



Hear and Obey

Matthew 10-12; Mark 2; Luke 7; 11

Objectives:

- Emphasize the importance of following the counsel of our church leaders.
- Talk about the importance of the Sabbath Day

Reinforces Principles of:

- Obedience

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: 5 minutes

Sing Together: Children's Songbook page 197, "Quickly I'll Obey"

Substitute "the Prophet" and "my leaders" for "my mother" and "my father."

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/quickly-ill-obey>

Prayer:

Scripture Time: Matthew 10:40

He that receiveth you receiveth me, and he that receiveth me receiveth him that sent me.

Audio Clip: Watch a clip from the Living Scriptures Streaming Library, *The New Law*, and *Twelve Apostles* (The Dramatized New Testament).
See <https://www.livingscriptures.com/fhe-lesson-hear-and-obey/> to watch the clip.



Lesson Time

Approximate Time: 5-10 minutes

Lesson Summary:

Jesus called twelve of his disciples to be apostles. He gave them “power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.” (Matthew 10:1) The power He gave them was the Melchizedek Priesthood. Jesus then told His apostles to go and preach the gospel.

Because of the restoration of the Gospel of Jesus Christ, we have a Prophet and Apostles who also have the same power to bless and teach us. It’s important that we listen to their counsel and do our best to follow it. If we are obedient to the commandments and the counsel of our leaders, we can have His spirit to be with us.

In Matthew 12, Jesus teaches us about the Sabbath Day. The Jews had very strict and specific laws about what could and couldn’t be done on the Sabbath Day. Jesus taught that it was more important to “do well” on the Sabbath (see Matthew 12:12). Our Prophet and leaders today teach us the importance of remembering our Heavenly Father and Jesus Christ on the Sabbath Day, and making it a special day to remember Them and to love and help those around us. (See “The Sabbath is a Delight” by President Russell M. Nelson for more ideas.)

Points to Ponder:

What power did Jesus give his chosen apostles? (The Melchizedek Priesthood)

Who are the Lord’s chosen servants today? (Prophets, apostles, general authorities, stake and branch presidents, mission presidents, bishops, etc.)

How can our obedience to their counsel draw us closer to Jesus Christ? (Discuss ideas)

What did Jesus teach about the Sabbath Day? (He taught us that we should “do well” on the Sabbath. See Matthew 12:12)

How can Jesus heal us on the Sabbath? (Discuss ideas.)

What do our current church leaders teach us about the Sabbath Day? (Make the Sabbath a delight, teach the gospel in our homes, to make a personal sign to God of our love for Him, etc.)

What other things have our Prophet and the Apostles taught us? (Discuss)

How can we follow their counsel? (Discuss ideas)

Quote:

“Messages come to us individually and directly from a divine source and through our presiding officers in the Church... We should always be looking for and heeding the prophetic messages that come from the current President of the Church.” *James E. Faust*



Activity Time

Approximate Time: 5-15 minutes

What you need: A copy of “Picture Words” game (artwork included with this lesson), scissors, two pieces of paper, tape, two pens or pencils, and a timer.

Preparation

1. **Print** out the artwork and text.
2. **Cut** along dotted lines.

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

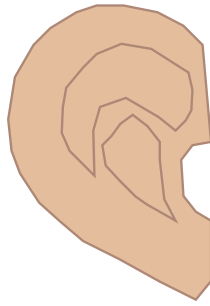
1. Mix up the words and the pictures.
 2. Decode the picture words and then match them to the correct word.
- Example:



– MB = The

3. Tape the word to the picture words as you decode them.
4. After all the words are decoded arrange the words to form the sentences “Follow the Prophet,” “Hear and Obey” “Listen to Your Priesthood Leaders,” and “Keep the Commandments.”
5. Talk about the importance of following the counsel given in each of these sentences.

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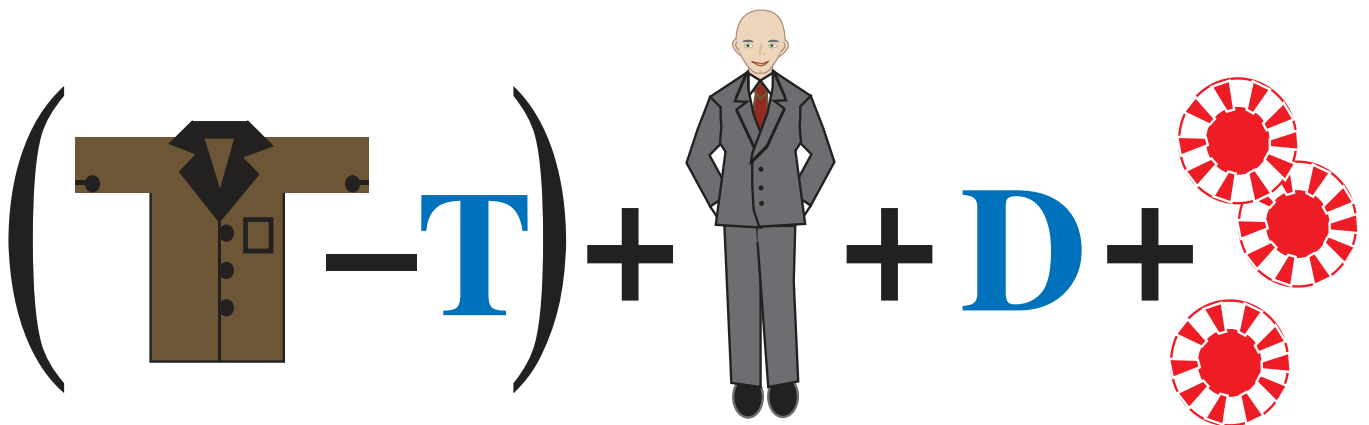
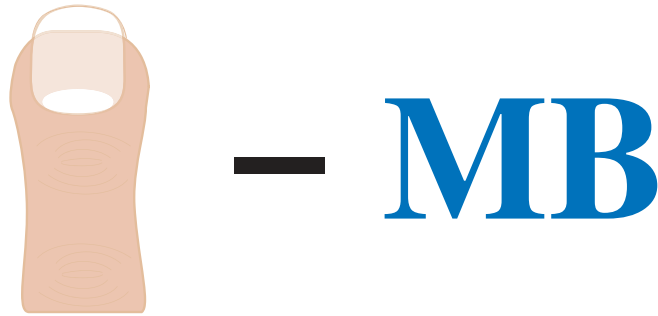
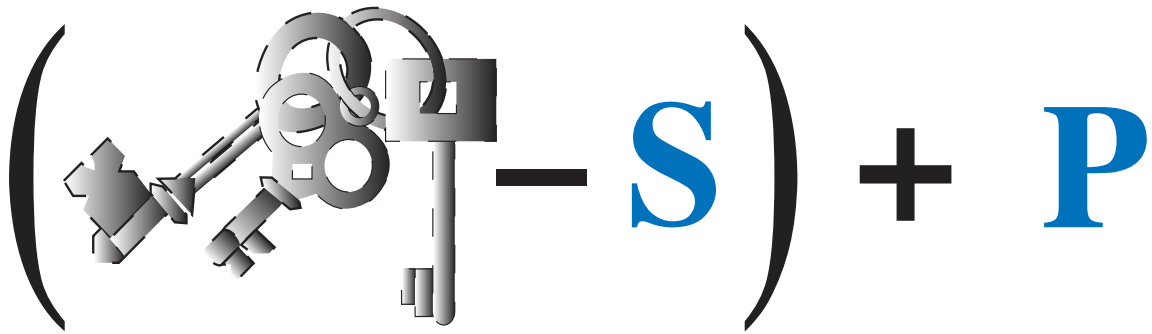
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HEAR

AND

OBEY



KEEP

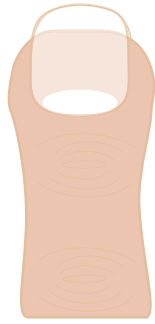
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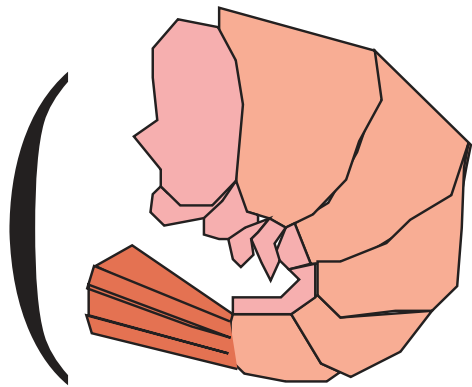


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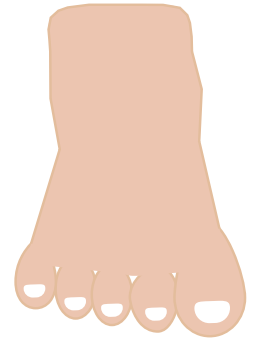


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Follow


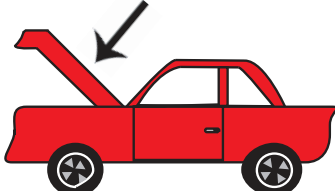
The

Prophet

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Milk
Bread
Apples
Tuna
cereal
cookies
List - T) + N

2

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( - F) + 

LISTEN TO YOUR

PRIESTHOOD

LEADERS



Treat Time

Prep Time: 10 minutes

Chill Time: 10–20 minutes

Bake Time: 8-10 minutes

“H ‘ear’ and Obey Cookies”

- 1 C. butter
- 1 1/2 C. sugar
- 1 Large egg
- 2 Tbsp. dark corn syrup or molasses
- 1 Tbsp. water
- 3 1/4 C. flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. ground ginger
- 1/2 tsp. ground cloves



Cream the butter and sugar until light. Add the egg, corn syrup and water blending well. Sift the dry ingredients together and add to the butter mixture. Chill the dough for approximately 10-20 minutes.

Treat Time: Give each child a two 1 inch balls of dough. Roll balls of dough in sugar and then form into the shape of ears (see diagram).
Bake, on ungreased cookie sheets, in a preheated 350 degree F. oven for 8 to 10 minutes.



Closing Prayer and blessing on the food.