



FHE

with

Living Scriptures

STREAMING

Step by Step

Objectives:

- Emphasize the importance of having trust in God.
- Talk about having the courage to be obedient.

Reinforces Principles of:

- Trust in God
- Obedience

Each lesson contains 5 activities:

(Choose the activities that fit your family's schedule.
Additional resources are provided as extra time may be available.)

Reverence Time:	Song, prayer, scripture and video clip
Lesson Time:	Lesson summary and points to ponder
Story Time:	Story
Activity Time:	Object lesson or activity
Treat Time:	Prayer, theme related recipe & music video



Reverence Time

Approximate Time: 5 minutes

Sing Together: Children's Song Book #120 "Nephi's Courage" verse 2
If you wish to print sheet music or have an online music file to accompany you visit:
<http://www.lds.org/churchmusic>
(Note: Navigate to the *Interactive Church Music Player* where you can listen to and print Church hymns and children's songs.)

Prayer:

Scripture Time: First Nephi 17:7–8, 14–15

7. And it came to pass that after I, Nephi, had been in the land of Bountiful for the space of many days, the voice of the Lord came unto me, saying: Arise, and get thee into the mountain. And it came to pass that I arose and went up into the mountain, and cried unto the Lord.

8. And it came to pass that the Lord spake unto me, saying: Thou shalt construct a ship, after the manner which I shall show thee, that I may carry thy people across these waters.

14. Yea, and the Lord said also that: After ye have arrived in the promised land, ye shall know that I, the Lord, am God; and that I, the Lord, did deliver you from destruction; yea, that I did bring you out of the land of Jerusalem.

15. Wherefore, I, Nephi, did strive to keep the commandments of the Lord, and I did exhort my brethren to faithfulness and diligence.

Video Clip: Watch chapter 5 from the animated Complete Learning System, *Journey to the Promised Land* DVD. (Video clip is also provided for viewing online.)



Lesson Time

Approximate Time: 5 minutes

Lesson

Summary:

(For younger children, it may be helpful to summarize the following ideas):

When we have faith in the Lord Jesus Christ, we must have trust in him.

When the Lord warned Lehi to depart out of the land of Jerusalem and journey into the wilderness, why did Lehi obey?

“When we have faith in the Lord Jesus Christ, we must have trust in him. We must trust him enough that we are content to accept his will, knowing that he knows what is best for us.”
Dallin H. Oaks, Ensign, May 1994, © 2006 Intellectual Reserve, Inc. All rights reserved.

Trust in the Lord Jesus Christ as you seek to serve him and keep his commandments.
Nephi trusted in the Lord Jesus Christ as he sought to serve him. Nephi had the courage to keep the commandments, even when Laman and Lemuel mocked him.

How did the Lord bless Nephi for being faithful? How did the Lord punish Laman and Lemuel?

An abiding faith, a constant trust, a fervent desire.

“An abiding faith, a constant trust, a fervent desire have always characterized those who serve the Lord with all their hearts. May we all respond affirmatively to the Prophet Joseph, who urged: Brethren, shall we not go on in so great a cause? Go forward and not backward. Courage, brethren; and on, on to the victory!’ (D&C 128:22).” *Thomas S. Monson, Liahona, Sept. 1997, © 2006 Intellectual Reserve, Inc. All rights reserved.*

What can our family do to gain these same characteristics while serving the Lord?

Points

to Ponder:

There will be times when others will mock or tease you when you are trying to keep the Lord's commandments.

What are some ways that you can show courage in following Jesus?

“To Peter at Galilee Jesus said, Follow me.’ And to you and to me that same voice, this same Jesus, says, Follow me.’ Are we willing to obey?” *Thomas S. Monson, Liahona, Sept. 1997, © 2006 Intellectual Reserve, Inc. All rights reserved.*

What can we do to show we are willing to obey and follow the savior?



Story Time

Approximate Time: 1 minute

Eight-year-old Josh listened as the bishop stood at the pulpit and read a statement from President Hinckley, “I offer a challenge to members of the Church throughout the world and to our friends everywhere to read or reread The Book of Mormon...by the end of the year.”

Josh stared at the new Book of Mormon, his grandmother had given him last night after he had been baptized and confirmed a member of the Church. Josh loved watching the *Animated Book of Mormon* videos but he didn't like to read. He closed his eyes and thought about what Nephi had said, “I will go and do the things which the Lord hath commanded.”

After he got home from church Josh sat on his bed and opened The Book of Mormon and started to read. He didn't know all the words, but he didn't care, because he was doing what the Lord had commanded.

“What ya doing Squirt?”

Josh looked up at Cal, his sixteen-year-old brother Spencer's best friend.

“I'm reading The Book of Mormon, like President Hinckley told us to.”

Cal began to laugh.

“He didn't mean you Squirt. You're too young!”

“He asked members to read and I'm a member, 'cause I just got baptized and confirmed.”

“Hey, Spence, there's something wrong with the Squirt. He thinks he can read The Book of Mormon before the end of the year. Man, I didn't even read the whole thing last year for seminary.”

Spencer came into the room. He was embarrassed that Cal had caught his little brother acting so goofy.

“Cal's right Josh! You're such a big baby! You won't even take your turn when we read scriptures as a family! There's no way you can read The Book of Mormon by yourself! ”

Josh's face turned red and he felt like crying. He closed his eyes and silently asked Heavenly Father for courage. Then he remembered, in his *Journey to the Promised Land* video, Laman and Lemuel had teased Nephi, just like Spencer and Cal were teasing him. Josh took a deep breath.

“If the Lord can show Nephi how to build a ship, He can help me read The Book of Mormon!”

by Margie Nauta Lee © 2018 Living Scriptures, Inc.



Activity Time

Approximate Time: 15 minutes

What you need: A copy of “Nephi's Ship” for each child (art work included with this lesson), scissors & tape.

Preparation: 1. Have children cut out their ships. Cut along red dotted lines.
You will be folding along the green lines.

Activity: (Younger children will need help from an older sibling or parent.)
Ask and answer the questions as you teach your children how to build their ships.

1- What was Nephi commanded to build? (A ship)

Fold A to inside.

2- Who showed Nephi how to build the ship? (The Lord)

Fold B toward inside.

3- What did Nephi need to make tools to build the ship? (Ore)

Fold C toward inside.

4- Had Nephi ever built a ship before? (No)

Fold D toward inside.

5- Who mocked Nephi? (Laman & Lemuel)

Insert E into F. Fold flat and tape to hold.

6- What happened to Laman & Lemuel when they mocked Nephi for building the ship?
(Nephi stretched out his hand and the Lord shocked them.)

Fold G toward inside.

7- Did Laman & Lemuel repent and help Nephi build the ship? (Yes)

Fold H toward inside.

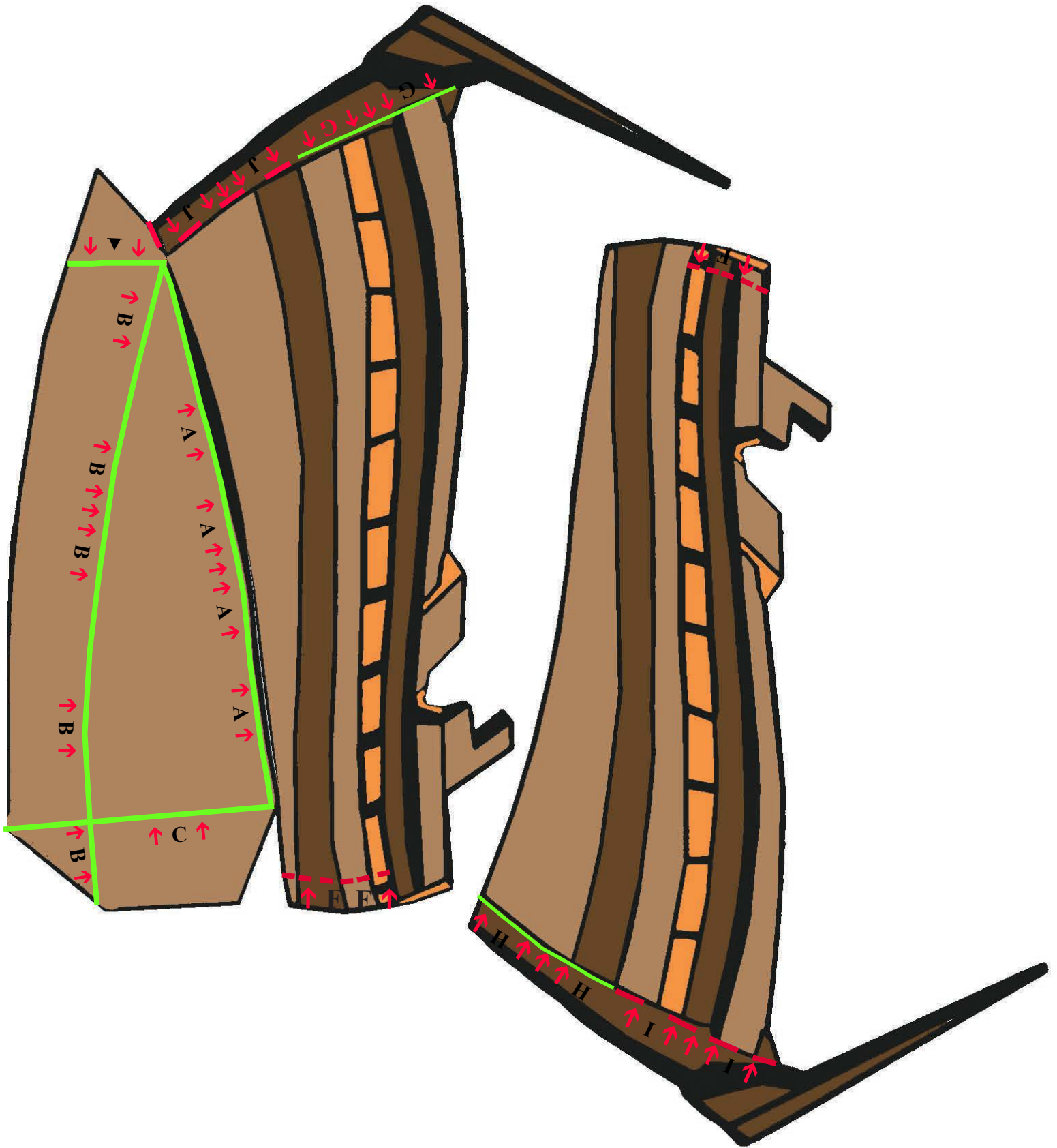
8- Why did the Lord want Nephi to build a ship? (So they could cross the water to the
Promised Land.)

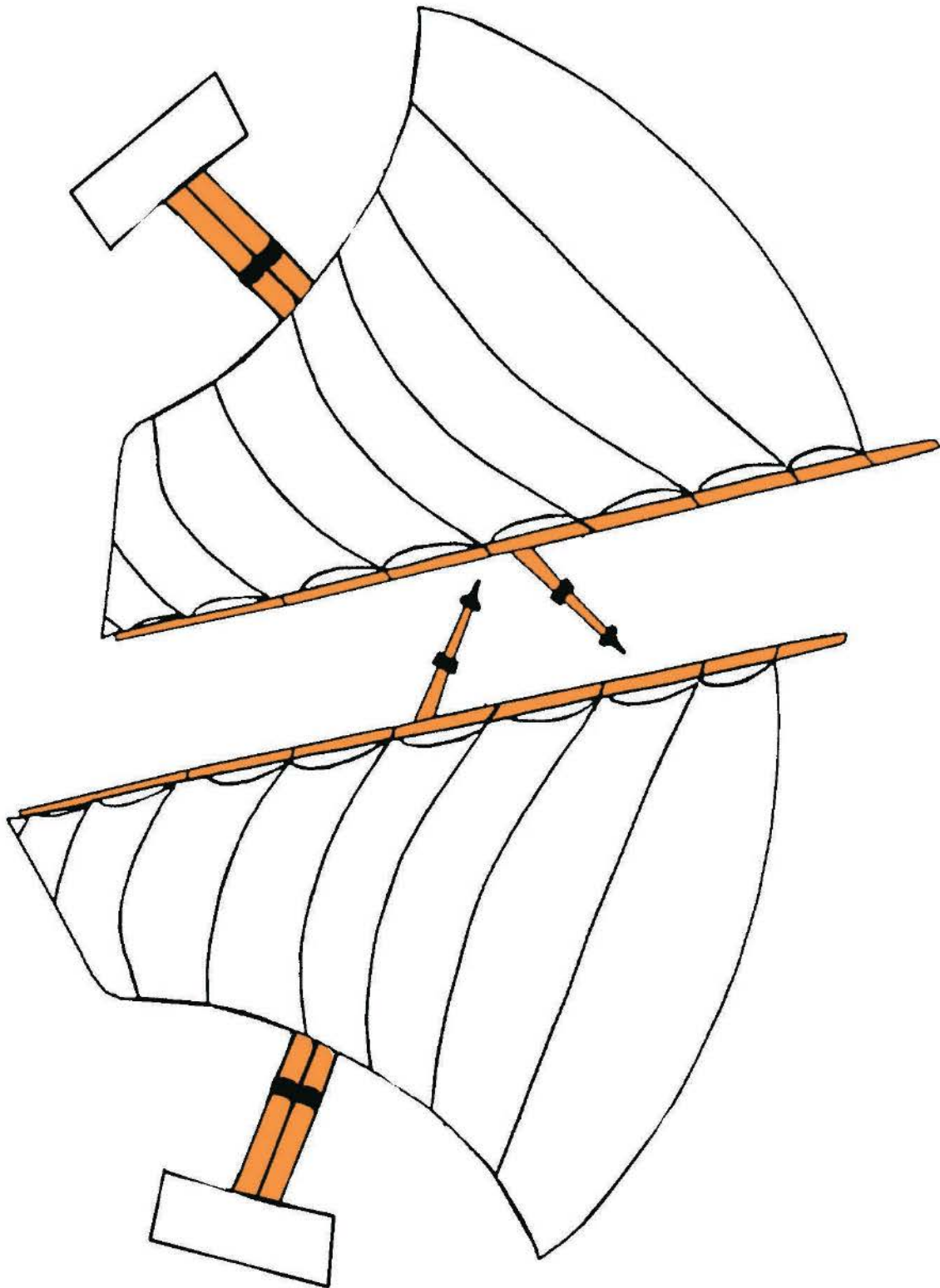
Insert I into J. Point on bow should point away from boat. Tape to hold.

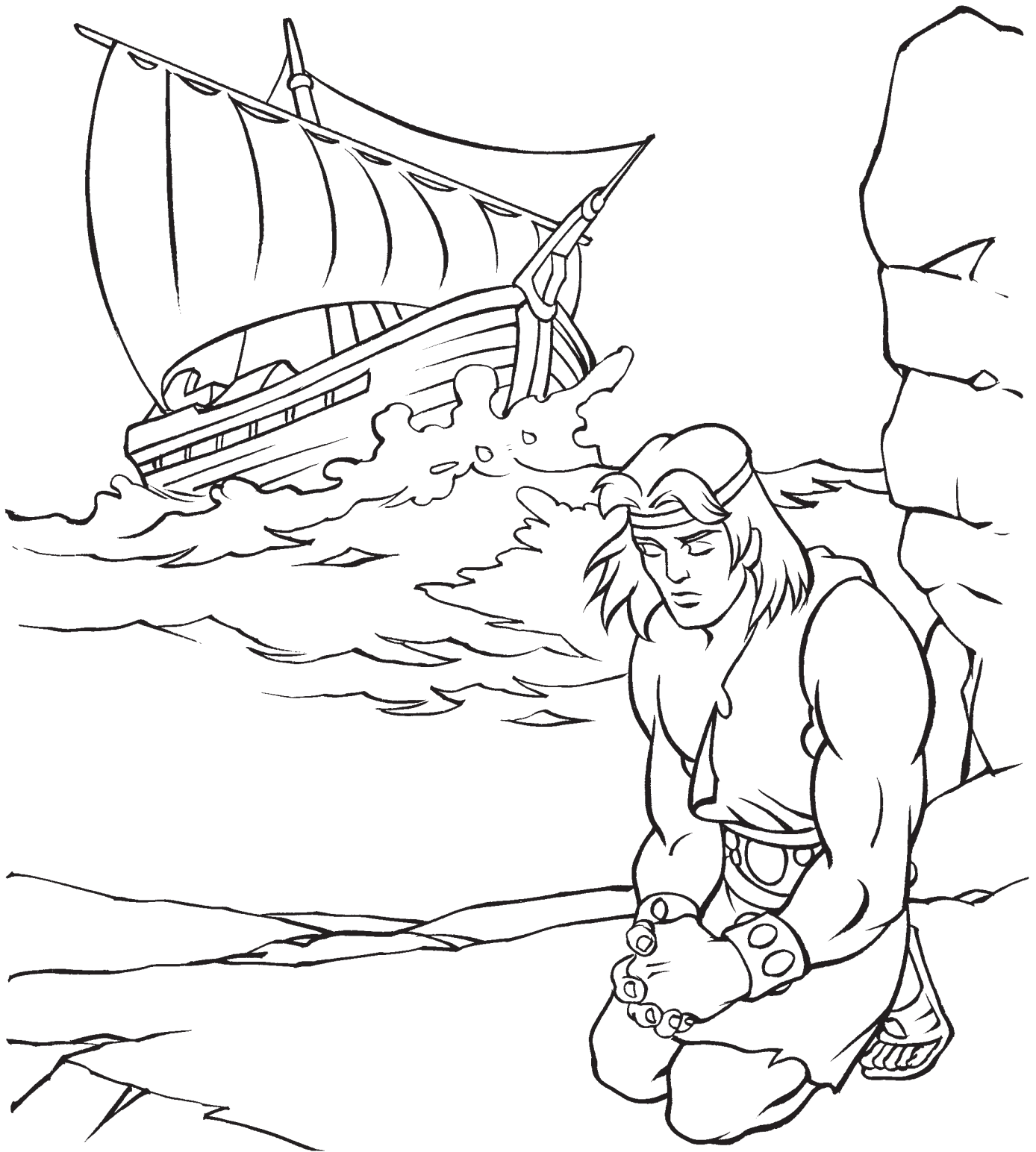
9- Why did Nephi know he could build a ship? (He had trust in the Lord.)

With printed sides facing out-tape sails together at mast.









**The Lord commands
Nephi to build a ship.**

1 Nephi 17:7–8

"JOURNEY TO THE PROMISED LAND" MATCHING GAME

Match the descriptions in the left-hand column with the correct person or item in the right-hand column.

- | | | | | |
|----|-----|--|----|------------------|
| 1. | ___ | Built a ship. | A. | JACOB |
| 2. | ___ | Directed Lehi and his family to the Promised Land. | B. | LORD |
| 3. | ___ | Born in the wilderness. | C. | LAMAN |
| 4. | ___ | Oldest son of Lehi. | D. | ISHMAEL'S FAMILY |
| 5. | ___ | Nephi's older righteous brother. | E. | LIAHONA |
| 6. | ___ | One of Lehi's rebellious sons. | F. | SAM |
| 7. | ___ | Accompanied Lehi's family to the Promised Land. | G. | LEMUEL |
| 8. | ___ | Told Nephi to build a ship. | H. | NEPHI |

(For additional help, see 1 Nephi 17-19)

JOURNEY TO THE PROMISED LAND - WORD SEARCH

L A I F P C Q B E L L O W S H E I B
 K E I U G N B O C A J T I N C H R L
 R N M Y K A L Y J N P B W O E A M O
 E O A U P M G O L D E N P L A T E S
 P D W R E A U F M O S W A V E S A Q
 E N H T N L R V Z F M R O T S I P W
 N A Y E N R U O J B D L Z O L C F I
 T L E A M H S I F O N E R D L I H C
 Q D I W T V N D G U J M W Y I G L K
 U E N A Y O R F P N Y N A R A N B E
 T S H O C K O V K T N L P R H S I D
 V I S M H R E L G I E F I E O M O N
 L M D P E M S P S F P I Q W N Z A E
 K O L W Y R I H A U H T K X A T H S
 M R O N B H Q K O L I D P U J P R S
 F P J X S T E P B Y S T E P L C G A

BELLOWS
 CHILDREN OF ISHMAEL
 GOLDEN PLATES
 JACOB
 JOURNEY
 LAMAN
 LAND OF BOUNTIFUL
 LEHI
 LEMUEL
 LIAHONA
 NEPHI
 ORE
 POWER OF GOD
 PROMISED LAND
 REPENT
 SAIL
 SAM
 SHIP
 SHOCK
 STEP BY STEP
 STORM
 TOOLS
 WAVES
 WICKEDNESS
 ZORAM



Treat Time

Approximate Time: 10 minutes (not including prep and chill time)

Prep Time: 30 minutes

Chill Time: At least 15 minutes

Peanut Butter Footsteps

Preheat oven to 350 degrees.

Cream together 1 cup butter, 1 cup brown sugar and 1 cup granulated sugar.

Add 2 eggs, 2/3 cup peanut butter & 1 tsp. vanilla.

Mix until smooth.

Add 2 cups flour, 1 tsp. baking soda, 1/2 tsp. salt, and 2 cups oatmeal.

Mix until blended.

Roll dough on lightly floured surface to 1/4-1/2 inch thickness (if too soft refrigerate until easy to handle).

Cut out with foot shaped cookie cutter. (We purchased our's at a local craft store for 60 cents.)

Bake on lightly greased cookie sheet for 10-15 minutes.



(Optional: Remove from oven and immediately cover each cookie with (8) chocolate chips.

Allow chips to melt, then spread evenly over cookie. Cool in refrigerator until chips harden (this will be the sole).

Frost otherside of cookie with “Peanut Butter Frosting”: 1/4 cup peanut butter, 1 Tbs. butter, 3/4 cup confectioners' sugar, and 2-4 Tbs. milk. **Blend** until smooth.

Decorate by making sandal straps with “Chocolate Frosting”: 1 Tbs. butter, 1/8 cup unsweetened cocoa powder, 3/4 cup confectioners' sugar, 2-4 Tbs milk. **Blend** until smooth.

Tip: To make a decorating bag, cut off the tip of one corner of a sandwich bag. Fill with frosting. Roll top and squeeze frosting out corner.

Closing Prayer and blessing on the food.

Treat Time: Help children decorate cookies to look like sandals Jesus and Nephi might have worn.

Music Video: Watch The Book of Mormon Music Video, *Step by Step*, (also available online) while you eat your Peanut Butter Footsteps.