-21; 4:13-26

75 The Prayerful Humble

I can prosper like the humble
 who worked and prayed as one
 if I try to solve my struggle
 with power from God's Son.

3 Nephi 3-4

76 Rebuilders

Those rebuilding after conflict
 instructed those who lost.
 I can share and teach for prospects
 of spreading peace across.

3 Nephi 5:4; 6:1-9

77 Diligent Disciples

Like the diligent and steadfast
 who truly loved the Lord,
 I can feel the Spirit contrast
 with lies made by the world.

3 Nephi 6:13-16; 7:20-22

78 Mourners

Like those mourning in the darkness
 who heard the Savior's voice,
 I'll find mercy as I hearken
 and learn I can rejoice.

3 Nephi 8; 9:13-14, 17-22; 10:1-2, 8-13

79 Ordinance Participants

Those remembering the Savior
 were blessed with peace and light.
 I can take the bread and water
 to show my faith in Christ.

3 Nephi 18:1-12; 20:1-9

80 Current Christians

Jesus said He would assemble
 His Saints in modern times.
 By repenting I'll be numbered
 with those whom He calls, "Mine."

3 Nephi 20:11-22; 21

81 Record Keepers

Like the record-keeping Nephites,
 preserving sacred truths,
 I can write the Spirit's insights
 and ponder heaven's proofs.

3 Nephi 23:6-14

82 Ministering Disciples

Like disciples who sought power
 to minister like Christ,
 I can learn to use my hours
 to serve and share God's light.

3 Nephi 28:1-23

83 Christian Converts

Those converted to the Savior
 were common in all things.
 If I stay true then my neighbor
 and I may live in peace.

4 Nephi 1:1-5

84 Happy Generation

Like the happy generation
 whose hearts held love of God,
 I can minimize contention
 with Jesus as a bond.

4 Nephi 1:14-18

85 Ammaron

Just like Ammaron, I can notice
the good in those I see.
Greatness follows as I focus
on all that they can be.

Mormon 1:2-5

86 Mormon

Just like Mormon, I can love those
who aren't the same as me.
I can pray for them since I know
God's love for them is deep.

Mormon 3 & 6

87 Moroni (The Prophet)

Like Moroni, by receiving
the record of great worth,
I can come to Christ, believing
His miracles on earth.

Mormon 8:12-14; 9:6-21

88 Jared

Just like Jared trusted Jesus
and power found in prayer,
I can lean on faith of others
to call forth heaven's care.

Ether 1:33-43

89 Brother of Jared

I can pray like Jared's brother
and share my own ideas,
and my prayers may bless another
if my faith is like his.

Ether 1:34-43; 2:22-23; 3:1-16

90 Jaredites

The Jaredites were fiercely
submerged for many days.
They gave thanks for tender mercies.
I too can sing God's praise.

Ether 6:5-12

91 Orihah

Like Orihah, I can ponder
the great things God has done,
and go teach about His wonder
to help bless everyone.

Ether 6:27-30; 7:1

92 Shule

Just like Shule upheld good leaders
who taught how to repent,
all may prosper as I feature
the prophet to my friends.

Ether 7:7-27

93 King Emer

I can prosper, like King Emer,
with work and righteousness.
Blessings come from the Redeemer
as I seek His success.

Ether 9:14-22

94 Prophets Rejected by Heth

Like the prophets Heth rejected
who taught how to succeed,
I can offer Jesus' message
to help in times of need.

Ether 9:28-35

95 Shez

Shez built up those who were broken
by learning from the past.
I can also nurture growth when
I walk the Savior's path.

Ether 10:1-4

96 King Lib

King Lib's people were industrious,
and they were greatly blessed.
I can also thrive with virtuous
hard work and righteousness.

Ether 10:19-28

97 Com

Com received calls to repentance
when others would not hear.
I can safeguard Jesus' message,
which blesses year to year.

Ether 10:31-34; 11:1-4

98 Repentant (People of Shiblom)

Shiblom's people lived adversely
as prophets had forewarned.
By repenting they found mercy.
I too can be reformed.

Ether 11:4-8

99 Ether

Ether taught of faith and goodness
to help his people live.
I can also be a witness
and offer heaven's gift.

Ether 12:1-6; 13:1-22

100 True Followers of Jesus

Those who prayed to Heavenly Father
for charity felt love.
And as I accept God's power,
I'll grow like Them above.

Moroni 7:37-48; 10:32-33

101 Readers of the Scriptures

Like the readers of the scriptures
who ponder mercy's might,
I can ask with real intent for
my witness of the Christ.

Moroni 10:3-5