

NEW TESTAMENT 2019

Come Follow Me

with

Living Scriptures

STREAMING

Built Upon the Rock

Matthew 6-7

Objectives:

- Teach how to pray with sincerity and judge righteously
- Teach about living the gospel and building testimony

Reinforces Principles of:

- Faith
- Testimony

This lesson contains 4 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe & music video



Reverence Time

Approximate Time: 10 minutes

Sing Together: Children's Songbook page 281, "The Wise Man and the Foolish Man"

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/the-wise-man-and-the-foolish-man>

Prayer:

Scripture Time: Matthew 7:24-27

24 Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:

25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.

26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:

27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.

Video Clip: Watch a video clip (see <https://www.livingscriptures.com/fhe-lesson-built-upon-the-rock/>) from the Living Scriptures Streaming Library, *Built Upon the Rock*, *The Lord's Prayer*, and *The Righteous Judge* (The Animated New Testament)



Lesson Time

Approximate Time: 5-10 minutes

Lesson Summary:

After Jesus taught the Sermon on the Mount, He taught that those who heard the things He taught and did them were like wise men building a house upon a rock. By doing the things Jesus teaches us, we are building our testimonies and our own family on a strong foundation.

What are some things Jesus teaches us to do in His Sermon on the Mount? One thing He taught the people was how to pray. He reminded the people not to pray using "vain repetitions", and gave them an example of a prayer, which has become known as The Lord's Prayer. (See Matthew 6:9-16)

He taught the people not to judge unrighteously. He compared a person judging someone else unrighteously to someone who has a beam stuck in their eye, while they're trying to get a tiny mote out of someone else's eye. (See (Matthew 7:1-5)

Jesus also taught us that we should seek first the kingdom of God (Matthew 6:33). As we do these things, we build strong testimonies of the gospel of Jesus Christ that will help our family withstand the storms of life, just like the house built by the wise man upon a rock is able to withstand the rain, wind and floods.

Points to Ponder:

What does it mean to build your testimony upon the rock of Jesus Christ?

What can we learn about prayer from the way the Savior prayed?

How can we use His prayer as a model to improve our own prayers?

Is it wrong to judge others?

“Some scriptures command us not to judge and others instruct us that we should judge and even tell us how to do it. But as I have studied these passages I have become convinced that these seemingly contradictory directions are consistent when we view them with the perspective of eternity. The key is to understand that there are two kinds of judging: final judgments, which we are forbidden to make, and intermediate judgments, which we are directed to make, but upon righteous principles.” *Dallin H. Oaks*

What guidance has the Lord given us in making judgments? (Read Matthew 7:2–5)

How can we individually "first seek the kingdom of God"? How can we do this as a family?

Quote:

“...If you make your home a house of prayer and fasting, faith, learning and glory, and order, it can become a house of God. If you build your homes on the foundation rock of Jesus Christ, our Redeemer and the gospel, they can be sanctuaries where your families can be sheltered from the raging storms of life.”
Joseph B. Wirthlin



Activity Time

Approximate Time: 5-15 minutes

What you need: A copy of the “The Mote and the Beam” activity (artwork included with this lesson),
A copy of the “Build Upon the Rock” activity (artwork included), scissors, tape, rock,
sand, washtub or pan.

Preparation

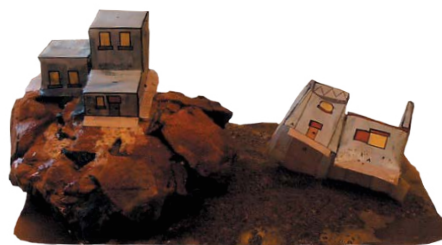
1. Print out artwork.
2. Place the paper “mote” in the boy’s eye with a small piece of rolled tape.
3. Follow directions to put beam together.
4. Cut out house artwork.

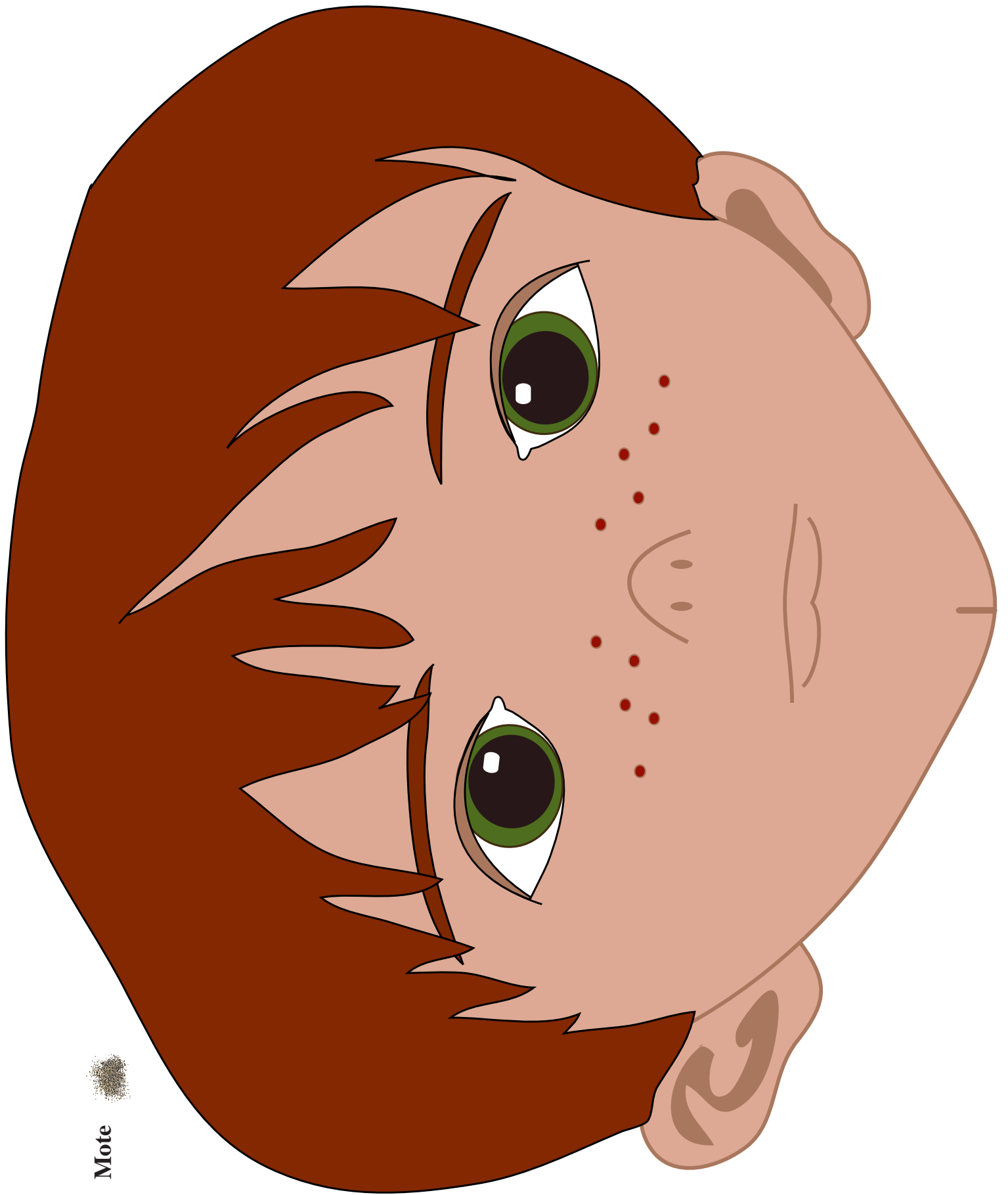
Activity 1: (Younger children will need help from an older sibling or parent.)



1. **Read:** Matt. 7:3-5. “And why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother’s eye.”
2. **Ask:** What is a mote? (Mote: a tiny piece of a substance : the tiniest mote of sawdust. A mote in someone’s eye is a fault in that person that is less serious than the fault in someone else who is judging them unrighteously.)
3. **Ask:** What is a beam? (Beam, a long, sturdy piece of squared timber. A beam in one’s eye is a fault that is greater in oneself than in the person one is finding fault with.)
4. **Ask:** Have you ever gotten a small piece of dust or something in your eye? Did it need to be removed?
5. **Explain:** Jesus knew that we sometimes need help and sometimes we need to help others overcome faults, just like the dust needed to be removed from our eye. (Remove the paper “mote” from the boy’s eye.)
6. **Ask:** But if we have a beam in our eye (hold the paper “beam” up to your eye) can we remove the mote? (Tape the face on the wall. Put the paper “mote” back in his eye. Without standing sideways have each family member try to pull the paper “mote” out of the eye while holding the paper “beam” up to their eye.)
7. **Ask:** Did we look foolish trying to take the mote out of the boy’s eye while having the beam in our own eye?
8. **Explain:** It is just as foolish to judge other’s faults unrighteously while attempting to cover up or hide our own faults. Let us not look foolish! Instead be humble and recognize and work on overcoming our faults. Then, with love and compassion, we can help others.

- Activity 2:**
1. **Explain:** We are going to build two houses. Before we can build a house, we need to know where we are going to build it.
 2. **Ask:** Where would be some good places to build a house? Where would you NOT want to build a house?
 3. Divide the family into two groups and let them each construct a house. The wise man's house is built out of sections 1, 2 and 3, and the foolish man's house is built out of sections 4, 5 and 6.
 4. Place the rock and sand in the pan for the foundations. When the houses are complete, tape the wise man's house to the rock and the foolish man's house to the sand.
 5. Pour water over the rock and the sand to imitate a flood until the foolish man's house is washed away. Explain that the Gospel of Jesus Christ is the rock and our testimonies are the houses. We want our testimonies to be build upon the rock so they will be like the wise man's house and withstand the storms of life.





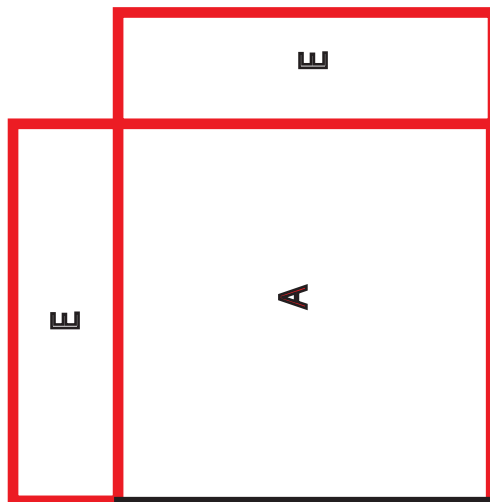

Mote

Cut on dotted lines.
Fold on solid lines.
Tape sections together.

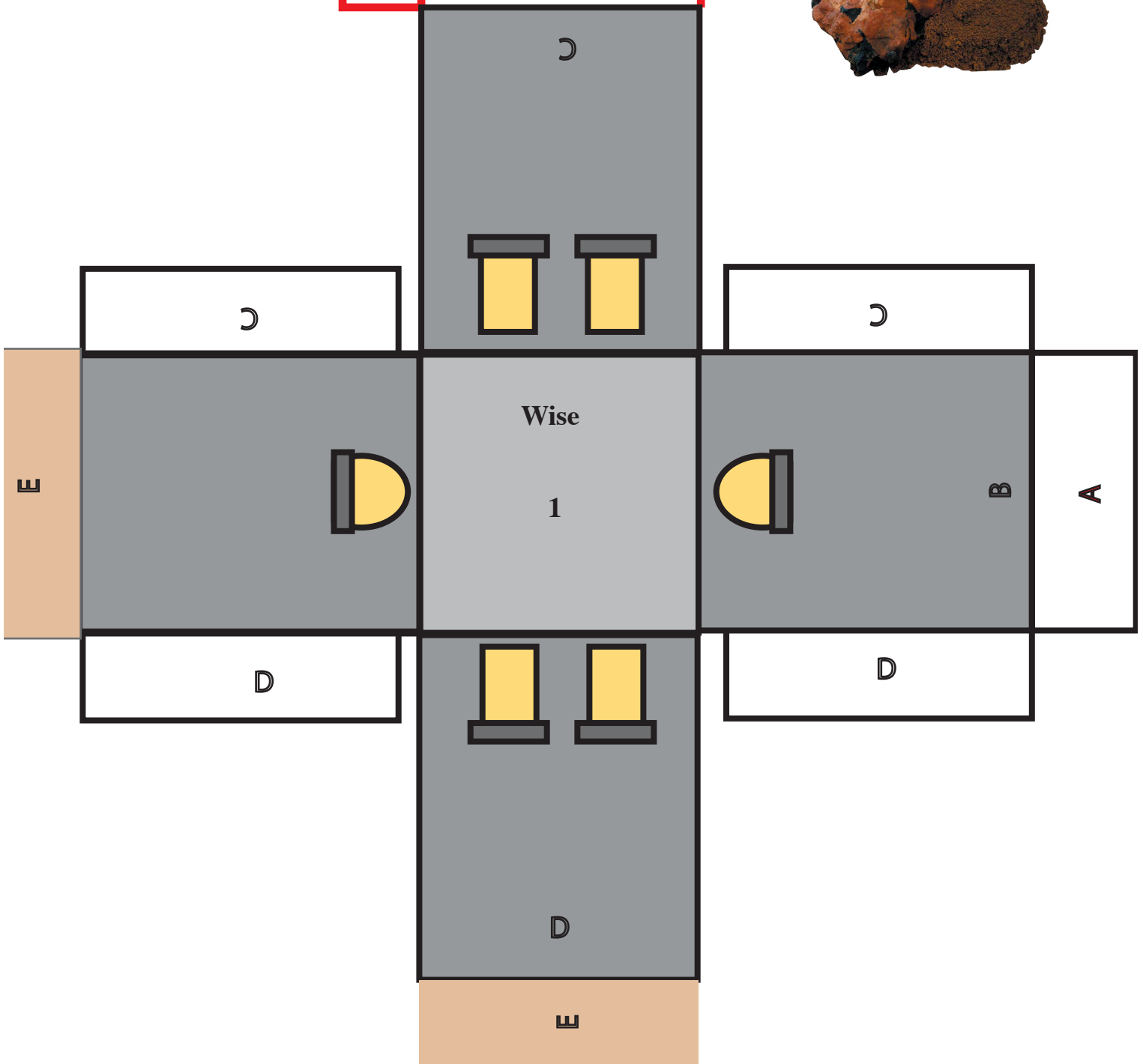




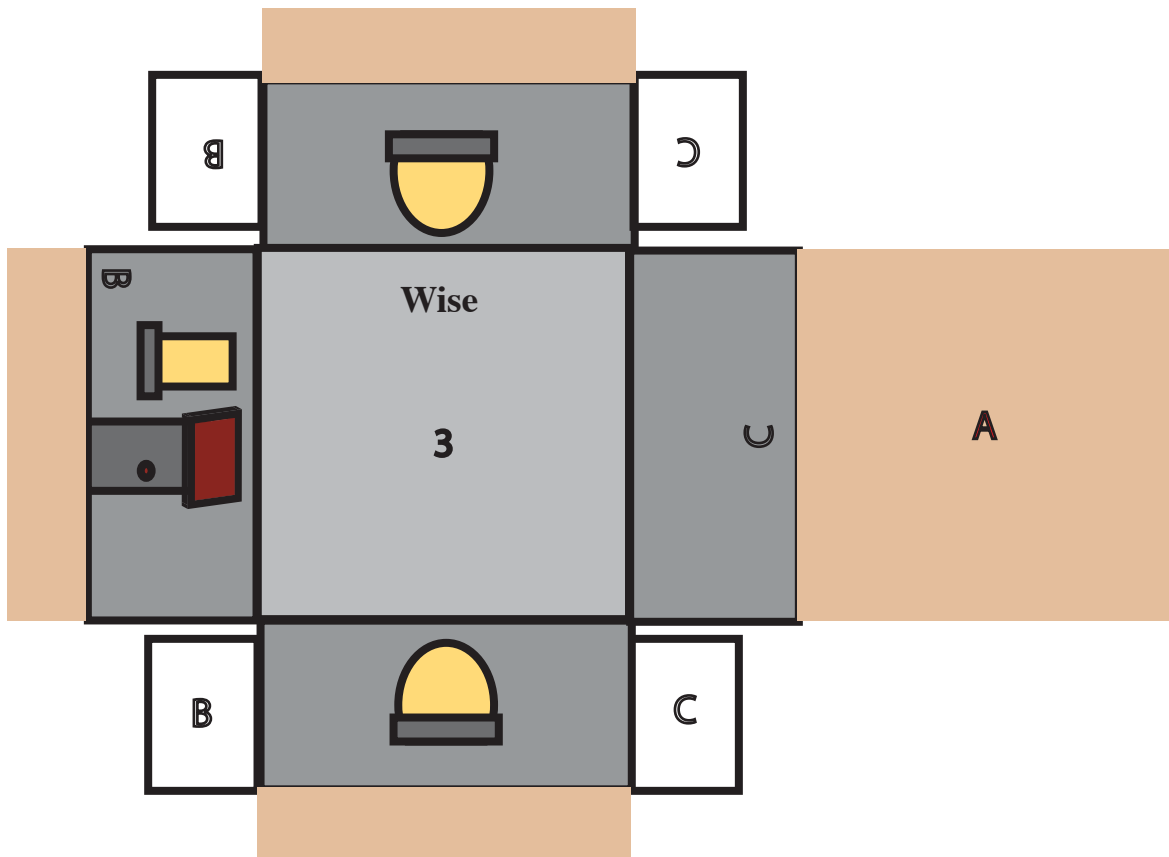
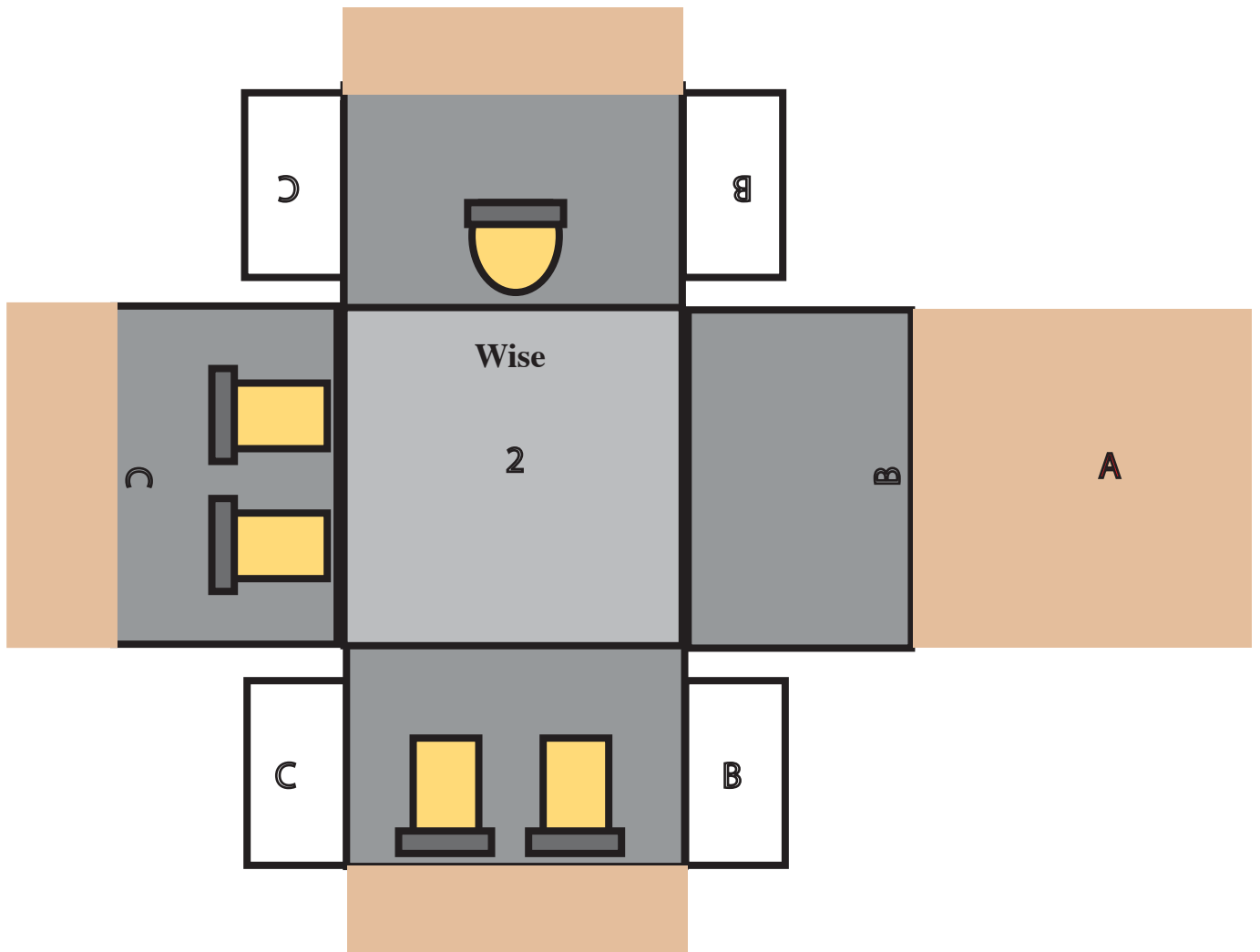
Mote & Beam



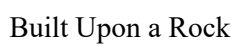
Houses: Fold heavy black lines inside (toward the blank side).
Fold all tan tabs out (toward printed side). Leave red lines flat.

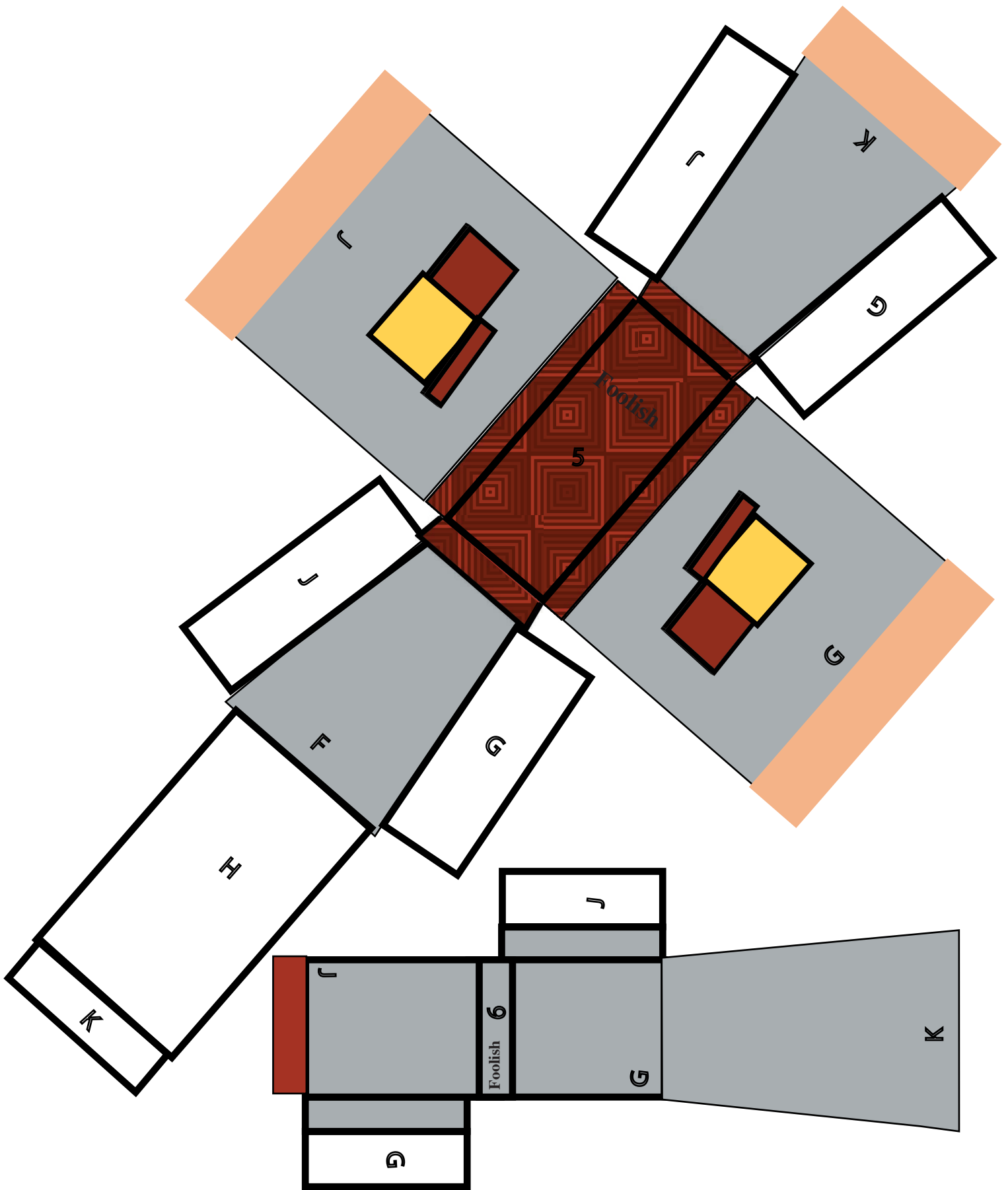


Built Upon a Rock



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Treat Time

Approximate Time: 90 minutes

Prep Time: 15 minutes

Rise Time: 1 Hour

Cook Time: 5–8 minutes

Praying Arms Pretzels

2 teaspoons active dry yeast
1 teaspoon white sugar
3/4 cups warm water
2 1/2 cups flour
1/3 cup sugar
1 teaspoons salt
2 tablespoon vegetable oil

1/4 cup baking soda
2 cups boiling water
Melted butter & kosher salt for topping



In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large bowl and coat with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

Treat Time: Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram).



Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with Kosher salt.

(A pretzel is a treat that is twisted into a knot-like shape to resemble two arms folded for prayer.)

Closing Prayer and blessing on the food.