

# 101 Heroes of The Book of Mormon

Holly Boyd

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$\text{♩} = 101$  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

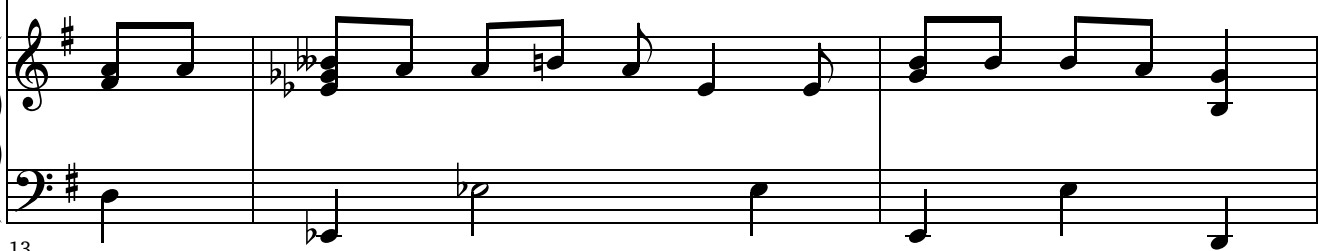
V.

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. 

1., 2. 3.

# 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 hmeaven'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*