



NEW TESTAMENT 2019

Come Follow Me
with
Living Scriptures
STREAMING

Lengthen Your Stride

Romans 7-16

Objectives:

- Talk about becoming a follower of Christ
- Emphasize what we should do as followers of Christ

Reinforces Principles of:

- Love, Kindness
- Faithfulness

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: “I Will Be Valiant”, Children’s Songbook page 162
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.churchofjesuschrist.org/music/library/childrens-songbook-i-will-be-valiant>

Prayer:

Scripture Time: **Romans 12:1-2**

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Video Clip: Watch a clip from the Living Scriptures Streaming Library, *The Bible Project*).
You can find the clip at <https://www.livingscriptures.com/fhe-lesson-lengthen-your-stride>



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary:

Paul continues his letter to the Romans. He teaches them that through faith in Jesus Christ, they can receive the blessings of the family of Abraham the Lord promised to Israel. Toward the end of his letter, Paul teaches the Romans the way they should live as followers of Jesus Christ. He encourages them to overcome evil with good to become better saints.

The prophet and apostles in our day also teach us the things we should do as followers of Jesus Christ. Many of the things we are taught are the same things Paul taught; to be kind and forgiving, to help and serve one another, to be honest, to study the scriptures, and to have faith and hope in Jesus Christ. By doing these things, we find strength to “overcome evil with good”.

Let us try to lengthen our stride and try a little harder to be a little better each day, so we can become better followers of Jesus Christ.

Quote:

“We have the gospel of Jesus Christ, the gospel of peace, the gospel of joy. We have truths that can make any person better and more fulfilled, any marriage happier and sweeter, any home more heavenly....Yes, it is to ourselves, our homes, our quorums, our classes, our Church assignments that we must carry more energetically those things that we have received....We must lengthen our stride and must do it now.” *Spencer W. Kimball*

Points to

Ponder:

How can we overcome evil with good? (Discuss ideas.)

What does it mean to “lengthen our stride” as President Kimball taught? (Discuss ideas)

What are some things we can do to be better followers of Jesus Christ? (Discuss ideas)



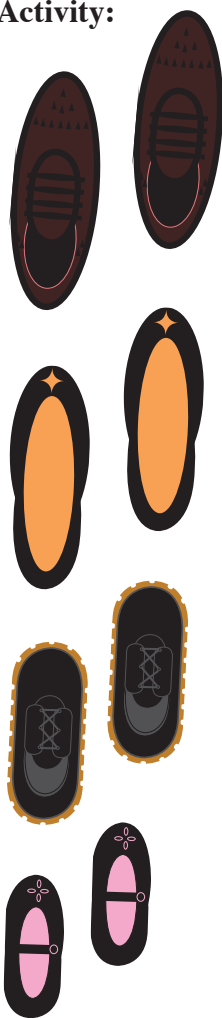
Activity Time

What you need: A copy of “Lengthen Your Stride” footprint game (artwork included with this lesson), scissors, tape, a piece of paper, pencil, tape measure and calculator.

Preparation

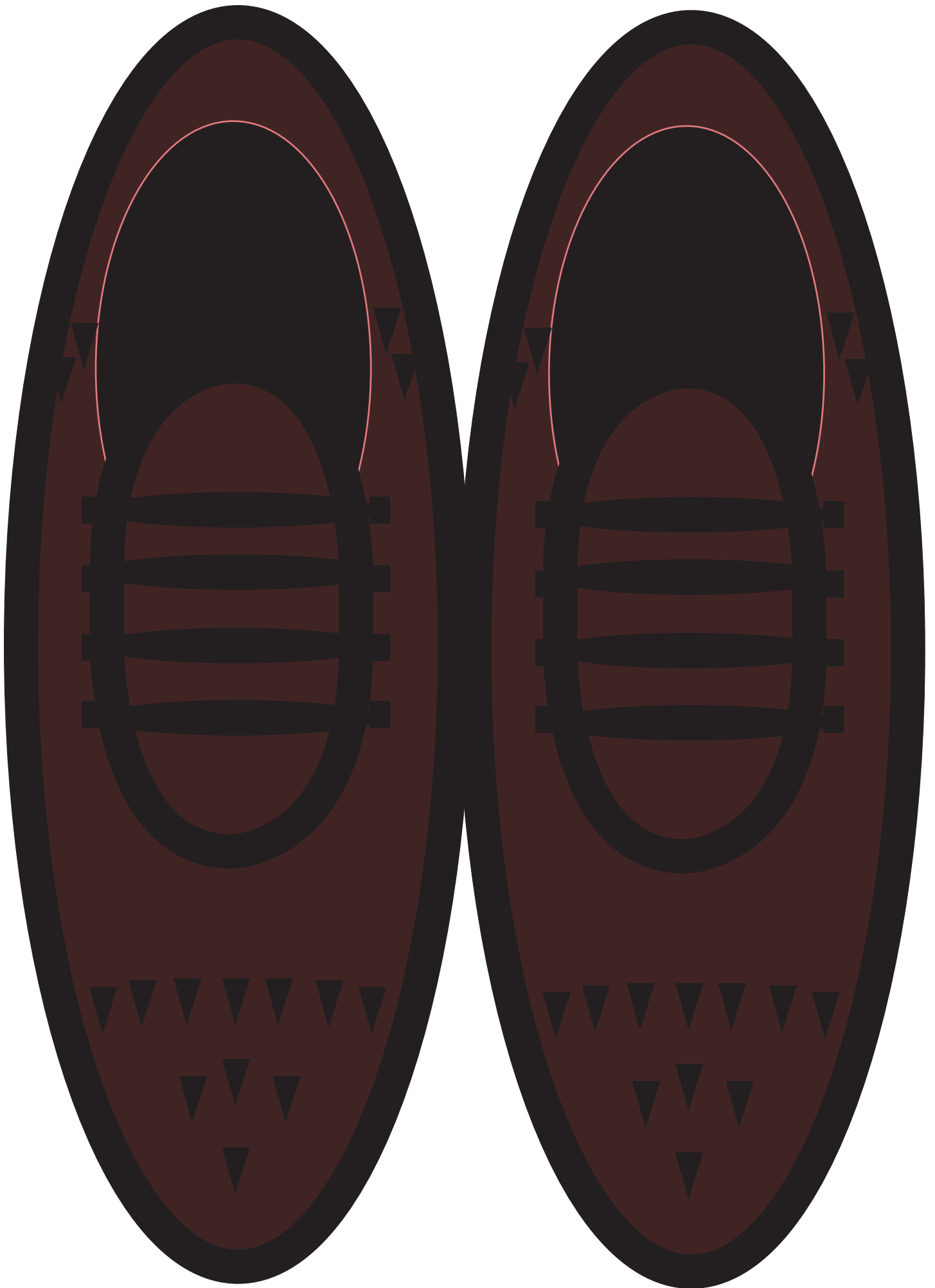
1. **Print** out the artwork and text.
2. **Cut** out the artwork.

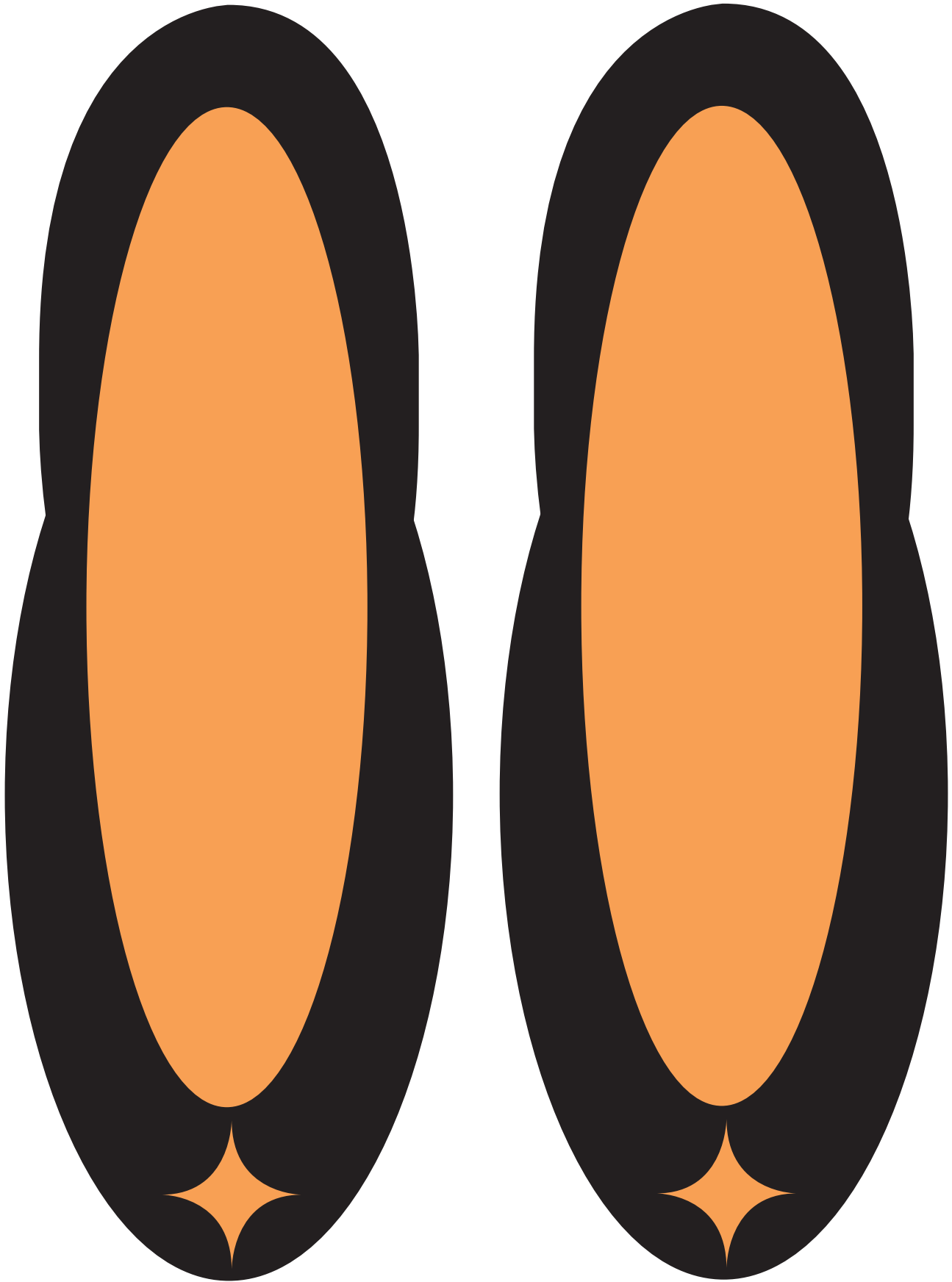
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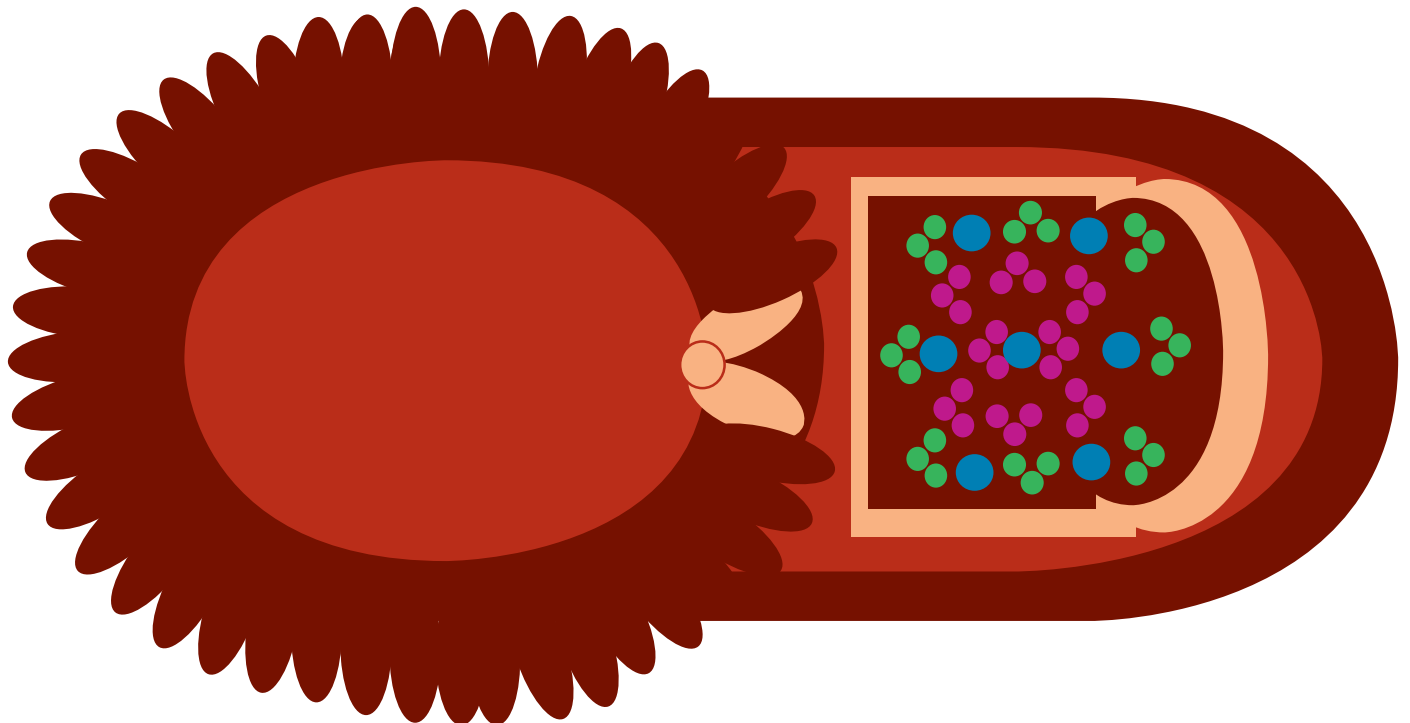
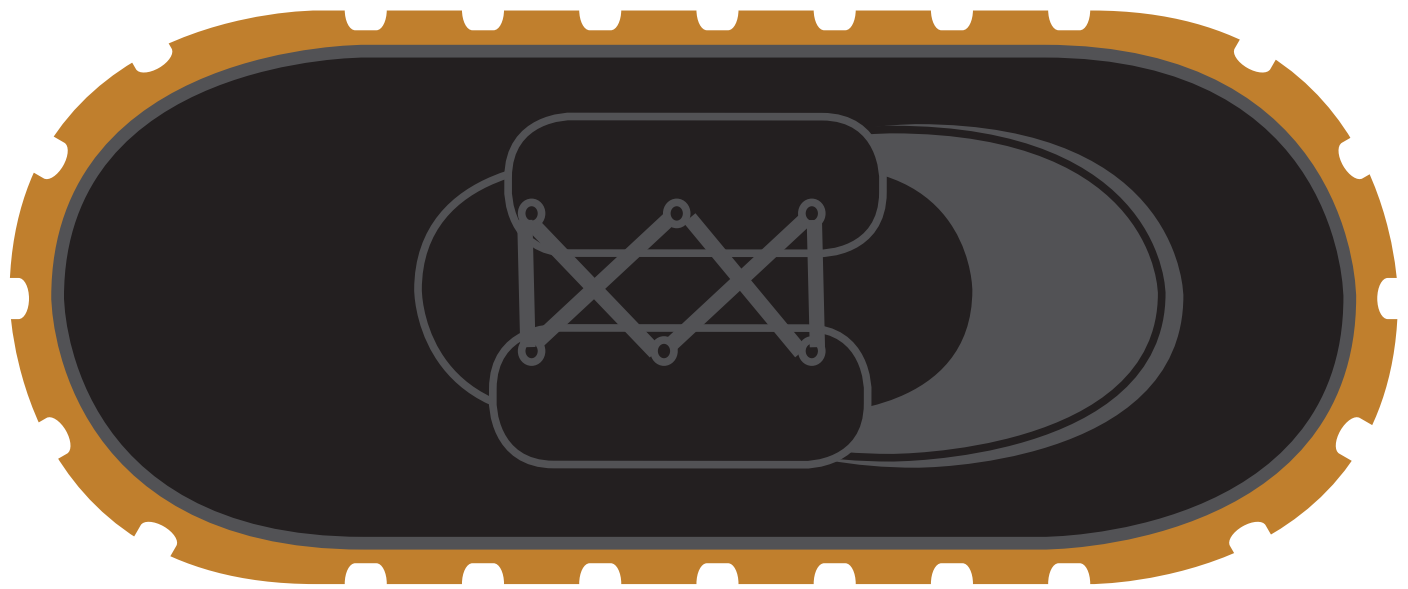
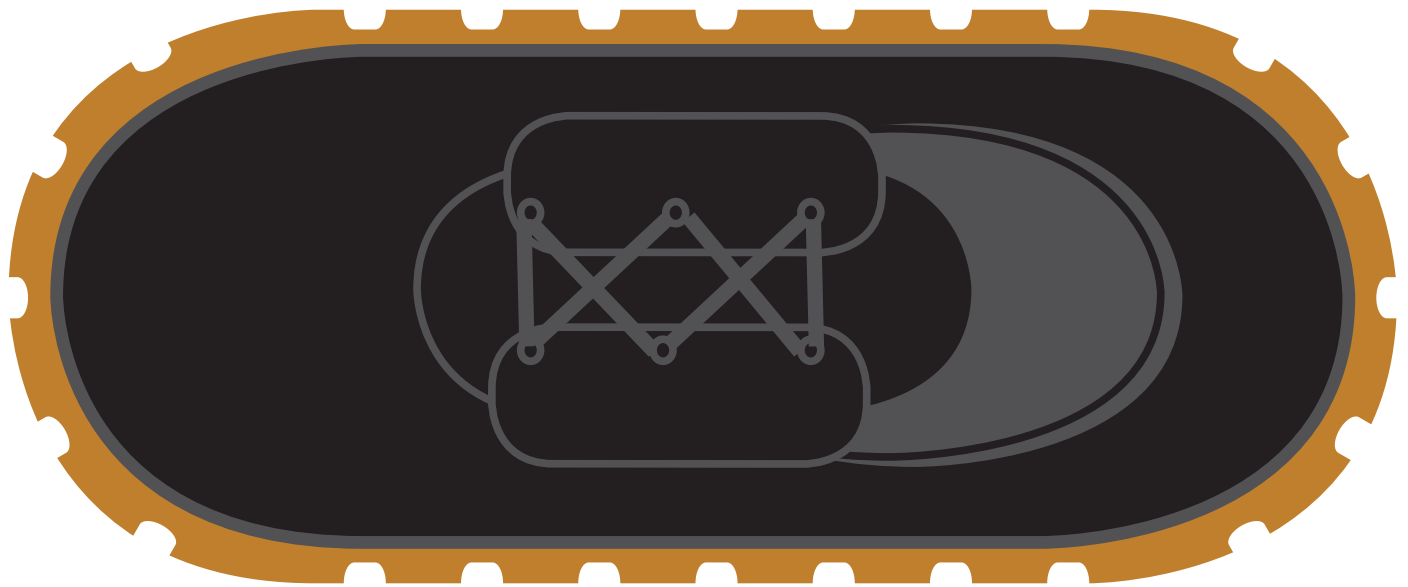


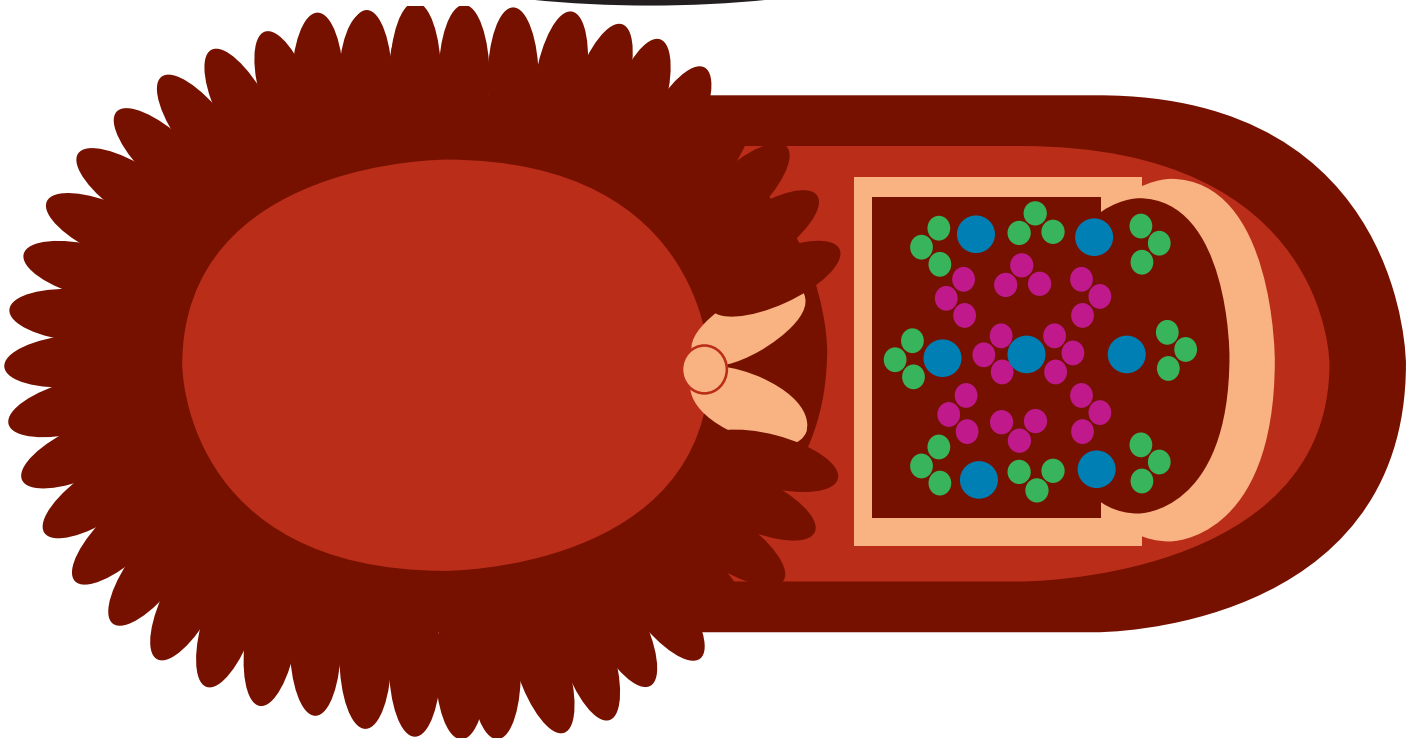
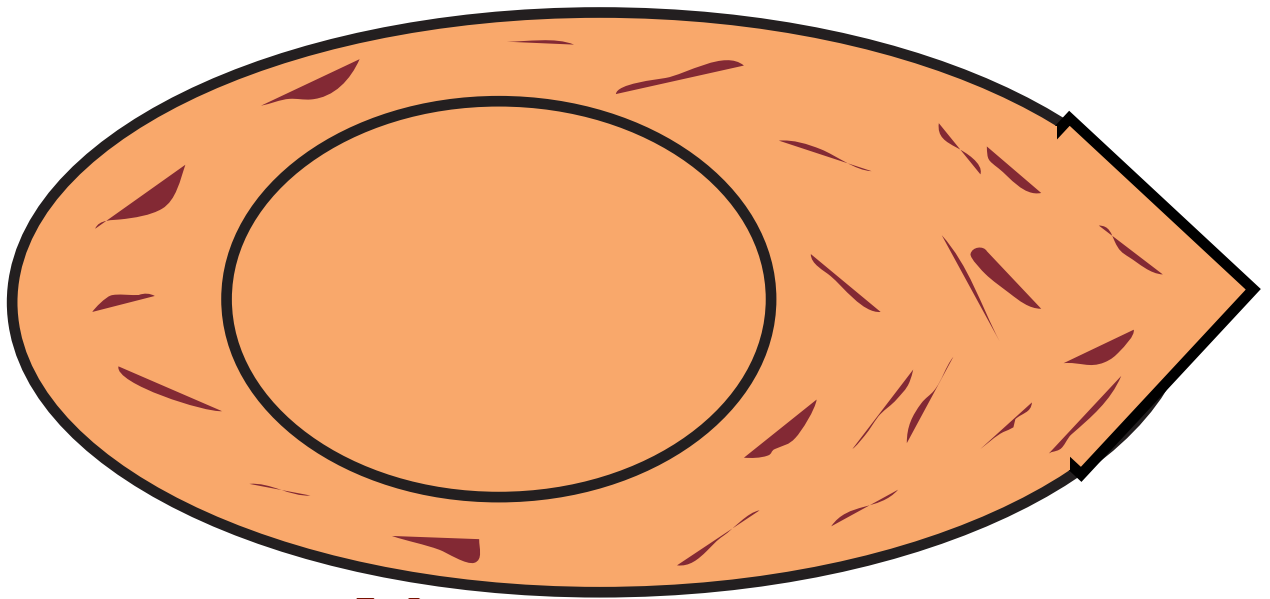
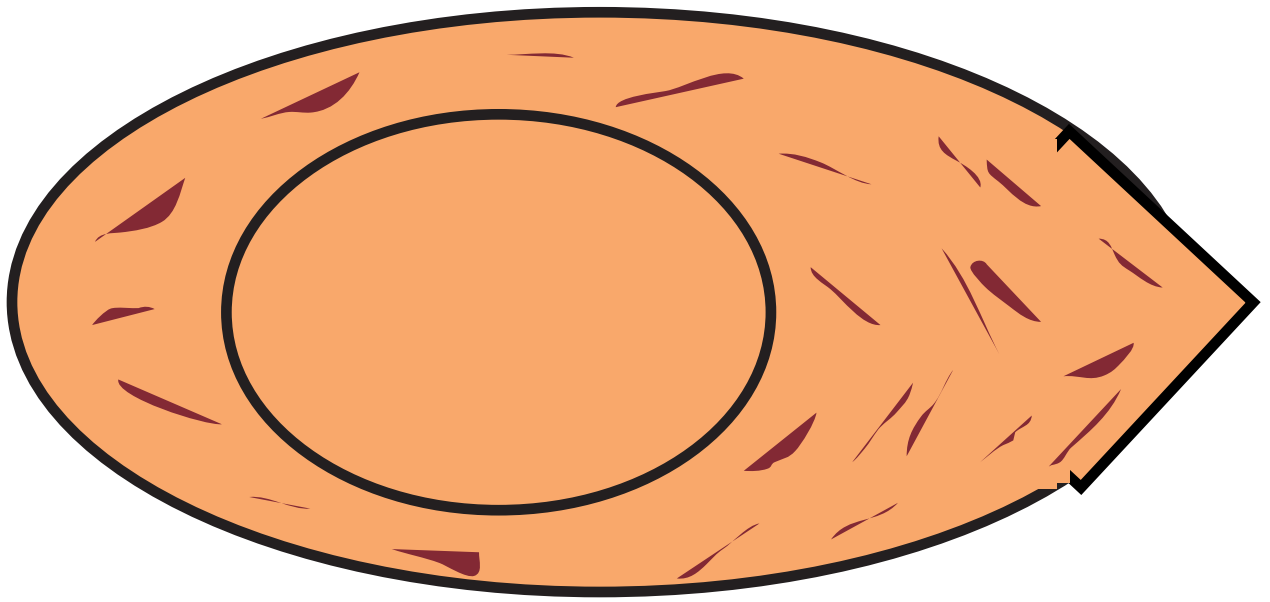
(Younger children will need help from an older sibling or parent.)

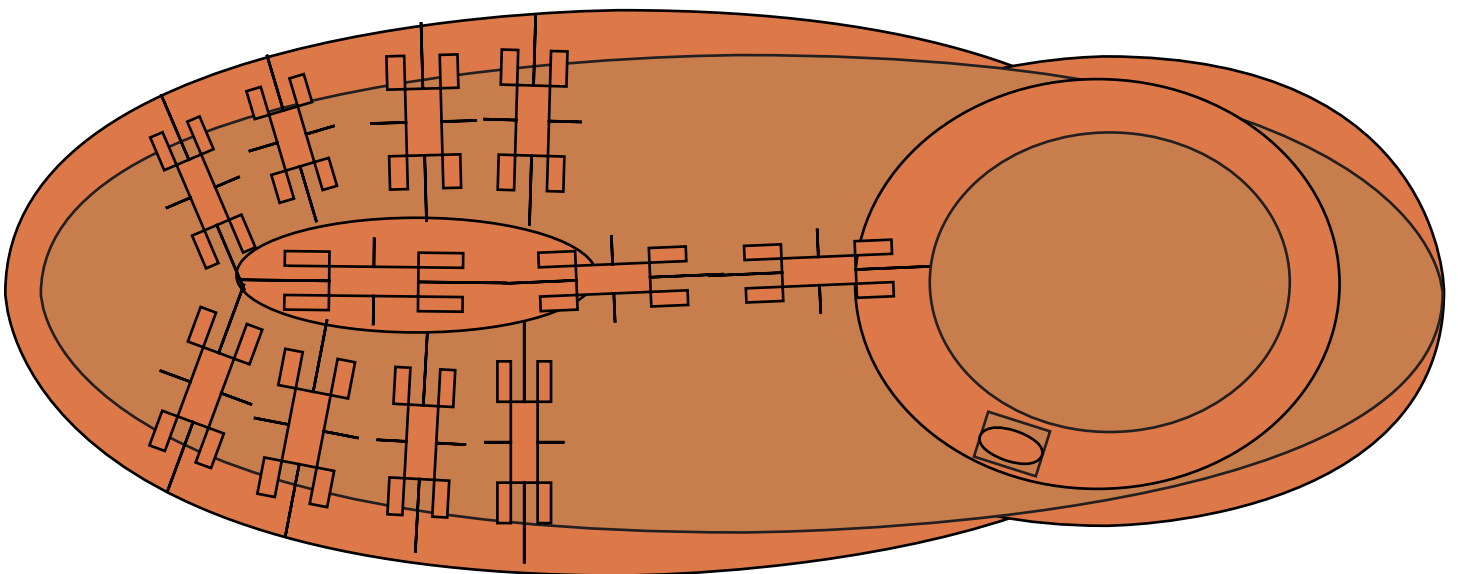
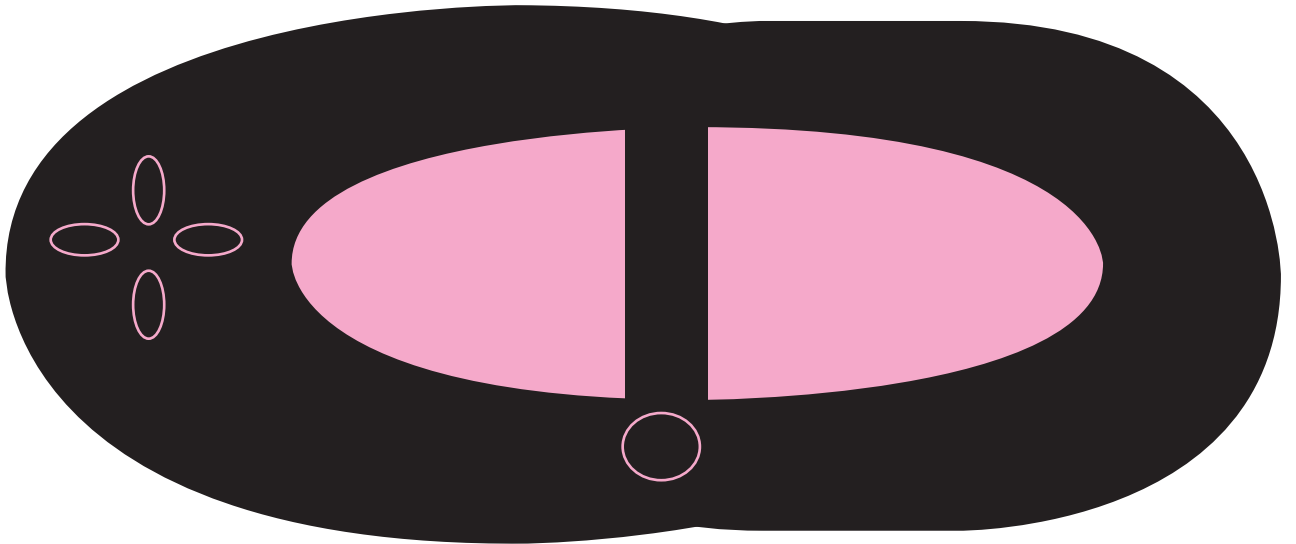
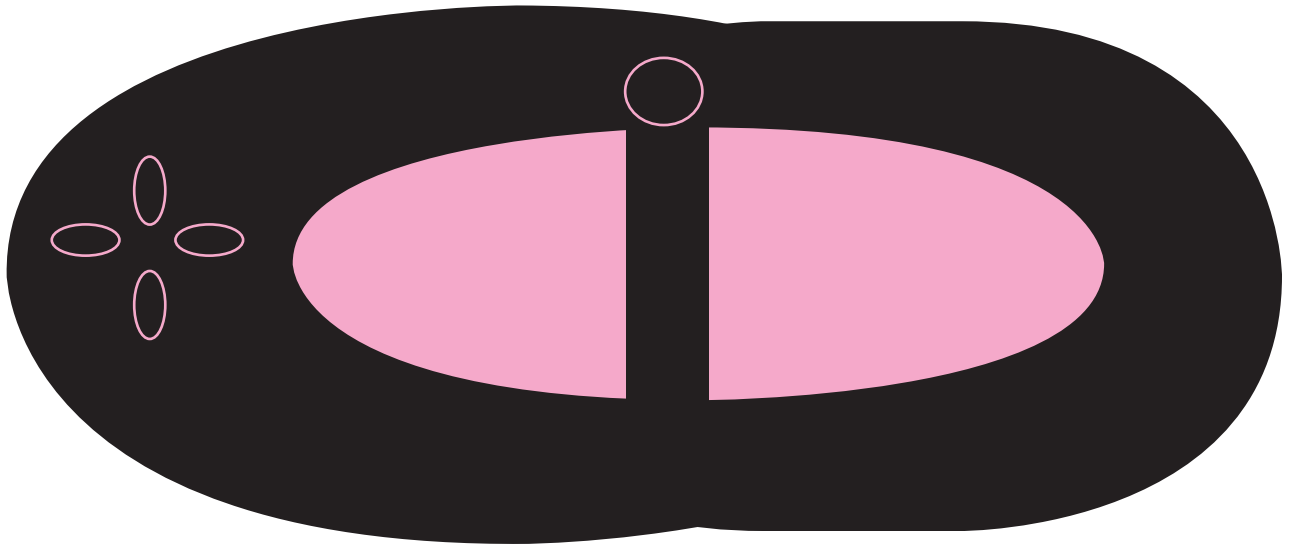
1. Have each family member pick a pair of shoes from the artwork.
2. Tape one of each pair shoes on the floor (to prevent slipping) in a line.
3. Tell your family that President Spencer W. Kimball asked each member of the church, no matter where they live, to “Lengthen Our Stride”.
4. To **lengthen** means to make something longer, or to become longer.
A stride is a long step, or a step towards improving something.
5. Have each person step on their paper shoe with their toes touching the toe of the shoe. Then have them take a normal step or stride. Mark their stride by placing the heel of the other paper shoe on the ground even with their heel.
6. Measure each person's stride from toe to heel. Write each person's stride length on a piece of paper (after recording the length pick up the second shoe).
7. Now have each person take another step, but this time try to see if they can “Lengthen Their Stride”.
8. Measure each person's stride again. Then calculate the percentage that each person was able to “Lengthen Their Stride” (example 1st stride is 9 inches and the 2nd stride is 27 inches–The percent increase is 200% or for a smaller child–if the 1st stride is 4 inches and the 2nd stride is 12 inches–The percent increase is also 200%). Explain that everyone can lengthen their stride no matter how old or how young they are.
7. Explain that when President Spencer W. Kimball said to “Lengthen Your Stride” he didn't mean for us to take longer strides while walking, but to “Lengthen Your Stride” by taking steps towards improving how we follow Jesus Christ and do his work, which includes service, missionary work, making good choices, being kind and loving, etc.
8. Talk about what we can do to follow President Kimball's great example of “Lengthening Your Stride.”

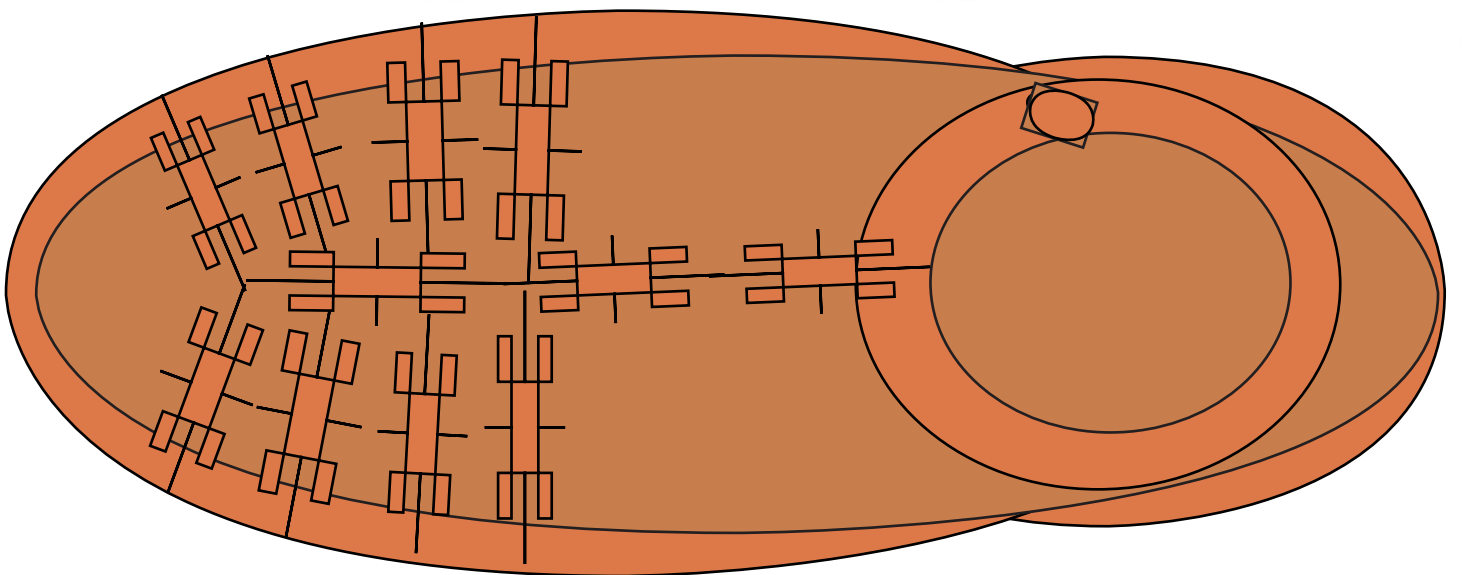
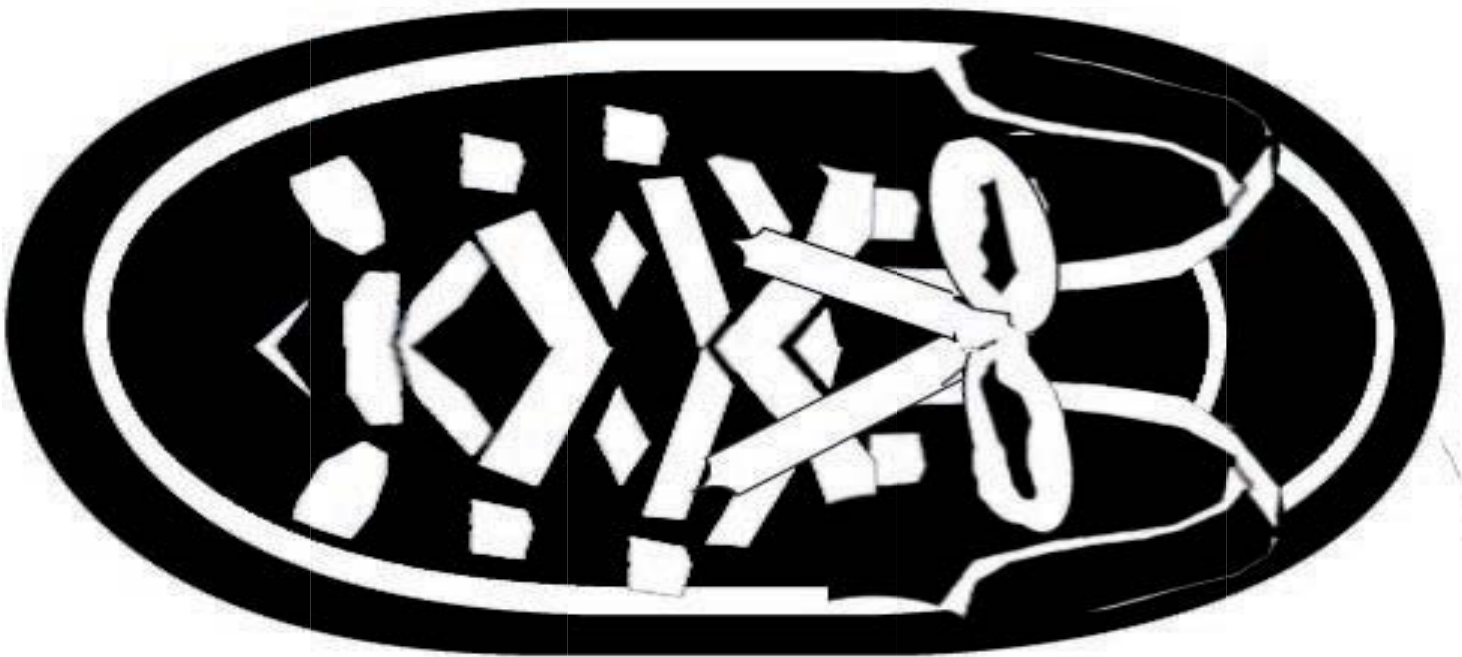
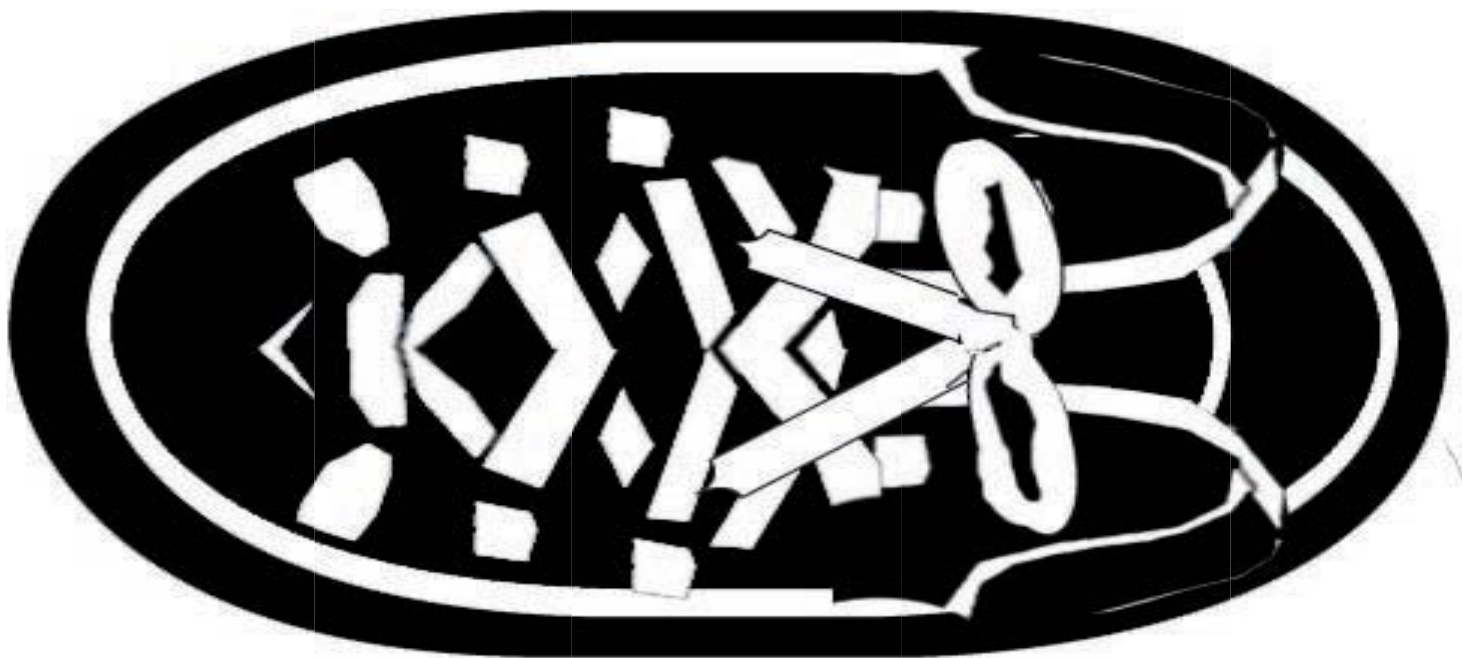














Treat Time

Approximate Time: 15 minutes excluding prep, chill, and bake time.

Prep Time: 15 minutes

Chill Time: 15 minutes

Bake Time: 25-35 minutes

“Lengthen Your Stride” Butter Cookies

1 C. butter

2/3 C. sugar

Pinch of salt

2 1/2 C. all-purpose flour



Preheat oven to 350 F. Line a large baking sheet with parchment paper.

Cream the butter until softened, then add sugar and salt. Fold in flour and mix to make a stiff dough. Knead gently on a lightly floured board for 2 minutes.

Wrap dough in plastic wrap or wax paper and chill in refrigerator for 15 minutes.

On lightly floured board roll dough out to a thickness of 3/8 to 1/2 inch.

Let children help cut into shoe shapes.

Place cookies two inches apart on baking sheet and place in oven.

Immediately **REDUCE HEAT TO 325 F.**

Bake until lightly browned (25 to 35 minutes). Reduce heat if cookies are browning too quickly. Cool cookies on a rack.

Treat Time: Let children decorate a pair of “Lengthen Your Stride” shoe cookies with frosting.

Closing Prayer and blessing on the food.

