



Always Remember Him

Matthew 27; Mark 15; Luke 23; John 19

Objectives:

- Talk about the last hours of the life of Jesus Christ.
- Emphasize the importance of always remembering Jesus Christ

Reinforces Principles of:

- Sacrament

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



Reverence Time

Approximate Time: 5 minutes

Sing Together: “To Think About Jesus”, Children’s Songbook page 71
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/to-think-about-jesus>

Prayer:

Scripture Time: Luke 22:19

19 And he took bread, and gave thanks, and brake it, and gave unto them, saying,
This is my body which is given for you: this do in remembrance of me.

Video Clip: Watch a clip from the Living Scriptures Streaming Library, *Worthy is the Lamb*
(The Dramatized New Testament). You can find the clip at
<https://www.livingscriptures.com/fhe-lesson-always-remember-him>



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: After Jesus suffered in the Garden of Gethsemane, soldiers came and arrested Him. He was taken to Pilate, the governor, to stand trial. Although Pilate could not find fault with Jesus, he took Jesus before the people. It was a tradition to set a prisoner free during Passover. Pilate asked the people if they would rather set Jesus free, or set another prisoner free. They called out to set the other prisoner free, and to crucify Jesus. To keep the peace, Pilate allowed Jesus to be crucified.

Jesus was mocked and scourged by the soldiers and people in the crowd. They gave Him a crown of thorns and whipped Him. Then He was forced to carry His heavy cross up the hill. As He hung on the cross, He said, “Father, forgive them, for they know not what they do.” When Jesus died, there were earthquakes, darkness, lightning and thunder for three hours. A centurion saw all this and said, “Truly this man was the Son of God.”

Jesus suffered all this as part of Heavenly Father’s plan. As part of our baptismal covenant, we promise that we will always remember Jesus, and all that He did for us. The sacrament is a special time where we renew our promise to always remember Him and keep His commandments.

Points to Ponder:

Why did Jesus suffer for us? (Discuss ideas.)

What can we learn from Jesus Christ about forgiveness in Luke 23:34? (Discuss ideas.)

How has learning about the Crucifixion strengthened our testimonies that Jesus is the “Son of God”? (Discuss ideas.)

What can we do during the sacrament to remember Jesus? (Discuss ideas.)

What can we do every day to “always remember” Jesus? (Discuss ideas.)

Quote:

“We are commanded to remember the singular events of the mediation, Crucifixion, and the Atonement by partaking of the sacrament weekly. In the spirit of the sacramental prayers, we partake of the bread and water in remembrance of the body and the blood sacrificed for us, and we are to remember Him and keep His commandments so that we may always have His Spirit to be with us.” James E Faust



Activity Time

(Approximate Time: 10 minutes)

What you need: String or yarn, scissors, A copy of “Stories of Jesus” activity (or piece of paper), pencil

Preparation: Print “Stories of Jesus” printable if desired.

Activity:

1. What stories does your family know about Jesus? What are their favorite stories? Make a list on a piece of paper. Hang your list somewhere where the family will see it throughout the week.
2. Explain that sometimes people used to tie a piece of string around a finger to remind them to do something. Help each family member tie a piece of string to one finger. Encourage your family to wear the piece of string today and remember Jesus Christ each time they look at it.





Treat Time

Approximate Time: 90 minutes

Prep Time: 15 minutes

Rise Time: 1 Hour

Cook Time: 5–8 minutes

Praying Arms Treat (Soft 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. Let stand for 10 minutes. 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 oiled bowl. Turn the dough until lightly coated 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.