



FHE

with

Living Scriptures

STREAMING

Follow the Prophet

Objectives:

- Talk about the importance of following the prophet.
- Emphasize that the prophet's words are the Lord's words.

Reinforces Principles of:

- Guidance
- Following the Prophet

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



Reverence Time

Approximate Time: 5 minutes

Sing Together: Children's Songbook #110, "Follow the Prophet" verses 3 and 9.
If you wish to have an online music file to accompany you visit:
<https://www.lds.org/music/library/childrens-songbook/follow-the-prophet>

Prayer:

Scripture Time: Doctrine and Covenants 21:4-5
4. Wherefore, meaning the church, thou shalt give heed unto all his words and commandments which he shall give unto you as he receiveth them, walking in all holiness before me;
5. For his word ye shall receive, as if from mine own mouth, in all patience and faith.

Video Clip: Listen to *Noah and the Ark* (13:40 - 19:40) from the Dramatized Old Testament series on Living Scriptures Streaming.



Lesson Time

Approximate Time: 10-15 minutes

Lesson Summary:

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

“A prophet is a man who talks with Heavenly Father and Jesus. Since Heavenly Father and Jesus are not on the earth to teach us, they have prophets to help them. Heavenly Father and Jesus teach the prophet, and the prophet teaches us what we should do so that we can be blessed and happy.”

Lesson 43: We Have a Living Prophet Primary 1 © Intellectual Reserve, Inc. All rights reserved.

Noah was a prophet in ancient times. The Lord called the people to repentance through Noah. The people were very wicked, would not heed the Lord and were destroyed by the flood.

Why were Noah and his family saved from the flood? (Discuss ideas. See Hebrews 11:7)

There were many prophets who walked the earth before Jesus Christ was born. Through the scriptures, we too can learn from these prophets of old.

Can you name some of the prophets of old and what they taught? (Discuss. Examples: Moses—the Ten Commandments; Abraham—trust in the Lord; Nephi—to go and do the things that the Lord has commanded; etc.)

When Jesus Christ was on the earth, he organized His church. After Jesus was crucified and resurrected, He came again and for a short time taught the people. After Jesus ascended to Heaven and the apostles were killed, there was no longer a prophet on the earth and the Church could no longer receive revelation. This is called the apostasy.

When the time was right the Lord again provided a man to be the Prophet. “Jesus Christ holds all the keys of the priesthood. He has given His Apostles the keys that are necessary for governing His Church. Only the senior Apostle, the President of the Church, may use (or authorize another person to use) these keys for governing the entire Church.” Gospel Topics, Priesthood, © Intellectual Reserve, Inc. All rights reserved.

Joseph Smith was the first Prophet of this dispensation to whom all the keys were restored.

What are some of the things the prophet Joseph Smith taught that the Lord wanted us to know? (Discuss ideas. Examples: God the Father and Jesus Christ are separate beings with bodies of flesh and bones; We are children of God, God loves us and answers our prayers; Christ’s Church has been restored to the earth; etc.)

“May our lives reflect the knowledge we have that God lives, that Jesus Christ is His Son, that Joseph Smith was a prophet, and that we are led today by another prophet of God.” *Thomas S. Monson, Ensign, Nov 2005 © Intellectual Reserve, Inc. All rights reserved.*

Who is the Lord’s prophet on the earth today?

Points to Ponder:

Where can we find the words of the Prophets? (Discuss ideas. Examples: Conference, Church magazines, scriptures, etc.)

Why is it important to listen to and follow the Prophet? (Discuss ideas.)

“We have a living prophet on the face of the earth again... The prophets speak to us in the name of the Lord and in divine plainness. It is our responsibility not only to listen but also to act upon His word that we may claim the blessings of the ordinances and covenants of the restored gospel.” *Dieter F. Uchtdorf, Ensign, Jul 2008 © Intellectual Reserve, Inc. All rights reserved.*

When President Gordon B. Hinckley was a boy his family followed President Joseph F. Smith’s council on holding Family Home Evening. President Hinckley said, “Our love for brothers and sisters was enhanced. Our love for the Lord was increased. An appreciation for simple goodness grew in our hearts. These wonderful things came about because our parents followed the council of the President of the Church.” Gordon B. Hinckley, “Following a prophet,” *Friend, Aug 2007 @Intellectual Reserve, Inc. All rights reserved.*

During *October 2008 Semi-annual General Conference*, President Monson taught, “Despite the changes which come into our lives and with gratitude in our hearts, may we fill our days—as much as we can—with those things which matter most. May we cherish those we hold dear and express our love to them in word and in deed. ... I pray that all of us will reflect gratitude for our Lord and Savior, Jesus Christ. ... Brothers and sisters, my sincere prayer is that we may adapt to the changes in our lives, that we may realize what is most important, that we may express our gratitude always and thus find joy in the journey.” *Thomas S. Monson © Intellectual Reserve, Inc. All rights reserved.*

What can we do in our family to follow these prophetic words? (Discuss ideas.)

How will following these prophetic words help us find joy and gain a stronger faith like Noah? (Discuss ideas.)

Quote:

“Noah had the unwavering faith to follow God’s commandments. May we ever do likewise. May we remember that the wisdom of God oftentimes appears as foolishness to men; but the greatest lesson we can learn in mortality is that when God speaks and we obey, we will always be right.”

by Thomas S. Monson, Ensign, Oct 2007 © Intellectual Reserve, Inc. All rights reserved.



Story Time

(Approximate Time: 3 minutes)

Ten-year-old Jace helped Mother unload the week's supply of groceries from the car.

"Let Dad get that one, Jace," Mother said, pointing to the twenty-five pound bag of rice.

Jace looked at the large bag with strange writing on it. "What's in it?" Jace asked.

"Rice," Mother answered. "It's for our food storage!"

"Food storage? What's that?" Jace questioned.

"It's setting aside a basic supply of food in order to be prepared for hard times," Mother said.

"What kind of hard times?" Jace asked, with a worried expression on his face.

"Don't look so worried, Son," Mother soothed. "The Lord said, 'If ye are prepared ye shall not fear,'" Mother said quoting a scripture from the Doctrine and Covenants. "Food storage is one of the things the prophets have encourage the Saints to have for many, many, years," Mother continued. "We keep our food storage under the stairs in the basement."

"So by storing food, we're following the Prophet?" Jace asked.

"That's right! And you know that following the Prophet brings happiness. Right?"

Jace smiled. "The Prophet says we should pray and I know I'm *always* happier when I do," Jace agreed.

Jace thought a lot about food storage and following the Prophet during the week. He wanted to follow all the Prophet's words, because, "His words are the Lord's words," Jace said, repeating the words Sister Brown had taught him in Primary. "But, what can I do?" he thought.

The next week Father gave a lesson on Noah's ark for Family Home Evening. "Noah was a prophet. Do you know who followed the prophet Noah?" Father asked.

"Nobody," six-year-old Corbin answered.

"Nobody, except, his wife and sons and their wives," Jace proudly corrected.

"That's right! Noah's family helped build the ark, store food, prepare supplies and gather and tend to the animals," Father explained.

Jace smiled as he thought about what Father had said. “The Lord told them to have food storage,” Jace exclaimed. “Just like He’s told us to!”

“Yes, He did,” Mother replied. “In order for Noah’s family to prepare for hard times.”

“Hard times,” Jace thought. “The flood!”

“Mom, Dad,” Jace said. “I want to be like Noah’s sons and help with our food storage. I’m going to give you all my allowance to use for food storage, after I pay my tithing of course.”

“That’s very generous, Jace,” Father said. “But, the Prophet also said not to go to extremes in establishing our food storage. How about if you give, let’s say, one-tenth of your allowance.”

“That’s the same amount I give *back* to the Lord,” Jace said with satisfaction.

“Are *we* going to have to build an *awk, too?*” Asked three-year-old Morgan.

“Oh, no, Sweetie,” Mother answered. “Heavenly Father promised Noah that He would never flood the earth again and Heavenly Father *always* keeps His promises.”

Jace added, “That’s why Heavenly Father gave us rainbows, Morgan. As a reminder.”

“Oh, yeah! I like wainbows!” Morgan exclaimed. “They awe pwetty.”

Jace gave his little sister a big hug and whispered in her ear, “But, they’re not *nearly* as pretty as *you* are, Morgan!”

by Margie Nauta Lee © 2018 Living Scriptures, Inc.



Activity Time

What you need: A copy of the “Noah’s Ark” activity (artwork included with this lesson), scissors, glue, tape, cardstock and stapler w/staples. Optional: Self Laminating sheets.

Preparation

1. **Print** out the artwork.
2. **Cut** out the animals. Optional: Pre-cut out ark pieces.
3. Optional: Laminate animals.
4. Hide animals around the room.



Activity:

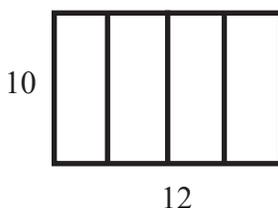
(Younger children will need help from an older sibling or parent.)

1. Ask: Who was Noah? (A prophet of God.)
2. Ask: What did Noah try to teach the people? (To repent and obey the Lord.)
3. Ask: Who listened to Noah? (Only his family.)
4. Ask: What did the Lord tell Noah He was going to do? (He was going to destroy every living thing on the face of the earth because the people were evil and would not listen.)
5. Ask: What did the Lord tell Noah to do? (Build an ark.)
6. Ask: Did Noah and his family listen to the Lord? (Yes.)
7. Explain: Let’s pretend that we are Noah’s family and we are going to build an ark. (Follow directions to build your ark. Give everyone an assignment according to their abilities, such as cutting out, gluing, stapling, etc.)
8. Explain: The Lord told Noah and his family to gather seven of all the clean animals. Clean animals are the animals the Lord provided for man to eat, such as cows and sheep. (Count the cows in the bottom of the ark.) Ask: How many more cows does this ark need?
9. Ask: What other kinds of animals did the Lord tell Noah and his family to gather? (A male and female of every kind of animal on the earth.)
10. Explain: Our ark isn’t big enough to hold every kind of animal. Lets search and see how many pairs of animals we can find to put in our ark. (Tape the animals in the ark.)
12. Explain: After all the animals were gathered the Lord told Noah and his family to go into the ark so that they would be saved from the flood. (Put Noah and his family in the ark.)
13. Ask: What can the story of Noah and the ark teach us to do in our lives? (Discuss ideas. Emphasize that we should follow the prophets.)
14. Ask: What are some of the things the latter-day prophets have told us to do? (Discuss ideas. Examples: Storing and saving a one-year supply of food, sharing the gospel, etc.)
15. Bear your testimony of the importance of following the Prophet.

Ark Instructions

1. Cut out ark pieces.
 2. Glue part (A) to part (B) by placing (B) over (A) and line up edge along white dotted line. Set aside.
 3. Glue part (C) to part (D) by placing (D) over (C) and line up edge along vertical white dotted line.
 4. Glue parts (C/D) and (E) to cardstock.
- Note: Staples will always go along outside edges.
5. Staple part (F) to part (E). Do not staple along the bottom edge.
 6. Staple parts (F/E) to part (C/D) by lining up edges of (C/D) along the white dotted lines. Do not staple along the bottom edge for ease in placing Noah's family and the animals in.
 7. Staple part (A/B) to part (C/D) by lining up outside edges and forming a pouch.
 8. Glue door together with print side facing out. Staple door along its bottom edge to the ark.
 9. Glue roof onto the ark.
 10. Make a stand with a 12 inch x 10 inch piece of cardstock.

a. Fold into fourths.



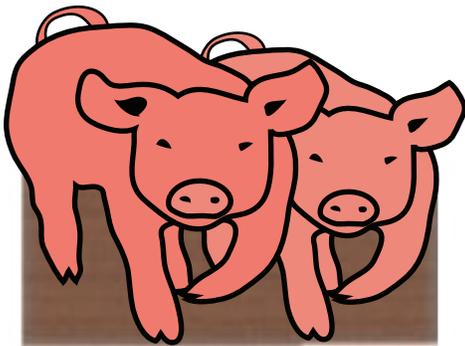
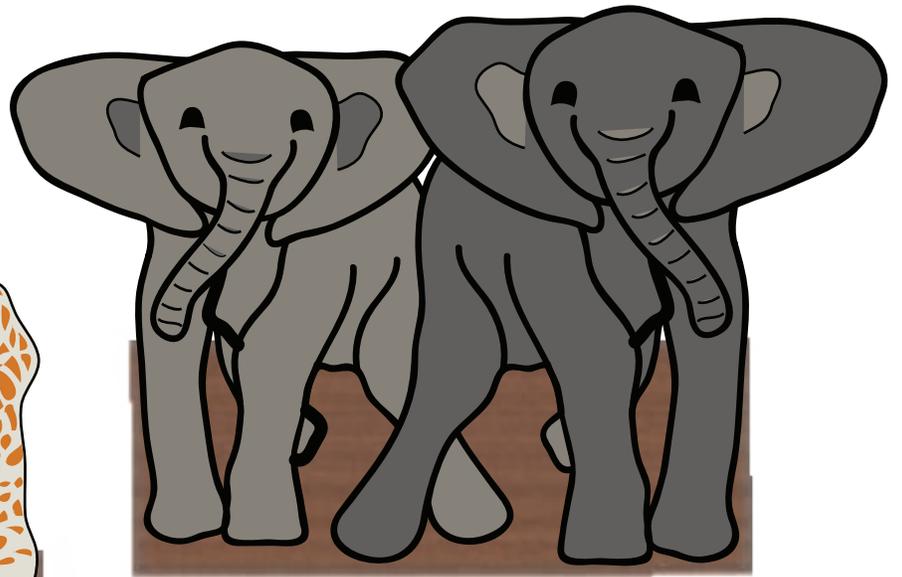
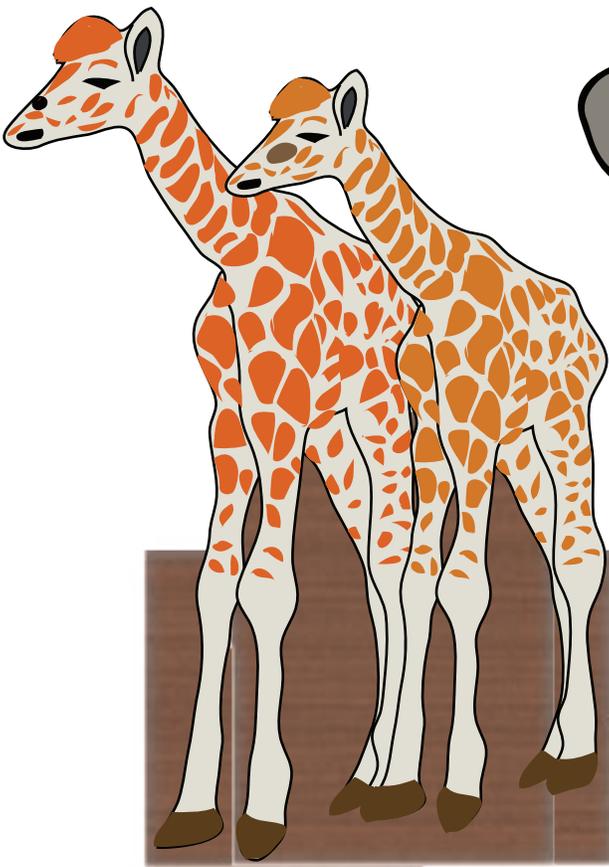
b. Fold end pieces

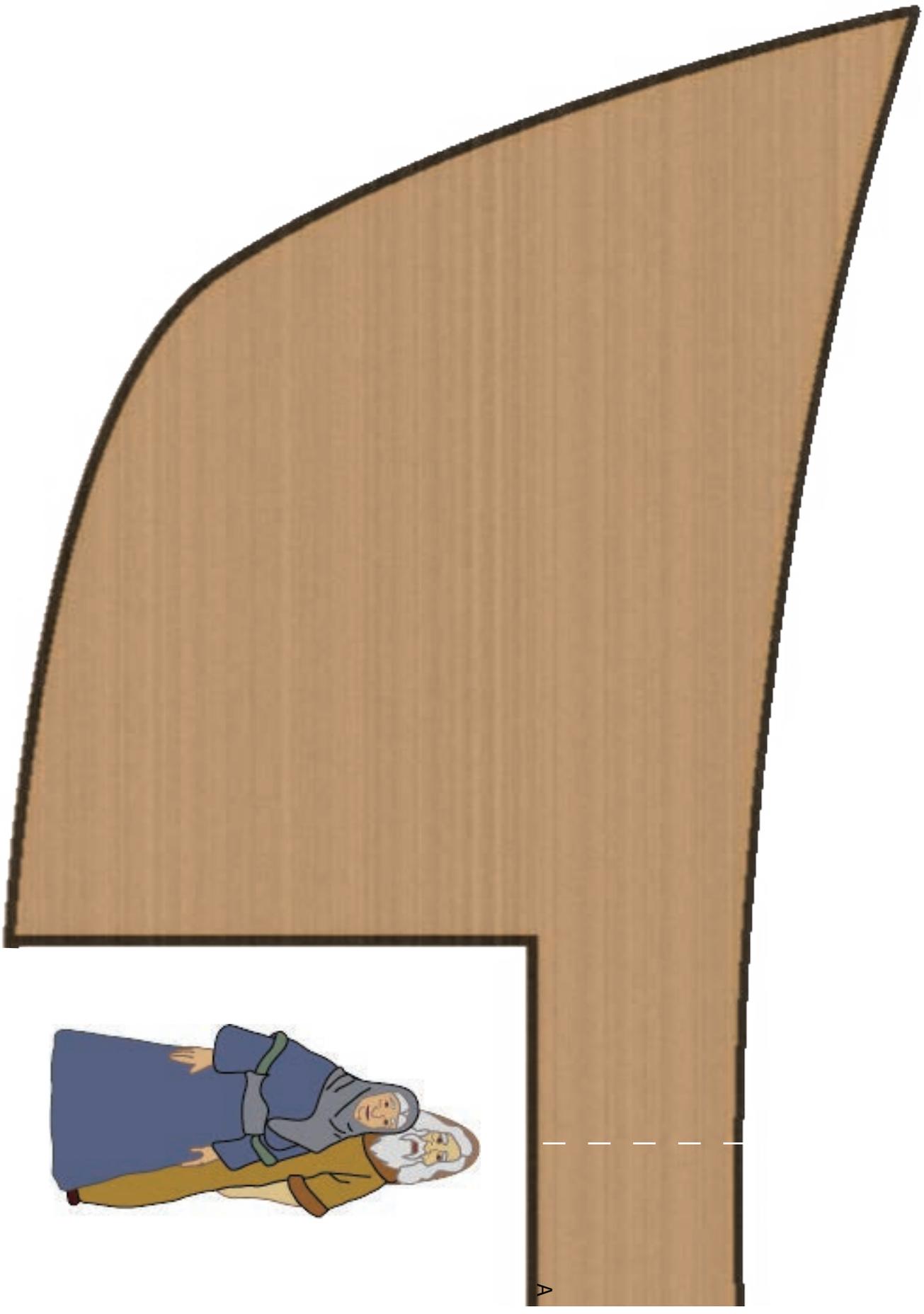
inward and overlap to form a triangle.
Staple or tape together.

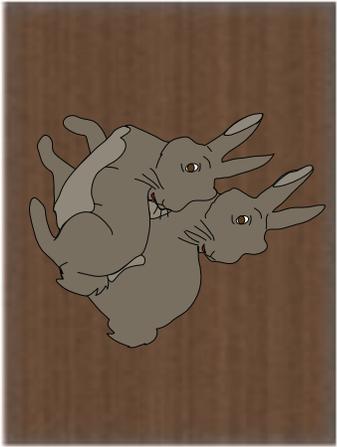


c. Tape or glue the ark to the stand.

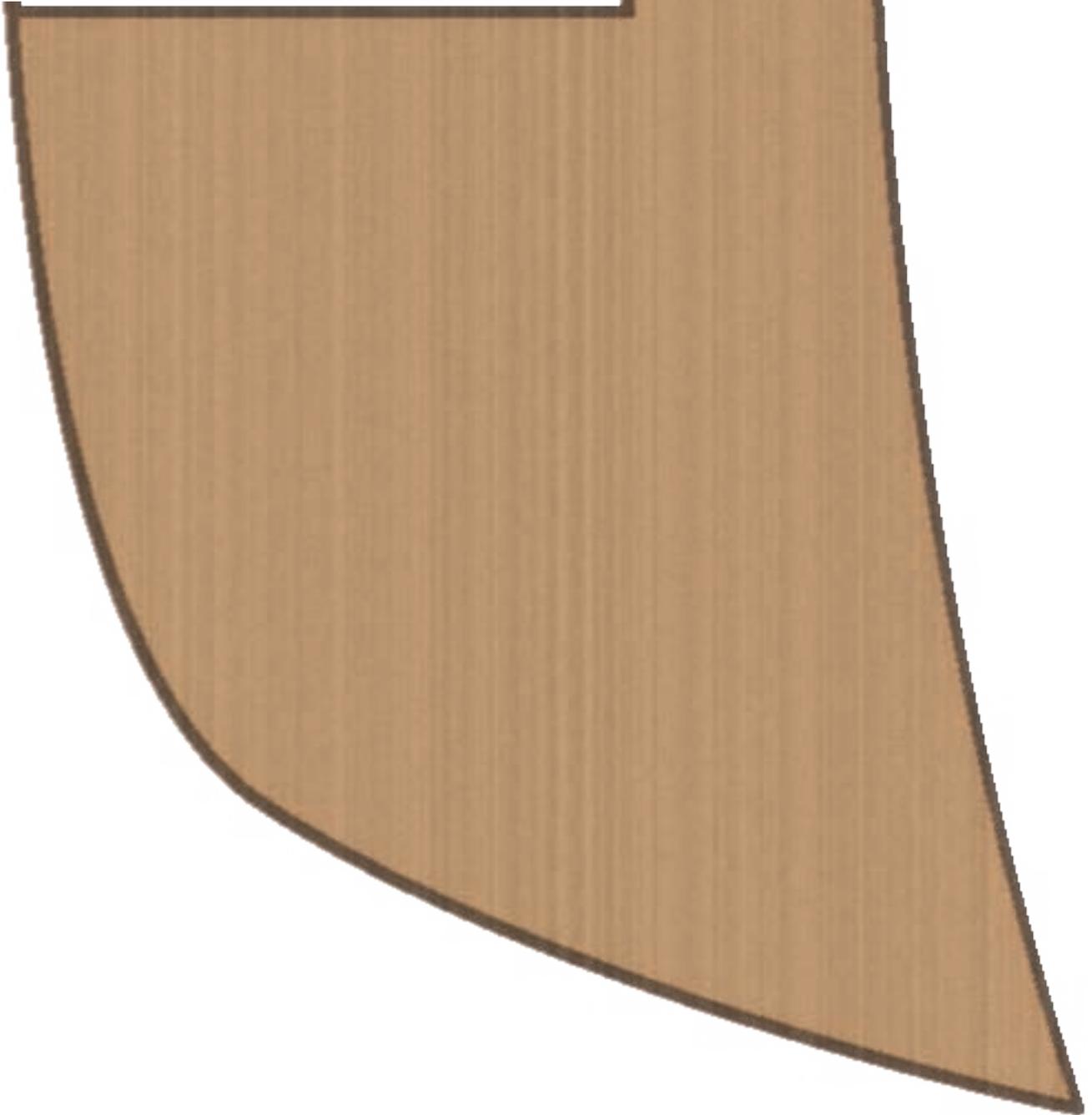
11. Lightly stuff the pouch with tissue along the outside edges to form a 3-D figure. Animals and Noah's family can now go through the door and "up to their decks" when you choose where to tape them on the ark artwork.

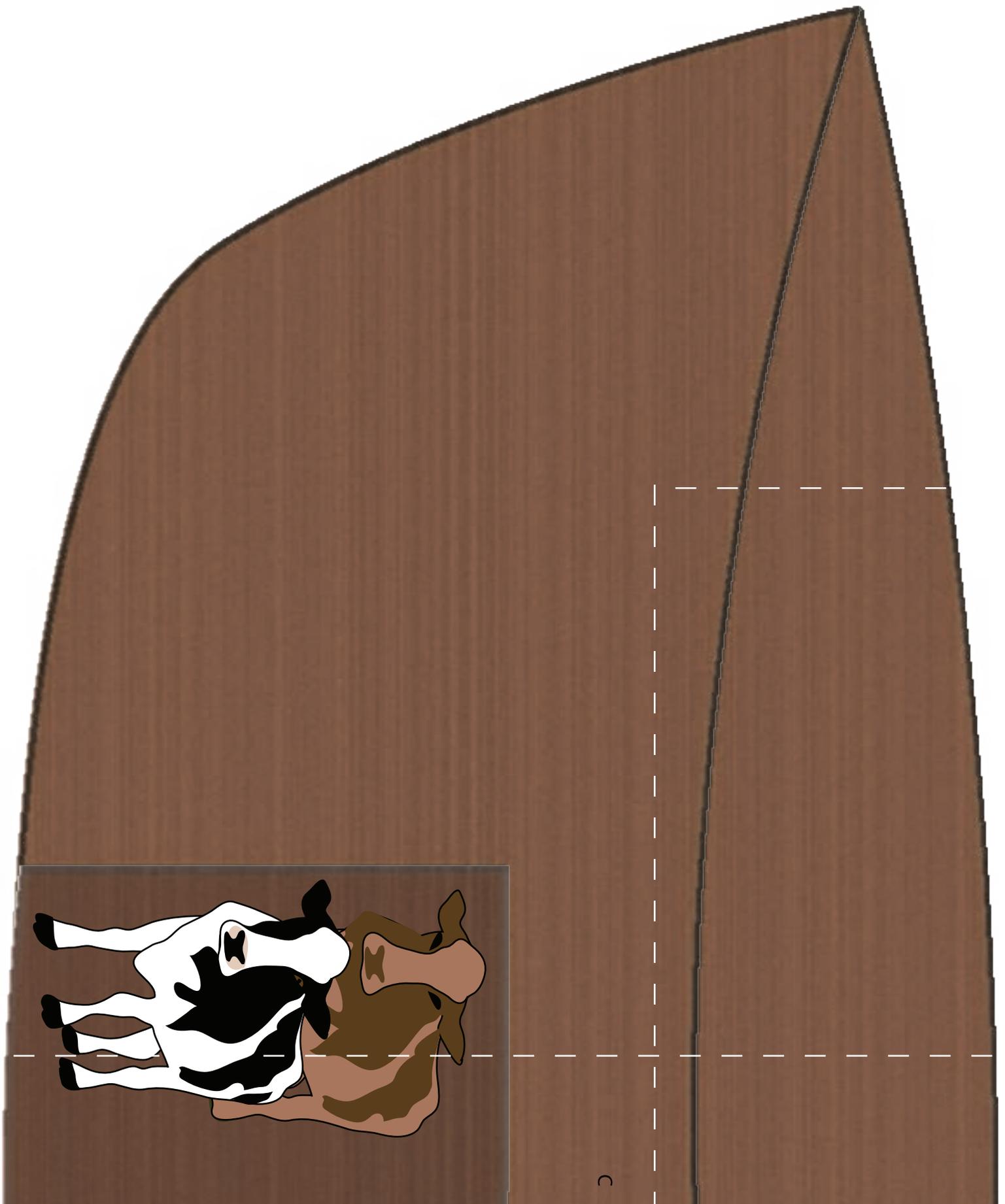


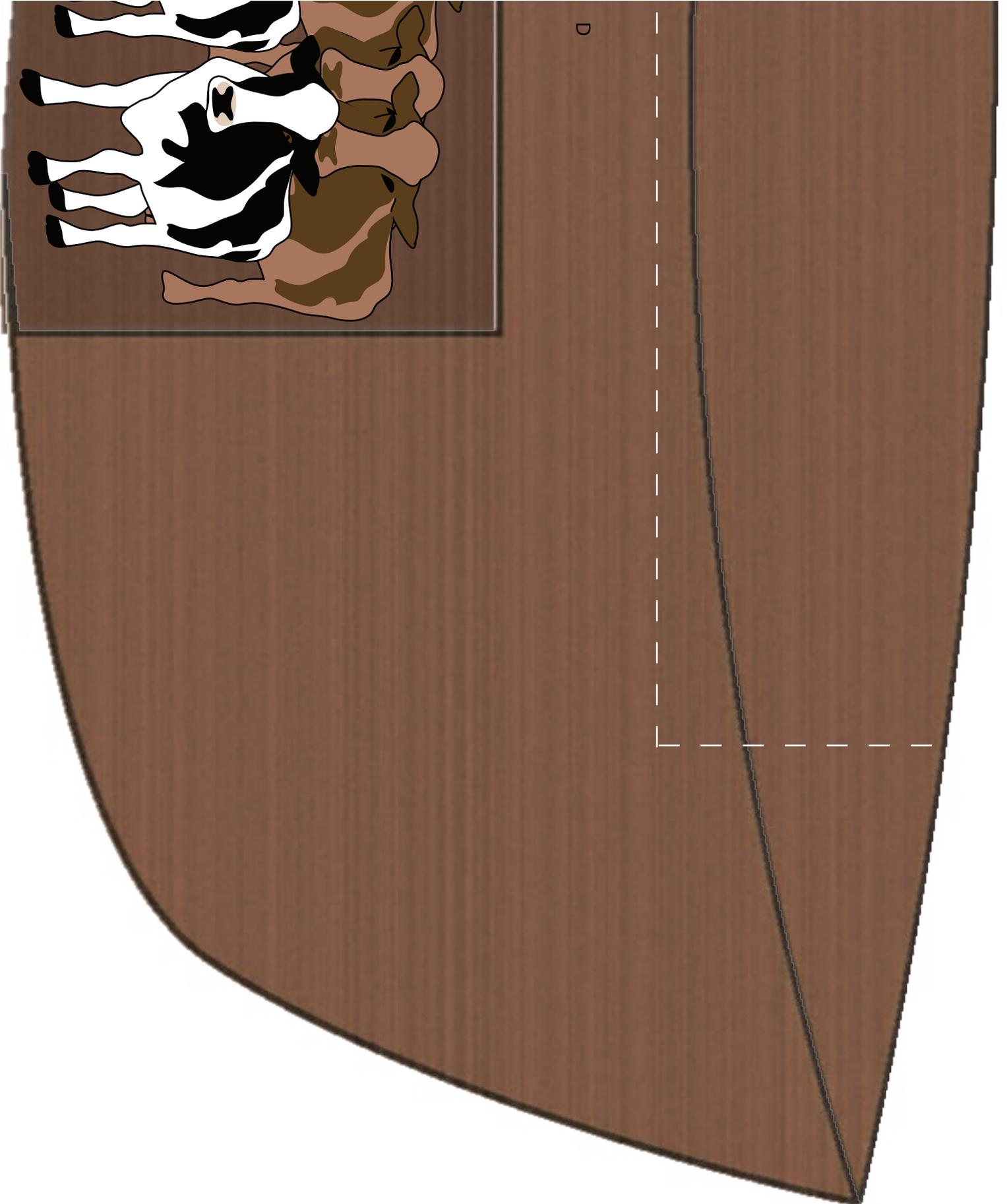


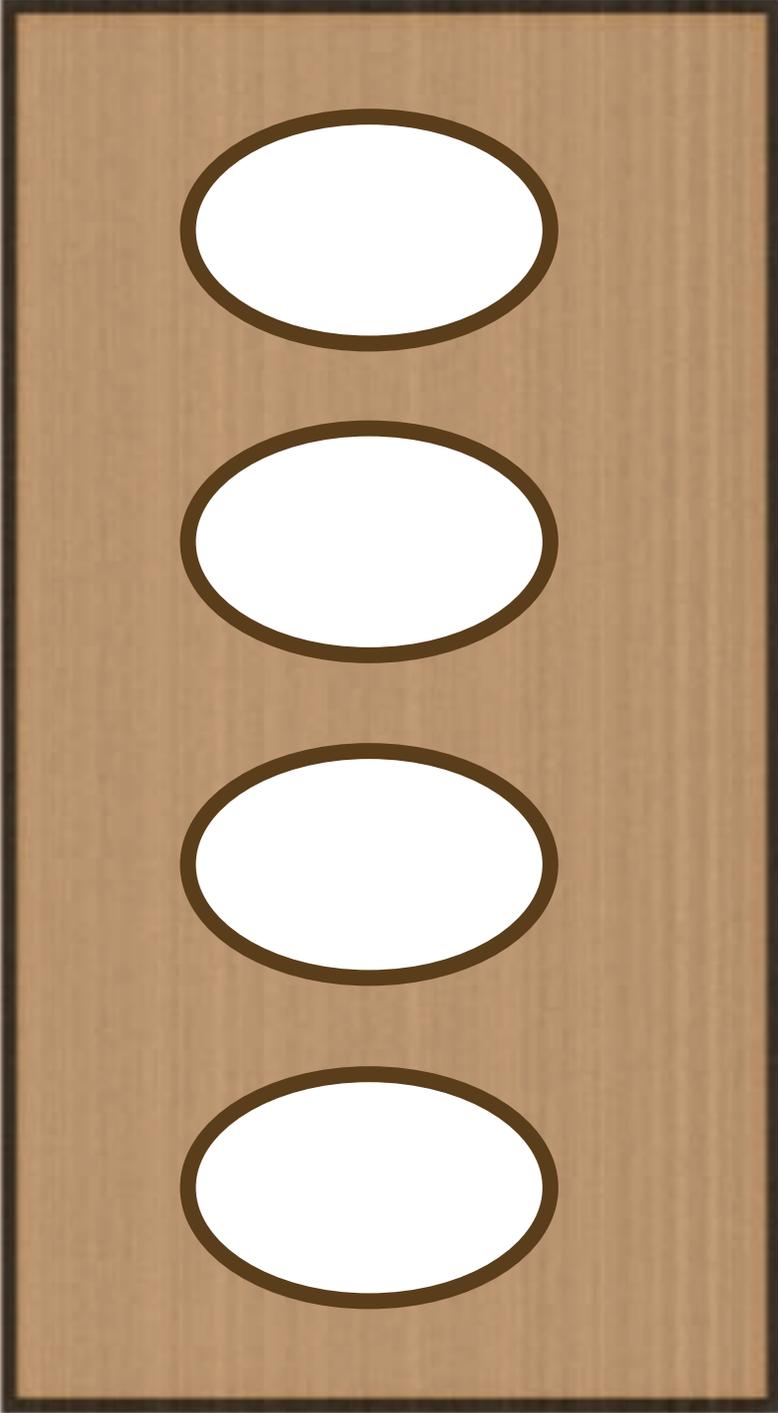
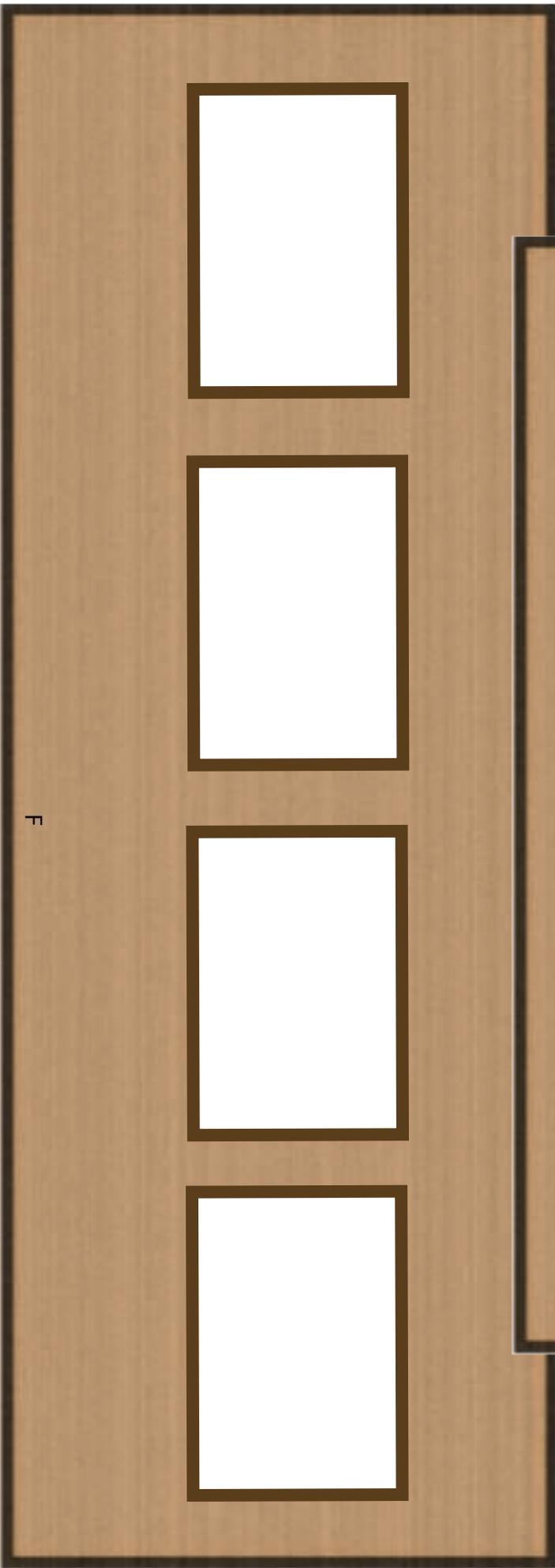


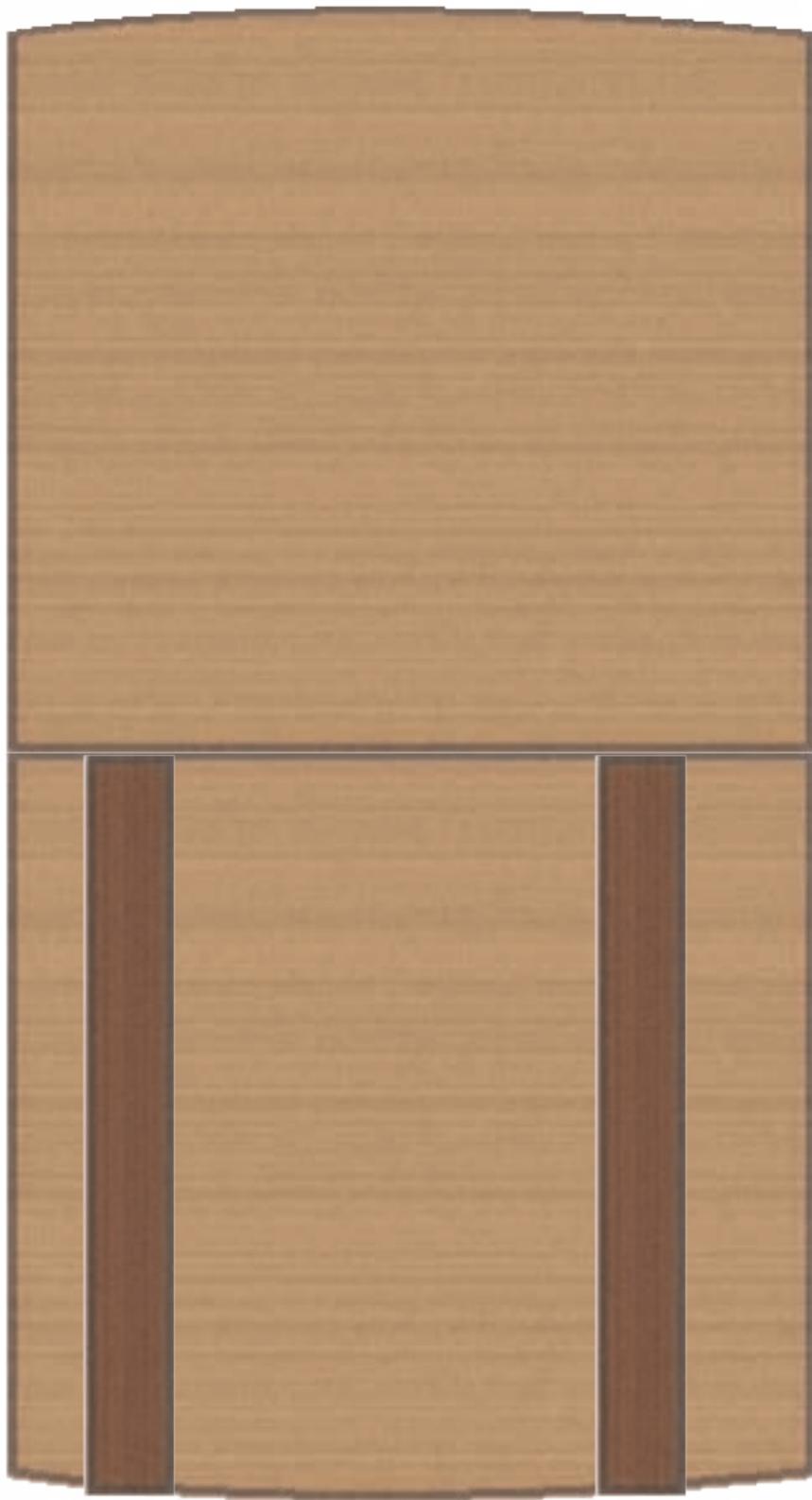
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Treat Time

Approximate Time: 25 minutes

Prep Time: 15 minutes

Cook Time: 5–7 minutes

Animal Crackers

1/2 cup rolled oats
3/4 cup all-purpose flour
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup butter
1/4 cup honey
3 Tablespoons buttermilk



Preheat oven to 400 degrees F. Grind oats until fine using a blender or food processor. In a medium bowl, stir together the blended oats, flour, baking soda and salt. Cut in the butter using a pastry blender or your fingers until the butter lumps are smaller than peas. Stir in the buttermilk and honey to form a stiff dough. On a lightly floured surface, roll the dough out to 1/8-inch in thickness.

Makes approximately (16) five-inch cookies.

Treat Time: Let children cut into animal shapes with cookie cutters* (be sure to make two of each animal). Place cookies 1 inch apart onto un-greased cookie sheets. Bake for 5 to 7 minutes, until edges are lightly browned. Remove from cookie sheets to cool on wire racks.

Alternative: This is a really simple and fun recipe, but if you're short on time purchase store bought animal crackers and have children search for pairs of animals.

Closing Prayer and blessing on the food.

* Animal shaped cookie cutters can be found at many craft stores.