

# Sons of Helaman

Adrienne Foster Potter

Voice

*mf* 1. In the days of He - la - man and  
2. Though the par - ents had to stay be -  
3. These young sol - diers al - ways were o -

Piano

*mf*



5

Am - mon a group of La - man-ites re - pent - ed of their  
hind, they al - ways had their pre - cious sons in heart and  
be - dient, and fin - ished an - y task that they were asked to

Pno.



9

sins; They bur - ied all their swords and shields and  
mind. The Fa - thers, daugh - ters, and the mo - thers  
do. The Fa - thers, mo - thers, sis - ters, bro - thers

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13

start - ed work - ing in their fields and this is where their song of faith be -  
prayed to spare their sons and bro - thers, with the faith and love that they could  
stayed at home to help the o - thers, send - ing food to help the ar - my

Pno.



# Sons of Helaman

gins. \_\_\_\_\_  
find. \_\_\_\_\_  
through. \_\_\_\_\_

Now in the days of He - la - man and Am - mon  
Two thou - sand strip - ling war - i - ours marched on,  
Then a - gain these sons were sent to bat - tle,

Pno.

the fa - thers swore an oath of love and peace. Be -  
while ar - mies of the La - man-ites gave chase. And  
and nev - er had the fight - ing been so fierce; And

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cause they knew now what was right they nev - er would re - turn to fight and  
though they knew they were out - num - bered cour - age left them un - em - cum - bered,  
though the foe his ha - tred flaunt - ed they were stead - fast and un - daunt - ed

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all the blood - shed of the past would cease. They  
so as they turned and fought them face to face. And  
as the de - fense they be - gan to pierce. Now

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Sons of Helaman

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raised two thou - sand sons in love and hon - or; And  
nev - er had their Cap - tain seen such cour - age; They  
man - y of the Ne - phites fell in bat - tle, But

35

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39

they were so - ber men of truth and strength.  
fought as though they had the strength of God.  
then, be - hind them came the strip - ling youth.

39

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43

When their count - ry need - ed them they fol - lowed Cap - tain He - la - men for  
They'd been taught they would be spared by faith in Heav - en if they cared to  
43 As they fought with might - y pow - er they re - mem - bered ev - 'ry hour the

43

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47

whom their cour - age went to an - y length. These two thou - sand  
hold fast to the stur - dy i - ron rod. When the clash of  
47 sto - ries that their mo - thers told of truth. Once a - gain the

47

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# Sons of Helaman

sons were sent to bat - tle \_\_\_\_\_ for they were young and had no fear of  
 bat - tle turned to si - lence, \_\_\_\_\_ brave He - la - man be - gan to count his  
 52 blood - y bat - tle end - ed, \_\_\_\_\_ and He - la - man be - gan to count his

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death; \_\_\_\_\_ Con - tin - ual - ly they trust - ed God with  
 sons; \_\_\_\_\_ And he was o - ver - joyed to know not  
 57 sons. \_\_\_\_\_ And to his joy and sor - row found two

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*f* cour - age firm and faith un - flawed and fol - lowed their com - man - der's ev - ery  
 one was struck down by the foe, for heav - en will pro - tect its cho - sen  
 61 thou - sand bleed - ing on the ground, Yet none of them were lost, these pre - cious

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breath. \_\_\_\_\_ Their moth - ers taught them how to love the Sav - ior, \_\_\_\_\_  
 65 ones. \_\_\_\_\_ *ff*  
 sons. \_\_\_\_\_ *ff*

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# Sons of Helaman

70

— they taught them to be hon - est, chaste, true. \_\_\_\_\_ Their

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75

moth - ers taught them to o - bey and by ex - am - ple showed the way and

75

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79

so they learned the faith their moth - ers knew. \_\_\_\_\_

79

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83

knew. \_\_\_\_\_

83

Pno.