



Feed My Sheep

Objectives:

- Emphasize the importance of sharing the gospel.
- Talk about how we can serve others.

Reinforces Principles of:

- Missionary Work
- Service

Each lesson contains 5 timed 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 Songbook #118 “Book of Mormon Stories” verse 5.
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.lds.org/music/library/childrens-songbook/book-of-mormon-stories>

Prayer:

Scripture Time: John 21:16-17
16. He saith to him again the second time, Simon, son of Jonas, lovest thou me? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my sheep.
17. He saith unto him the third time, Simon, son of Jonas, lovest thou me? Peter was grieved because he said unto him the third time, Lovest thou me? And he said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, Feed my sheep.

1 Nephi 22:25
25. And he gathereth his children from the four quarters of the earth; and he numbereth his sheep, and they know him; and there shall be one fold and one shepherd; and he shall feed his sheep, and in him they shall find pasture.

Doctrine & Covenants 112:14
14. Now, I say unto you, and what I say unto you, I say unto all the Twelve: Arise and gird up your loins, take up your cross, follow me, and feed my sheep.

Video Time: Watch a clip (5:22-7:22) from The Living Scriptures Streaming Library, *Ammon: Mission to the Lamanites* (The Animated Book of Mormon series)



Lesson Time

Approximate Time: 5 minutes

Lesson Summary:

The Savior is the good shepherd.

The Savior once said, “I am the good shepherd” (John 10:11). What is a good shepherd? A good shepherd will give his life to protect his sheep. He knows each one by name. They each know his voice and follow him and none other. If one is lost, a good shepherd will leave the flock and search endlessly for the lost sheep and bring it safely back to the fold.

“Feed my sheep” (John 21:16)

Jesus made sure that each one of His sheep or followers was loved and cared for. Jesus needed someone to feed His sheep, that is, to teach and care for them and to be their shepherd when He was no longer with them. He asked His disciples who loved Him to do this.

Points to Ponder:

How did Ammon and his brothers help the Savior feed His sheep?

Ammon and his brothers rejected their rights to be king to be missionaries to the Lamanites. Ammon served King Lamoni by tending his flocks and killing his enemies. Ammon's remarkable faith in the Lord and his courage allowed him to “feed His sheep” by teaching the gospel to King Lamoni, his family, and his people and changing their lives.

How can we help the Savior feed His sheep?

Discuss how each member of your family can serve others and be missionaries. Help the Savior feed His sheep by choosing a non-member neighbor or in-active neighbor to take a copy of the Book of Mormon and a plate of “Hay Stack Cookies” to (recipe included in the Treat Time section of this lesson).



Story Time

Approximate Time: 3 minutes

Deanne scrambled out of bed at the sound of her alarm and scurried down the hall to Mom and Dad's room. "Hurry, it's time to get up!" she called to her parents, "If we hurry we can be the first to get to Grandma and Grandpa's and I can pick one of the beds on the screen porch for the entire summer."

After breakfast the family loaded into the station wagon for the two hour drive to Spanish Fork where Grandma and Grandpa Smith lived. To pass the time they sang songs and played the alphabet game. As soon as they pulled to a stop in front of the quaint farm house, Deanne jumped out and ran to the front porch where Grandpa was sitting in a rocking chair whittling. "Is anyone else here yet? I want the back screen porch room!"

Grandpa chuckled, "You're the first. Come give me a hug Dee Dee and then you can go put your claim on the screen porch. Eevee and Nancy should be here soon."

Deanne let out a shout of triumph just as Mom and Dad reached the porch. "We did it Dad! The granddaughters get the screen porch this summer. I'm going to get my suitcase out of the car."

"After you get settled I have a surprise for you in the barn," Grandpa called after her.

After all the cousins arrived Grandpa took them out to the barn. Nestled in the hay were two tiny lambs. "I brought them down from the pasture last night. My ewe was killed by a coyote, but her lambs were able to get away. They'll have to be bottle fed if they're going to survive."

"We'll take care of them for you Grandpa!" the six cousins agreed in unison.

"I was hoping you'd be willing," said Grandpa. "The white one's a girl and the black one's a boy. How about if the girls take care of the girl lamb and the boys take care of the boy lamb?"

The cousins sat in the hay next to the little lambs and began a debate on what to name them. They decided on George and Gracie after Grandpa's favorite radio show. Then Grandpa helped them make a schedule for taking care of the lambs. "They'll have to be fed every four hours for the first two or three weeks. It's going to be a lot of work. Are you sure you can handle it?"

"We'll take good care of them Grandpa. We promise!"

For the first couple of weeks each cousin faithfully took their turn feeding the lambs. As the summer went on, one by one they tired of the tedious and demanding task of feeding the growing lambs.

By July only Deanne was left caring for George and Gracie. Grandmother was worried that it was too much for a nine-year-old to handle on her own, but Deanne was determined. “I could never break my promise to Grandpa or Heavenly Father.” Deanne went on to explain, “Grandma, the Holy Ghost whispered to me when Grandpa told us about the ewe dying. George and Gracie's mother had given her life to protect them. I prayed and promised Heavenly Father that, with His help, I would take care of the lambs for *her*.”

Grandmother gave her granddaughter a tight squeeze. “I am so proud of you Dee Dee! Now that I know that Heavenly Father is helping you I won't worry about it anymore.”

After talking to Deanne, Grandmother had an idea for Family Night that evening.

That evening Grandfather read John 21:13-16: “Jesus then cometh, and taketh bread, and giveth them, and fish likewise. This is now the third time that Jesus shewed himself to his disciples, after that he was risen from the dead. So when they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs. He saith to him again the second time, Simon, son of Jonas, lovest thou me? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, feed my sheep. He saith unto him the third time, Simon, son of Jonas, lovest thou me? Peter was grieved because he said unto him the third time, Lovest thou me? And he said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, feed my sheep.” Deanne's cousins hung their heads.

Grandmother explained how Christ gave His life for us. Then she asked her grandchildren, “After Jesus was resurrected what did He ask of His disciples?”

“He asked them to feed His sheep.” answered eight-year-old Evelyn, “just like Grandpa asked us to feed his sheep. I'm sorry I let you down Grandpa.”

Five-year-old Larry Dean asked, “How many sheep did Jesus have, Grandma?”

“We are all Jesus' sheep—every one of Heavenly Father's children on this earth. Jesus didn't want any of His sheep to be lost or go hungry. How can we, as disciples of Christ, help feed His sheep?” asked Grandmother.

“I learned about this in deacon's quorum,” answered twelve-year-old Roy. “We can help feed His sheep by going on missions.”

“Do I have to wait until I go on a mission to help feed Jesus' sheep?” asked six-year-old Daniel.

“No Danny boy. Every member can be a missionary by living each day of their lives keeping the commandments, being good examples, sharing testimonies and performing good deeds.”

by Margie Nauta Lee, © 2018 Living Scriptures, Inc.



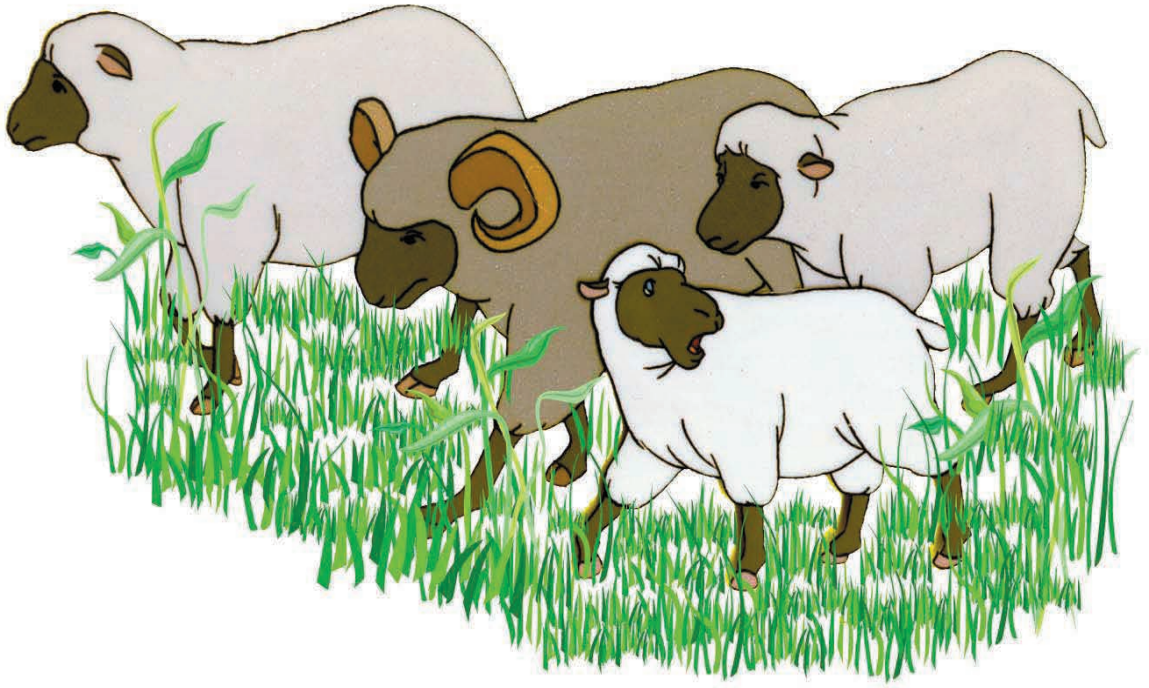
Activity Time

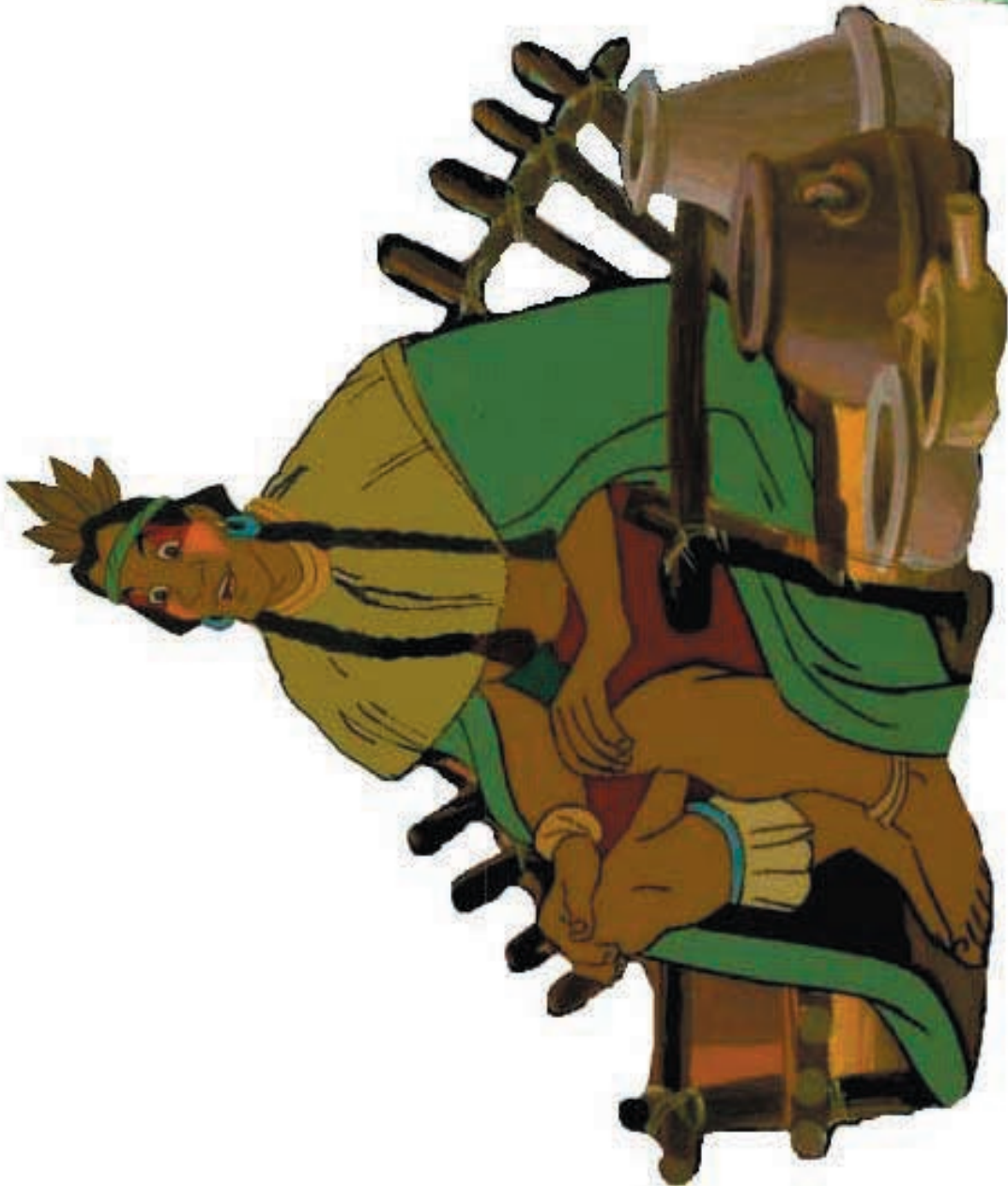
Approximate Time: 15 minutes (not including prep time)

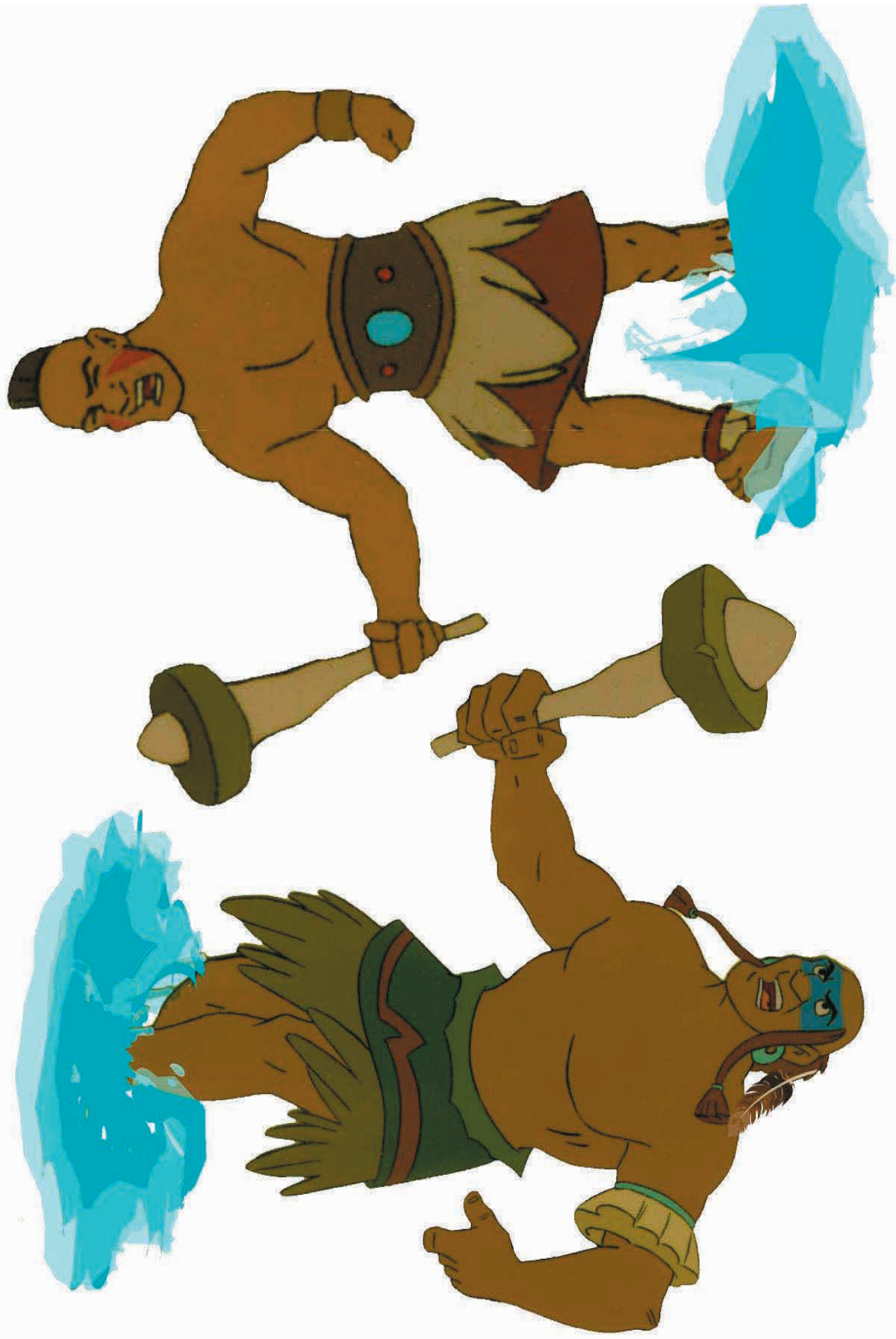
What you need: Construction paper or posterboard. Attached artwork. Popsicle sticks, glue, tape and attached script.

- Preparation:**
- 1. Print out** artwork and glue onto construction paper or posterboard.
 - 2. Cut out.**
 - 3. Glue or tape a popsicle stick or tongue depressor to the back of each figure.**
 - 4. Print** out script.
 - 5. Assign** parts. (Let young children, who can't read, be the sheep and the robbers.)

Activity: (Younger children will need help from an older sibling or parent.)
Use the popsicle stick puppets to put on the play *Ammon Missionary to the Lamanites*.







Ammon Missionary to the Lamanites

Narrator: Ammon, one of King Mosiah's sons, entered the land of Ishmael to preach the gospel of Jesus Christ. Lamanite warriors brought Ammon before King Lamoni.

Ammon: King Lamoni, I want to dwell among your people for a time...Perhaps until the day I die.

King Lamoni: Then you can marry one of my daughters.

Ammon: No, I'm not worthy! Let me be your servant instead.

Narrator: Ammon was sent to tend the king's flocks. A band of Lamanite robbers charged the flocks of King Lamoni and scattered them in every direction.

Robbers: Ah, ayah, ayah! yee, yee, yee!

Sheep: Baa, baa, baa!

King's servant: We're doomed. We're dead men!

Ammon: Help me gather the flock and the king won't kill us.

Sheep: Baa, baa, baa!

Narrator: The sheep were gathered. But again the wicked Lamanites came to scatter them.

Sheep: Baa, baa, baa!

Robbers: Ah, ayah, ayah! Yee, yee, yee!

Ammon: Stand around the flocks. Don't let them run off and I will deal with them.

Narrator: The Lord had promised King Mosiah that the lives of his sons would be spared. Ammon began to cast stones and killed six of the robbers. The remaining robbers tried to attack Ammon with clubs to kill him, but Ammon cut off their arms. Ammon killed the leader, and he drove off the rest. King Lamoni's servants were amazed. They took the arms that Ammon had cut off to the king.

King's Servant: Lamoni, Ammon has mighty powers. Look at the arms he cut off!

King Lamoni: Surely this is more than a man. Could he be the Great Spirit? I want to talk to him, but how can I order the Great Spirit to come to me?

Narrator: Ammon being filled with the Spirit of God knew the thoughts of the king.

Ammon: I know that you know what I did to your enemies today but I am just a man and your servant; what ever you desirest which is righteous, that will I do.

King Lamoni: Teach me Ammon about God. I want to learn everything.

Narrator: Ammon's remarkable faith in the Lord and his courage allowed him to teach the gospel to King Lamoni, his family, and his people and change their lives. They accepted Christ's teachings and turned away from their wickedness.



Treat Time

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

Haystack Cookies (Coconut Macaroons)

Prep Time: 10 minutes

Pre-heat oven to 350°.

3 1/4 Cups of moist, shredded coconut (Reserve 1/4 cup coconut)
2 Cups sweetened condensed milk
4-5 Tbsp. Flour
2 tsp. Almond extract (optional)
1/2 tsp. Salt
4 Egg whites - stiffly beaten



Mix together the first 5 ingredients - dough will be very sticky.

Fold in the beaten egg whites.

Shape 2 tablespoons of dough into haystacks and place two inches apart on lightly greased cookie sheet.

Sprinkle a small amount of the reserved coconut on top.

Bake for 5-7 minutes or until golden brown.

Let cool.

Treat Time: Place half of the “Haystacks” on a paper plate or in decorative tin to help the Savior feed His sheep (a non-member or in-active member family). Feed the other half of the “Haystacks” to your sheep (family).

Closing Prayer and blessing on the food:

Music Video: Watch *The Animated Book of Mormon Music Video, In My Heart* (also available online), while you feed your sheep (family) some “Haystacks” too.