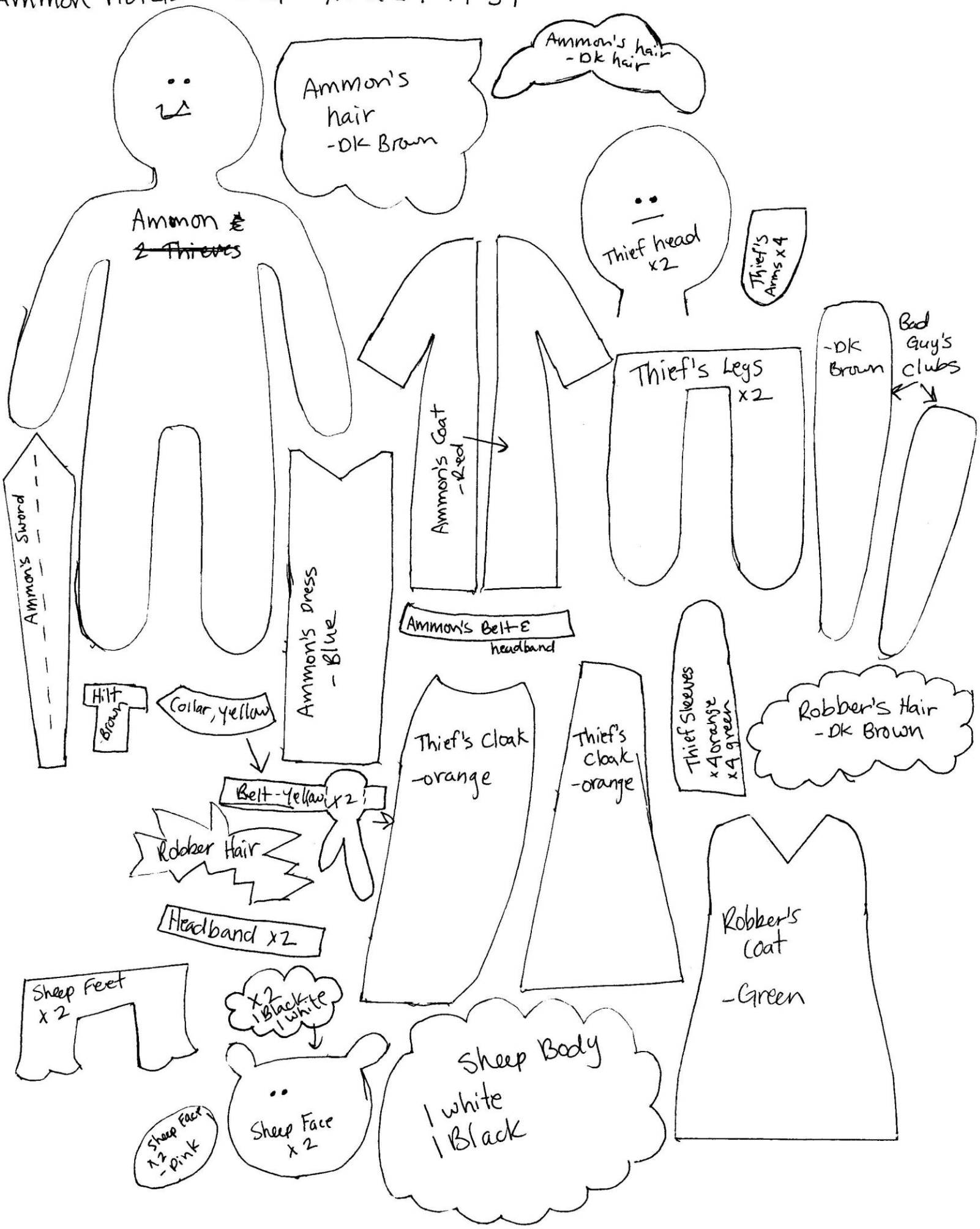Ammon Protects the Sheep Alma 17:19-34